



PAMA Performing Arts
Medicine Association



SCHOOL OF PHYSICAL THERAPY
REHABILITATION SCIENCES
MORSANI COLLEGE OF MEDICINE



USF-PAMC NEWSLETTER

The First Education & Social Retreat Successful Day!! 45 attended !!

held at USF Health CAMLS on March 27, 2023

All had a good time sharing exciting presentations happening at USF-PAMC

Dr. Matthew Lazinski



COLLABORATING ON BEST PRACTICES



DISCOURAGING ALCOHOL AND OTHER DRUG ABUSE



PREVENTING INJURIES

FUELING PERFORMANCE

ENSURING INDEPENDENT MEDICAL CARE

Dr. Stephen Poff

Performing Arts Medicine

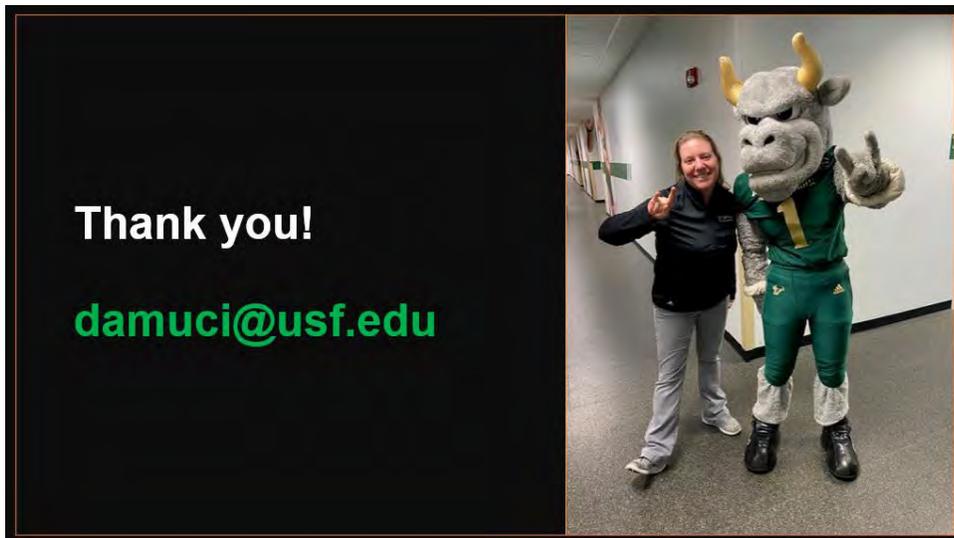
USF Performing Arts Medicine Collaborative (PAMC)

USF-PAMA Conferences:

