



BALLYHOO

Behavioral Health
Family Medicine Newsletter

October 2021 Issue

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Recently Hired Psychology faculty



Lynn Haley, PsyD, Psychologist - Boulder

I joined UC Health Family Medicine in Boulder at the beginning of May after fourteen years working in an integrated care Internal Medicine clinic in Denver and just over a year at the UC Health Longmont Clinic. Having started two new jobs in the midst of the pandemic, I'm grateful we've been able to continue to provide behavioral health services at a time when it's so needed in our communities. It's wonderful that telehealth expanded our reach and capability; I'm also thankful that we've been able to see patients in person for most of the time.

In primary care I enjoy the variety of issues that we encounter and the teamwork approach with other providers. In addition to treating mental health issues, I really like helping patients with positive health behavior change, such as sleep improvement and weight loss.

During my free time I love spending time outside in the beautiful Colorado scenery with family and friends. I particularly enjoy mountain biking, skiing and hiking with my husband and two sons.



Marisa Kostiuk, PhD, Psychologist - Westminster

My clinical interests including perinatal mental health, sexual/reproductive health, chronic illness management, weight management, and psycho-oncology.

Starting a new job during a pandemic has been both challenging and rewarding. I have found that providing care in unpredictable times requires flexibility and creativity.

It has also been incredibly important for me to take time to connect with my team members in a meaningful and fun way. I have felt grateful to be part of such a welcoming team during this last year!



Renee Pullara, Clinical Affairs Program Manager

As you all know, the DFM clinical footprint and programmatic growth has been unprecedented over the last few years. Not only have we expanded our Primary Care clinical locations with the addition of the CU Medicine Community Practices, but we've also expanded our Integrated Behavioral Health services, Addiction Medicine programs/services, CeDAR initiatives, Sports Medicine Activities, and Palliative Care services dramatically to name a few. Renee Pullara, to support our Specialty Care Services (Integrated Behavioral Health, Addiction Medicine/CeDAR, Palliative Care and Sports Medicine) who joins our clinical affairs team on 10/1/21.

Renee started her professional career as an Addictions Counselor and caseworker with Cook County Hospital and Aids Foundation of Chicago for about 8 years. Due to massive budget cuts in the field, she later changed career paths to healthcare administration. Prior to starting her new journey with the Dept of Family Medicine, Renee was the Practice and Operations Manager for the Section of Pediatric Emergency Medicine at Children's Hospital Colorado for 3 years. Before moving to Colorado, she was the Assistant Administrator for several years at the University of Chicago, for the Sections of Cardiac, Vascular, and Thoracic Surgery. Renee completed her first Masters in Forensic Psychology from The Chicago School of Professional Psychology and later received an MBA from Argosy University in Chicago.

Racial Caucus for Interns and Faculty

We are enthusiastic to announce that together with eight other internship sites in CO we will be hosting four caucuses over the year for both interns and faculty.

Caucus and Affinity Groups: <https://www.racialequitytools.org>

To advance racial equity, there is work for white people and people of color to do separately and together. Caucuses provide spaces for people to work within their own racial/ethnic groups. For white people, a caucus provides time and space to work explicitly and intentionally on understanding white culture and white privilege and to increase one's critical analysis around these concepts. A white caucus also puts the onus on white people to teach each other about these ideas, rather than placing a burden on people of color to teach them. For people of color, a caucus is a place to work with peers to address the impact of racism, to interrupt experiences of internalized racism, and to create a space for healing and working for individual and collective liberation. At times, people of color may also break into more specific race-based caucuses, sometimes based on experiences with a particular issue, for example police violence, immigration, or land rights. Groups that use caucuses in their organizational racial equity work, especially in workplaces and coalitions, generally meet separately and create a process to rejoin and work together collectively. Accountability is a key principle when implementing this methodology.

Objectives: Build antiracist collectives that can work together to dismantle racism.

Weird Science Facts about Human Behavior



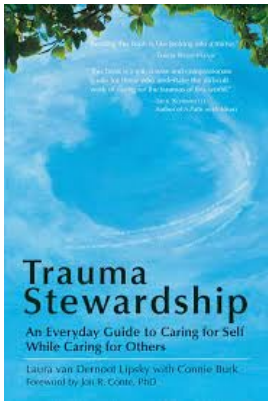
Thinking about progress will motivate you - We can be easily motivated by simply imagining that we are progressing in a certain task or goal. By thinking that you have made some progress, you can actually motivate yourself to push forward harder and accomplish your goals faster.

Stories help you process information faster - We tend to process and remember concepts and facts when they are presented in a story form. Storytelling makes the process easier for us and we can remember theoretical and complex figures and facts much better.



Book Club

We have decided to have a book club and you are welcome to join us!



Life is hard, friends and books make it better. We are starting with a book for people working to make the world a better place: <https://traumastewardship.com/inside-the-book/>
Our next meeting is October 27th at 7pm when we will discuss part 1 and part 2 of the book. If you haven't gotten a chance to read by then, please join anyway – we would love to have you!

Zoom link: <https://ucdenver.zoom.us/j/6905592549>

Halloween (Warm Fuzzies)

Halloween is right around the corner!

If you love Halloween as much as we do, please share your Halloween photos by sending them to laura.washington@cuanschutz.edu

We will share them in our next issue of Ballyhoo.

