

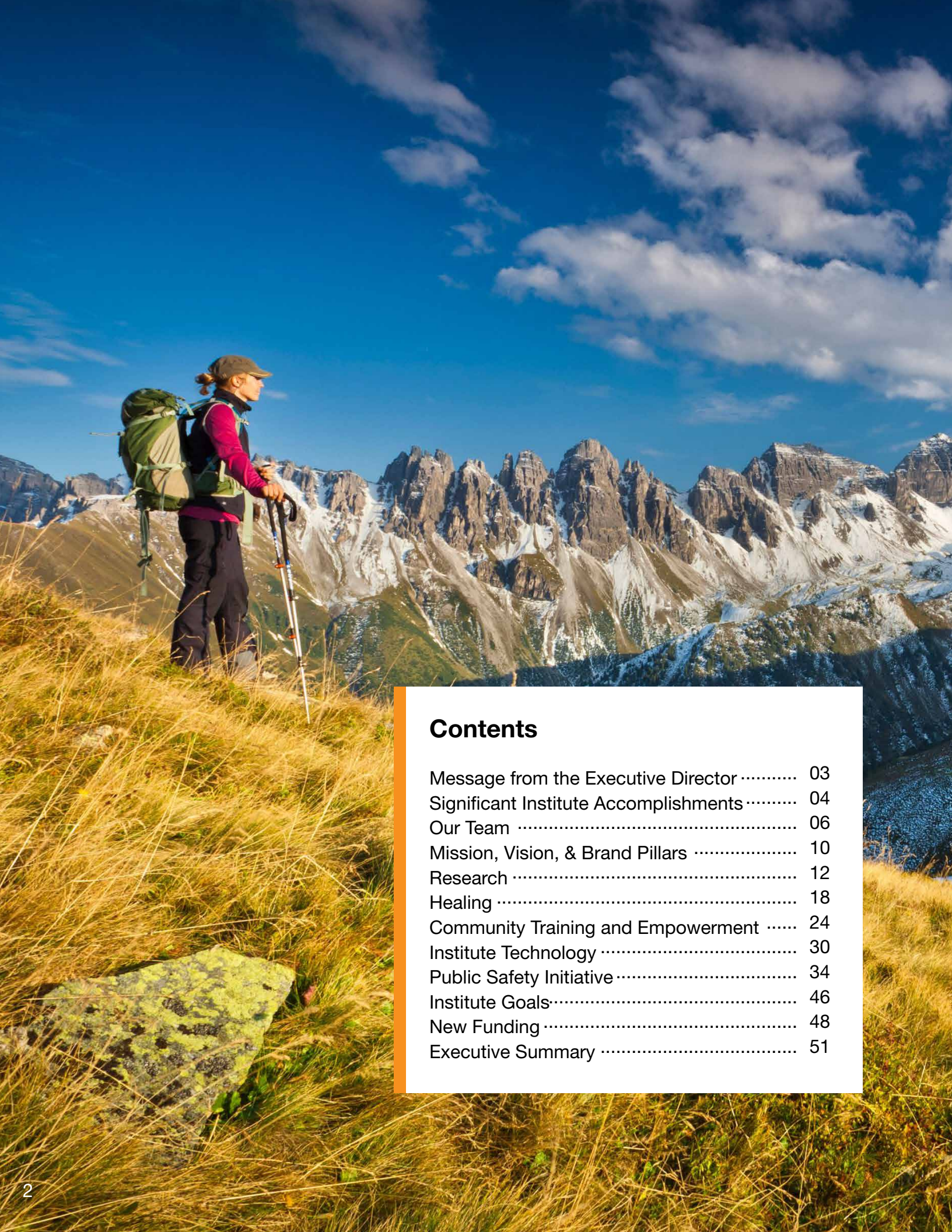
# 2022 Annual Report

Lyda Hill  
**Institute for  
Human Resilience**

[resilience.uccs.edu](https://resilience.uccs.edu)







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**MESSAGE FROM  
THE EXECUTIVE DIRECTOR**

In its third year of existence in 2022, the Lyda Hill Institute for Human Resilience has become a valuable resource for resilience both nationally and internationally. As the world began its evolution out of the pandemic, societies around the globe grappled with other major crises including the war in Ukraine, massive natural disasters, senseless mass shootings, and an expanding mental health crisis plaguing our families. Throughout the year, each division of the Institute matured and expanded. The Research division successfully submitted more than six million dollars in grant applications to major federal agencies, such as the National Institutes of Health and the National Science Foundation. Additionally, new affiliates from around the world joined the Institute to work collaboratively on leading the scientific exploration of Resilience Science, ranging from leading scientists in the field to junior investigators.

The Community Training and Empowerment (CTE) division achieved a significant strategic goal in 2022, becoming the go-to organization for resilience-building training for organizations in Colorado and beyond. The Greater Resilience Information Tool Kit (GRIT) program, designed to provide resilience-building resources, is now available in all 50 states of the US and 21



other countries worldwide. In 2022 we established the First Priority Peer Support System for UCHealth Southern Region that included training over 100 peer supporters. The Institute initiated a statewide peer support and resilience system for healthcare, public health, funeral, coroner, and long-term care workers across Colorado in collaboration with the START Center in the Department of Psychiatry at the University of Colorado School of Medicine - CU Anschutz.

Through the Healing division, the Veterans Health and Trauma Clinic (VHTC) expanded its trauma services to cater to the growing demand from Veteran, active-duty military, and first responder populations. The CREATE program, which began in 2021 and provides resilience building through art and other creative outlets, continues to expand and gain popularity. The Institute is also providing care for the Next Chapter Veteran Suicide Prevention program. In response to the Club-Q shooting, the Institute provided critical evidence-based trauma care to survivors through the BRIGHT program, which offers initial contact and ongoing trauma care to patients admitted to a local UCHealth hospital. Additionally, the Institute activated its peer support system in this local Level 1 trauma hospital to respond to the needs of providers who were caring for survivors following the shooting.

The Lyda Hill Institute for Human Resilience has demonstrated its commitment to creating innovative and responsive systems that build resilience and offer strength-based empowerment care. Despite the tragic needs that arose in 2022, the Institute was able to respond to and provide support and clinical care to those who were in need.



