

THE GOOD 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 and Emily McIntyre; Editors: Kristen Raymond and Aileen Norton; Contributors: Shannon McWilliams, Kimberly Slavsky, Shaleeta Flagg, Melissa Sinclair, Brittany Pittman and Merlin Ariefdjohan.



The Good News



the DOPsych Communication team

Thanks for checking out this edition of the Good Newsletter! This month we are taking the opportunity to introduce our Departmental Communication Team (Comm Team) and all the fun assets they work to create. Since its inception in December of 2020, the Comm Team has been working to establish departmental branding, ensure all communication meets the University brand requirements, and create multiple avenues to share our Department's important work. We often ask for support from our faculty and staff when looking for content to promote. Please keep reading to learn more about who we are, what we do, and how we can help!

WHO WE ARE



Claudia Iannelli
Communication Team Lead



Emily McIntyre
Communication Specialist



Aki Suzuki
Communication Specialist

HOW WE SHARE INFO

- **The Good Newsletter:** Chances are, you know this one, because you're reading it right now! The GNL is meant to be an internal departmental resource to highlight colleagues in the DOPsych family and promote our collegial culture.
- **Quarterly Reports:** These reports will be published 4x per year and will cover high-impact stories across our departmental mission areas: Clinical Care, Research, Education, and Community. The quarterly reports will be shared with the advancement office, donors, alumni and potential faculty during recruitment events.

Content: Claudia Iannelli | Design: Aki Suzuki

- **Social Media:** Through Twitter and Instagram, we create posts to share with the general public. We often feature news features, academic activities (grants, papers, etc.), events open to the general public, as well as content related to mental health and self-care (such as Emily Hemendinger's Assertiveness Bingo Board!).
- **Updated Newsroom (coming soon!):** The newsroom allows us to write content to be featured on our website's homepage. These links can be shared far and wide!

WHAT WE HELP WITH

- Branding and Canva/graphic design training for faculty and staff
- Approval of assets created by research and clinical teams including program brochures, event flyers, and research advertisements
- Creation of assets (graphic designs) for email announcements
- Tutorial and informational video production
- Sending campus- and department-wide emails

HOW DO YOU GET IN TOUCH?

- We have several submission links for various types of requests. They are listed below but are also included in our email signatures so they're always easy to find!
- [Submit Scholarly and Media Activities Here](#)
- [Submit Graphic Design Requests Here](#)
- [Submit Video Production Request Here](#)
- [Submit Website Creation/Modification Requests Here](#)

Team Spotlight:

Aki Suzuki

Content: Aki Suzuki | Design: Claudia Iannelli



When did you start working for the DOPsych?

I started working for DoPsych in December of 2020 in the role of Communications Specialist.

What is your role here?

I work on all things marketing and communications strategy related including social media, graphic design, and video/podcast production. This job evolves every day and that's one of my favorite things about it.

What do you like best about working here?

Although thanks to the pandemic I have yet to meet anyone from the department in person, I feel very lucky to be surrounded by such friendly, kind and intrinsically motivated people. Everyone I have interacted with truly wants to make the world a better place through mental health. That is really refreshing and makes work feel more rewarding. Also, I have the best team! Claudia Iannelli does such a great job giving me space to take ownership of my work and explore new creative directions.

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

In another life, I would love to be a tour guide abroad. I have a passion for traveling, experiencing new cultures, and meeting new people! Those things combined make the life of a tour guide sound like a real adventure. Also, I really enjoy photography and would love the opportunity to capture beautiful nature in faraway places.

Aki's nominators said, "We nominated Aki for the Staff Spotlight because working with her has brought such incredible joy to the team. She is a perfect mix of warm and funny with remarkable talent and fierce determination. We wanted more people in the DOPsych to get to know one of our favorite people!"

Team Spotlight:

Continued

Aki Suzuki

What's your favorite book or movie and why?

That's a hard one...I love reading! I suppose right now one of my favorite books is *Untamed* by Glennon Doyle. For anyone looking for growth and empowerment, this is an incredible read. Another favorite is *A Terrible Thing to Waste* by Harriet Washington on environmental racism and its impact on education. It's quite a heavy read, but Washington does a great job of connecting the dots and providing all the facts on an extremely important topic.

Morning bird or night owl?

Morning bird! I love waking up early when the world is still quiet and especially catching a good sunrise! I tend to fade later in the day and feel much more productive in the mornings.

