



PRIME NEWSLETTER

Promoting Rigorous and Interdisciplinary Mental Healthcare Education Program



One year post PRIME: A Review

Our students have moved on to bigger and better experiences after PRIME! Here is a little summary of what they are doing:

Out of 29 students from the 2022-2023 cohort, 23 responded to the 1-year post survey. Out of the 23 respondents, 21 are currently employed.

- 5 are at sites that are considered MUA/P
- 1 is at a site that is considered HPSA
- 1 is in a HRSA defined rural area

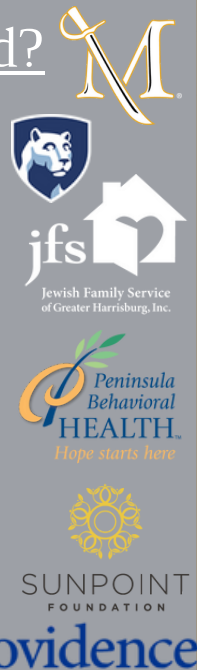


2023-2024 PRIME Trainings Participant Breakdown

CRM: Community Resiliency Model 117 total 47 MU Graduate Students 12 MU Undergrads 3 Students from other Universities 10 MU Faculty/2 MU Staff 3 Faculty/Staff from other Universities 29 Site Supervisors 19 Community Members	Intro to Biblio-Poetry Therapy 117 Total 41 MU Graduate Students 5 MU Undergrads 3 Students from other Universities 12 MU Faculty-2 MU Staff 6 Faculty/Staff from other Universities 29 Site Supervisors 19 Community Members
Promoting Refugee Mental Health 157 total 40 MU Graduate Students 17 MU Undergrads 5 Students from other Universities 11 MU Faculty/3 MU Staff 4 Faculty/Staff from other Universities 21 Site Supervisors 56 Community Members	Treating Trauma via Telehealth 144 total 46 MU Graduate Students 13 MU Undergrads 7 Students from other Universities 12 MU Faculty/3 MU Staff 5 Faculty/Staff from other Universities 23 Site Supervisors 35 Community Members

Where are they employed?

- School Based Clinic-1
- Private Practice-2
- Academic Institution-4
- Academic Medical Center-1
- Community Mental Health Center-4
- Critical Access Hospital-1
- Rural Health Clinic-1
- Community Health Center-1
- Other Non-Profit-2
- Government-2
- Specialty Clinic-2
- Other-2



A total of 339 unique participants!



PRIME Faculty Spotlight

Faculty within the Clinical Psychology Department and School of Social Work are working to create and enhance courses that align with the grant goals. In addition to all the other work they do for Millersville University, they also teach and present!

Dr. Karen Rice, PhD, LSW, ACSW- Professor and Department Chair, School of Social Work

Summer Institute: Fostering Diversity, Equity and Inclusion

Learn to listen and dialogue respectfully, explore differences and conflicts, and discover common ground. Open to all education professionals (teachers, administrators, counselors, social workers, support staff, etc. and those working with students, families, and communities to advance equitable outcomes.



Dr. Andrew Bland, PhD, LP - Associate Professor, Department of Psychology

Humanistic Therapies

Dr. Andrew Bland (Psychology) currently serves as President of the Society for Humanistic Psychology (Division 32 of the American Psychological Association). He envisioned "Old Saybrook 3" as the theme of the organization's 2024 annual conference, which took place in Ann Arbor, MI in March. He delivered an opening presidential address titled Old Saybrook 3: Commemorating the 60th Anniversary of Old Saybrook 1 in the Spirit of Old Saybrook 2 in which he reviewed the history and development of the humanistic movement in psychology and its numerous contributions to psychological science and psychotherapy since its formalization at the original Old Saybrook conference in 1964. He identified how its founding principles (authenticity, intentionality, creativity, mindful presence, trusting relationships that promote safety, empowerment, and transformative change) are well-suited to address today's challenges—in particular, advocating for social justice, perspective-taking, and meaning-making in existential times. These facets also align with PRIME's goals of promoting resilience in underserved, generationally-impooverished, and marginalized communities—populations with whom Dr. Bland has worked extensively during the last 20 years and which, in his courses at Millersville (including PSYC 639: Existential and Humanistic Therapies, which is directly affiliated with the PRIME program), he is dedicated to training his students how to serve effectively and compassionately.





PRIME Clinical Psychology Site Spotlight

Gethsemane Counseling and Coaching Services

Blake W. Ringenberger, LPC: Owner

Tell us a little bit about your practice:

We are a group outpatient private practice.

What is something that sets your practice apart from others?

HMM... Well, one of our offices is a treehouse. We are a 7-acre farm with a creek which affords us the opportunity to do outdoor sessions in a very DBT friendly environment. We also have a unique partnership with Donegal schools offering group and individual counseling sessions on a weekly basis.