# SIGNIFICANT INSTITUTE ACCOMPLISHMENTS

## RESEARCH

- **Grant Production:** In the past year, the Institute submitted 24 proposals for funding totaling more than \$6 million.
- **First Institute Postdoctoral Scholar:** The Institute hired its first postdoctoral scholar. Dr. Michael Dolezal has had an immediate impact in this position and has contributed to five research papers and one grant proposal since joining the Institute in September 2022.
- **Research Affiliates and Publications:** The Institute added 10 research affiliates from across the globe, bringing the total number of affiliates to 51. Additionally, Institute researchers and affiliates had more than 170 peer-reviewed scientific publications in 2022.



## HEALING

- **Increase in Clients:** The Veterans Health and Trauma Clinic saw 251 new clients in 2022, which represents an impressive increase of 71% from before the launch of the Institute.
- **Milestones Resilience Care:** In partnership with the “Next Chapter” Veteran Suicide Prevention Program at UHealth, the Institute has established a pilot program utilizing Milestones Resilience Care. The program will begin seeing clients in April 2023.
- **BRIGHT/Club Q:** The BRIGHT program, in partnership with UHealth Memorial Hospital Central, provides acute mental health support to people who have been injured. The program grew in 2022, and in the days following the tragic Club Q shooting, partnered with hospital staff to coordinate care and provide support to those impacted by this horrific event.
- **Innovative Technology:** The Institute technology team completed its development of a custom software that will allow clinicians to easily measure and visualize their client’s healing progress.

## COMMUNITY TRAINING AND EMPOWERMENT

- **Statewide Peer Support:** The Lyda Hill Institute for Human Resilience is partnering with the START Center in the Department of Psychiatry at the University of Colorado School of Medicine - CU Anschutz, to establish a state-wide support network for healthcare providers. This initiative has been funded by the Colorado Department of Public Health and Environment.
- **GRIT/ARPA:** The Greater Resilience Information Toolkit (GRIT - a free online training), continued to expand as a worldwide resource adding 467 new coaches in 2022. The Institute also received American Rescue Plan Act (ARPA) funding to develop a mobile GRIT-e app, host a GRIT-based resilience conference, the “Arts Resiliency Gathering,” and expand the reach of GRIT to more communities around the world.
- **Training and Workshops:** The Institute provided customized training and workshops to 558 individuals from 17 different organizations in Colorado.



