From the Director

It is my pleasure to welcome you to the inaugural edition of the alumni newsletter for Chatham’s graduate psychology programs. I hope that these pages will rekindle or strengthen your connection to our community – we miss you!

Our programs have been on the move – figuratively and literally! In May, 2017, we packed up our belongings and moved from our former home in Dilworth Hall to our newly renovated space at Chatham Eastside, where we joined our fellow programs in the School of Health Sciences, including physician assistant studies, nursing, physical therapy, and occupational therapy. Being in the same physical location promises to promote stronger inter-professional collaborations among both our faculty and students.

Other exciting news is that our Master of Science in Counseling Psychology (MSCP) program received the full 10-year accreditation from the Masters in Psychology & Counseling Accrediting Council (MPCAC). Ours is the first MPCAC-accredited program in Western Pennsylvania and within a radius of more than 100 miles! We are pleased to join the ranks of other MPCAC-accredited programs, including Lehigh University, New York University, and Boston College, to name a few.

On the PsyD front, our alumni now numbers more than 20 counseling psychologists who are licensed and practicing in hospitals, VA Medical Centers, university counseling centers, and private practice settings. This past year our match rate to doctoral internship sites was 100% and we sent our students to excellent training sites far and wide, including to Walter Reed National Military Medical Center, the University of Maine Counseling Center, and the Cleveland VA Medical Center.

Recently we received word that our program has been awarded a $1.8 million federal training grant to fund our PsyD students to receive training in

From the Dean

Our new president, Dr. David L. Finegold, was officially inaugurated on October 13. Chatham University’s School of Health Sciences has spent the past year getting to know Dr. Finegold and appreciate his ideas, energy, and wealth of knowledge. It has been an exciting year. In addition, his wife Sue Finegold has generously shared her time and expertise in leading a weekly yoga class at Chatham Eastside to help keep us focused on our own personal health and wellness.

I want to congratulate the Master of Science in Counseling Psychology program on a very successful MPCAC accreditation process. It is truly exceptional for a program to receive a full 10-year accreditation the first time they apply. We are also very happy that the graduate psychology programs have moved from Chatham’s Shadyside Campus to Chatham Eastside, where they now join their colleagues in nursing, physical and occupational therapy, and physician assistant studies all in the same building. The move allows more opportunity for interprofessional collaboration.

Highlights from the School of Health Sciences during this past year include: the reorganization of physical therapy, exercise science, and athletic training into the Department of Movement Sciences with Dr. Joe Schreiber becoming the chair of the department; the approval for an athletic training degree that will be a 5-year master’s degree building on the strength of the exercise science program with Dr. Jason Edsall as the program director; the ongoing development of the physician assistant studies program; and the continued expansion of the nursing program.

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GRANTS

Grant Title: Cross cultural study of Process and Outcome of Vocational Growth Psychotherapy Sessions in Asia, Africa, Europe, and Latin America
Funding Agency: Brigham Young University & John Templeton Foundation
Amount awarded: $113,569

Dr. Wonjin Sim is the Primary Investigator of this grant-funded study to investigate the process and outcome of Vocational Growth Psychotherapy Sessions (VGPS) in India, Korea, Philippines, Myanmar, Vietnam, Malta, Czech Republic, Italy, Bosnia, Belorussia, Uganda, Kenya, Mexico, and Colombia using a multi-method practice-based evidence research. VGPS is a form of psychotherapy based on Christian anthropology and attempts to help Christians live freely and joyfully through the understanding of the self and the internalization of Christian values. The research team is especially interested in studying spiritually integrated therapy as a way to improve the effectiveness and cultural sensitivity of psychotherapy for spiritual clients outside of North America.

