

# ACADEMY OF BEHAVIORAL MEDICINE RESEARCH



## **PRESIDENT:**

***Susan M. Czajkowski, PhD***

National Heart, Lung, & Blood Institute  
National Institutes of Health\*  
susanczajkowski@hotmail.com

## **PAST PRESIDENT:**

***Karina W. Davidson, PhD***

Columbia University Medical Center  
kd2124@columbia.edu

## **PRESIDENT ELECT:**

***Gregory Miller, PhD***

Northwestern University  
greg.miller@northwestern.edu

## **SECRETARY:**

***Maria M. Llabre, PhD***

University of Miami  
mllabre@miami.edu

## **TREASURER:**

***Kenneth Freedland, PhD***

Washington University in St. Louis  
freedlak@bmc.wustl.edu

## **MEMBERSHIP CHAIR:**

***Anna Marsland, PhD, RN***

University of Pittsburgh  
marsland@pitt.edu

## **EXECUTIVE COUNCIL:**

***Elizabeth Brondolo, PhD***

St. John's University  
BRONDOL@stjohns.edu

***Elissa Epel, PhD***

University of California, San Francisco  
EEpel@lppi.ucsf.edu

***Susan Lutgendorf, PhD***

University of Iowa  
susan-lutgendorf@uiowa.edu

***James McCubbin, PhD***

Clemson University  
jmccubb@clemson.edu

***Frank Penedo, PhD***

Northwestern University  
fpenedo@northwestern.edu

***Joseph Schwartz, PhD*** SUNY at

Stony Brook  
Joseph.Schwartz@stonybrook.edu

***Daichi Shimbo, MD***

Columbia University Medical Center  
ds2231@cumc.columbia.edu

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Dear Fellow ABMR Members,

I hope you are well & having an enjoyable and productive year!

I'd like to take this opportunity to thank Karina Davidson for hosting a superb Annual Meeting last June at Airlie House -- the setting in Warrenton, VA was beautiful and the sessions were thought-provoking and, in keeping with ABMR's tradition, of the highest quality, with all speakers and attendees contributing to a most stimulating and enjoyable time! Congratulations to Donald Edmondson, recipient of the 2013 Neal Miller Young Investigator Award, for his exciting talk on the increased risk of adverse cardiac outcomes in acute coronary syndrome patients with PTSD. And finally, congratulations and welcome to the new members elected to ABMR in 2013/2014: Mary Coussons-Read, Naomi Eisenberger, Howard Friedman, Laura Kubzansky, Lori Pbert, Denise Wilfley, Catherine Alfano, Scott Hofer, Deborah Jones Weiss, and Marci Lobel. We look forward to seeing all of you at the next meeting and having you actively participate in our society.

Karina's year in office was notable for her leadership on several fronts: her efforts with Jim McCubbin to reconfigure ABMR's website, resulting in a more professional and appealing public "face" to our Society and streamlined methods for payment of dues and donations; her initiation of improved procedures for electing and recognizing new members; and her encouragement of donations to the 100/100 and Legacy Funds, contributing to ABMR's improved financial status. With regard to the latter, please stay tuned for an important notice about ABMR finances, dues and donations from Greg Miller, ABMR's President-Elect, coming soon to your inbox!

I'd like to share with you some of the exciting activities taking place this year that represent a continuation of efforts to renew and revitalize our Society while maintaining all that is valuable and special about ABMR. I invite you to become engaged in one or more of these activities, and welcome your questions, input and suggestions on these and any other aspect of ABMR!

**ABMR 2015.** The 2015 ABMR Annual Meeting will be held at the **Hyatt Regency Chesapeake Bay** (<http://chesapeakebay.hyatt.com/en/hotel/home.html>) on Maryland's beautiful Eastern Shore. Because the NIH Office of Behavioral and Social Sciences Research is planning a 20<sup>th</sup> Anniversary celebration on June 25<sup>th</sup> in Bethesda, MD that is open to all in the NIH and behavioral medicine communities -- including and especially ABMR members (see below for details) -- this year **ABMR's Annual Meeting will begin the evening of Thursday, June 25<sup>th</sup> and continue through mid-day on Sunday, June 28<sup>th</sup>.**

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In keeping with ABMR's tradition of presenting the best of behavioral medicine in an informal, relaxed venue, this year's meeting will feature an invigorating blend of exemplary science, fun activities, and opportunities for networking with colleagues in a lovely waterfront setting. The theme will be **From Ideas to Efficacy: New Frontiers in Basic-to-Clinical Translation**, with an agenda that highlights cutting-edge research that translates basic behavioral and biological discoveries into promising behavioral interventions in clinical areas of need (addictive and mental health disorders, obesity, adherence, chronic illness, health inequities). For each topic area, speakers will frame key clinical and/or policy questions, present innovative fundamental and treatment development research, and identify challenges and opportunities for integrating promising new behavioral interventions into preventive and therapeutic care.