Schreiber Center for Pediatric Development

Precious George, LPC: Director of Outpatient Mental Health/Behavioral Health

Tell us a little bit about your practice:

The Schreiber Center for Pediatric Development is a distinguished non-profit pediatric facility that specializes in offering a wide array of services and support to children with developmental delays and disabilities. Our center is nationally recognized for its commitment to delivering exceptional therapeutic and educational programs, all designed to meet the individual needs of each child we serve. From birth through 21 years of age, Schreiber provides pediatric therapy services including physical, occupational, speech and language, and behavioral health therapies. Our practice is deeply rooted in a mission-driven approach to promote the development and independence of children with special needs through innovative and family-centered services. Our team of dedicated professionals employs evidence-based practices and crafts individualized treatment plans aimed at helping children reach their full developmental potential. Our Pediatric Outpatient Mental Health Counseling, addressing the needs of children aged 3-20 across a spectrum of behavioral and mental health challenges. We excel in crafting individualized treatment plans for a wide range of diagnoses, including Autism Spectrum Disorders, ADHD, and various emotional disorders, while also tackling issues like grief, adoption, and family dynamics. Utilizing an inclusive approach that involves family members in the therapeutic process, we leverage play therapy, cognitive behavioral therapy, and other innovative treatment modalities to foster meaningful communication, self-expression, and skill development in a supportive environment.

What is something that sets your practice apart from others?

What truly sets the Schreiber Center for Pediatric Development apart is our comprehensive and holistic approach to pediatric care, encompassing not just a wide range of therapy services but also early intervention programs and specialized programs tailored to specific needs and interests. Our center is unique in its ability to provide integrated care that includes recreational programs, summer camps, family programs, and skills development programs, alongside traditional therapeutic services. Furthermore, our strong emphasis on family support services highlights our understanding of the vital role that families play in the therapeutic process. We empower parents and caregivers with the knowledge and tools needed to navigate the complexities of raising a child with special needs. This community-centric and inclusive model of care, combined with our commitment to providing over \$2.5 million in uncompensated care annually to support families in Central PA, underscores our dedication to accessibility, excellence, and holistic support for the children and families we serve.



PRIME 2023-2024 Trainings Feedback

The PRIME program offers four free trainings to all PRIME participants, students, faculty, staff and community members.

“Treating Trauma with Evidence Based Practices via Telehealth” by Dr. Kimberly D. Ernest, Ph.D., LPC on October 20, 2023

“I think the way the speaker moved from background information to then showing us the manual was helpful. The foundation of the different elements like types of beliefs made understanding the worksheets easier. It was also presented in a way that was motivational and I felt confident in adopting this into my work.”

“Promoting Mental Health in the Refugee/Immigration Community: Challenges and Opportunities” by Kate Daneker, Jeanne Martin-Sczechowicz, Samickshya Subedi, Saurab Bhandari on November 3, 2023

“Discussion about best practices regarding intervening which is not restricted to the traditional mental health settings, understanding the challenges facing refugees from their point of view. what we think is a issues might not be what they prioritized.”

“Utilizing the Community Resiliency Model (CRM): Supporting the Mental Health of Workers and the Community” by Dr. Kat Walsh, LCSW on February 9, 2024

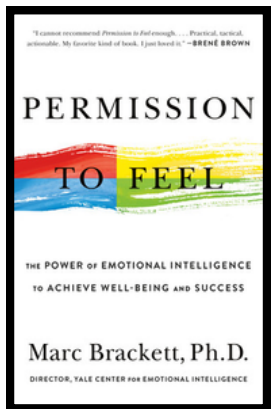
“The discussion on perspective shifts was most beneficial to me. The link between the adverse childhood experiences and adult chronic illnesses discussion was also beneficial. It brought awareness and understanding to these experiences.”

“An Introduction to Using Interactive Biblio-Poetry Therapy” by Nancy Scherlong, LCSW on April 5, 2024

“Personally, I really appreciated that the presenter had hands on activities to make our own biblio-poetry as examples. Writing our own poems made the training far more engaging and individualized. I think it is important for social workers to experience their therapy technique (bibliotherapy) before they use it with their clients. I liked the biblio-poetry excercises and break-out rooms because they made this training more interactive”

PRIME Program Special Project: Virtual Book Club

As a special project for the 2023-2024 cohort, PRIME held its first ever virtual book club! The book that was used was “Permission to Feel” by Marc Brackett, PhD. Nancy Scherlong, LCSW, supported PRIME by providing guided discussion and thought prompts that were shared bi-weekly on the BookClubs app platform. Participants had the choice whether or not to participate in discussions. There was one in person session for those interested on Saturday, February 10th, in the MU library.



We had 101 total participants!
48 in session 1
56 in session 2
 (some participated in both)

There was a wide variety of participants:
40 graduate students, **22** undergraduate students, **21** MU faculty and staff, **2** other university faculty, **13** community members and **13** PRIME participants!