

THE GOOD NEWSLETTER

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University of Colorado - Anschutz Medical Campus
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A Message from the Good News team

Please remember to inform us anytime you engage in scholarly or media activities by responding to the survey link below. We have launched social media channels and would love to feature your work!

[Click on this link to be directed to our submission page!](#)

Members of the Good News Team include Chair: Claudia Iannelli; Designers: Aki Suzuki and Emily McIntyre; Editors: Kristen Raymond and Aileen Norton; Contributors: Shannon McWilliams, Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Brittany Pittman and Merlin Ariefdjohan.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.

ARTS

ADDICTION RESEARCH & TREATMENT SERVICES

Content: Kristen Raymond | Design: Aki Suzuki

IMPROVING LIVES

Through Prevention, Education and Treatment

Addiction Research and Treatment Services (ARTS) is the clinical program of the Division of Addiction Science, Prevention and Treatment in the Department of Psychiatry. ARTS has focused on delivering cost-effective treatment to individuals who have the most severe and chronic substance use disorders since 1972.

ARTS was developed in response to burgeoning prevalence rates of alcohol and drug abuse among the general adolescent and adult populations. Individuals receiving services benefit in many ways, including enhanced employability and productivity, increased family stability, improved social relationships, strengthened parenting skills and healthier children, reduced criminality, and diminished risk of HIV infection and other alcohol and drug-related medical problems.

The treatment services ARTS offers make a difference. One patient says, “For the first time in my life, I truly believe I have a chance at a life, free from drugs and alcohol.”

ARTS offers several different treatment modalities including adolescent and adult outpatient treatment, as well as residential treatment, medication-assisted treatment, and office based opioid treatment. ARTS also operates a licensed childcare center, The Baby Haven, which specializes in caring for the children of women receiving treatment services.

Learn more about the services that ARTS provides at <https://www.artstreatment.com/>

In the words of a patient:
“In treatment, I am saving my life every day.”

ARTS treatment philosophy is that substance use disorders are biopsychosocial behavioral disorders that can be severe and in some cases chronic, and the broad aim for ARTS is to reduce the morbidity and mortality associated with these disorders.

Successful treatment translates to reduced criminality and related social costs; reduced risk of HIV infection and other costly medical problems; and interruption of the intergenerational pattern of substance use disorders.



A current ARTS patient describes the treatment he receives, saying, “They actually care – I was so blown away by it. I’m at a place where they care about me and won’t just throw me back out on the street. If you treat and then just let them go, they’re right back where they were. It’s kind of hard for anybody to be productive when they’re sleeping under a tree or in a mud puddle. I was on the street. I was so filthy. I was worse than a person living in a garbage can. And I was treated the same way by society, by everybody. They’re treating these drug addicts like human beings: ‘What do you think?’ ‘How do you feel?’ ‘How are we going to get through this together?’ They said, ‘We’re actually going to treat the problem.’”

ARTS

Continued

ADDICTION RESEARCH & TREATMENT SERVICES

Content: Amy Neustadt | Design: Aki Suzuki

Susan Turowski-Reher

Retirement Announcement



Susan Turowski-Reher's leadership and expertise spans across the ARTS programs. She has dedicated the last 14 years of her career to the ARTS organization. She has spent those years building relationships with numerous people within the University system. It is no secret that she knows her way around a spreadsheet, and her knack for numbers is unrivaled. Her team has been heard saying how incredibly lucky they are to have such an encouraging and supportive supervisor and mentor.

Susan truly cares about the mission of the organization and has been a fierce advocate on behalf of the patients and staff of ARTS. Her passion will now carry forward in tending to her vast greenhouse and meticulously planned garden. We hope she will stop by and share her fresh veggies with us in the future. When she is not playing in the dirt, she will most likely be found spending time with her husband and two sons or traveling abroad to spend time with her nephew and his family in Europe. Congratulations Susan and we wish you a wonderful retirement!

CELEBRATING BLACK HISTORY MONTH 2022

[CLICK HERE](#)

to see a calendar of celebrations
happening this month in Denver

[CLICK HERE](#)

to visit the CU Anschutz calendar
of Heritage, History, and
Awareness Months

**If you see
something,
or experience
something,
say something.**

[REPORT AN
INCIDENT OF BIAS
USING THIS FORM](#)

WE'D LOVE TO HEAR FROM YOU!

