

myPATH Collaborative

Quarterly Newsletter



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](#)



myPATH Updates:

We have some exciting news – and less-exciting news... First, we had a manuscript published in an international journal, *Health Expectations*! This article is about the formation of myPATH, how we applied principles of trauma-informed care to community-based research, and the training we developed and evaluated. Second, our proposal to PCORI was not funded, but we are reapplying in 2023. As one of our partners stated, "We are a resilient group, and we will do what it takes to get there." The PCORI reviewers were very positive about the myPATH Collaborative, the research team, and the general idea of studying trauma-informed care and cognitive-behavioral therapy in primary care settings. Their concerns involved feasibility, logistics, and methodological details. We have already begun working on the new submission!

[Read more here](#)



Trauma-Informed Tip:

How can you be a trauma-informed leader? The PACES Connection posted a blog article about trauma-informed leadership that you might find of interest. They encourage us to "acknowledge that cultural change is just as important as technical change" and gently challenge us to model change through personal development, embodying trauma-informed values, and creating daily habits.

[Read more here](#)



Research Round-Up:

A recent study published in The Lancet Psychiatry concluded that “the symptoms of patients with major depressive disorder and childhood trauma significantly improve after pharmacological and psychotherapeutic treatments, notwithstanding their higher severity of depressive symptoms.” The authors reached these conclusions through a systematic review and meta-analysis, in which they combined data from 29 randomized studies involving 6830 patients.

This and other studies suggest that treatment for depression can be just as beneficial for adults with childhood trauma as for those without childhood trauma, so this is encouraging news!

[Read more here](#)



Taking Care of You:

It’s the holiday season, and it’s not “the most wonderful time of the year” for everyone all the time. This blog post from NAMI reminds us to focus on what really matters to us during the holidays, focusing on be kind (including to ourselves!), accept imperfection, take breaks to decompress, and ask for help.

With that said, we hope that you have an enjoyable and restorative holiday season, and we wish you the very best in 2023. Happy New Year!

[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.