

The Women's Center News

Summer 2009

Check out the Women's Center at: www.louisville.edu/provost/womenctr

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Patricia Benson Gets “Back to Basics”

By Mary Karen Powers
Women's Center

Patricia Benson is a woman who would like to “get back to basics” – eating fresh locally grown food, finding simple ways to relax, and incorporating physical activity into her daily life. In addition, she'd like to “empower wellness” for her colleagues at the University of Louisville by creating a “culture of wellness” on campus, where most of us spend the majority of our waking hours. She describes this as learning to live with “everyday energy and vitality” so that we come to understand wellness as a process rather than a product. She also says that working with people in the area of health and wellness is “the passion” that drives her professional life as well as the impetus behind her role in UofL's employee health management program, Get Healthy Now.

Benson came to the university in 1992 as a certified CPR and First Aid Instructor with extensive experience in the health and wellness industry. Completing the Bachelor of Science she had begun in 1984 at Eastern Kentucky University was the next step in her professional credentialing process. She completed that degree in 1992 with a concentration in health promotion and went on to earn her Master's of Education at UofL in 1995 with a concentration in fitness and wellness. A decade later, Benson began her career as the Director of Get Healthy Now when the program was founded at UofL in 2005 as a health care cost containment strategy. Under her leadership, Get Healthy Now has received local, state, and national recognition as a highly effective health management program. Over half of the university's work force enrolls voluntarily by completing an annual health risk assessment, thus earning a \$240 break on their annual health care premiums.

When she describes the structure of Get Healthy Now, Patricia uses words like “partnership,” “social norms,” and “dialogue.” A partnership with the university's health risk assessment vendor provides the annual analysis of employee health risks and needs. A partnership with UofL's insurance vendor generates the “Retrospective Claims Analysis,” a strategic overview of claims posted against the university's self-insurance program in



Ms. Patricia Benson is the Director of the Get Healthy Now program at the University of Louisville.

the previous year. Using data from these two sources allows UofL to gain an accurate understanding of employees' health needs in order to develop effective health education tools and interventions to mitigate the primary health risk.

In 2008, the three top health risks to the university's workforce were lack of physical activity, stress, and obesity. Strategies developed to address these risks include nutrition and stress management classes and a wide range of activity programs: a running club, water fitness, yoga, pilates, and cardio and weight training classes. All Get Healthy Now employees overseeing these programs are credentialed professionals in their respective

fields. In addition, since activities are based in UofL's Crawford Gym, Benson notes with satisfaction that “health maintenance” is now financially feasible for all university employees and not simply for those who can afford membership in a private health club. At an employee's request, Get Healthy Now can also tailor an individual, comprehensive activity plan--created in dialogue with the employee's physicians and physical therapists--to support recovery from surgery. Benson proudly reports that a recent Return on Investment (ROI) analysis “conducted for the program demonstrates that costs for employees who participated in the program increased by only 2.46 percent year-over-year, compared to a 19.47 percent increase for those who did not participate.” In other words Get Healthy Now has “saved the university millions of dollars in health care spending, and wellness is now first and foremost in many of our employees' minds.”

When Patricia Benson dreams of the future of Get Healthy Now, she envisions a multidisciplinary center where University faculty conduct research in prevention science to inform policy and drive best practice. External funding would be secured through grants and other sources and would support the growth of a rapidly developing area of study, at a time when the country is looking for ways to contain the spiraling cost of health care. That's a big dream, and it is clearly one that catalyzes Patricia's “everyday energy and vitality.” The companion dream which lit up her eyes on the day we spoke was watching her son receive his undergraduate degree on Mother's Day at a neighboring university where they “see Blue in all they do.” She said she's proud of all his accomplishments – and particularly pleased that he knows how to purchase and prepare “fresh locally grown foods” in his own kitchen!

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WOMEN'S CENTER

Women's Center News Continues with Electronic Edition



Mary Karen Powers,
Director Women's Center

Several years ago, Valerie Casey – who monitors the service account of the Women's Center – forwarded a message to me from an independent researcher working on a project for the Ford Foundation. She wanted to locate an edition of the Women's Center News which contained a "Timeline of Legal History of Women in the United States," which she remembered reading, and wanted to footnote in her project. After working a few minutes in our hard copy archive, I telephoned the researcher and asked her to look at the Fall 2004, Volume 12, Issue 1 Edition of the Women's Center News, which was online at the Center's website. This proved to be the correct edition. Then she said, "I always wait for your newsletter...

it is one of the best online resources for my work!" Needless to say, Valerie – who had just become editor of the Women's Center News – and I were both delighted by the conversation. The Center has been publishing the Women's Center News in hard copy since the late 1990's and the online edition since summer 2004. Phyllis Webb – who is a new staff member in the Women's Center - took over as editor in July 2008.

