Redefining Mental Health | May 2018

Graduate School of Professional Psychology, University of Denver

In honor of Military Appreciation Month, this issue will highlight the Sturm Specialty in Military Psychology from several angles. We'll introduce you to a research project, announce the latest GSPP recipient of the highly-competitive Health Professions Scholarship Program, and hear from a GSPP Board of Advisors member who holds the mental health of our Veterans close to her heart.

Supporting Veterans in Trans-Atlantic Rowing Expedition

The Sturm Specialty in Military Psychology is proud to be supporting the trans-
Atlantic expedition of four U.S. Military Veterans (Fight Oar Die) taking part in the 2018 Talisker Whisky Atlantic Challenge.

This support includes various aspects of psychological performance and scientific support including psychological assessment, psychological/performance preparation, stress countermeasures during the expedition, performance monitoring, and post-mission debriefing and transition support.

Check out a short video to meet the Veterans and learn more about their mission to raise awareness of and support for the mental and physical health of U.S. Veterans and Servicemembers.

Fight Oar Die will donate a portion of its proceeds back to the Sturm Specialty in Military Psychology after the completion of the race. Donations will go to further research and provision of care for Military/Veterans.

GSPP is represented by Dr. Jacob N. Hyde, PsyD students Scotty Hanley, Bridget Kromrey, Mike Vollmer, Ali Scalzo, Ethan Banner, and Forensic Psychology student Amber Graf. Abe Beyene, an undergraduate from Arts, Humanities and Social Sciences, is also working on this project.

GSPP Well-Represented in Military Scholarship Program

L to R: Mike Vollmer, Dani Hamilton, Ethan Bannar; LT John Mallory
First-year PsyD student and Navy Veteran Mike Vollmer has been named a recipient of this year’s United States Navy Health Professions Scholarship (HPSP)! This highly-competitive scholarship provides graduate students with tuition assistance, a living stipend, a military internship, post-doc, and career opportunities.

Mike joins two other HPSP scholarship recipients who are currently in-residence at GSPP: Ethan Bannar, 1st Year PsyD (Air Force) and Dani Hamilton, 2nd Year PsyD (Navy).

**Updates from a GSPP PsyD student at a different stage of the journey:**

LT John Mallory is currently finishing the last few months as a pre-doctoral intern at Naval Medical Center Portsmouth which is the oldest continually running hospital in the United States Navy. The intensive internship program has focused on traditional training areas such as outpatient care, assessment, and inpatient psychiatric treatment. The program also incorporated unique training experiences such as integrated behavioral health care, operational psychology, and assessing fitness for duty.

After completing internship, LT Mallory will move to Japan with his spouse, Kylie, and 3-month-old daughter, Laurel, for their next duty station and adventure in the wide world of Navy Psychology.

**May Highlights - Military Psychology**
On May 7th, the Colorado House of Representatives honored the Sturm Specialty in Military Psychology with commendations for "service to Colorado's Veterans through academic training, outreach and community education, clinical outcomes research, and counseling services provided at the Sturm Center." Thank you to State Representative Mike Weissman (District 36) for spearheading this effort to recognize GSPP!

On May 18th, Dr. Katy Barrs presented at the Bridging the Divide: Suicide Awareness and Prevention Summit in Denver. In "Veteran Suicide: Culture, Readjustment and Prevention," she discussed risk factors and cultural protective factors that influence Veteran suicide rates.

