

THE GOOD NEWSLETTER

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University of Colorado - Anschutz Medical Campus
Department of Psychiatry Monthly Newsletter

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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, Emily McIntyre & Brianna Boggs; Editors: Kristen Raymond and Aileen Norton; Contributors: Shannon McWilliams, Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Brittany Pittman, Merlin Ariefdjohan & Dora Irvine.



Department of Psychiatry
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.



Content: Aki Suzuki | Design: Aki Suzuki

WELCOME TO OUR HOUSE!

ANSCHUTZ HEALTH SCIENCES BUILDING

We've been waiting all winter long but it's finally here...warm weather AND the Anschutz Health Sciences Building! This incredibly sunny, spacious, sleek, and modern building has us all feeling like we are #blessed to come to work. More than anything, we are so grateful to be back to work in person and reunited with our CU Psychiatry community. Scroll to the next page for some fun photos and quotes from our faculty and staff.

ANSCHUTZ HEALTH SCIENCES BUILDING



"I immediately felt very at home here - it's cozy and warm, and it's been amazing seeing everyone and being even more integrated as a department here."
- Bob Davies



"It's a very innovative building and stylish. It makes me proud to be part of the team."
- Gloria Valdez

"It's great to see everybody's faces and start a new beginning."

-Alana Pettaway



"AHSB puts the 'community' back in Community, Population, and Public Mental Health. The space is inviting and allows our teams to reconnect in a really wonderful way. It fills in pieces that we've been missing over the past few years."

-Rachael Anderson



ANSCHUTZ HEALTH SCIENCES BUILDING



"It adds more excitement and novelty to my life!"
- Steve Berkowitz



"I am really enjoying working in an environment with so much light and open work spaces! It feels so easy to connect with your coworkers and be in community."
- Aki Suzuki



"It's a beautiful building! I feel like it's a lot more accessible to our patients than the last building."
- Shannon Hester

ANSCHUTZ HEALTH SCIENCES BUILDING



"It feels great, I enjoy that we are back to somewhat normalcy and love getting to interact with my colleagues in person. The views are sensational and it's refreshing to be in a new space while being back in the real world too!"
- Steve Diamond



"My favorite part of being back in office is the sense of community and camaraderie with our team!"
- Stacey L'hommedieu



"It's not like Building 500, people!!"
- Merlin Ariefdjohan

"It feels like you're a part of something exciting and something new is happening and you're excited to be a part of it!"
- Andrea Eaton



"I love our break room it really makes you want to spend time with your coworkers."
- Daniella Schlander



MARCH 2021 DEI RECAP

Crip Camp

The DEI film discussion on the documentary Crip Camp brought together a diverse group of people from across the department to reflect on the role that disability justice and advocacy play in our personal and professional lives. Folks shared what impact the film had on them, and what they took away from the many inspiring stories of resilience, protest, and grassroots activism. We considered what it can mean to reclaim words and spaces that were once symbols of oppression, while also considering ways in which we can make our community and shared spaces more accessible to people of all backgrounds, sizes, and abilities. It was an engaging and far-reaching discussion that will hopefully have a lasting impact in our community.

Hidden Valley Road

The heartrending story of a midcentury American family with 12 children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. Robert Kolker (Goodreads Author)

Dr. Cheryl Al-Mateen was our Ruth Fuller Endowed Lecturer this year.

Here's a brief history of how this endowment was started: Dr. Fuller specialized in child psychiatry, graduating from State University of New York Downstate Medical Center. She went on to open a private practice in Harlem, New York. Dr. Fuller entered the field at a time when women were underrepresented in medicine, but with the help of scholarships and sheer determination she was able to graduate and make a lasting impact in psychiatry and health care broadly.

30-Day Challenge

The DEI Committee's 30-day Challenge began in March. If you missed the 2021 challenge, the 2022 challenge was a great way to keep your DEI skills sharp, learn something new, and work towards stronger allyship. You can also count these activities towards the DEI participation section of your annual evaluation.



Content: Shaleeta Flagg | Design: Emily McIntyre

VISIT THE DOPSYCH WEBSITE

PSYCHIATRY RESEARCH INNOVATIONS

ADVANCING RESEARCH EXCELLENCE

Content: M. Ariefdjohan, L. Luo & E. Perks | Design: Claudia Iannelli



**PURPLE
UPDATES**

In the DOPsych, PURPLE Is More Than Just a Color

In late May, the Psychiatry Undergraduate Research Program and Learning Experience will welcome a new group of diverse students to join the 2022 cohort. It is hard to believe this will be the seventh cycle! As many of you may know, PURPLE was started as a 12-week summer pathway program in 2016 under the direction of Merlin Ariefdjohan, PhD, MPH. PURPLE is now directed by Emmaly Perks, MA, CCRP and Assistant Director Yunliang (Lily) Luo, BS.

PURPLE's focus has always been on recruiting and advancing the careers and education of under-represented, minoritized students. However, the program has grown significantly through the years and now is far more holistic than just the 12-week internship. Throughout the 12-week portion of the program, interns participate in mentored research activities, clinical shadowing, and didactic sessions covering topics from basic research skills and scientific communication to professional branding. Upon completion of the program, our goal is to place as many well-trained students as possible into careers at CU, in mental health careers, and in other academic medicine settings. We then support students as they make these transitions and follow them longitudinally to document professional outcomes. In this way, PURPLE has become a significant pathway to increasing diversity in the mental health field.