# OUR TEAM



**Charles C. Benight, Ph.D.**  
Executive Director



**Heather Littleton, Ph.D.**  
Director of Research  
Operations



**Brooks Robinson, Ph.D.**  
Program Director,  
Grants Specialist



**Elyse Dunckley**  
Finance Manager and  
Research Administrator



**Gabe Taylor**  
Communications Specialist



**Megan Wendling**  
Research Assistant



**Nicole Weis, MA, LPC, LAC**  
Director of Community  
Training and Empowerment



**Tom Caughlan**  
Clinical Director of the  
Healing Division



**John Cooke**  
Business Services Assistant



**Carolyn Yeager, Ph.D.**  
Manager of Technology,  
Integration, and Support



**Valerie Anderson, Psy.D.**  
Technology Innovation  
Expert Consultant



# OUR TEAM



**Bernard Ricca, Ph.D.**  
Research Associate  
Professor



**Timothy Doenges, Ph.D.**  
Staff Psychologist



**Lauren Shaw, Psy.D.**  
GRIT Program Manager



**Lisa Decker, MA, LPC**  
Clinician, Clinical Research  
Professional



**Erin Fowler, MA, LPC**  
Clinician, Strategic Training  
& Strategic Relations Liaison



**Josef Ruzek, Ph.D.**  
Technology Innovation  
Expert Consultant



**Michael Dolezal, Ph.D.**  
Postdoctoral Research  
Associate



**Janet Fritz**  
Administrative Assistant

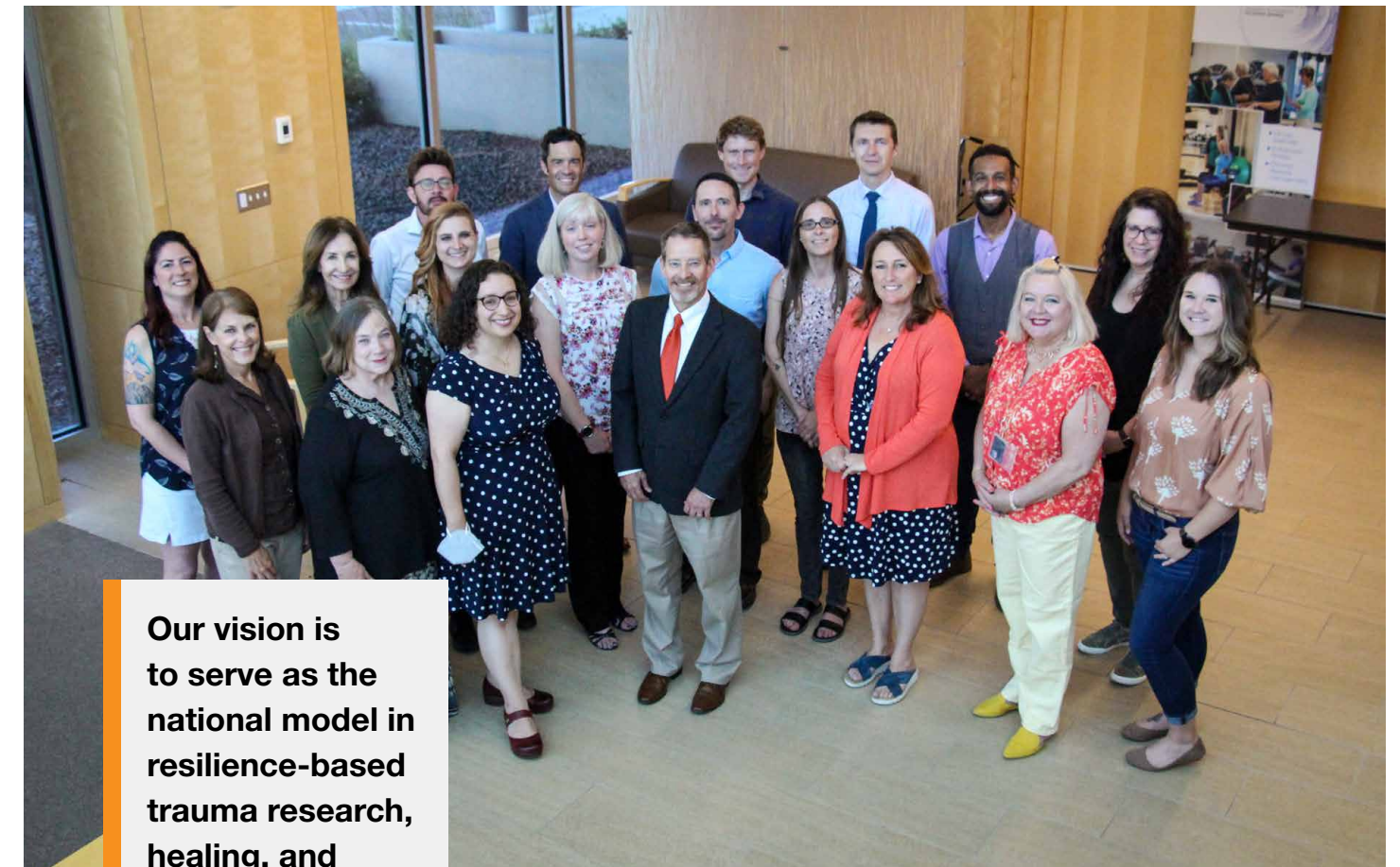


**Jodi Savino**  
Billing & Authorization  
Coordinator



# MISSION

Advancing human resilience to adversity by designing evidence-based solutions through interdisciplinary research, healing therapies, and community training and empowerment



Our vision is to serve as the national model in resilience-based trauma research, healing, and community empowerment solutions.



The Lyda Hill Institute for Human Resilience has an interwoven three-fold approach to advance human resilience from adversity through Research, Healing, and Community Training & Empowerment.



Transdisciplinary trauma research from a resilience framework that advances scientific knowledge to help individuals, families, communities, and systems.



An Integrated healing experience for those seeking trauma care through and innovative approach.



Training and education designed to translate strength-based knowledge to workable resilience resources and programming.



# RESEARCH

A photograph of two researchers, a woman and a man, both wearing white lab coats and safety glasses. The woman is pointing at a computer monitor while the man looks on. They are in a laboratory or office setting with various equipment visible in the background.

**The Research division conducts trauma research from a resilience framework that advances scientific knowledge to help individuals, families, communities, and systems.**

The Lyda Hill Institute for Human Resilience is dedicated to scientific discovery related to human resilience and innovation of care models that support the human capacity to overcome, rather than reducing survivors to a set of medical symptoms. The Institute's research has a direct impact in the development and realization of therapies that are improving the quality of life and outcomes of trauma survivors.

## Summary

Having added Dr. Littleton as Associate Professor and Director of Research Operations and Dr. Ricca as a Research Professor in 2021, 2022 marked a year of increased productivity in the Research division. The Institute had significant increases in grant submissions and research publications, added outstanding research affiliates from across the globe, and hired its first postdoctoral scholar, Dr. Michael Dolezal (see Research Spotlight, page 16). Additionally, the Institute is expanding the resources available to promote a successful research program. These include creating a repository of successfully funded grants to use as models for future submissions and the launch of a seed grant program that will fund promising preliminary studies in preparation for future, larger scale projects.

## Grant Production

In the past year, the Institute submitted 24 proposals for funding totaling more than \$6 million. The proposals were submitted by seven different primary investigators and were sent to a variety of funding sources ranging from nationwide (the National Institutes of Health and National Science Foundation) to local (Caring for Colorado and Colorado Department of Public Health and Environment). Thus far, five of the proposals totaling almost half a million dollars have been selected for funding with many more proposals still awaiting funding decisions.




















































## Publications

The research division is striving to become a world leader in the scientific exploration of psychological trauma and resilience. A stated goal of the division is to increase the number of peer-reviewed publications. In 2022, Institute affiliates published more than 170 research articles, books, and book chapters marking the second consecutive year of increased production in this area.



# RESEARCH AFFILIATES

Research affiliates are crucial to the research environment at the Lyda Hill Institute for Human Resilience. Our research affiliates program promotes interaction and collaboration between scientists all over the world who have shared interests in trauma and resiliency. Over the past year, the Institute has added 10 research affiliates bringing the total to 51. This diverse and engaged group of researchers has had a significant impact on the Institute’s productivity, as shown by the 12 affiliates who participated in collaborative projects resulting in grant submissions during the past year. Additionally, according to the “h index” metric, which is an established measure of scientific impact, 13 of the Institute’s research affiliates are among the top 10% of researchers in the world.

