

myPATH Collaborative

Quarterly Newsletter



myPATH Updates:

Have you missed us? We missed sending a previous “quarterly” newsletter, but we do have accomplishments to report. The biggest accomplishment was submitting a funding proposal to PCORI. Thanks to your input in our survey about research project ideas last fall, we submitted a letter of inquiry to PCORI in February. They liked our idea and asked us to submit a full proposal, which we submitted in May. We are proposing to study trauma-informed care and cognitive-behavioral therapy with trauma survivors in 12 primary care settings across Florida. We are awaiting the outcome.

myPATH Training:

Have you completed our online training about trauma-informed care and doing research together? It’s for anyone who wants to learn more and get involved! Behavioral health, social service professionals, and peer recovery specialists can earn 3 CEUs (no deadline).

[Training available here](#)



Trauma-Informed Tip:

How trauma-informed is your organization? In our survey related to COVID-19 last year, about 1 in 4 professionals thought their organization was “mostly” or “totally” trauma-informed. Did you know that the Trauma-Informed Care Implementation Resource Center has numerous resources for helping an organization become more trauma-informed? A few initial considerations are to make your physical environment feel safer, more welcoming, and more relaxed. For example, make sure all rooms are quiet and well-lit (avoid harsh lighting if possible); consider relaxing music instead of sensational television programs in waiting rooms; and greet all staff and guests with a warm, inviting attitude.

[Read more here](#)



Research Round-Up:

A recent study published in Aging & Health Research concluded that “Childhood physical abuse (CPA) is associated with later life anxiety and depression. CPA is associated with physical illness (arthritis, cancer, COPD, migraine, pain). These associations are independent of sociodemographic factors & health behaviours.” The authors reached these conclusions by analyzing data from a large community sample of 5,068 older adults in British Columbia.

This and other studies suggest that it may be helpful to conduct screening for ACEs across the lifespan, including with older adults.

[Read more here](#)



Taking Care of You:

How is your morning routine helping or hindering your start to the day? Psychologist Anjali Ferguson, PhD, recently discussed ways trauma can negatively impact morning routines and strategies for improving them.

For example, someone who took on adult roles too early may jump out of bed feeling pressured to overachieve, or someone who was criticized for their appearance may fret over what to wear. Dr. Ferguson reminds us to think about our goals for our morning routine, identify barriers, and develop a system of new routines.

For example, the overachiever might benefit from a few minutes of deep breathing or meditation, and the person concerned about their wardrobe might benefit from getting out their clothing and accessories the night before. (Thanks to a myPATH member for sharing this article!)

[Read more here](#)

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As we expand our network and obtain updates regarding our PCORI funding application, we would like to keep you updated on any myPATH updates. If you're not already on our mailing list and would like to be added, please email us at mypathcollaborative@usf.edu



www.usf.edu/cbcs/mhlp/centers/mypath/

Past Newsletters and Linked Resources

Past newsletters and linked resources are available here. If you have ideas for future Newsletter topics, please email us at mypathcollaborative@usf.edu.

myPATH
Partnership to Address Trauma and Healing