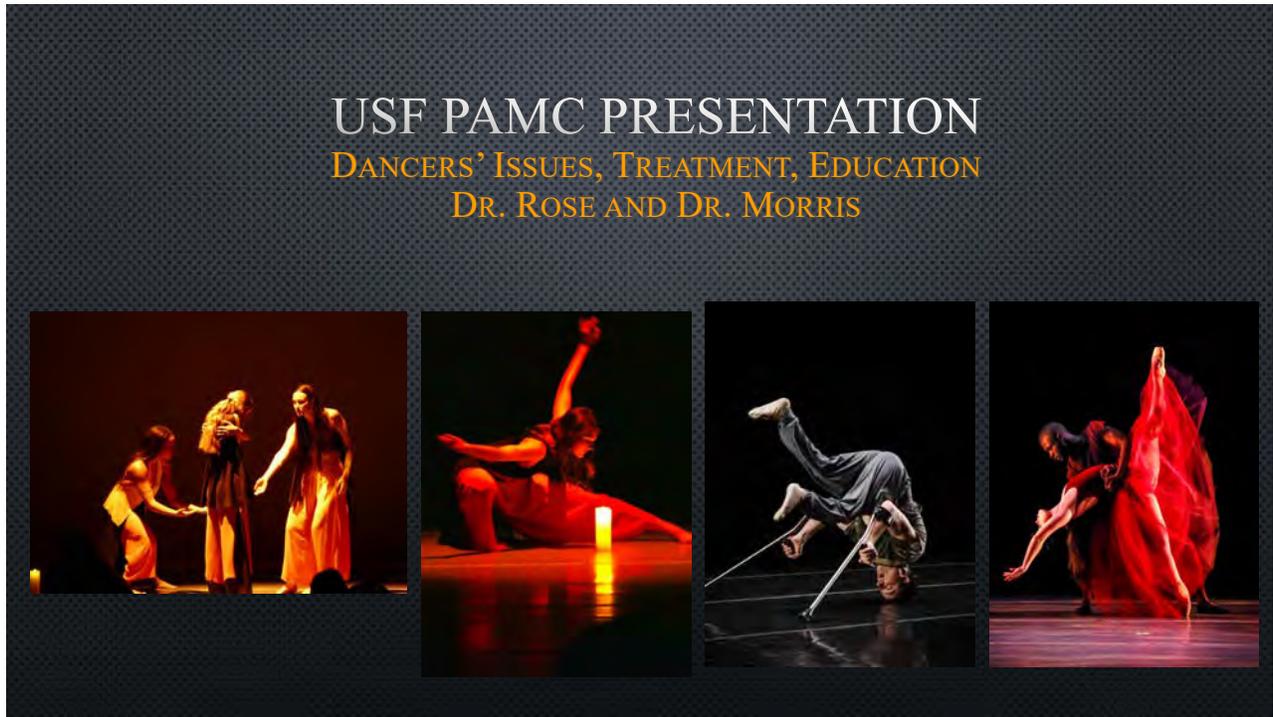
- 2014 - *Free to Play*
- 2015 - *Caring for Artists & Arts that Heal*
- 2018 - *Life Cycle of the Performing Artist*
- BOOK - *Music, Movement, and Medicine: Perspectives in Performing Arts Medicine Practice: A Multidisciplinary Approach (Springer, 2020)*
- 2020 - **Cancelled Due To COVID**
- 2022 - *Inspiring Health In The Arts*



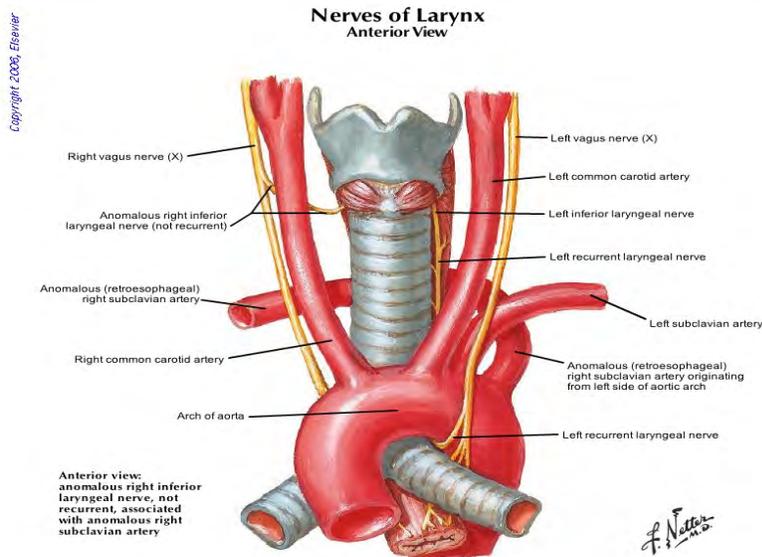
Dr. Dawn Muci



Dr. Sherrice Rose and Dr. Merry Lynn Morris



Dr. Ruth Bahr and Dr. Darla Freeman



Dr. Nancy Burns and Dr. Saida Omarova

Elements of Healthy Musician

A **healthy musician** is a performer whose mental health, performance environment, and physical well-being are equally addressed throughout their career as student and professional performer.



Healthy Musician Triage at USF

- Team:
 - College of Music performance pedagogy, Dr. Lee.
 - Certified athletic trainer, Dr. Burns.
 - Primary Care physician, Dr. Omarova.
- Musicians (collegiate and post-graduate/semi-prof) were recruited for participation via flyers, emails, concert programs during the 2021-2022 semesters. (insert example graphic)

MEMBER NEWS

USF-PAMC Members, **Nancy Burns, Helene Robinson, and Sang-Hie Lee** were awarded Outstanding Contribution to Global Education Certificate from the Office of High Impact Practice & Undergraduate Research (HIPUR).