Do you have a favorite quote?

One of my favorite quotes is by Anais Nin: "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." It's a good reminder to pursue our curiosities and take control of the story of our lives.

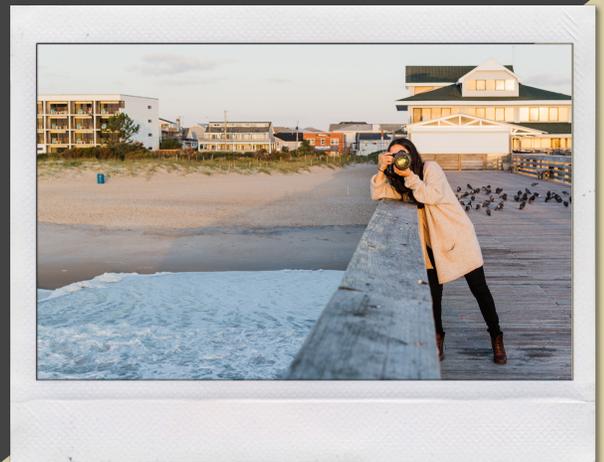
Four Fun Fast Facts About Aki:

She is a professional photographer in her spare time!

She was a newscaster in college.

She has never been to Disney in the US, only in Japan!

Her favorite food is peanut butter...like, literally any peanut butter, she loves it all!





Patient Testimonials

Content: DOPsych Patients | Design: Claudia Iannelli

The DOPsych is very proud to have such incredible care providers for our patients, and it's nice to share positive feedback from those we serve. This month we're thrilled to feature several patient testimonials submitted in recent months!

Connections

"This program helped me save myself before I even knew I was drowning. As a first time parent with a child with multiple medical complexities, the Connections Program provided me a safe space to vent, voice concerns, and really feel heard and understood. I have a better understanding of myself, my concerns and how to cope and react without allowing the emotions of others, situations and unavoidable medical situations to completely overtake my mental health or physical health. It has been a true blessing to be a part of this program. I wish every parent could find this kind of support."

Mandy Doria

I saw the email come out during the COVID pandemic about faculty and staff mental health services and decided to give it a try. I haven't thought about seeing a therapist outside of the prompting of this email, and since I've had some general anxiety and a few things happening here and there, I decided it might be beneficial to talk to someone. I'm grateful to have made this decision to reach out and get connected with a therapist and I'm grateful CU provided me with the opportunity to do so. Receiving this short term care has been instrumental in helping me identify and address some challenges in my life... and has provided me with the resources that I didn't know I needed. Mandy was professional, kind, thoughtful, attentive and has played an instrumental role in the successes I've seen after just a few sessions with her. She helped me find a provider in the community who accepts my insurance, and that process was so smooth. I'm grateful for the resources CU is providing its employees and all that Mandy has done for me.

Emily Hemendinger

"I was six months into dealing with health anxiety and a specific fear of respiratory illness when the pandemic hit. There is nothing like a worldwide pandemic centered around your worst fear to throw you into exposure therapy! I was fortunate to connect with Emily and I have been inspired by her deep compassion, wisdom and incredible CBT tools. In less than three months I've worked through the majority of my avoidances and identified my core values, which continue to guide me every step that I take. When I fall into old behaviors that do not serve me I think of Emily and her tip, 'Turn the channel.' This means when you are replaying that same show (or that same worry) say to yourself, 'I've seen this before, it's time to turn the channel.' I am eternally grateful to Emily for her guidance and wisdom."

Shout Outs & News!

Design: Emily McIntyre



Kent Hutchison was selected to receive the 2020 Distinguished Research Lectureship.

[CLICK HERE TO READ MORE](#)



Amy Lopez was interviewed by *CPR News* about the impact of the pandemic on educators' mental health.

[CLICK HERE TO READ THE ARTICLE](#)



The behavioral health clinicians of the CHCO Pediatric Mental Health Institute worked collaboratively to create a mural entitled *A New Day*. The mural, created from recycled medication bottle caps, depicts a young girl embracing the day. Her arms are outstretched as she breathes the mountain air, and her feet stand firmly on the ground. Her presence resonates in the beautiful landscape. She is strong, brave, and resilient. The image is inspired by the strength, bravery, and resiliency of the patients they serve.



Randi Libbon received the 2021 Top Psychiatrist recognition from *Colorado Magazine*. Way to go, Randi!!