July 2009 will issue in a new era since budget cuts have forced revision in our publication schedule. Thus, though the Women's Center News will continue to be published four times per year, we will produce one hard copy and one electronic edition each semester. To sign up for the electronic edition, send a message containing your email address to the Women's Center service account: womenctr@louisville.edu We're hoping the new schedule continues to provide what Shelia Gibbons described in Women's eNews (in January 2003) as a "potential reach... far beyond what [was] envisioned by editors.... lashed.... to mailing labels and stamps that needed licking."

Kentucky Women's Book Festival

The University of Louisville Women's Center, University Libraries and Class Act Federal Credit Union sponsored the 3rd Annual Kentucky Women's Book Festival this past May at the University of Louisville. Approximately 268 attended the various sessions of the festival.



Bethany Griffin, an English High school teacher and author of "Handcuffs," signs an autographed copy of her book for Virginia M. Smith, a Kentucky Women's Book Festival (KWBF) committee member. Ms. Griffin, a UL graduate, was the keynote opening speaker for the book festival held in the Ekstrom Library.



Pictured at left is Ms. Carridder M. Jones and at right Ms. Sena Jeter Naslund. Ms. Jones is a founder of the Book Festival and an author who presented a playwriting session at the festival. Ms. Naslund, an author and professor, was the featured keynote luncheon speaker.

KWBF photos by Virginia M. Smith and Stephanie Tabb

A Spring of First Evers...

by Holly Sheilley
VPA-Administration

This spring the University of Louisville women's athletic program set the stage for some of the highest caliber "first ever" accomplishments. It began with D'Ana McCarty, a sophomore, becoming the University of Louisville's first women's national champion in the weight throw at the Indoor Track & Field Championship. In the same historic fashion, women's swimming finished strong in the Big East and sent a record five swimmers to the NCAA Championship, finishing the season at a record high #22. The women were just warming up as March Madness hit and the Women's Basketball team led by Angel McCoughtry (who was drafted #1 in the WBNA) and Candyce Bingham (who was drafted #39 in the WBNA) led the team to the first ever Final Four and runner-up of the national championship.

The excitement bounced into April as Cindy LaCrosse was named Women's Golf Big East Player of the Year and led the team to winning the Big East Championship and into the NCAA. During this same time, the first year Lacrosse program made its first ever when they qualified for the elite-four team Big East



De'Ana McCarty, center, of Indianapolis, Indiana is the 1st U of L's women's national championship in the weigh throw.

Tournament. Batting last, but not least, the women's softball team completed the season with a 48-11 record and garnered the highest Big East individual award with Melissa Roth, catcher, being named Big East Player of the Year. Go Cards Go!

Upcoming Events

The U of L Women's Center is sponsoring these upcoming events:

Tuesday, August 25: Women's Equality Day (WED) at the Frazier International History Museum, 6-8 PM. Features a performance of "Equal Rights – The Other Amendment" (which tells the story of Alice Paul and the Equal Rights Amendment); a reception; and tabling by prominent women's organizations, including the UofL Women's Center. For information: 412-2280.

Wednesday August 26: WED on UofL's Belknap Campus, Noon-2PM. Visit the Women's Center booth at the University of Louisville RSO Fair for information about the Women's Suffrage Movement, including historical photos, Suffrage Tea Bags & voter registration.

Wednesday, August 26: WED on UofL's Health Sciences Campus, 10 AM. *The History of Kentucky Women in Medicine* by UofL archivist & historian, Katherine Johnson. Kornhauser Library. (In conjunction with the National Library of Medicine traveling exhibit, *Women Changing the Face of Medicine*. Kornhauser Library, August 5-September 18.) For information: 852-1008.

Friday, September 25: Deadline to receive applications for both the 2009 M. Celeste Nichols Award and the 2009 Mary K. Bonsteel Tachau Gender Equity Award. The criteria and guidelines will be available on the Women's Center web site after July 1.

Thursday, November 12: 7th Annual Elizabeth Cady Stanton Luncheon, University Club, 11:30 a.m.-1:00 p.m. Speaker to be announced.

Additional details forthcoming in the fall newsletter.