 <b>Iham Atyabi, Ph.D.</b> Assistant Professor Department of Computer Science, UCCS ityabi@uccs.edu	 <b>Laith Al-Shawaf, Ph.D.</b> Associate Professor Department of Psychology, UCCS lalshawaf@uccs.edu	 <b>Steven Berkowitz, Ph.D.</b> Associate Professor Psychiatry-Child CHC University of Colorado Anschutz Medical Campus Steven.Berkowitz@ucdenver.edu	 <b>Steven Bistricky, Ph.D.</b> Assistant Professor Department of Psychology, UCCS sbistricky@uccs.edu	 <b>Stephanie Agtarap, Ph.D.</b> Research Scientist Craig Hospital, Navel Postgraduate School stephanieagtarap@nps.mil	 <b>Russell Elaberry, Ph.D.</b> Emeritus Distinguished Research Professor Meteorology, Navel Postgraduate School elaberry@nps.edu	 <b>Matt Gray, Ph.D.</b> Professor Department of Psychology, University of Wyoming gray@uwyo.edu	 <b>Brandon Griffin, Ph.D.</b> Assistant Professor Psychiatry, University of Arkansas for Medical Sciences brandon.griffin@uams.edu	 <b>RaeAnn Anderson, Ph.D.</b> Assistant Professor University of North Dakota raeann.anderson@und.edu	 <b>Caroline Beidler, MSW</b> Consultant Creative Consultation Services, LLC carolinebeidler@csignal.com	 <b>Emily Dworkin, Ph.D.</b> Acting Assistant Professor Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine edworkin@u.washington.edu	 <b>Erika Felix, Ph.D.</b> Associate Professor Department of Counseling, Clinical, & School Psychology, University of California, Santa Barbara erika@psych.ucsb.edu
 <b>Igniew Celinski, Ph.D.</b> Distinguished Professor Department of Physics & Energy Sciences, CS zcelinski@uccs.edu	 <b>Mary Coussons-Read, Ph.D.</b> Professor Department of Psychology, UCCS mcoussons@uccs.edu	 <b>Johanna Creswell Baez, Ph.D.</b> Assistant Professor School of Public Affairs, UCCS jbacz@uccs.edu	 <b>Abby Ferber, Ph.D.</b> Professor Department of Sociology, UCCS abferber@uccs.edu	 <b>Mary Hayden, Ph.D.</b> Research Professor Lyda Hill Institute for Human Resilience mhayden@uccs.edu	 <b>Christopher Layne, Ph.D.</b> Associate Professor College of Psychology, Nova Southeastern University clayne@nova.edu	 <b>Andrew Smith, Ph.D.</b> Assistant Professor Department of Psychiatry, Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Medical Center andrew.j.smith@hitchcock.dartmouth.edu	 <b>Julia Whealin, Ph.D.</b> Professor Emerita Department of Psychology, Indiana University of Pennsylvania julia.whealin@iupui.edu	 <b>Eve Grunfest, Ph.D.</b> Professor Emerita Department of Geography and Environmental Studies, UCCS egrunfest@uccs.edu	 <b>Krystof Kaniasty, Ph.D.</b> Distinguished Professor Department of Psychology, Indiana University of Pennsylvania kaniasty@iupui.edu	 <b>Nancy Kassam-Adams, Ph.D.</b> Research Professor of Pediatrics Division of Emergency Medicine, Perelman School of Medicine, University of Pennsylvania nkassam@chop.edu	 <b>Meghan Marasc, Ph.D.</b> Associate Professor Department of Pediatrics, University of Kentucky meghan.marasc@uky.edu
 <b>Mark Romans, Ph.D.</b> Senior Researcher Department of Disasters & Environmental Studies, Nijmegen Institute for Health Services Research m.romans@psd.nl	 <b>Roman Gielas, Ph.D.</b> Professor Department of Psychology SWPS, University of Social Sciences and Humanities, Poland rgielas@swps.edu	 <b>Grete Dyhl, Ph.D.</b> Research Professor University of Oslo, Norway grete.dyhl@psy.uio.no	 <b>Yannick Hill, Ph.D.</b> Assistant Professor Vrije Universiteit Amsterdam, Faculty of Behavioral and Movement Sciences y.hill@vu.nl	 <b>Camlyn Gery, Ed.D.</b> Instructor Bachelor of Innovation Program, UCCS cgery@uccs.edu	 <b>Carlan Gibbs, Ph.D.</b> Associate Professor Department of Geography and Environmental Studies, UCCS cgibbs@uccs.edu	 <b>David Havlick, Ph.D.</b> Professor Department of Geography and Environmental Studies, UCCS dhavlick@uccs.edu	 <b>Lori James, Ph.D.</b> Professor Department of Psychology, UCCS ljames@uccs.edu	 <b>Colin T. Mahoney, Ph.D.</b> Assistant Professor Department of Psychology, UCCS cmahoney@uccs.edu	 <b>Kathy Kay Pruse-Owens, Ph.D., CCRN, RN</b> Assistant Professor Helen and Arthur E. Johnson Beth E. College of Nursing and Health Sciences, UCCS kpruse@uccs.edu	 <b>Tom Pyaszynski, Ph.D.</b> Distinguished Professor Department of Psychology, UCCS tpyszynski@uccs.edu	 <b>Jane Rigler, Ph.D.</b> Associate Professor Department of Visual and Performing Arts - Music, UCCS jrigler@uccs.edu
 <b>Carol Keane, Ph.D.</b> Senior Lecturer College of Health & Human Sciences, Charles Sturt University, Australia carol.keane@csu.edu.au	 <b>Aleksandra Luszcynska, Ph.D.</b> Professor Department of Psychology SWPS, University of Social Sciences and Humanities, Poland aluszczyk@swps.edu	 <b>Kotaro Shoji, Ph.D.</b> Assistant Professor University of Human Environments, Aichi, Japan kshoji@u-hi.ac.jp	 <b>Peter G. van der Velden, Ph.D.</b> Senior Researcher Centersdata, Tilburg, The Netherlands p.g.vandervelde@centersdata.nl	 <b>Shannon Johnson, Ph.D.</b> Assistant Professor Department of Social Work, UCCS sjohns@uccs.edu	 <b>Chelsea Kilinski, Ph.D.</b> Assistant Research Professor Department of Psychology and Neuroscience, University of Colorado Boulder chelsea.kilinski@colorado.edu	 <b>Anna Koloski, Ph.D.</b> Associate Professor School of Public Affairs, UCCS akoloski@uccs.edu	 <b>Rory Lewis, Ph.D.</b> Associate Professor Department of Computer Science, UCCS rlewis@uccs.edu	 <b>Kristen Rudd, Ph.D.</b> Assistant Professor Department of Psychology, UCCS krudd@uccs.edu	 <b>Sudhanshu Kumar Semwal, Ph.D.</b> Professor Department of Computer Science, UCCS semwal@uccs.edu	 <b>Henrikka Weir, Ph.D.</b> Associate Professor School of Public Affairs, UCCS hweir@uccs.edu	 <b>Heidi Zinsow, Ph.D.</b> Professor Department of Psychology, Clemson University hzinsow@clemson.edu
 <b>David Pincus, Ph.D.</b> Professor Department of Psychology, Chapman University dpincus@chapman.edu	 <b>Thomas Schroepel, Ph.D.</b> Trauma Medical Director UC Health thomas.schroepel@ucsf.edu	 <b>Lisa Taylor-Swanson, Ph.D.</b> Assistant Professor College of Nursing, University of Utah lisa.taylor-swanson@uutah.edu	... and Growing!								

# INSTITUTE RESEARCH PROJECTS

## Ph.D. Student Receives Prestigious Frank W. Putnam Award

Julie Hurd, a Ph.D. candidate in the lab of Dr. Charles Benight, recently received the prestigious Frank W. Putnam Research Scholars Award for her work investigating the role of romantic relationships in the context of trauma. Such relationships can be vulnerable to the adverse effects of trauma, but they may also promote healing and resilience. Evidence suggests that the belief that romantic partners can navigate stressors together may be a key to beneficial trauma recovery outcomes. This study uses data from both partners in a romantic relationship where at least one partner has a history of trauma exposure. It will test whether each person’s efficacy beliefs are associated with their own and their partner’s trauma-related symptoms and relationship quality. The results from this study will clarify how romantic relationships can aid in trauma recovery. Results will also help improve prevention and intervention efforts focusing on survivors’ romantic relationships.



## Study Aims to Improve Understanding of Intimate Partner Violence



The SHARE study is an 18-campus study of intimate partner violence risk among LGBTQ+ college students. This NSF funded project (PI: Dr. Katie Edwards, Co-PI: Dr. Heather Littleton) examined the role of sexual stigma at multiple levels in affecting risk for intimate partner violence among LGBTQ+ students. Results supported that LGBTQ+ students embedded in campuses with less institutional support and resources for LGBTQ+ individuals, as well as those embedded in campuses where students and staff held more negative attitudes towards LGBTQ+ individuals, experienced greater self-stigma. Self-stigma was then associated with both intimate partner violence victimization and perpetration both directly and indirectly by increasing affective symptoms and hazardous alcohol use. Findings suggest that interventions to improve campus climate can potentially decrease risk for multiple deleterious outcomes among minoritized students.