The challenge of finding amazing interns starts with an equitable application process. PURPLE seeks to attract diverse, accomplished, and high-potential students from a wide variety of cultural, geographic, and ethnic backgrounds. To meet this goal, members of our review committee are intentionally selected from a pool of faculty and staff of various backgrounds, including one or more DEI representatives who have been trained in implicit bias, inclusive recruitment, and diverse recruitment practices. As a group, the committee thoroughly reviews personal statements, letters of support from sponsors, and applicants' academic experiences before making their final recommendations.

While 56.2% of all currently practicing physicians are white Caucasian ([ref](#)), PURPLE is a program that intends to change this statistic. In fact, of our 27 graduates, 62% stay in mental health fields long-term, and 24% have been accepted into graduate programs. Over the last six years, 93% of PURPLE alumni reported this program was integral for their careers, and 100% reported they would recommend the program to peers.

If you are interested in learning more about the projects that our interns are involved in this year, please join us for the PURPLE Symposium on August 12th, 2022 (more information to follow closer to the date). Otherwise, you can [click here](#) to follow our journey!

Team Spotlight:



Alana Pettaway

Office Manager

When did you start working for the DOPsych?

I started working for DoPsych at CU Anschutz in November 2021, and I am the office manager and newly appointed title Move Coordinator Extraordinaire!

What is your favorite book or movie and why?

My favorite book would be the entire Harry Potter series. It takes me to an alternative universe where magic exists while still having comedic relief and thrilling plots throughout the entirety.

Do you have any hidden talents?

It's not really hidden but I dance and drum for a Halau here in Colorado! My daughter, mom and aunts also dance. We have performances and so many great events year-round. I am also on the board of directors as the chair of fundraising.

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

My favorite vacation was to Puerto Vallarta Mexico! The ocean was amazing and the food was the best!

Favorite quote?

"It does not do to dwell on dreams and forget to live."

– Albus Dumbledore

Any other fun facts you want to share?

We have a big fundraising show in June at the Douglas County Fairgrounds if anyone is interested! Kuana Kahele Torres will be performing live with us as well! For more information see: DenverLeiDay.Org

HĀLAU KALAMA PRESENTS

14TH ANNUAL LEI DAY

SPECIAL PERFORMANCE BY: KUANA TORRES KAHELE

JUNE 25TH
6:00PM - 8:30PM
DOORS OPEN @ 5:30PM

DOUGLAS COUNTY FAIRGROUNDS
500 FAIRGROUNDS RD.
CASTLE ROCK, CO 8014

CONTACT ELLEN AKIONA FOR MORE
DETAILS: ELLENAKIONA@HOTMAIL.COM

GENERAL ADMISSION \$75
GENERAL ADMISSION (AGES 3-17) \$50
VIP EXPERIENCE \$125
VIP (AGES 3-17) \$75

DINNER PROVIDED IN THIS COMPLETE LUAU EXPERIENCE!

Earth Month 2022

Earth Month is the month surrounding Earth Day, which is April 22nd. The idea of Earth Month is that we should care and learn about our home for more than just a single day of the year. Focusing one month of the year on climate change and sustainability can help everybody pledge to protect and respect this beautiful planet that gives us life. Check out a list of eco-friendly changes you can make on the next page.

Design and Photography: Aki Suzuki





Earth Month 2022

Living Sustainably in 2022

1. Avoid single-use plastic - there are countless everyday items that you might not even realize contain plastic, like chip bags and clothing items — always check the label.

2. Eat less meat and dairy - Switching to a plant-based diet can reduce food emissions by an incredible 73 percent. [Click here](#) for some great vegan recipe ideas.

3. Support regenerative agriculture - Supporting farmers who use regenerative practices that give back to the planet can have a big effect, particularly as healthy soil can also absorb CO₂ from the atmosphere.

4. Reduce your food waste - Food waste is the biggest contributor to waste emissions, so make sure you compost any leftovers. Making your own compost is easy and will give you great soil for summer gardening!

5. Look for blue-beauty products - Although microbeads — which are dangerous to marine life — are now banned in countries including the US, UK and France, many sunscreens still contain chemicals that are harmful to coral reefs. Avoid chemicals such as oxybenzone and octinoxate, and opt for mineral sunscreens instead.

6. Shop secondhand - Not only will you reduce waste by purchasing pre-loved items, you can also save money by buying used but high quality items from your local thrift shop or online marketplaces like Poshmark.



Earth Month 2022

Living Sustainably in 2022

7. Use less hot water - Easy changes you can make include having quicker showers, washing clothes at lower temps, and only using your washing machine and dishwasher at full capacity.

8. Switch to renewable energy - Moving away from fossil fuels is key to cutting carbon emissions, which is why switching to renewable energy is important. Look for energy companies that offer green energy tariffs; it might also be worth investigating whether solar panels could work for you.

9. Change your bank account - Your finances are another area where you can make a difference by ensuring your bank isn't investing in fossil-fuel companies. Do your research and switch to a greener option where possible.

10. Donate to environmental charities - Supporting environmental organizations such as WWF, the Rainforest Alliance and Oceana is also a way you can contribute to the green movement.

11. Write to your favorite brands - Consumers don't just have power via their purchasing habits – you can also put pressure on your favorite brands to take action when it comes to both reducing their environmental and social impacts.