WELCOME NEW MEMBERS



Noah Holmes is a third-year medical student at the Morsani College of Medicine at USF. He attended Blake High School in Tampa and graduated from the University of Notre Dame in 2019, where he majored in piano performance. He plans on pursuing a career in psychiatry and his musical interests include guitar and classical piano.



Tonya Quillen, MA, LMHC, TEP is a licensed psychotherapist serving individuals, groups, couples, and families for 30+ years. She is also a clinical supervisor, an optimal performance coach, and a certified trainer and practitioner of psychodrama, group psychotherapy, and sociometry.

Tonya's expertise includes trauma, eating disorders, depression, and anxiety. With a prior career in music theatre, she brings an industry-informed perspective to her work with performing artists. As an optimal performance coach, her clients include artist-athletes (e.g., figure skaters and gymnasts), performing artists, business leaders, sales force professionals, and those in high-risk occupations. Sessions focus on maintaining excellence, managing performance anxiety, developing leadership, navigating career transitions, and deploying action methods in the workplace. In addition, she creates and performs crisis scenarios in which she role-trains law enforcement, security operations, and threat management professionals to identify and intervene with people at risk for criminal behavior. Tonya graduated from Interlochen Arts Academy, where she double majored in theatre and voice and continued her studies as a music theatre major at Florida State University on performance scholarships. At FSU, she studied music theatre with Gayle Seaton and Kate Gelabert, and voice performance with Yvonne Ciannella. In addition to Music Theatre work, Tonya completed a BA in English literature and MA in Rehabilitation Counseling from USF. Tonya is an International Women's Writing Guild PlayLab actor and a guest performer with True Story Playback Theatre in Boston.



Dr. Helene Robinson is an Associate Professor of Instruction in the College of Education, an affiliate faculty in the Department of Women and Gender Studies, director of the Critical & Creative Design Thinking program, and Arts Integration Coordinator at the University of South South Florida Sarasota-Manatee Campus.

Her research, teaching, and service have focused on creating inclusive environments using multi-tiered systems of support, arts integration, self-regulation strategies, critical thinking, creativity, and design thinking to remove barriers to learning so that all students can succeed, be celebrated, and thrive in general education classrooms.

Her current work examines the intersection of disability, feminine identity, ableism, and disenfranchised grief within the population of breast cancer warriors and survivors and the impacts on psychosocial functioning through translational and arts-based research methods.

She is focused on bringing awareness to the "social sanction" and ableist behaviors that contribute to breast cancer survivors disenfranchised grief. She facilitates breast cancer survivors to engage in authentic conversations about their sexuality and feminine identity. Helen's podcast, Hugs from Heaven of Sisters Warriors, her TEDx talk, and arts-based research project create spaces to provide translational research where women are given voices to celebrate their beauty.

MEMBER FEATURE

Stephen Poff, M.D.



As one of the founding members of USF PAMA since 2009, Stephen Poff, M.D., has interesting connections to USF and the performing arts. Before attending medical school at the University of Florida, Dr. Poff was a mental health counselor in Tampa for 5 years at the Northside Community Mental Health Center. Instead of pursuing psychiatry, he became a board-certified emergency physician and practiced in Jacksonville for 15 years.

In 2002, he returned to Tampa and took a position at the USF Student Health Services where he has cared for our USF students for over 20 years. His birth year 1956 was when USF was born to become the third State chartered university where Stephen has received three degrees: a BA in Psychology, a BA in Biology, and a Master's in Bioethics and Medical Humanities. He served as the faculty advisor for the University

Emergency Medicine Student Association since its inception in 2004. In 2020, he became the medical director of the new EMS– the USF Medical Response Unit. Dr. Poff is an associate professor with the USF College of Medicine. He serves on the Tampa General Hospital ethics committee as a bioethicist and on a data safety and monitoring committee overseeing the NIH government-funded pediatric ophthalmology research across the United States.

Dr. Poff has been playing music since grade school – the guitar, banjo, harmonica, bouzouki, and violin, and sings with IRISH BUSKERS, an Irish band that has performed regionally for more than 15 years. His most unusual performing arts contribution is a patent called VioStrap. This is the world’s only insertion support strap for violins and violas. The stand-alone strap slides under the fingerboard. The VioStrap is marketed online around the world and has made on stage at the Grand Old Opry!

Dr. Poff feels it is a privilege to work with performing arts pedagogues and clinicians in USF PAMC – a collaborative effort with the potential for great things to come!