We're working on scheduling next year's DEI
presenter schedule and would like to know who
you'd like to hear from.

Please use this link to make your suggestions:
[DEI Education Speaker Suggestion Form](#)

Respectfully,
The DEI Education Subcommittee

Content: Shaleeta Flagg | Design: Emily McIntyre

VISIT THE DOPSYCH WEBSITE


Diversity. Equity. Inclusion.


PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE

Content: Merlin Ariefdjohan | Design: Claudia Iannelli



Hello from the PRI!

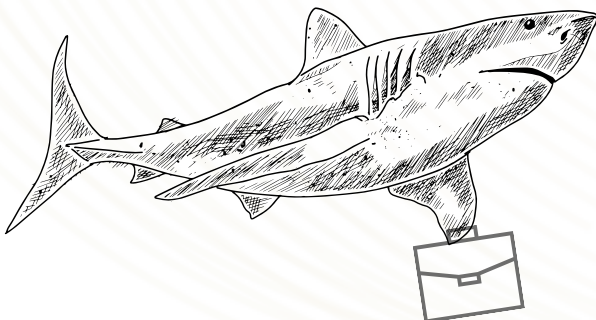
The PRI opens our door to greet you in the new year! We are ready to collaborate with you on various projects in one way or another. Please reach out to PRI Director Merlin.Ariefdjohan@cuanschutz.edu if you need research-related assistance and resources. We welcome constructive feedback too! Below you will find some ways you can work with us in 2022!

Joy At Work Series (JAWS)

The new Joy at Work Series (JAWS) is intended to help faculty, staff, and trainees at all levels be supported in career development. It is a collaborative effort from the DEI Committee, Office of Education and Training, and PRI to inspire employee growth, engagement, inclusivity, and retention. Various talks will cover a broad range of issues delivered in "TED Talk" formats intended to spark new ideas and support a departmental culture where all strengths are valued. Speakers will include faculty, staff, and trainees with important views on a variety of timely issues such as:

- Mindfulness in the workplace
- Advocating for organizational change to support DEI
- Balancing caregiving commitments and work
- Leading from wherever you are in the organization
- Using technology to make your life easier
- Developing a scientific career as a minoritized individual
- Much more!

Please look out for our event flyers and invites, and reach out to luo.yunliang@cuanschutz.edu if you want to share your wisdom as a speaker!



Spanish Language Service Line

Due to a pertinent need to increase diversity in research, the PRI is offering Spanish translation and research administration services. Our Research Operations Core offers the following English/Spanish support: translating study documents, recruiting and consenting participants, translating interviews during study visits between participants and study coordinator/PI, conducting research visits, reimbursing participants and managing gift card programs, among others.

Please reach out to Merlin.Ariefdjohan@cuanschutz.edu if you need assistance in these areas.

PRI Office Hours

Don't sit on your research questions and let the clock tick away. Zoom in and visit us at the PRI Office Hour and get these sorted out. It's first come-first serve in an "Ask-Me-Anything" forum related to topics below:

- Branding & Study Flyer – 1st Monday
- Grant & Contracts – 2nd Thursday and 4th Monday
- REDCap – 3rd Monday and 4th Thursday
- Regulatory – 1st and 3rd Thursday
- Research Administration – 2nd Monday

All sessions are held from noon to 1 pm at <https://ucdenver.zoom.us/j/94207859312>

Click here to email Merlin for more info about anything PRI-related!

Team Spotlight:



Viki Manley

ARTS Director of Finance and Administration

When did you start working for the DOPsych?

October 1, 2021.

What do you like best about working here?

The people are not only passionate about the programs and clients we serve but are incredibly supportive in making sure staff succeed as well.

What was your very first job?

I was a dishwasher/pizza maker at Amici's.

If you could have an alternate job (something totally different from what you do now), what would it be?

I would work in the back of a flower shop prepping the flowers to go into bouquets/arrangements. Who wouldn't want to smell fresh flowers everyday?

Favorite childhood snack?

Nacho Cheese Doritos, I still cannot have them in my house because no matter the size of the bag it equals one serving.

Tell us about your favorite vacation or trip -or- what is your dream vacation spot or trip?

