



*Every family needs help sometimes.*



## Congratulations to our most recent Family Therapy Training Program grads!

In the beginning of August we launched our newly minted training program graduates, many of whom are already on to their next professional and academic ventures! We are excited that many have chosen to stay in the Rochester area to begin their careers right here in our community, continuing to serve the families who most need their support. For those who did not stay local, they have pursued additional education and training opportunities or returned to their hometowns where they were quickly snatched up by their own communities' mental health services working with children and families. Our deepest congratulations to this class of outstanding therapists on all of their hard work, and we welcome them as our newest MFT colleagues!



Pictured L to R: (back) Jessica Harris, Stefania Ianno, Matthew Bowen, Summer Torrey, Melissa Waker, Xin Quan. (front) Ashley Vaden, Jacquelyn DeShong, Caryn Stark, Amanda Kay.

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### *From the Director*



**Susan H. McDaniel,**  
PhD

Hello to all our Friends of the Institute for the Family—our Alumni, our Donors, our Community Supporters: I hope you had a beautiful summer and that the leaves wherever you are, are as pretty as they are now in Rochester. October and the change of seasons brings new professional conferences, and an opportunity to run into some of you. This is always a pleasure, and reminds me of the amazing talent and leadership that our graduates provide. In the past year, I've had contact with many alumni. It's both gratifying and inspiring to keep in touch with all of our alumni as they give back to their communities. Please stay in touch and let us know what you're up to and how you're using family therapy. My best to all of you, Susan

### Channing and Marie Philbrick

Congratulations to Channing and Marie Philbrick for their 60 years of marriage! The Institute for the Family is committed to facilitating and celebrating healthy relationships. Community leaders, Channing is a long-time highly valued member of the IFF Advancement Committee. We are inspired by the standard he and Marie set, in marriage and in life! A toast to each of you and your relationship!



### Welcome to the incoming class of Master's students!!

The Family Therapy Training Program is thrilled to welcome its latest cohort of full time and part time master's students who began coursework this Fall. Already they are proving to be a thoughtful, sensitive, and eager group of learners and soon-to-be therapists, and we are delighted to welcome them to our Institute for the Family family!



Pictured from left to right: (back) Matthew McKenna, Andres Gutierrez, Alex Prine, Alexis Werner, Shanice Aluko, Anna Mokry. (front) Yin Cai, Hanako Shimizu, Doan Chin Huynh, Ana Martin, Crystal Houston.  
Not pictured: Kristin D'Amico and Jennifer Heilmann

## Research Faculty Spotlight

Project: Patient Priorities and Community Context: Navigation for Disadvantaged Women with Depression

PI: Ellen L Poleshuck, PhD  
Co-PI: Catherine Cerulli, JD, PhD  
Funded by Patient Centered Outcomes Research Institute (PCORI)

Socioeconomically disadvantaged women are at elevated risk for depression and poor treatment engagement and outcomes, and less likely to seek care in traditional psychiatric settings. Our comparative effectiveness study is testing an adapted *priority-based patient navigation* versus *screening-and-referral* among Ob/Gyn patients with depression and socioeconomic disadvantage. Patient partners and stakeholders have been involved intimately with every stage of the study development and implementation. All patients presenting to Ob/Gyn clinic waiting rooms complete a screen for behavioral and social concerns. In the Enhanced Screening and Referral (ESR) treatment arm, patients receive their screening results and referrals as needed. In the Personalized Support and Progress (PSP) treatment arm, patients meet with a navigator to prioritize their concerns, develop a plan based on their priorities, and execute the plan. We hypothesize that PSP, compared to ESR, will improve patient satisfaction, quality of life (QOL), and depression. To date we have enrolled 217 patients in the trial; 168 have completed the active phase of treatment. While final results are pending, we have a 76% enrollment rate and 96% retention rate suggesting that women in the study find it acceptable to participate. Qualitative interviews with the first 20 women who completed the study suggest participants were generally highly satisfied, and felt their study participation was helpful to their symptoms and their function. If hypotheses are supported, these findings will suggest that PSP is a patient-driven, effective, generalizable, and disseminable intervention to reduce depression-related disparities and improve outcomes.