The Hyatt Regency Chesapeake Bay is a beautiful resort located in Cambridge, MD on the banks of the Choptank River on Maryland's Eastern Shore. This distinctive venue, easily accessible by car from the Baltimore-Washington International (BWI) Airport, is close to Annapolis, St. Michael's, Easton, Oxford and many other historic towns. The hotel and surrounding area offers a wealth of activities and amenities that include swimming, tennis, boating, fishing, hiking, biking, golf and a many family-friendly activities. Its proximity to the beach resorts of Maryland and Delaware (Ocean City, Bethany Beach, Rehoboth Beach) as well as to the Eastern Shore's beautiful natural parks & wildlife areas (Blackwater National Wildlife Refuge, Assateague & Chincoteague Islands) make it an ideal place to extend your visit & enjoy all the area has to offer (for a "taste" of Eastern Shore highlights, see <http://travel.nationalgeographic.com/travel/road-trips/maryland-eastern-shore/>).

Details on the scientific program, meeting registration, lodging and travel are being developed and will appear soon on ABMR's website ([www.academyofbmr.org](http://www.academyofbmr.org)) and in subsequent newsletters. **In the meantime, I encourage you to mark your calendars now & plan to attend ABMR 2015 on June 25<sup>th</sup> – 28th!**

**ABMR Strategic Planning.** One of my goals as President is to engage ABMR members in dialogue about where the Academy is going and how we can work together to maximize ABMR's ability to advance the field of behavioral medicine and enhance its impact on the public health. Toward this end, ABMR's President-Elect Greg Miller and I have initiated a Strategic Planning process that will be carried out not only throughout this year, but during Greg's Presidential year and beyond, hopefully becoming an ongoing effort to ensure we continue ABMR's legacy and our founders' goal of being a "unique organization ... that can serve as "a 'beacon' for behavioral medicine" (Steve Weiss, "Thoughts on the Past, The Future of ABMR," 1997). The objectives of the first phase of this Strategic Planning process are to examine ABMR's mission, goals, policies and procedures and recommend changes to improve our Society's visibility and influence, ensure its solvency, expand outreach and better engage new and long-time members in the intellectually diverse and exciting group of scholars that make up ABMR.

As a start, we've taken ideas contributed by ABMR members at last year's Annual Meeting, recommendations from the Executive Council, and additional suggestions received after the meeting, and created four Working Groups

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which will carry out the Strategic Planning process over the next year and beyond. Below is a summary of the objectives of each of these working groups, along with the Working Group co-chairs:

- **Working Group to Review ABMR's Mission, Goals & Processes** – Co-Chairs: Susan Czajkowski ([susanczajkowski@hotmail.com](mailto:susanczajkowski@hotmail.com)) & Karina Davidson ([kd2124@columbia.edu](mailto:kd2124@columbia.edu)). To review ABMR's mission & goals, consider and recommend bylaws changes to reflect ABMR's role as an influential Academy of senior behavioral medicine experts and scholars, and recommend other activities for enhancing more effective and efficient management of ABMR.
- **Working Group to Enhance ABMR's Visibility & Influence** – Co-Chairs: Steve Manuck ([manuck@pitt.edu](mailto:manuck@pitt.edu)) & Jim McCubbin ([jmccubb@clemson.edu](mailto:jmccubb@clemson.edu)). To recommend & carry-out activities that can enhance ABMR's visibility & influence, promoting its identity as a Society of behavioral medicine experts & scholars.
- **Working Group to Promote ABMR's Financial Solvency & Sustainability** – Co-Chairs: Greg Miller ([greg.miller@northwestern.edu](mailto:greg.miller@northwestern.edu)) & Ed Suarez ([suare001@mc.duke.edu](mailto:suare001@mc.duke.edu)). To improve ABMR's financial condition & promote its long-term fiscal health and sustainability.
- **Working Group to Improve ABMR Member Outreach & Engagement** – Co-Chairs: Anna Marsland ([marsland@pitt.edu](mailto:marsland@pitt.edu)) & Daichi Shimbo ([ds2231@cumc.columbia.edu](mailto:ds2231@cumc.columbia.edu)). To improve efforts to reach out to potential new members, enhance diversity of membership (including enhancing diversity of race/ethnicity, gender, stage of career & disciplinary representation) and increase engagement of existing members in Annual Meetings and Academy business.

