



February 23, 2023

## RSVP For The Round-Up!

**DFM  
SPRING FLING  
2023**

SHINE UP YOUR BOOTS AND DUST OFF YOUR HATS  
IT'S TIME TO CELEBRATE, WESTERN-STYLE!

**WHEN:** Friday evening, April 21, 2023  
**WHERE:** Ironworks Denver, 25 Larimer St, Denver, CO 80204  
**WHAT TO WEAR:** Gussy-up in whatever western wear you've got!  
Or wear what you like. Just be comfortable.

**DOORS SWING OPEN** – 5:00 pm  
**HOWDY COCKTAIL TIME** – 5:00 - 6:30 pm  
**DINNER** – 6:30 pm  
**AWARDS PROGRAM** – 7:00 pm

Let your Wild West spirit come alive at the 2023 DFM Spring Fling!

This year's event is set for Friday, April 21st, in a beautiful vintage space in the heart of downtown Denver.

Round up your best western wear and your plus-one and RSVP by clicking on the button below.

[RSVP NOW](#)



## Last Call For Nominations

The clock is ticking for DFM Award nominations. Click on the button below to nominate your colleagues before the deadline on **March 1, 2023**.

The awards will be presented at the DFM Spring Fling in April.

Nominate

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Let's talk about  
**DRUG USE IN  
COLORADO**

We are in a deadly drug overdose crisis. Join us to learn from Lisa Raville, Executive Director of Denver's Harm Reduction Action Center about current and future harm reduction initiatives. And, what can be done in family medicine clinics to help.

**DFM Monthly Meeting** (Hybrid Event)

Wednesday, March 8, 2023

12 noon to 1:30 pm

(lunch served at noon, program begins at 12:30 pm)

**Physical location:**

Elliman Conference Center,  
Anschutz Health Sciences Building

**\*\*Find the ZOOM link in your Outlook calendar\*\***



**Lisa Raville**  
Executive Director of Denver's Harm Reduction Action Center

## RSVP For The March DFM Monthly Meeting

This hybrid event promises to be interesting and educational.

Coming in-person? Please click on the button below to RSVP today!

[RSVP Today](#)



## Research And Her Near-Death Experience

DFM's Brooke Dorsey Holliman, PhD, has a story to tell!

It's about her work, her family, and her nearly dying - and how she became a statistic in her own field of research.

Click on the button below to read the entire AMAZING story!

[Read The Story](#)

**UPDATES**  
AND OPPORTUNITIES

## Clinical Call-Outs!

Patients are saying some nice things about our DFM clinicians.

Dr. Jessica Walker -

***"Dr. Walker has a number of attributes that give me confidence in her. Listens. Takes time with me, I do not feel rushed. Even if my descriptions of my health issues are in layman's terms she understands and clarifies without my feeling "dumb". Dr. Walker, to me, seems happy in her work and it shows. UCHealth should***

**be happy to have her on staff."**

Dr. Jen Caragol -

***"Dr. Caragol is one of the few doctors who involves her patients to have input or a say in their care. She is empathetic, very attentive to the patient and communicates with you on the level that enhances a patient's understanding of the issue/care being provided. And she never makes you feel any less of."***



Dr. Jessica Walker



Dr. Jen Caragol

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## Research & Innovation

### Pilot Exploratory Program (PEP) Projects Funded

- Examining the Feasibility and Effectiveness of Written Exposure Therapy for PTSD in Primary Care: A Pilot Study - Kyle Haws/Aimee Zisner
- Feasibility and efficacy of a single session behavioral pain management class on pain catastrophizing, resilience, patient reported functional outcomes, and opioid use - Jill VanWyk/Vanessa Rollins
- Understanding language used by PCPs in meeting (or not) the mental health and social needs of their patients with diabetes - Anne Nederveld

PEP supports research in DFM that is focused on pilot or exploratory work.

Have an idea? Need help with paying for expenses related to developing that idea?

Learn more and apply for PEP funding by clicking on the button below.

[Apply For PEP](#)

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## Apply Now!

Attention clinicians interested in becoming researchers! We have a new opportunity for an internal DFM Research Career Development Award which provides protected time for research, mentoring, and other support.

This is a competitive award for faculty who are currently clinically-focused, but have a

strong desire to progress toward a career as a funded researcher as a portion of their time. If you are interested, it is strongly suggested that you contact Jodi Holtrop, PhD, Vice Chair for Research at [jodi.holtrop@cuanschutz.edu](mailto:jodi.holtrop@cuanschutz.edu) in advance of applying.

Application deadline is Friday, March 17, 2023.

Click on the button below to learn more and apply today!

Learn More And Apply



## Recruiting Future Health Equity Champions

The Colorado Academy of Family Physicians (CAFP) invites you to join a cohort of your peers in a three-month course of discovery to deepen your equity knowledge and skills. Receive hand-selected materials delivered to your inbox weekly and monthly cohort debrief sessions resulting in a Certificate and 15 CME credits.

The course is free for students and residents - \$250 for practicing physicians.

If cost is a barrier, the Diversity and Health Equity program is happy to fund up to 3 physicians in DFM that want to join this program. Please reach out to [dfm.dei@cuanschutz.edu](mailto:dfm.dei@cuanschutz.edu), if interested, as funding support is on a first come first served basis.

Click on the button below to learn more and apply.

Learn More And Apply

## Human Resources - Resources

In life, there are highs and lows. Some big and some small. If you reach a point where you're feeling overwhelmed by stress in your life – be it related to finances, relationships, a mental health episode or any other issue – there's help through the new Real Help Hotline. **The Real Help Hotline** gives you access to professional counselors who can offer assistance finding local resources or provide immediate crisis counseling. It's a free and confidential service and it's available 24/7. The service is available to all members covered under any of CU's medical insurance plans.

If you need help, reach out. The number to call is (833) 533-CHAT (2428).

**How an we help you?**

- Do you have Family and Medical Leave (FML) questions or need to start the process? Email: [DFM-FMLA@cuanschutz.edu](mailto:DFM-FMLA@cuanschutz.edu)
- Do you have Payroll Questions or Concerns? Email: [DFM-Pay@cuanschutz.edu](mailto:DFM-Pay@cuanschutz.edu)
- Do you have general HR questions? Email: [DFMHRQuestions@cuanschutz.edu](mailto:DFMHRQuestions@cuanschutz.edu)
- Do you have benefits questions? Email [benefits@cu.edu](mailto:benefits@cu.edu) or call 303-860-4200, Option 3.



## Professional Development Pro Tip!

### Managing Stress To Avoid Burnout

We all need a little help now and then to manage the demands on our time both personally and professionally.

Take advantage of the LinkedIn Learning Courses available for you.

They have a variety to choose from and, who knows, you might just find one that fits you to a tee!

Click on the button below and login with your cuanschutz email address to access the **FREE** video courses.

Choose Your Course



## Give Back To DFM

Payroll deduction - One-time gift - Planned giving. Showing your support for DFM is easy.

Visit the Endowment page to learn more about the endowment campaign and how you can become involved.

[Learn More](#)

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**Look back at past editions of the DFM Monthly Newsletter**

[DFM Newsletter Archive](#)



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