Training Grant Awarded by Health Resources and Services Administration

Chatham University’s counseling psychology PsyD program was recently awarded a training grant, funded through the Behavioral Workforce Education and Training Program at Health Resources and Services Administration. The grant spans four years and the program was awarded $1,883,955! As part of the grant, Chatham will continue existing partnerships with five integrated care clinics at the University of Pittsburgh Medical Center and will develop new partnerships with one integrated care clinic at Mercy Health System, and two integrated care clinics at Allegheny Health Network. These partnerships will focus on training PsyD students to meet the behavioral health care needs of underserved populations, specifically clients whose care is complex either because of psychosocial pressures, complex required medical care or both. The identified integrated care clinics serve vulnerable and medically underserved populations across the lifespan. Training will include an enhanced Practicum course to cover an integrated framework which is strength-based, developmentally appropriate, culturally sensitive, and responsive to risk of suicide, substance abuse and trauma, and evidence-based treatments. In addition to the enhanced curriculum, we plan continuing education trainings for students, faculty and site supervisors and formalized professional development and career planning activities for students, and a Community Advisory Board to ensure that community and families are involved in care.

The primary investigator of the grant is Dr. Jennifer Morse. Other faculty and staff are listed as co-investigators: Drs. Jill Cyranowski, Gina Zanardelli, Mary Jo Loughran, Arlette Ngoubene-Atioky, and Deanna Hamilton, as well as Gabrielle Strong.

AWARDS

Dr. Jill Paquin received the Early Career Award for Distinguished Professional Contributions to Counseling Psychology for 2016-2017. This honor has been bestowed by Division 17 of the American Psychological Association, the Society of Counseling Psychology. It is given to honor distinguished professional contributions by an early career psychologist with an established record of the practice of and leadership in the field of counseling psychology.

Kelly Rabenstein Donohoe ’00, PsyD ’13

Dr. Rabenstein is an adjunct professor in counseling psychology at Chatham University, a licensed psychologist, and owner of a private practice. Dr. Donohoe recently gave a TedX Pittsburgh talk on connecting awareness, empathy, and education to create a new concept called FluidEQ, which allows us to connect better across bias. To see the video of this talk, visit www.drkellydonohoe.com/fluideq.
Dr. Britney Brinkman Receives a Robert Wood Johnson Foundation Fellowship Grant

By Chloe Bell

Britney G. Brinkman, Ph.D., associate professor of graduate psychology programs at Chatham University, has been selected to join Interdisciplinary Research Leaders (IRL), a leadership development program led by the University of Minnesota with support from the Robert Wood Johnson Foundation.

The program is designed to produce research leaders who will create social change and promote health equity within the United States. The three-year fellowship includes funding for training in best practices for promoting evidence-based policy making, as well as grant funding for a research collaboration with Gwen’s Girls, a Pittsburgh-based organization working to empower girls. Dr. Brinkman was awarded the fellowship along with Dr. Kathi Elliott, executive director, Gwens Girls, Inc., and Dr. Sara Goodkind, associate professor, School of Social Work, University of Pittsburgh.

“I am honored to have the opportunity to be part of the Interdisciplinary Research Leaders program,” states Dr. Brinkman. “I look forward to deepening my work regarding youth participatory action research and collaborating with amazing teammates to evaluate programming for young women of color that helps empower, prevent violence and improve health.”

About Interdisciplinary Research Leaders

Interdisciplinary Research Leaders is one of a number of leadership development programs supported by the Robert Wood Johnson Foundation (RWJF). These programs continue RWJF’s legacy of supporting the development and diversity of leaders. Initially focused on health and health care, the programs have been expanded, because the Foundation knows that building a Culture of Health requires all of us in every sector, profession, and discipline to work together. Additional partners providing training and support to fellows include: AcademyHealth, ISAIAH, and Twin Cities Local Initiatives Support Corporation. Information is available at interdisciplinaryresearch-leaders.org.

About Dr. Brinkman

In addition to being an associate professor at Chatham, Dr. Brinkman is co-director of the Psychology of Gender Research Team. Dr. Brinkman is interested in the psychology of gender and social justice and understanding the impact gender has on the well-being of men, women and children. She has a particular interest in the lives of adolescent girls and the importance of designing, implementing and evaluating prevention and early intervention programs.

Dr. Brinkman received a 2014-2015 fellowship from the American Association of University Women for work on her book Detecting and Preventing Identity-Based Bullying: Social Justice Perspectives. She is an active member of the Association for Women in Psychology, the Society for Counseling Psychology (Div 17 of APA) and the Society for the Psychology of Women (Div 35 of APA). She received her Ph.D. in Counseling Psychology and a Graduate Certificate in Women’s Studies from Colorado State University.