Congratulations to 2009 Administrative & Professional Day (APD) Winner: Pamela Schmidt

by Phyllis M. Webb

The Business and Professional Women (BPW) Louisville selected Pamela Schmidt, Administrative Assistant in U of L's Surgery Department as the winner of the 2009 Administrative & Professional Day Award at its annual luncheon this past April. Her nominee stated, "Pam has been a loyal and dedicated employee, consummate professional and an extraordinary ambassador for U of L and the Dept. of Surgery...she is polite, gentle and kind, meticulously helpful and goes beyond the call of duty. She makes visitors feel welcome and attends to even the smallest detail of their visit." Other nominees included Geta Bramer, Human Resources; Bethany Heckel, School of Nursing; Kimberly Johnson, Information Technology; Anne Loop, Family and Geriatric Medicine; and Mary Kathryn (Kathy) Stenger, Dean's Office/School of Medicine. Ms. Schmidt received a plaque and a "goodie bag" of delightful professional and U of L gifts; other nominees received "goodie bags."

According to BPW/Louisville President, Martyna Warren, over 100 attended the event held in the University Club, where the audience was entertained by the Senior Birds and a speech/presentation made by Dr. Priscilla Hancock, V.P. for Information Technology, and the IT staff.



Pamela Schmidt was selected the 2009 Administrative & Professional Day (APD) winner by the BPW/Louisville chapter.

U of L Opens Depression Center

Depression: No Passing Mood

by Phyllis M. Webb
Women's Center

It is not a passing mood. It is not a personal weakness. It is a major-but-treatable illness.

According to the National Institute of Mental Health (NIMH), depression affects 10 percent of Americans. Nearly half of all college students report feeling so depressed at some point in time that they have trouble functioning, and 15 percent meet the criteria for clinical depression, according to a 2004 survey conducted by the American College Health Association. And just in a recent article in *The Courier-Journal* on the stress of college students, an Associated Press (AP) mtvU poll says that a vast majority of college students are feeling stressed, and a significant number are at risk of depression.

Mental health experts say that women experience depression at twice the rate of men.

The extent of depression in the general population overlaps with functioning in the workplace, causing businesses to lose billions of dollars from lost productivity, absenteeism, direct treatment costs, and from mortality. Depression ranks among the top three workplace problems, following only family crisis and stress.

To help combat the root causes of mood disorders such as bipolar disorders, The University of Louisville Depression Center provides an interdisciplinary, multifaceted approach to helping



those with depression through clinical services, research, and community and professional education. The mission of the Center is to serve as the major regional resource for the treatment of depression and bipolar disorder, research and education.

Led by Director Jesse H. Wright, M.D., Ph.D., Professor of Psychiatry at U of L, and co-author of *Getting Your Life Back, The Complete Guide to Recovery from Depression*, the Depression Center officially opened April 21, 2009. *It is located in a new 15,000 square foot Faculty Practice Service (which opened July 2008) as part of the Medical School's new comprehensive multi-specialty, faculty practice. In a telephone interview, Dr. Wright says that a host of things, such as relationship issues, marriage, workplace, school, and medical illness can trigger depression and that in the United States only 20% of the population who has depression is getting adequate treatment. He says that depression is a treatable illness if diagnosed properly.

The Depression Center, which is a charter member of the National Network of Depression Centers, has several core programs, including a Women's Mental Health Program and Student Mental Health. Dr. Joyce Spurgeon, MD, Associate Training Director in the Department of Psychiatry and Behavioral Sciences, is one of the psychiatrists in the Women's Mental Health Program. She specializes in working with women from all different types of socioeconomic backgrounds

who experience depression, anxiety disorders, and other common emotional problems. Her particular area of interest includes pregnant and postpartum patients and women who struggle with infertility, and she has also seen a growing number of perimenopausal patients as well.

With the rate of depression among women twice as high as among men and with businesses losing billions of dollars from lost productivity and absenteeism, Dr. Spurgeon says that the women she serves, if they are working, probably fall into the category of being less productive at work, which she sees as a by-product of depression. "If you have a difficult time concentrating and paying attention to things, you have a hard time carrying out your duties at work. Depression leaves people with little energy and motivation, which obviously is going to show up at work as well as at home with families." She added, "So depression in the woman—who serves as wife, partner, parent, etc.—begins to have effects in far-reaching domains because it affects the family system a well."

When asked about the underlying causes of stress leading to depression for women college students, Dr. Spurgeon says, "College is a time of great transition. I think that during any of the major transition times in people's lives they are more susceptible to struggle with depression issues...that with all the available technology and society pressures there is a lot of push to do more things in less time and at points, this can become overwhelming, particularly when women are trying to figure out who and what they want to become."