# RESEARCH SPOTLIGHT

## MOLLY HIGGINS



### **Doctoral Student Identifies Trauma-Coping Benefits of Physical Activity for Sexual Assault Survivors**

Molly Higgins is a third-year doctoral student in the UCCS clinical psychology program under the mentorship of Dr. Heather Littleton. Molly received her bachelor's degree in psychology at the University of Maryland, College Park, where she worked as a research assistant in the Laboratory for the Study of Child & Family Relationships at the local VA Medical Center Trauma Services program. Following her undergraduate education, Molly acted as a research assistant on a congressionally mandated longitudinal study of traumatic brain injury at Walter Reed National Military Medical Center. In Dr. Littleton's lab in the Institute, Molly has been researching the influence of physical activity on PTSD related to sexual trauma.

Molly's thesis project examined posttraumatic

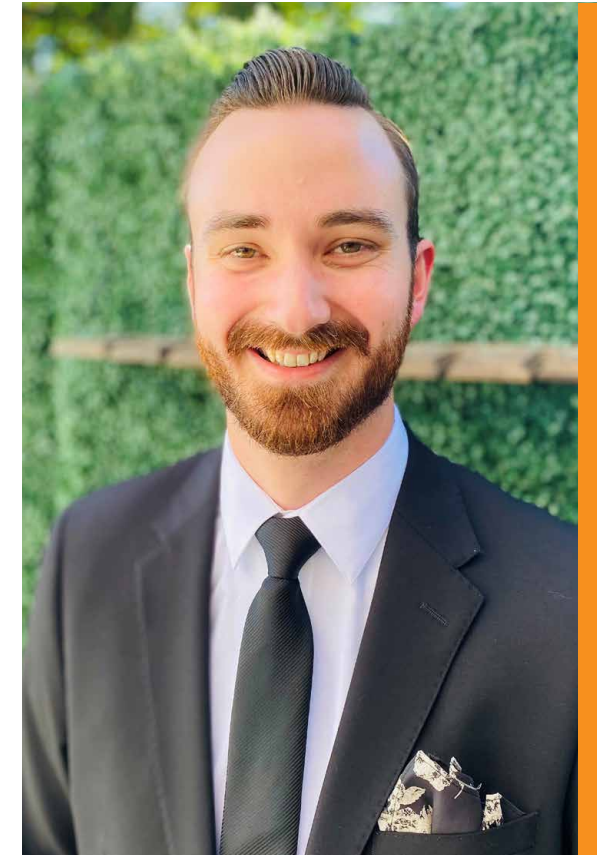
outcomes among women who had experienced sexual assault and who regularly engaged in one of three physical activity modalities: running, yoga, or martial arts. The results indicated that survivors believed that their activity facilitated their recovery from sexual assault. Activity groups reported different coping strengths, with yoga participants endorsing high levels of self-compassion and martial artists endorsing greater trauma-coping self-efficacy than runners. Martial artists, who primarily practiced Brazilian Jiu-Jitsu, reported unique activity-specific benefits within open-ended responses. These benefits included increased social support and corrective experiences with men, decreased perceived vulnerability to future assault, and an increased ability to manage trauma triggers. Molly recently won the UCCS 3-Minute Thesis Competition reporting on this project.

# RESEARCH SPOTLIGHT

## MICHAEL DOLEZAL, Ph.D.

### **Postdoctoral Researcher Aims to Prevent Pathological Trauma by Better Identifying At-Risk Populations**

Dr. Dolezal is currently serving as the Postdoctoral Research Associate in Trauma Psychology Research for the Lyda Hill Institute for Human Resilience. Dr. Dolezal is broadly interested in posttraumatic adaptation and recovery processes, with burgeoning interests in using chaos theory and nonlinear dynamical systems to understand how posttraumatic processes evolve over time. He is especially interested in understanding posttraumatic processes among populations who are chronically exposed to traumatic events, often as part of their occupational duties, such as emergency medical responders and disaster aid workers, as well as among minoritized individuals such as refugees and sexual and gender minority (SGM) persons. His work at the



Lyda Hill Institute for Human Resilience has thus far focused on exploring posttraumatic risk and recovery processes among hurricane survivors, refining and testing a measure of distress and resilience among TGD college students, and identifying nonlinearity in PTSD symptoms over time among numerous samples of trauma survivors. He is in the early stages of pursuing early career funding to support research that uses nonlinear dynamical systems approaches to help understand posttraumatic adaptation and recovery among emergency medical responders and SGM mass violence survivors. This research will lead to a better understanding of who is at risk for nonrecovery following trauma and what factors increase this risk, ultimately leading to interventions that are effective at alleviating posttraumatic distress before it becomes pathological.



# HEALING

## Clinical Services Overview

### Clients Served

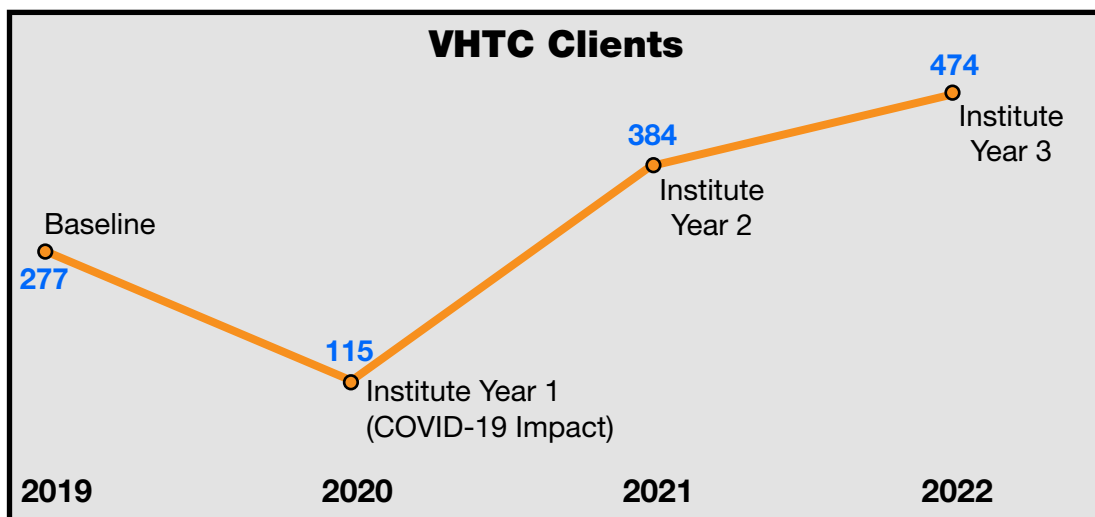
New Clients:	251
Returning Clients:	223
Total:	474

### Clinical Services

Total Client Services:	8,417
Group Therapy Sessions:	144
Group Therapy Client Sessions:	226
Military affiliated:	70%

### Other

CREATE Attendees (Wellness/Resilience):	300
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The Healing division helps individuals recover from psychological challenges associated with military service, natural disaster, domestic violence, auto accidents, sexual assault, and a wide range of other mental health challenges.