About Gwen’s Girls

Gwen’s Girls is celebrating 15 years of impacting the lives of more than 3,000 girls. Founded in 2002 by the late Gwen Elliott, Gwen’s Girls empowers young girls to lead productive lives by providing them with holistic, gender-specific programs, education and experiences. As one of the few agencies in the nation focused on gender-specific programming for girls, Gwen’s Girls provides a continuum of programs, including prevention, residential, and school-based and community-based programs and services. For more information, please visit www.gwensgirls.org.
ALUMNI SPOTLIGHT

Patrick M. McKelvey, MSCP ’13

Current titles, Institutional Affiliations, Professional Roles, and Certifications
• Clinical Program Manager, Matilda Theiss Early Childhood Behavioral Health Programs
• Program Coordinator, Community and School-Based Behavioral Health Teams at Edgewood Primary and Twin Rivers Primary and Intermediate School
• Matilda Theiss Early Childhood Behavioral Health
• Western Psychiatric Institute and Clinic of UPMC
• WPIC Early Childhood Trauma Treatment Center

Your job title keeps changing. What are your primary responsibilities as the Clinical Program Manager?
I oversee and support the clinical operations for Matilda Theiss programs including our Therapeutic Nursery and Preschool, Interactive Mobile Parent And Child Treatment (IMPACT) Brief Treatment Mobile Therapy, Community and School-Based Behavioral Health Team (CSBBH) and Outpatient programs. My role has a strong emphasis on clinical practice, training and the implementation of multiple behavioral health interventions across the agency. In addition, I am currently a Child-Parent Psychotherapy (CPP) Apprentice Trainer working on agency level training status in the evidenced-based trauma intervention for children 0-6.

How do you use your MSCP degree in your professional roles?
My MSCP degree allowed me to have the necessary foundational skills to begin practicing immediately after graduation. The skills, techniques, and theories I learned at Chatham University allowed me to enter the field with a solid understanding of myself as a clinical and individual therapist. I was able to become a Licensed Professional Counselor (LPC) and National Certified Counselor (NCC) within only two years of being in the field. Having the core foundation and knowledge from my studies at Chatham allowed me to quickly succeed in the field which lead to opportunities in becoming a program supervisor for our community and school-based behavioral health teams and most recently the Clinical Program Manager across Theiss programs. The level of clinical knowledge and understanding I was exposed to through studies and direct field practice is something I use every day and allows me to effectively lead the clinical programming across our agency. This includes everything from direct intervention, evaluation, leading clinical discussions, case conceptualization, treatment planning and training on multiple theoretical perspectives.

How does Matilda Theiss help children and families?
For over 40 years, Matilda Theiss has provided support and care to the youngest population of need through diverse and unique treatment programs, mainly through Pennsylvania Behavioral Health Rehabilitation Service (BHRS) Exception Programs, including our Therapeutic Nursery and Preschool, Interactive Mobile Parent And Child Treatment (IMPACT) Brief Treatment Mobile Therapy and Community and School-Based Behavioral Health (CSBBH) Teams. Theiss also provides outpatient services to children and families. Theiss has developed clinical excellence and specialization for working with families of young children with complex behavioral health needs through a targeted focus on children 12 and under and was founded in response to a community in need of safe and secure care for young children.

A high percentage of Theiss clients have experienced a traumatic event before the age of 5 and over half of clients have had or currently have child welfare involvement. In 2012, Theiss started the Early Childhood Trauma Treatment Center through a federal SAMSHA grant from the National Child Traumatic Stress Network (NCTSN) to begin providing evidenced-based trauma treatments.

