Dear Mental Health Professionals:

The Newest Edition of Psychiatry's "Bible," the DSM-5, is complete and we feature it as the theme of the MSPP INTERFACE Referral Service Newsletter. We have captured a summary of the changes below from a very thorough article cited at the summary end. Please also note links to relevant topics on our website. We do hope you will visit our website from time to time to find the most current mental health information and resources from several publications and research findings.

Summary of changes to DSM-5

- Hoarding is now officially a disorder: Previously included as a symptom of OCD. Studies reveal OCD and Hoarding are genetically and neurologically distinct, and neuroimaging studies support this as well. (For more information about OCD, please visit: http://msppinterface.org/ocd.)
- Renaming addiction and introducing gambling disorder: All addictions fall under category of "Substance Related and Addictive Disorders." Disorders are graded as mild, moderate, or severe and tighten criteria for the disorders. Gambling disorder to be included in substance use disorder chapter due to evidence of brain images looking similar to drug addicts. Internet use gaming disorder included in a section for conditions that require further research before they are considered a formal disorder. (For more information about substance abuse and addiction, please visit: msppinterface.org/substance.)
- Mistaking tantrums for a mental illness?: Disruptive mood dysregulation disorder for a child 6-18 and must "exhibit persistent irritability and frequent episodes of behavior outbursts three or more times a week for more than a year." A study revealed that for those who fit criteria for disruptive mood dysregulation is difficult to distinguish from oppositional defiant disorder and conduct disorder, and it is not a good predictor of future mental health issues.
- The personality disorders chapter remains disordered: Not changed despite several proposals to eliminate some of the overlapping disorders.
- Recognizing that grief can quickly precipitate depression: Bereavement exclusion for depression has
been eliminated and footnotes describing the differences between grief and depression have been added. Insurance can be asked to cover meds or treatment within the first two months following a loss. (For more information about grief and loss, please visit: http://msppinterface.org/grief.)

- Embracing the autism spectrum: Autistic disorder, Asperger's and child integrative disorders, pervasive developmental disorders NOS are combined under one diagnosis called autism spectrum disorder (ASD). (For more information, please visit our website: http://msppinterface.org/autism.)
- "Attenuated psychosis syndrome" was too weak and did not become part of the new DSM. It was intended to identify children with warning signs that precede full-blown psychosis. Moved to the section for disorders that require further research.

For a very complete document of the changes, see: www.scientificamerican.com/article.cfm?id=ds-5-update.

Welcome Ayer/Shirley and Littleton

We are happy to welcome the towns of Ayer, Shirley and Littleton, MA to our growing list of communities to whom we provide better access to mental health. Our number of callers served is currently at about 1,000 per year.

As always, please let us know if you have openings for new clients, if you have updates to your INTERFACE provider profile or if you know a provider who would like to participate in INTERFACE.

If you need help updating your provider profile, please e-mail us at updates@msppinterface.org to receive instructions for easy online updating.

Spotlight on Upcoming Program

Nurturing Self-Esteem in Children
Anastasia Galanopoulos, PhD, instructor

Saturday, March 2, 2013 9 am-12 noon
MSPP
One Wells Avenue
Newton, MA 02459

This program examines the development of self-esteem in children's emotional growth and its role in fostering happy, self-reliant, and resilient children. To learn more and to register, click on this link: https://netforum.aveutra.com/eWeb/DynamicPage.aspx?Site=MSPP&WebCode=EventDetail&evt_key=19f627c7-e20b-4715-9c78-e9d2ee7caf27

Nurturing Empathy in Children
Deborah Weinstock-Savoy, PhD, instructor

Saturday, March 2, 2013 1:00-4:00 pm
MSPP
One Wells Avenue
Newton, MA 02459

This program explores the emergence and importance of empathy in young children's emotional growth including its key role in preventing early bullying behaviors. To learn more and to register, click this link: https://netforum.avectra.com/eWeb/DynamicPage.aspx?
Site=MSPP&WebCode=EventDetail&evt_key=8ba169da-f68c-475a-9950-f87662e6e388

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MSPP INTERFACE Referral Service
A program of the Freedman Center for Child and Family Development
at the Massachusetts School of Professional Psychology

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