The U of L Depression Center serves the entire community. The Building Hope Public Lecture Series, which started this past April and will be held quarterly, covers different topics that are treated in the Center, and many of the doctors in the Center serve on various community boards, participate in community activities, and are available to give presentations and lectures to different groups. A resource center also provides helpful educational resources, such as videos, self-help books, etc.

For more information about other core programs and services offered in the U of L Depression Center, go to <http://www.louisville.edu/depression>

(*Note: The U of L Depression Center is located in the new Healthcare Outpatient Center at 401 East Chestnut Street)

The Women's Center News

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Editorial Board: Valerie Casey, Brenda D. Gunn, Robin Harris, Ruth Miller, Kathy Pendleton, Mary Karen Powers, and Phyllis Webb.

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It is available on-line at www.louisville.edu/womenctr.

To receive a hard copy of the newsletter or to sign up for email announcements, contact us at:

Women's Center, University of Louisville, Louisville, KY 40292; or 502-852-8976; or womenctr@louisville.edu.

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Behind the Scenes: Dominican Republic Service Learning Trip

by *Jamie L. Izlar*

(In the fall, Jamie Izlar will be entering her second year at the Louis D. Brandeis School of Law. She is a 2009 recipient of the Dr. M. Celeste Nichols Award, presented by the U of L's Women Center.)

In 2005, I received a Fulbright Grant to research and present theatre as a conflict resolution strategy to eighty participants in a rural community in Monte Plata, Cruz Verde in the Dominican Republic. In the summer of 2008, Professor Izlar, an instructor specializing in directing at Howard University, began research for Lydia Diamond's adaptation of Toni Morrison's *The Bluest Eye*. The piece (although specifically ingrained in the weft of American history), could relate to issues of "colorism," which is historically prevalent in the Dominican Republic. This revelation marked a collaboration in which I worked with my sister, mentor, and colleague to allow the thematic messages in the story to reach audiences in Washington, DC and the Dominican Republic.

A little over a year later, a group of twenty-three Howard faculty and students were able to partake in this "once in a lifetime experience" to share their stories with the people of the Dominican Republic with the help of the M. Celeste Jackson Nichols Award. With this honor, I had the opportunity to represent the University of Louisville as the travel liaison, translator, and education consultant for Howard University's Department of Theatre Arts. The itinerary consisted of touring many provinces and rural communities in the Dominican Republic, visiting museums, a sugar-cane factory, and cultural landmark preservations. Additionally, the service group also helped clean a small rural community by picking up trash. The last part of the trip consisted of a theatre workshop (conducted in English with Spanish translation) in which theatre majors at an Arts School in the Dominican Republic and Howard students worked together under the instruction of Professor Izlar (acting

and Dr. Johnson (dance) to share their life experiences. Students ultimately proved that theatre is an effective international language by learning they shared similar joys, fears, and aspirations.

The trip ended with a production of *The Bluest Eye* performed at a newly constructed theatre in the capital of the Dominican Republic, Santo Domingo. After the play, audience members had the opportunity to meet with the director and cast, take pictures, and secure autographs.

Because of the successful endeavor, the Theatre Arts Department was invited to travel next year (2010) to engage in an international service learning initiative. Although the people from the Dominican Republic were able to benefit and learn from this endeavor, most importantly both students and faculty from Howard University were able to share, learn, and grow as artists and individuals as well. As a result, the partnership became a true cross-cultural exploration.

In recognition of Dr. Margaret Celeste Jackson Nichols, I will continue to honor the mission of the University of Louisville Women's Center, "to promote women's equality, increase women's self-reliance, and highlight women's contribution to all cultures and societies." I am greatly appreciative to the selection committee and the Women's Center; this award helped me to continue my passion for the theatre and to develop and consider new ways in which theatre, as many of the Dominican theatre students proclaimed, can "change the world."



Professor Tamera N. Izlar and Jamie L. Izlar (pictured at left) in Mercado Modelo while visiting the Dominican Republic.

New Look, New Staff, New Services

by *Kathy J. Pendleton, Ph.D.,
Interim Director,
U of L Counseling Center*

"What is the trailer for?" That was the most frequently asked question last fall when faculty, staff, and students walked by the Counseling Center. The trailer served as office space while the Counseling Center was being renovated. The renovation included moving the waiting room and conference room, making the reception area more secure, and creating two new offices.

The new office spaces are now filled by two new clinical psychologists, Dr. Kimberly Smith and Dr. Juan Pablo Kalawski. Dr. Smith's area of interest includes body image,



self-harming behavior, depression and anxiety. Dr. Kalawski, a native of Chile, is fluent in Spanish and English. Juan Pablo has a special interest in Alba Emoting©, a psychopsysiological method to help recognize and modulate one's own emotions.