### Veterans Health and Trauma Clinic

The Veterans Health and Trauma Clinic (VHTC) had a highly successful year in 2022, as shown by the explosion in both the number of clients served and the total therapy visits. The VHTC served 474 unique clients last year, which was almost 100 more than the previous year and an impressive 71% increase from before the launch of the Institute (See figure in Clinical Services Overview). This is especially remarkable in light of the decrease in clients experienced during the first year of the pandemic. Additionally, the total therapy visits increased significantly from the previous year, with a reported total of 8,417 visits in 2022. The clinic's services continue to be in high demand and are successfully meeting the needs of Veterans, first responders, active military members, and others in the Pikes Peak region in need of trauma-related mental health care services.

### 4th Judicial District Veterans Trauma Court

The Institute – in a collaboration between the Healing and Community Training and Empowerment divisions – acts as liaison with the 4th Judicial District Veterans Trauma Court (VTC). The VTC is an alternative pathway through the legal system for military veterans and active-duty personnel with trauma spectrum disorders and/or substance abuse issues. The VTC pathway helps provide treatment and counseling rather than resorting to incarceration. The Institute has developed a strong relationship with the 4th Judicial District VTC and assists with assessments and treatment options for individuals in this system. Additionally, the Institute is working closely with VTC personnel to improve the program services and increase client retention. Clinician, Erin Fowler, LPC, won the Home Front Military Network Honoring the Brave Award for her continued commitment working with Veterans and representing the Institute at Veterans Trauma Court.



### Student Clinical Training

The VHTC remains a top training site for fourth- and fifth- year trauma focused students in the Clinical Psychology Ph.D. program at UCCS. Under the guidance of trauma treatment experts, students receive instruction, supervision, and participate in workshops at the clinic. They gain hands-on experience by providing therapy to clients at the VHTC and facilitating support groups. In the past year, students conducted over 900 therapy sessions, and starting in December 2022, Dr. Colin Mahoney began supervising Ph.D. students conducting psychological testing, which is a much-needed service line for the clinic.





## BRIGHT Program

Over the past year, the BRIGHT program has expanded and evaluated its effectiveness in providing acute mental health support to people who have been injured. BRIGHT (Building Resilience after Injury: a Growth and Healing Toolkit), which is funded through the Colorado Springs Health Foundation, meets with injured individuals while they are hospitalized and then provides follow-up support and therapy to those who agree to ongoing contact after hospital discharge.

To date, clients who have completed BRIGHT have reported a variety of positive outcomes. These include a 26% reduction in PTSD symptoms, an 18% reduction in depressive symptoms, a 25% improvement in sleep quality, a 20% increase in resilience, and a 77% increase in posttraumatic growth on average. Our initial evaluations show that the BRIGHT Program is working to improve outcomes for injury survivors.

In addition, the BRIGHT program, along with the Institute as a whole, has been heavily involved in the ongoing community response to the Club Q shooting that occurred in Colorado Springs in November 2022. The BRIGHT team partnered with hospital staff to coordinate care and provide support in the days and weeks following the shooting. They are currently providing psychotherapy to people impacted by the shooting and to staff members of affected organizations. The BRIGHT team is also developing a group format to meet increasing demands and examining sustainability strategies to continue this project beyond the life of the current grant.

