

October 2022



Photo by Robert Lisak

*A monthly newsletter featuring updates, news you can use, community spotlights, events, and more from the Yale Child Study Center.*

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## Chair's Message

*With autumn weather and glorious emerging color upon us*



*in New England and the fall semester well underway, the fast pace of the academic year has also returned. Our departmental news and updates are in line with this, as we also celebrate several community members, including Tara Davila marking two years in her role as chief diversity officer. I encourage you to learn more about the many wonderful initiatives she has led in close collaboration with others at the center in the article linked below. Some important study findings are also highlighted below, along with new training and education initiatives, and more.*

*Please also be sure to read Daryn David's new monthly column, "On Leadership" -- and if you haven't already, please RSVP for our upcoming annual meeting of the YCSC Associates on November 3<sup>rd</sup>. I'm very much looking forward to seeing many of you in person again for this year's event. We have a wonderful line-up of experts from the center addressing important issues central to the wellbeing of children and families. I do hope to see you there, whether in person or virtually.*

Linda Mayes, MD

*Arnold Gesell Professor of Child Psychiatry, Pediatrics, and Psychology;*

*Chair, Yale Child Study Center*

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## Departmental News & Updates

### Marking Two Years of Centering Diversity, Equity, and Inclusion at Yale Child Study Center

Tara Davila, LCSW became the inaugural chief diversity officer for the Yale Child Study Center in October 2020 and has since shifted into the dual role of vice chair for diversity, equity, and inclusion for the



center, which serves as the department of child psychiatry at Yale.

[Learn More](#)

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Study shows significant reduction in child trauma symptoms following brief mental health treatment



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Childcare professionals endured higher rates of depression, stress, and asthma during the pandemic



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Welcoming Two New

Engaging in Inclusive

## Community Members



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## Searches Training



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New On-line Training Series with Minding the Baby™ Model Developers

CHATogether Aims to Help Adolescents, Families with Innovation Award

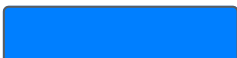


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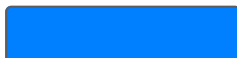


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Cardona named first Latina Associate Professor at Yale Child Study Center



Aneni selected to be part of National Institutes of Health leadership program



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## News You Can Use

### On Leadership: Conscious Accountability in Action

#### *Research in Academic Medicine*



Daryn David's new monthly on-line column, *On Leadership*, addresses the importance of connection, collaboration, and embodying a service leadership mindset for flourishing both professionally and personally. She begins this month's post: "In addition to teaching communication, team building, and leadership skills to YSM trainees and faculty, I spend a great deal of my time delivering leadership development coaching to emerging and established leaders in healthcare and academic medicine."

[Read More](#)

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How to help kids develop the confidence to try new things

[Learn More](#)



Rethinking Treatment for Child Anxiety and OCD

[Learn More](#)



Emotions Come and Go in Waves. Teach Students How to Surf Them.



What's the Difference Between Mania and Hypomania?

[Learn More](#)

## Upcoming Events

### YCSC Virtual Grand Rounds

#### *Game of Hormones: Why Sex Matters for Brain Health and Lessons from Studying the Heterogeneity of Perinatal Depression*

October 18, 2022 1:00-2:00 p.m.

Liisa Galea, PhD of The University of British Columbia will address sex differences that exist in major depressive disorder and how embracing these differences can inform on different aetiologies and therapeutic pathways for MDD. [View flier and upcoming speakers](#) and [schedule a meeting with Dr. Galea](#).

### 2022 Annual Associates Meeting

November 3, 2022 1:30-4:00 p.m.

This year's [meeting of the YCSC Associates](#) will be held in a hybrid format, live streamed via zoom from the YCSC Cohen Auditorium. The theme of this year's meeting is *Resilience in a Time of Crises: Applying Science & Innovation to Support Families*. Additional details including an agenda and complete list of speakers are now available on the [YCSC website](#). Attendees are asked to [RSVP by October 27, 2022](#).

### Meeting the Complexities of Adolescent Mental Health

November 5, 2022 9:00 a.m. - 3:00 p.m.



In partnership with the Yale Department of Psychiatry, the YCSC is offering an educational day focused on working with teens with depression, suicidality, and other high-risk presentations. This event will be at no cost to participants and will be held virtually via Zoom. [Learn more and register.](#)

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## YCSC In the Media



*Newsweek: Forget Weed, Wine and Xanax: Science Has Better Ways to Treat Anxiety*

[Learn More](#)



*Ed Talk Radio: A Look at Innovations in SEL Education*

[Learn More](#)



*Healthline: Task Force Recommends Depression, Anxiety Screenings for Children*

[Learn More](#)



*Verywell Mind: How to*



*My Move: Ask an Expert:*



*AMA Health: Not leaving*

*Talk to a Friend Who Has  
Lost Someone to Suicide*

[Learn More](#)

*How to Help a Child  
Adjust to a New School*

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*health equity to chance:  
Future advocates*

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## YCSC Job Opportunities



A variety of opportunities for talented individuals seeking to improve the lives of children and families through research, service, and training are currently open at the YCSC. Several excellent [benefits and rewards packages](#) are offered for faculty and staff.

[Learn More](#)

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## Recent Publications

In addition to those shared via the [YCSC website newsfeed](#), select publications by YCSC faculty and staff compiled and listed by the National Institutes of Health (NIH) via [PubMed](#) are available through a monthly report. Recent reports are linked below. *Coming soon: an even broader array of publications from educational and other trade journals included in new Dimensions reporting system..*

July 2022  
Publications

[View Report](#)

August 2022  
Publications

[View Report](#)

September 2022  
Publications

[View Report](#)

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# Giving to the YCSC



The groundbreaking work of the YCSC would not be possible without the gifts and grants that support our research, clinical care, and educational missions. YCSC donors are essential in helping us to serve children and families in need of care. For more information about planned giving, or how to [make a gift](#), please contact Zsuzsanna Somogyi at 203-436-8559 or at [zsuzsanna.somogyi@yale.edu](mailto:zsuzsanna.somogyi@yale.edu). Thank you!

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