To meet the needs of currently enrolled students, the Counseling Center now provides assessments for Learning Disabilities (LD) and Attention Deficit Hyperactivity Disorder (ADHD). There is a nominal fee for the assessment; however, the fee is substantially lower than what a student would pay in the community. We have also increased the number of nights the Counseling Center is open until 8:00 pm to four nights a week during the fall and spring semester.

If you have questions or concerns about a student or our services please call 502-852-6585. Or if you just want to see how we have changed, please stop by.

University and Community in Action: The Partnership to Prevent Child Abuse

by Bibhuti Sar, Ph.D. and Linda Bledsoe, Ph.D.
Kent School of Social Work

Since 2007, The Partnership to Prevent Child Abuse (PPCA) has provided training and education to combat child maltreatment as part of a grant funded by the United States Office of Juvenile Justice and Delinquency Prevention (OJJDP). The PPCA is made up of The Kent School of Social Work, The Exploited Children's Help Organization (ECHO), and Family and Children's Place. The partnership's efforts also include services for families that are identified as "at-risk" for child abuse or are in need of intervention. The PPCA has also distributed mini-grants worth \$2,000 each to twenty local community and faith-based organizations to develop and implement abuse prevention programs specific to their unique needs.

The PPCA applied an evidence based practice (EBP) methodology to develop the educational program Keep 'Em Safe that was implemented as part of the community education program. Research on the effectiveness of community-based child abuse prevention programs was reviewed and appraised and focus groups were conducted with parents of abused children, treatment providers, and leaders of faith-based and community organizations, as well as with a group of stakeholders who were asked to serve in an advisory capacity to the PPCA.

Currently, PPCA has reached 2,389 families and



children. The Evangelical Church Winning All conducted groups with immigrant and refugee families from African countries to increase their understanding of what constitutes child abuse, how to identify it, and how to refer families to appropriate sources. The Samuel Coleridge Taylor Elementary Family Resource Center's program had 4th and 5th grade students developing stories in relation to risk factors, signals, and prevention strategies of child abuse.

The Neighborhood House, Inc. program held four Family Night events to provide Portland families with a fun and educational evening where they can be educated on child abuse recognition, prevention, and community resources.

In a recent evaluation, participants in the Keep 'Em Safe program showed significant increases in knowledge, level of comfort in dealing with perpetrators at post-training, and knowing how to react if they suspect a child is being maltreated. For more information, contact Bibhuti Sar at b.k.sar@louisville.edu, Linda Bledsoe at linda.bledsoe@louisville.edu or Ramie Martin-Galijatovic, rpmart01@gwise.louisville.edu

So Long, Farewell . . .

by Amy Hartsough

Student Events Coordinator. This short title serves to describe what my job has been for the past nine months while I have worked at the Women's Center, but when I look at these three words, I feel like they fall short of a full description. Let me explain.

Since September, I have served on several planning committees on behalf of the Women's Center. In February, I worked with Kim Smith from the Counseling Center to organize a Residence Hall program about body issues for Body Awareness/Body Appreciation Week. In March, I ordered catering for one hundred people who attended an LGBT Coffeehouse event. On May 16, I will introduce the author Constance Alexander at the third annual Kentucky Women's Book Festival.

This year, I have also served as Secretary for the Women 4 Women Student Chapter, which is a new RSO on campus. As Secretary, I have had the opportunity to improve my writing skills by drafting correspondence on behalf of the chapter. March was an exciting month for our organization: our President, Tiarra Hall, and I presented the chapter's history and



Amy Hartsough

strategic plan to several members of the administration at our first annual business meeting.

Even more than the professional opportunities I have had this year, I value the connections I have made at the Women's Center and at UofL. I have worked with staff from the PEACC Center, Campus Health, the Anne Braden Institute for Social Justice Research, and the Office for Lesbian, Gay, Bisexual and Transgender Services.

Student Events Coordinator was my first job since graduating from Bellarmine University with a B.A. in English last May. The Women's Center has been a great place to work right out of college, and I am so grateful for all of my experiences this past year!

Going Green ... from Postal Mail to E-Mail

America is shifting to a "green culture" where its citizens are embracing the fact that environmental responsibility is everyone's responsibility. To help, you can sign up today to receive the Women's Center newsletter electronically. Send your name, current home or work e-mail address to womenctr@louisville.edu

(See the Director's column on page 2)