Stories: Redefining Mental Health

Robyn Loup, GSPP Board of Advisors: Honoring Our Differences

Growing up in a home with a parent who suffers from severe mental illness can lead people to respond in different ways. Some back away from the pain associated with those memories, while others lean into it. Robyn Loup chose the latter, dedicating her professional and personal life to mental health advocacy. More >>
Dr. Kim Gorgens at TEDxMileHigh Saturday, June 16 (Buell Theatre)

GSPP's resident Brain Scientist was chosen to deliver a talk at TEDxMileHigh: Uncommon! Hear from an impressive line-up of speakers and connect with like-minded individuals to accelerate new ideas. More >>

Emily Harrington, Current PsyD Student

At DU, Emily has found ways to connect two mental health areas that are close to her heart: animal-assisted therapy and serving Spanish-speaking populations. Along the way, she has been teaching at the Graduate School of Social Work! More >>

Keith Schemper, International Disaster Psychology '09

As Deputy Director of SAMHSA's Disaster Technical Assistance Center, Keith works to ensure mental health resources are available and delivered effectively during the recovery process in the aftermath of a disaster. More >>

News and Events

- Dr. Mark Aoyagi was a featured speaker on Mindfulness in Action at XLR8 World Summit: Innovations in High Performance - Learn More >>

- Dr. Brian Gearity appeared on 9News Health Week to talk about pressures in sport and ways to keep enjoyment at the forefront - Watch Online >>

- Dr. Kim Gorgens also appeared on 9News Health Week and spoke about brain volume and mental health - Watch Online >>
Dr. Gwen Mitchell was profiled in the spring issue of the Conflict Resolution Institute's newsletter - Read Online >>

Jessi Lee (International Disaster Psychology '18) was one of the June graduates profiled by the DU Newsroom - Read Online >>

Psyd Internship Celebration
On May 12th, GSPP students, staff, and faculty celebrated a first: 100% match rate, 100% accredited sites, all in Phase 1 of the APPIC Match!

Sport & Performance Psychology Capstone Defenses, May 18th
Topics ranged from BASE Jumping performance factors and NFL player values to reflective presentations on personal growth. Bravo, class of 2018!

Dr. Apryl Alexander at DU Grand Challenges Forum: Scholarship Addressing Violence
As one of four invited speakers, Apryl spoke about Poly-Victimization.

DU Research & Performance Summit
Congratulations to all who presented research at DU RAPS 2018, including Annie Richardson (and adoring fans!)

Advocacy and Public Policy Corner
Did you know lack of awareness of public policy issues is cited as the most significant barrier to psychologists engaging in public policy advocacy?
(Heinowitz et al., 2012; Lyons et al., 2015). As Governor John Hickenlooper nears the end of his tenure, Mental Health Colorado has begun hosting gubernatorial forums. Learn about upcoming opportunities to meet the candidates and get informed! More >>

Join the Conversation!

Here are a few ways to join the Redefining Mental Health conversation:

Share your story on our website! (You may remain anonymous.)

Use any of our official hashtags on social media: #IsMyNormal, #RedefiningMentalHealth, #NormalizeTheConvo

Let us know what your "normal" is by filling out our #IsMyNormal sign and tagging us on social media! Check out what our friends and community partners have shared recently:

Upcoming Events

There are many ways to stay connected to GSPP and the University of Denver. Learn about more opportunities on our website!

6/1 The Wartegg Drawing Completion Test: A Case Presentation
6/16 TEDxMileHigh (featuring Dr. Kim Gorgens!)

6/23-24 Presenting Denver Dance Festival

All July! Certified Addiction Counseling (CAC II) Trainings will be held throughout July (Pharmacology I, II; Principles of Addiction Treatment; Professional Ethics II; Motivational Interviewing; Infections Diseases in Addiction Treatment; Group Counseling Skills)

In 2018, the Graduate School of Professional Psychology at the University of Denver is elevating its work and its vision of Redefining Mental Health in the Denver community and throughout Colorado by expanding our efforts to meet the social needs of the communities we serve. We invite you to join us as we work to normalize the mental health conversation in our diverse communities and cultures, and reduce barriers to seeking care and resources. Learn more: www.du.edu/gspp/rmh

Support GSPP’s outstanding students and faculty in their commitment to meet the mental health care needs of diverse and underserved populations in Denver and beyond—improving the lives of individuals, families, and communities.

Give to GSPP