Parvaneh Nouri received the APA Edwin V. Valdiserri Correctional Public Psychiatry Fellowship. She was the only resident in the country to receive this fellowship!



Judy Reaven was named the Colorado Child Mental Health Champion through the Association of University Centers on Disabilities. Champions act as community change agents to increase positive parenting practices, through a one-year term of service.



Emily Hemendinger was interviewed for the *Anschutz 360* podcast. In this episode, she explores the positive and negative consequences of social media use on our mental health. She asserts that the COVID-19 pandemic, when social media use skyrocketed, caused a mental health crisis.

[CLICK HERE TO LISTEN TO THE EPISODE](#)

SPECIAL SERIES

Design: Aki Suzuki
Content: Claudia Iannelli

Executive Coaching with Claudia

How to Be a Leader From Wherever You Are

As an executive coach, I often meet with clients who need some specialized work around leadership. One giant misconception is the conflation of management and leadership. Management requires being responsible for someone else's performance. Leadership is to set an example for others, regardless of your place in an organization or group. It's true that not everyone will have management in their job description, but everyone DOES have the ability (and arguably, responsibility) to be a leader, no matter their position. To lead simply means to set an example for others through your words and actions.

But how do we become better leaders? There are several factors involved:

- Working on your emotional intelligence
- Getting clear on what you value
- Consistently choosing to act in a way that aligns with your values

In this edition, we'll focus on emotional intelligence (EI) and how to improve it. Paramount with EI is self-awareness, or one's ability to recognize how they are feeling about an experience while it's happening. This includes having conscious knowledge about our own character, motivations and desires, as well as quickly and accurately being able to take stock of how we're feeling at all times.

If you feel like that's hard, no big deal! You can work on getting better through mindfulness practice. Start small, just 2 minutes a few days per week during relatively low-stress times. This will help you learn about yourself and build confidence. As you get more comfortable, gradually begin to add in a mindful moment when you're feeling "less great" and see what comes up for you. You'll be in touch with your emotions before you know it!

What is Emotional Intelligence?

"The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically."

EI is made up of 5 factors:

- Self-awareness
- Managing emotions
- Self-motivation
- Empathy
- Handling relationships

Top influential leaders - the ones who really make an impact and cause you to want to follow their lead - are almost always highly emotionally intelligent.



Mindfulness Practice

Set your phone timer for 2 minutes. Close your eyes and do a scan of your body. What emotions do you feel? What random thoughts pop into your head? How does your body feel? Are you tired, hungry, holding tension, in pain? Then, focus on breathing in for 4 and out for 4 while relaxing any tense spots.

FUN & GAMES

Whose Dream Is This?

It's important to dream big our whole lives, but we can all agree the dreams we had as kids tend to be by far the most creative! Match your coworkers with their childhood aspirations below!

Childhood Aspirations



Psychologist



Supreme Court Judge



Astronaut



Architect



Veterinarian



Make-up Artist



Dolphin Trainer



News Reporter



Writer



Chef



Singer



Actress

NoPsych Peeps



Emily McIntyre



Shaleeta Flagg



Emmaly Perks



Kristen Raymond



Claudia Iannelli



Paul Dormond-Brooks



Emily Hemendinger



Kimberly Slavsky



Merlin Ariefdjohan



Anna Belyavskaya



Melissa Sinclair



Lily Yunliang

FUN & GAMES



Whose Dream Is this?

We are so glad all our awesome coworkers ended up with the careers they're in! Now let's see how many dreams you matched correctly!

Emily McIntyre = Make-up Artist
Shaleeta Flagg = Singer
Emmaly Perks = Architect
Kristen Raymond = Veterinarian
Claudia Iannelli = Dolphin Trainer
Paul Dormand-Brooks = Astronaut

Emily Hemendinger = Actress
Kimberly Slavsky = Supreme Court Judge
Merlin Ariefdjohan = Psychologist
Anna Belyavskaya = Veterinarian
Melissa Sinclair = Writer
Lily Yunliang = Chef

WE CAN'T WAIT TO CONNECT WITH YOU!



@CU_Psychiatry

@CU_Psychiatry



On Monday, 3/15/21 the Department of Psychiatry launched accounts on both Twitter and Instagram.

We will be sharing helpful and insightful facts about mental health, links to media and news articles featuring our faculty, and other important departmental information. You can follow, retweet, and engage with our content at [cu_psychiatry](#) on both platforms.