## The Institute for the Family Represented in the Eastman House Photofinish 5K!

The IFF fielded an impressive team to run in the George Eastman House Photofinish 5k on Saturday, October 3, 2015. Faculty and students came together for some fun, exercise, and a terrific opportunity to raise awareness and funds for the tremendous work of our Institute for the Family. This year's team (the largest to date!) included Jasmine Davis, Beverly Dollinger, Amanda Gaboriault, Aubree Guiffre, Matt McKenna, Margaret Roberts, Tziporah Rosenberg, Kelly Thomas, Alexis Werner, and Gabrielle Woodard who raised \$500 for the Institute. We hope to see you at next year's run!



## The Institute for the Family Welcomes its Newest Faculty Member, Jessica Moore, PhD



The Institute for the Family is delighted to welcome Jessica Moore, PhD who joined the faculty in September. Jessie is a clinical psychologist who received her doctoral degree from the University of North Carolina at Greensboro and then came to the URMC to complete two postdoctoral fellowships -- the first in the Child and Adolescent Autism Spectrum Disorders Track followed by two years of training in the Primary Care Family Psychology Track with an emphasis in pediatrics. Her scholarly interests include comparisons of collaborative health care models in pediatrics as well as assessment in the primary care setting. Jessie splits her time between the URMC and Rochester General Behavioral Pediatrics. Welcome Dr. Moore!

## Our Institute Family is Growing!! Welcome Kristin Koberstein, MA, LMFT



Kristin Koberstein joined Strong Behavioral Health at Highland Family Medicine as a part time marriage and family therapist in May this year. She completed her graduate training at the University of Connecticut in 2006 and since that time has been practicing as a family therapist in Connecticut at community mental health clinics, for home crisis programs, and in school and hospital settings. She also taught as an adjunct faculty for the Family Studies Department at UConn for 7 years. In 2013 Kristin and her family moved to Canandaigua New York so her husband, Dr. Nicholas Koberstein, could help develop an undergraduate program in Child and Family Studies at Keuka College. When Kristin is not here at Highland Family Medicine, she works at her private practice in Canandaigua specializing in work with post-partum mothers, new parents, and families. In her free time, she enjoys hiking around the Finger Lakes with her husband and two children. During the fall, she also enjoys cheering on her hometown football team, the Steelers! Welcome Kristin!

## Selected Recent Publications and Presentations from Institute Faculty

### **Original Articles**

Saultz JW, Jones S, **McDaniel SH**, Bagley B, McCormally T, Marker JE, Weida JA, Green LA 2015 A new foundation for the delivery and financing of American healthcare. *Family Medicine. Supplement on Family Medicine for America's Health*

**DeCaporale-Ryan, L.N.**, Steffen, A.M., Marwit, S., & Meuser, T. (*in press*). Dementia spousal caregivers & past transgressions: Measuring and understanding forgiveness experiences. *Journal of Women & Aging*.

**Poleshuck E**, Wittink M, Crean H, Gelasch T, Sandler M, Bell E, Juskiewicz I, Cerulli C. Using patient engagement in the design and rationale of a trial for women with depression in obstetrics and gynecology practices. *Contemp Clin Trials*. 2015 Jul;43:83-92. PubMed PMID: 25937505.

**Gawinski, B. & Rosenberg, T** (2015). Beginning a Career in Medical Family Therapy. *Family Therapy Magazine* Jan/Feb, p 36-39.

**Podgorski, C., DeCaporale-Ryan, L.N.**, Cornell, A., King, D. (*in press*). Family Intervention and Therapy with Older Adults. In B.J. Sadock, V.A. Sadock, & P. Ruiz (Eds.), *Comprehensive Textbook of Psychiatry, 10th edition*. Philadelphia, PA: WoltersKluwer Health.

### **Awards**

Lauren DeCaporale-Ryan: APA Early Career Achievement Award (2015); Training Grant: **Primary Investigator**, *Geriatric Discharge: Improving Team-Based Efficiency & Patient-Family Centered Outcomes at Highland Hospital*. University of Rochester Medical Center, Institute for Innovative Education. \$10,000.