We also put a spotlight on fellow MSCP alum, Erin Troup. I understand that you two are collaborating on a grant together. Can you tell me about that grant and your collaboration?
Erin and I are both co-chairs for the Early Childhood Mental Health (ECMH) committee for the Project LAUNCH grant through Allegheny county. Linking Actions for Unmet Needs in Children’s Health (LAUNCH) mission is to promote the wellness of young children ages birth to 8 by addressing the continued on next page
Erin Troup, MSCP ’08

Current Titles, Professional Roles, and Certifications
- Owner of Sprout Center for Emotional Growth and Development, LLC (Private Practice)
- Outpatient Therapist with Children’s Hospital of Pittsburgh of UPMC
- Board Secretary, Pennsylvania Association for Infant Mental Health
- National Certified Counselor (NCC)
- Certified Thanatologist, Association for Death Education and Counseling
- Pursuing Level IV endorsement for Infant Mental Health and Child-Parent Psychotherapy

What kind of clinical practice are you involved in?

Within my private practice, I provide outpatient services to children and families as well as training and education about early childhood mental health to various professional and community groups. I also provide clinical and reflective supervision. At Children’s Hospital, I provide outpatient services to children and families with a focus on early attachments, grief, loss, trauma and anxiety, reflective supervision to staff and I collaborate with the PA-Project LAUNCH initiative (Linking actions for unmet needs in children’s health). Both my private practice and work at Children’s Hospital are informed by an infant-early childhood mental health/attachment framework. There are overlapping issues of stress, trauma, and the opioid epidemic that children and families are living with it.

How does your MSCP degree impact your clinical work?

My MSCP degree was very much the beginning. It gave me all of the foundational pieces and I was extremely lucky to be able to nurture my niche at Chatham University. I had very supportive professors and I have made lifelong friends. I felt very prepared for work in either setting (private practice and the hospital setting). Being embedded in the communities that need some of our biggest support is also something that Chatham has prepared me for. Community mental health is not going anywhere and in these difficult times, we need more trained counselors providing advocacy focused/social justice-focused work to our communities who have for so long been shoved aside.

Patrick McKelvey, continued from page 4

physical, social, emotional, cognitive, and behavioral aspects of their development. The long-term goal of Project LAUNCH is to ensure that all children enter school ready to learn and able to succeed. Project LAUNCH seeks to improve coordination across child-serving systems, build infrastructure, and increase access to high-quality prevention and wellness promotion services for children and their families. Currently Erin and I are teaching an online course through the Pittsburgh Association for the Education of Young Children (PAEYC) on trauma-informed care in schools to THREE target school districts: Woodland Hills, Baldwin-Whitehall, and Pittsburgh Public.

Matilda Theiss is a unique organization, employing about five or six MSCP alumni and recently hired a PsyD alum as well. How are Chatham University MSCP and PsyD alumni contributing to the health and wellness of Matilda Theiss clients?

Yes, Matilda Theiss has a number of current clinical staff who are graduates of Chatham’s Master of Science in Counseling Psychology (MSCP), Infant Mental Health (IMH), and PsyD programs. They hold a variety of roles from direct practitioners, psychologist associates and clinical supervisors. From my own experience at Chatham and having hired a number of Chatham graduates, the distinction I have found with our program has been the focus on professionalism in the clinical field. Chatham graduates have the skills to not only provide high quality therapeutic intervention but the ability to navigate the professional landscape of the field by serving with the utmost professional nature, which has set our current Chatham alumni up for success in leadership positions. Not only does Chatham allow for the exploration of a number of current theories, techniques, orientations and perspectives in counseling but additionally, the focus on the use of your professional self as a counselor is a strong core to our training. Chatham graduates by far have had a more solid exploration into “this is who I am as a counselor” which provides a strong core of intervention for children and families with complex needs.
Help Us Strengthen Our Alumni Community and Connections

Dear MSCP, MAP, IMH, and PsyD Alumni,

One of the joys of my job is re-connecting with alumni. Just in the past couple months, I had coffee with Jon Baillie, MSCP ’11; saw Ethan Sahker, MAP ’12 at the American Psychological Association convention in Washington, DC; and congratulated Sonia Molloy, MAP ’14 for becoming Dr. Sonia Molloy as a faculty member at Penn State University. This past year, as the MSCP program prepared for our accreditation site visit, I worked closely with a small group of alumni – Patrick McKelvey, Erin Troup, Paulette Cantwell, Karen Kapsanis, and Taneshya Williams – who were integral in us gaining accreditation. Our PsyD program has welcomed back alumni such as Drs. Ryan Stocker and Lisa Galie Haley to help interview applicants to the program. Other PsyD alumni – Drs. Kelly Rabenstein Donohue and Allie Jedinak – provide valuable and popular adjunct instruction in the MSCP program. We have a talented, smart, and giving alumni community.