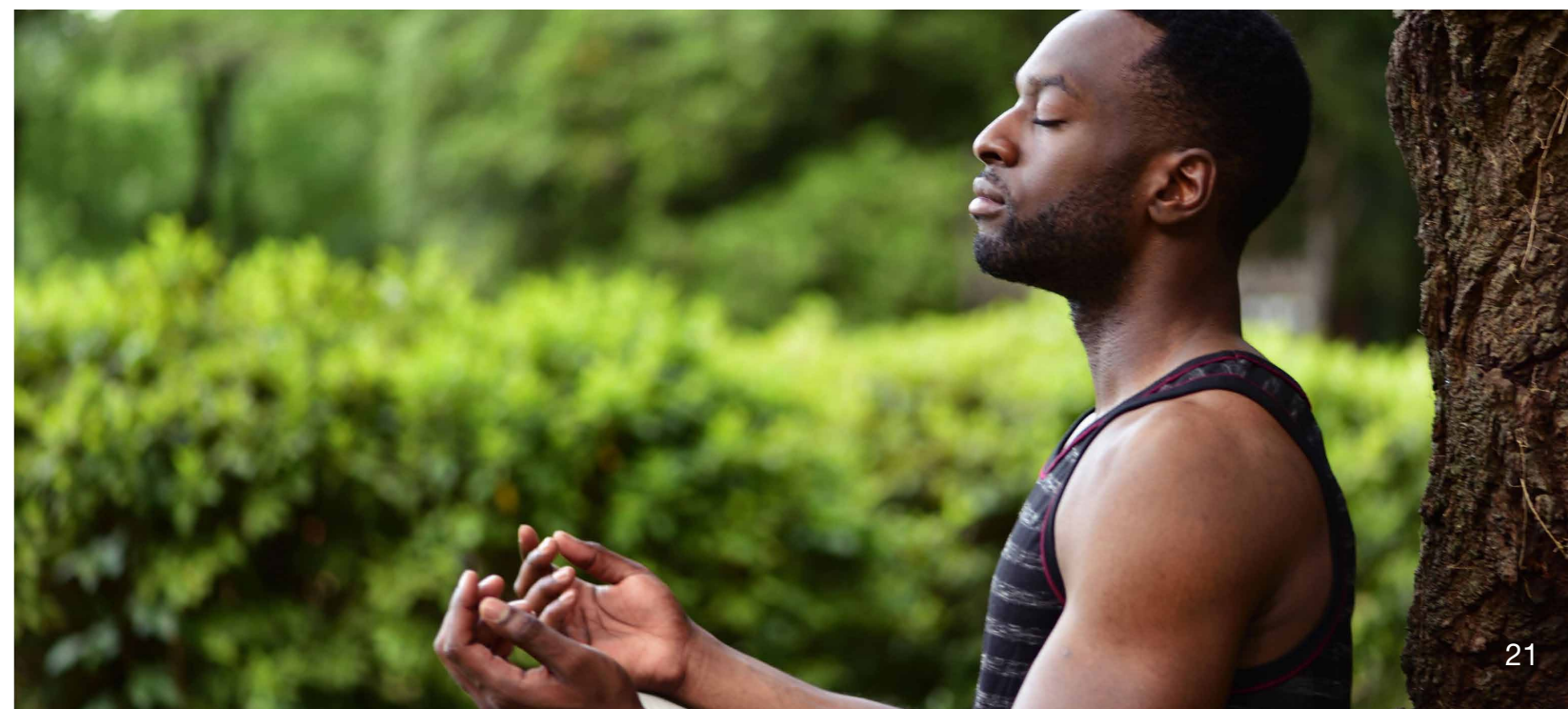
# ARTISTIC HEALING

## CREATE Program

The CREATE (Cultivating Resilience and Empowering Adaptation Through Expression) program began as a way to provide mental health and wellness activities to UCCS faculty and staff for the purpose of fostering community and building resilience on campus. Since its inception in 2021, the program has become a much-loved program for those who attend. In 2022, CREATE hosted more than 50 events, with over 300 UCCS faculty and staff in attendance. The CREATE program offers a wide variety of free experiential opportunities. The programming has included workshops on watercolor painting, mindfulness, cooking, nature walks, soap-making, and photography. In the upcoming year, the Institute is hoping to be able to expand beyond the UCCS setting and provide CREATE workshops to interested parties within the community.

## Arts Resilience Gathering

In Fall 2023, Research Affiliate Dr. Jane Rigler will host the first annual Arts Resiliency Gathering, a multi-disciplinary event featuring workshops, concerts, and performances beginning in October. The gathering will unite acclaimed artists specializing in artwork that promotes resiliency and community well-being, with a focus on direct engagement with LGBTQ2S+, military, disabled, healthcare, and caregiver populations in Colorado Springs and Southern Colorado. Activities will primarily take place at the Ent Center for the Arts, as well as other accessible UCCS campus and off-campus locations. This represents a unique opportunity for the Lyda Hill Institute for Human Resilience at UCCS and the Visual and Performing Arts Department to jointly offer a crucial series of events and study the intersection between arts and resilience.





# MILESTONES RESILIENCE CARE

## A New Model of Care for Trauma Survivors

Trauma can have a profound and enduring impact on an individual's mental and emotional well-being, making it difficult to cope with the challenges of daily life. Although existing treatments can be highly effective, the medicalized approach creates barriers that many cannot overcome.

Milestones Resilience Care is a new model of care that empowers and strengthens resilience rather than reinforcing an illness-based model. A typical approach has been to offer repeated courses of treatment, escalating courses of care, or longer-term interventions. These traditional models are built on the primary premise that recovery is achieved almost exclusively through the treatment of posttraumatic distress symptoms. At its core, this premise has a deficit-based, siloed care model such that if one removes the distressing symptoms, then the individual is healed. Unfortunately, data does not support this conclusion when looking at patient outcomes.

The success of Milestones Resilience Care lies in our multidisciplinary team approach that focuses on re-establishing a core belief in one's ability to move forward in life. All our providers work together with the client in a collaborative effort to heal from life's most tragic events. Our four pillars of Milestones include: Psychological Well-Being, Physical Vitality, Connectedness, and Meaning-Purpose in Life. These four areas are addressed by a variety of pathways that can be customized to fit a particular client's needs. Trauma is not a particular disease that requires a one-size fits all treatment. It is a uniquely personal experience that cuts directly to our core. We respect that healing can be derived from many different sources of support and experience. We create opportunities for whole-person healing through psychotherapy, body-work (massage, acupuncture, yoga, physical therapy), creative expression (music, art, creative writing), technology focused care (virtual reality, biofeedback, web-based skill development), animal assisted therapy, and outdoor immersion programming.



By offering a variety of evidence based and complementary therapies, Milestones Resilience Care can help individuals develop the skills and strategies necessary to overcome the effects of trauma and build resilience. By taking a holistic approach to healing, the program can help individuals address the physical, emotional, and spiritual aspects of trauma, improving their overall quality of life and increasing their ability to cope with the challenges of daily life.

2023 is shaping up to be a great year for Milestones Resilience Care as we officially open the doors to trauma survivors and begin a new journey in executing the long-term mission of the Lyda Hill Institute for Human Resilience.

Milestones will give trauma survivors and their families the tools and support they need to gain mastery of their lives and cope with the challenges created by their traumatic experiences. With a range of research-informed, healing therapies, Milestones will provide a personalized approach catering to the unique needs of each client.





# COMMUNITY TRAINING & EMPOWERMENT

The Lyda Hill Institute for Human Resilience provides a variety of training, empowerment, and peer support opportunities through the Community Training and Empowerment division. From organizational peer support training for employees, to community trainings and workshops on becoming trauma-informed, to the various GRIT trainings, Community Training & Empowerment teaches the skills needed to build mental health resiliency.

## Division Growth

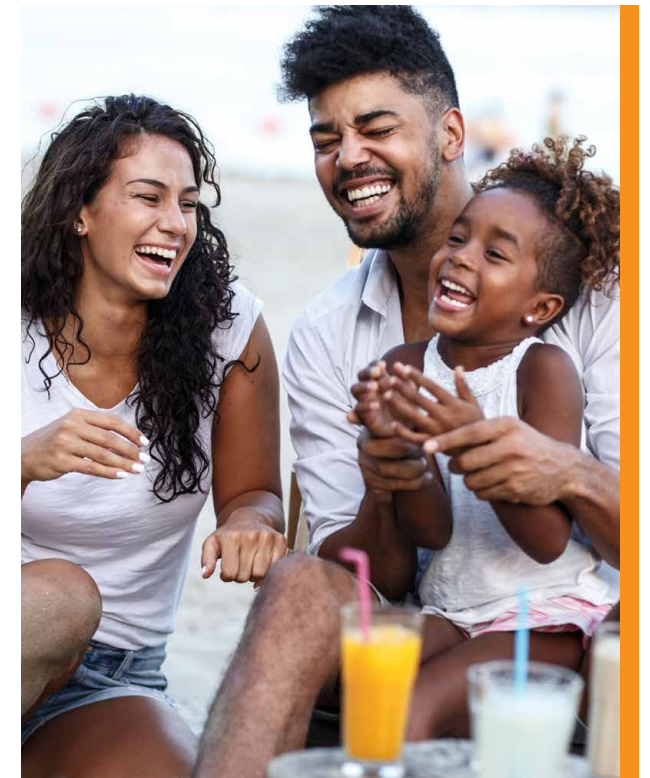
As the Community Training and Empowerment division expands in services rendered and influence across the country and the world, it has become necessary bring in more talented personnel. The division was bolstered by hiring two program specialists who also serve as clinicians for the VHTC as well as a GRIT Program Manager.