I would like to invite all members to become involved in this Strategic Planning process in whatever way makes sense for you – from joining a Working Group to sharing ideas about the process or a specific Working Group topic. If you would like to join one of the Working Groups or if you have suggestions or ideas to share, please email the Co-Chairs for that group directly. We welcome all ideas and wish to make this as open and inclusive a process as possible, so please also feel free to email me at [susanczajkowski@hotmail.com](mailto:susanczajkowski@hotmail.com) with any ideas or suggestions you may have on the Strategic Planning goals or process.

During the June, 2015 ABMR meeting, we will hear about progress in Strategic Planning from Working Group chairs and obtain further input from ABMR members during a special session devoted to Strategic Planning. My hope is we can engage as a Society in a robust discussion about ABMR's future goals and activities at that time. I also believe that strategic planning is a process that should continue throughout an organization's lifespan, to refresh and reinvigorate a Society's goals and processes and ensure they remain relevant and reflect members' needs and values. The intention is for this to be a sustained rather than periodic effort so that ABMR can continue to provide value to members that justifies their continued engagement over time.

**OBSSR's 20<sup>th</sup> Anniversary Celebration.** The NIH's Office of Behavioral and Social Sciences Research (OBSSR) is planning a one-day symposium to celebrate its 20<sup>th</sup> Anniversary on **Thursday, June 25, 2015** on the NIH campus in Bethesda, MD. OBSSR's Anniversary celebration, to be organized around the theme "*Healthy Lives through the Behavioral and Social Sciences*," will feature talks by key behavioral and biomedical leaders from NIH and the scientific community on the broad range of behavioral and social sciences research that is funded and conducted at the NIH, covering topics ranging from "Next-generation Basic Science" through "Enhancing Health and Lengthening Life in Populations" and "New Frontiers in the Behavioral and Social Sciences."

Over the past 20 years, OBSSR has been a major proponent of behavioral medicine research at the NIH. Its mission centers around stimulating, supporting and coordinating behavioral and social sciences research and integrating these areas of research more fully into others of the NIH health research enterprise. OBSSR's activities are at the heart of ABMR's mission, and ABMR members have themselves played important roles in OBSSR's history, beginning July 1, 1995, when Norman Anderson became OBSSR's founding Director and the first NIH Associate Director for Behavioral and Social Sciences Research. Other ABMR members who have had leadership roles within

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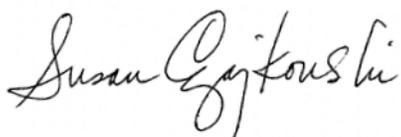
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OBSSR include Peter Kaufmann (Acting OBSSR Director, 2000), David Abrams (OBSSR Director, 2005 - 2008), and Bob Kaplan (OBSSR Director 2011 – 2014).

The OBSSR 20<sup>th</sup> Anniversary symposium is open to all, and I encourage you to attend this important event to acknowledge the vital role played by OBSSR in supporting behavioral medicine research over the past 20 years. To promote attendance by ABMR members, ABMR's 2015 Annual Meeting dates have been adjusted – as noted above, the 2015 ABMR meeting **will begin Thursday evening, June 25<sup>th</sup> and continue through mid-day on Sunday, June 28<sup>th</sup>**. Please consider coming to Bethesda for the OBSSR meeting on June 25<sup>th</sup> and continuing on to the Eastern Shore of Maryland for ABMR's 2015 Conference! And please stay tuned for more details about the OBSSR event, including information about the program, speakers, and lodging available in the Bethesda area, which will appear in future newsletters and on the ABMR website.

I am excited about ABMR's activities this year and hope you share my enthusiasm as we move forward with these plans. I welcome any input you have on these topics and would be delighted to hear from you – please feel free to email me at [susanczajkowski@hotmail.com](mailto:susanczajkowski@hotmail.com) if you have suggestions or ideas you'd like to share. In the meantime, with the Holiday Season approaching, I hope you & yours enjoy a warm & wonderful remainder of the year and a happy and healthy start to 2015!

Take care,

A handwritten signature in cursive script that reads "Susan Czajkowski".

Susan Czajkowski, PhD  
ABMR President

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