So, here is my point – we want more! We want to strengthen our alumni community AND we want to build more connections between current MSCP, MAP, PsyD students and faculty with our wonderful alumni. We all benefit from working together. If you would like to help with such an effort, think about:

• Co-planning a social/networking event or a CE program
• Giving a guest lecture in a class
• Providing a workshop about post-graduate licensure
• Coming to our fall orientations
• Interviewing applicants to the program
• Supervising a student at your place of employment for Practicum or Internship
• Dropping by to say hello and to see our new offices at Chatham Eastside
• Engaging in peer consultation and group supervision

Speaking of Jon Baillie and group supervision, he would like to organize a peer consultation and supervision group for alumni with LPC’s. If you’re interested, you can contact him directly at Jon.c.baillie@gmail.com

We welcome other ideas!

E-mail Anthony Isacco, Ph.D., at aisacco@chatham.edu to re-connect with Chatham University and your graduate psychology faculty.

Thank you!

Dr. Mary Jo Loughran

From the Director, continued from page 1

integrated primary care settings with underserved medical populations, including LGBT youth, pediatric transplant patients, adults with chronic pain, and medical patients with low socioeconomic status. Students participating in the project will receive a stipend for up to a year of advanced practicum training. The grant will also fund continuing education training for all of our students and faculty on topics related to suicide and crisis intervention, trauma, and best practices in supervision. Congratulations to Dr. Jen Morse for her leadership in bringing this project to Chatham.

In addition to these exciting developments, we have had some changes in our faculty this year. We said a fond farewell to both Dr. Mary Beth Mannarino and Dr. Seth Harty. And, we welcomed Dr. Ashley Scudder to our faculty.

In closing, if you are ever in the neighborhood, please come by to visit and let us know what great things you are doing “out there.”

Dr. Mary Jo Loughran

From the Dean, continued from page 1

director (chatham.edu/athletic-training); the successful start of the fully online Masters in Healthcare Informatics (chatham.edu/mhi/), an interdisciplinary degree that brings together clinicians and information technologists; and lastly, the occupational therapy program sponsored a very successful “Out of the Darkness Campus Walk” in collaboration with the American Foundation for Suicide Prevention this past spring and many of the School’s faculty and students participated.

My best to you all,

Dr. Patricia Downey
Giving Students Tools to Address At-risk Alcohol and Substance Use

This fall, Chatham’s School of Health Sciences entered the final year of the Screening, Brief Intervention and Referral to Treatment (SBIRT) training grant. SBIRT is a method of addressing substance use in the at risk phase. The process is evidence-based and works in collaboration with clients using motivational interviewing techniques. Though this training is highly relevant to the current opioid crisis, the skills the students have acquired may be used to address any health or lifestyle change. To date 563 students and 22 faculty have been trained in eight programs across the University. This number includes 29 doctoral and 17 master level psychology students cumulatively.

The goal of the SBIRT program is to build student competence and confidence levels in addressing at-risk substance use in all client populations. Students in Dr. Ashley Scudder’s Health Psychology class had the opportunity this fall to practice their SBIRT skills with simulated patients from the University of Pittsburgh School of Medicine Standardized Patient Program (UPSUM).

If this subject piques your interest and you would like additional information, please contact Gabrielle Strong (gstrong@chathamedu) for additional resources, continuing education opportunities, and/or access to the training materials the students have received (non-CME).

Funding for SBIRT programs at Chatham University is made possible via grant funding from the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Center for Substance Abuse Treatment (CSAT).
Do you have professional news? Are you interested in accessing the online directory? In order to get the most up to date information from your alma mater, please be sure to keep your contact information updated with the Office of Alumni Relations.

Keep in touch with Chatham and your classmates by visiting chatham.edu/alumni. There you can become a member of the alumni directory, view and share classnotes, as well as register and pay for events online! Contact alumni@chatham.edu for your unique ID needed to login!