

# myPATH Collaborative

## QUARTERLY NEWSLETTER

Vol. 01 | December 2021

Welcome and thank you for subscribing to our *myPATH* newsletter. Be ready to receive updates related to the *myPATH* Collaborative. Please click the link below to review previously shared documents.

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**Nathanael Paul**  
Spectrum Bay News 9, *myPATH* partner

## 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! Physicians, advance practice professionals, nurses, and other health professionals can earn 3 free CMEs through December 31, 2021. Behavioral health, social service professionals, and peer recovery specialists can earn 3 CEUs (no deadline).

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## myPATH Updates

Thank you! A total of 249 people completed our "Stakeholder Survey" in September! Many of you (68%) recommended an email newsletter (here it is!). You also provided helpful input as we begin to plan a research study on interventions for primary care patients with trauma history:

- Conditions rated most important to study were anxiety (PTSD, general anxiety, post-traumatic symptoms).
- Interventions rated most important to study were trauma-informed care, cognitive-behavioral therapy (CBT), eye movement therapies (EMDR or ART), and addressing comorbid physical health conditions.
- Outcomes rated most important to study were having basic needs met, quality of life, and anxiety.

This fall, we are reviewing your feedback to plan a grant proposal for this research study. We will update you in our next quarterly newsletter, and we may send another brief online survey to get more detailed feedback as our plan develops – so stay tuned!



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# Research Round-Up

A new study published in JAMA Pediatrics concluded that *“Childhood adversity (CA) accounted for approximately 439,072 deaths annually in the U.S. through associations with leading causes of death including heart disease, cancer, and suicide...”* The authors reached these conclusions by reviewing 19 meta-analyses (a type of analysis that combines data from multiple studies). This study highlights why it is so important to address trauma, treat conditions associated with trauma, and continue doing more research.



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## Trauma-Informed Tip

Do you screen for adverse childhood events? One way to use the Adverse Childhood Events Scale is to ask the client to write down the total number of events they experienced. This method works well with individuals who may not want to discuss traumatic experiences. You can assure them they do not have to talk about these experiences, and that knowing the score helps understand how earlier experiences might be affecting their health now. See page 15 in the associated link.

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## Holiday Emotional Well-Being

We recognize that COVID-19 has forever altered how people celebrate holidays. Many people will find that getting ready for the holidays is stressful. Holiday family gatherings can be stressful, as is being alone. If this describes you or someone you know, we offer resources linked to national hotlines to help manage the holiday season.

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We appreciate our *myPATH* Partners and Collaborators ([listed here](#))!

(This newsletter was developed by the USF coordination team led by Dr. Amber Gum; the views expressed here do not necessarily represent Partners and Collaborators.)