I've been to Australia twice. I became such good friends with someone who worked where we stayed off the Great Barrier Reef that I went back the next year to visit her. Once COVID restrictions are over I will plan the next trip.

Tell us about your favorite local restaurant.

I am still trying to find a replacement to Benny's.

What is your favorite smell or sound and why?

The smell of my mother's spaghetti sauce that takes two days to finish. It reminds me of childhood and the best Sunday dinners.

FUN & GAMES

DBPsych 2022 List

We asked all of you to share your 2022 bucket list items and received a diversity of fun and ambitious responses! We love seeing all the determination and creativity within this department!

I'm hiking Mt. Princeton then plan to go sit in the hot springs after. Also going to Santa Fe with my daughters.

Deliver a healthy happy baby and begin my motherhood journey!

One of my bucket list items for 2022 - run a marathon!

Graduate with my MPH!

Complete a DIY home project

Hike 3 14ers!

Shopping for my first home!

5 van camping trips with my daughter!

Return to n/naka in LA

Paint my house

Goal is to find an agent for or self publish my novel.

Find an organization in my new community to volunteer with

Learn to cook lots of Japanese cuisine!

Go to the Galapagos!

Dine at a Michelin Star restaurant

#DYK that supporting local businesses isn't just good for your community's economic growth, it's also a great way to go green! Local businesses are better for the environment because they have a smaller carbon footprint and waste less than large companies. Let's all pledge to support our neighbors and our earth by shopping local.

[CLICK HERE TO SUBMIT YOUR](#)
"FAVORITE LOCALLY OWNED BUSINESS."



The poster features a teal background with a decorative border of various food items. At the top, there are cans of 'Saucy Spaghetti', 'Pork n' Beans', 'Fruity Cocktail', and a green can with an orange circle. At the bottom, there are cans of 'Cheesy Mac', 'Tastiest Tuna', a box of 'Sandines' in tomato sauce, and a can of 'Choco Loco'.

FOOD FIGHT FOOD DRIVE

2022 DONATION CHALLENGE

FOR THE MONTH OF MARCH

DONATE NON-PERISHABLE ITEMS TO THE BOX DROP
LOCATIONS BELOW

- JOHNSON DEPRESSION CENTER - AHSB BUILDING
- OUTPATIENT PSYCHIATRY CLINIC - AHSB BUILDING

SUPPORTING: UCH FOOD PANTRY, METRO CARING,
FOOD BANK OF THE ROCKIES, GREATER PARK HILL
COMMUNITY CENTER, AND RESTORATION OUTREACH
PROJECT

Suggested Food Items

(Give what you would like to receive!)

Healthy Canned or Jarred Foods

Broths/Soups	Vegetables (all varieties)
Meats (all varieties)	Tomato products
Beans	Canned milk
Olives	Capers
Roasted peppers	Fruit (in water or low sugar options)



Dried Foods

Dried Beans	Tortillas
Assorted grains	Nuts/Seeds
Pastas	Dried Fruit
Bread crumbs	Powdered milk
Cornmeal	Assorted nut butters
Oatmeal/whole grain cereals	(low sugar)



Condiments & Oils/Vinegars

Lemon juice/lime juice	Olive oil
Mustards/ Ketchup	Coconut oil
BBQ sauce/ Hot sauce	Balsamic vinegar
Soy sauce	Apple cider
Worcestershire sauce	Red wine/ white vinegar
Mayonnaise/ salad dressing	



Spices

Salt/ pepper
Spice blends
Chili Powder
Red pepper
Marinades
All others welcome

Sweeteners

Honey
Maple syrup
Brown sugar
cocoa powder
apple sauce
Dark chocolate (6.5 & cacao)

Baking

Non-dairy milks
Baking soda
Baking Powder
Corn Starch
Vanilla Extract
Quick activating yeast



Toiletries & Extras

Diapers/wipes/ baby formula	Feminine hygiene (pads and tampons)	Toilet paper/ paper towels
Shampoo/ conditioner	Soap/ deodorant	Socks/ gloves/ hats
Toothbrushes/ toothpaste/ floss	Lotion/ lip balm / razors	Laundry Detergent/ cleaning supplies



Please donate new, unopened items within their expiration date. Thank you!