## Colorado Springs Police Department Liaison

The Institute also works closely with the Colorado Springs Police Department (CSPD). We provide the Trauma and PTSD training portion of the Community Intervention Training (CIT) for CSPD (often also joined by El Paso County Sheriff, Teller County, and Military members) and the CSPD Academy. This past year we also provided an online Resilience course for Officers and staff, and a Resilient Family Academy five-week group for family members. All CSPD employees have access to our 24/7/365 support line that the CTE division runs. Lastly, Nicole Weiss (Director of the CTE Division) regularly meets with the CSPD Wellness Department to discuss trainings, access to clinical services, and other potential services.

## Resilient Families Academy

The Resilient Families Academy is a five-session introductory psychoeducation class designed specifically for families. The academy covers the impact of trauma on families, the complexities of intergenerational trauma, and the importance of resiliency. In the past year, the Institute held Resilient Families Academies for the Colorado Springs Police Department and Family Life Services.





# FIRST PRIORITY PEER SUPPORT

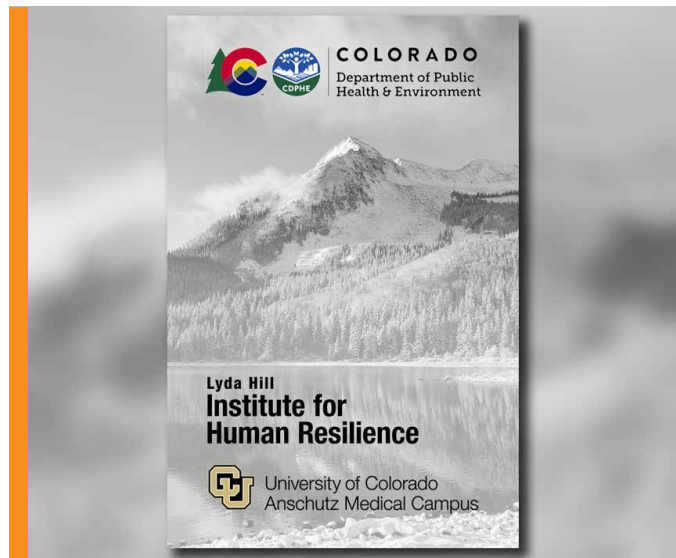
First Priority Peer Support Program was designed by experts at the Lyda Hill Institute for Human Resilience and has become an increasingly crucial resource for workforces in many Colorado organizations. In 2022, the following clients continued their peer support programming: UCHHealth Southern Region, Colorado Department of Transportation, and the Lincoln Surgery Center. Throughout Colorado, our peer support programs are being used by organizations with over 10,000 employees.

In addition, the First Priority Peer Support training program was converted to a Hybrid model, allowing for content delivery in an online class format in combination with in-person trainings. This format has made the training much more accessible to a wider range of employees.

Furthermore, we received confirmation of a contract award with the Colorado Department of Public Health and Environment in conjunction with CU Anschutz to launch a comprehensive wellness program for healthcare professionals across Colorado. This program will include our First Priority Peer Support Program and GRIT, as well as Past the Pandemic and leadership training from CU Anschutz. This program is scheduled to begin in the spring of 2023.

## Statewide Support Network for Healthcare Providers

The Lyda Hill Institute for Human Resilience joined the START Center in the Department of Psychiatry at the University of Colorado School of Medicine - CU Anschutz, to establish a state-wide support network for employees in healthcare, public health, funeral care, emergency medical services, and coroner's offices. Through an award from the Colorado Department of Public Health and Environment, this comprehensive tiered approach will support these critical personnel with our "First Priority Peer Support" and "GRIT" programs, as well as "Past the Pandemic" and "Leadership Training" from CU Anschutz. This program is scheduled to begin in spring 2023 and will support employees at all levels of the organizations.



## Trauma Training Program

The Institute continued providing the Trauma Training program for a variety of participants in 2022. This online course is offered each semester and is available in two modules, designed to provide information on the basic symptoms, impact, and treatment of trauma. In January 2023, the class was made available throughout rural Colorado schools, resulting in a class size of 20 for the spring semester.





# COMMUNITY TRAININGS & WORKSHOPS

The Institute continued offering resilience and trauma literacy trainings and workshops to organizations both inside and outside of Colorado in 2022. Trainings and workshops are customized to the organization and cover a variety of topics ranging from education on stress and trauma to how to work with escalated clients and perform safety evaluations. Throughout 2022, the Institute trained approximately 558 individuals from 17 organizations. Major clients in 2022 included: El Paso County Public Health, Colorado Department of Transportation, UCHealth, Colorado Springs Police Department, multiple University of Colorado Departments, Cedar Springs Hospital, El Pomar Foundation, Nebraska Public Policy Center, Inside Out Youth Services, Parents Challenge, 4th Judicial District, Hispanic Chamber of Commerce, Colorado Springs Chamber of Commerce, Pikes Peak United Way, Chaffee County Public Health, and Family Life Services. We have also worked with the Jewish Family Center in Boulder, Colorado to create and run workshops for supporters of the communities impacted by the Marshall Fire.

Additionally, Institute experts gave presentations at multiple conferences throughout the year, including the Clerk of Courts Retreat, College and University Professional Association, UCCS Executive Leadership Program, and the Front Range Emergency Management Conference.

## Empowering Colorado's Emergency Managers

At the Front Range Emergency Management Conference, the Institute delivered the keynote presentation, which focused on burnout among emergency managers. The presentation provided tools for empowering resilience within this important, but sometimes forgotten population.



Throughout 2022, the Institute trained approximately 558 individuals in trainings and workshops.

TRAININGS  
IN 2022

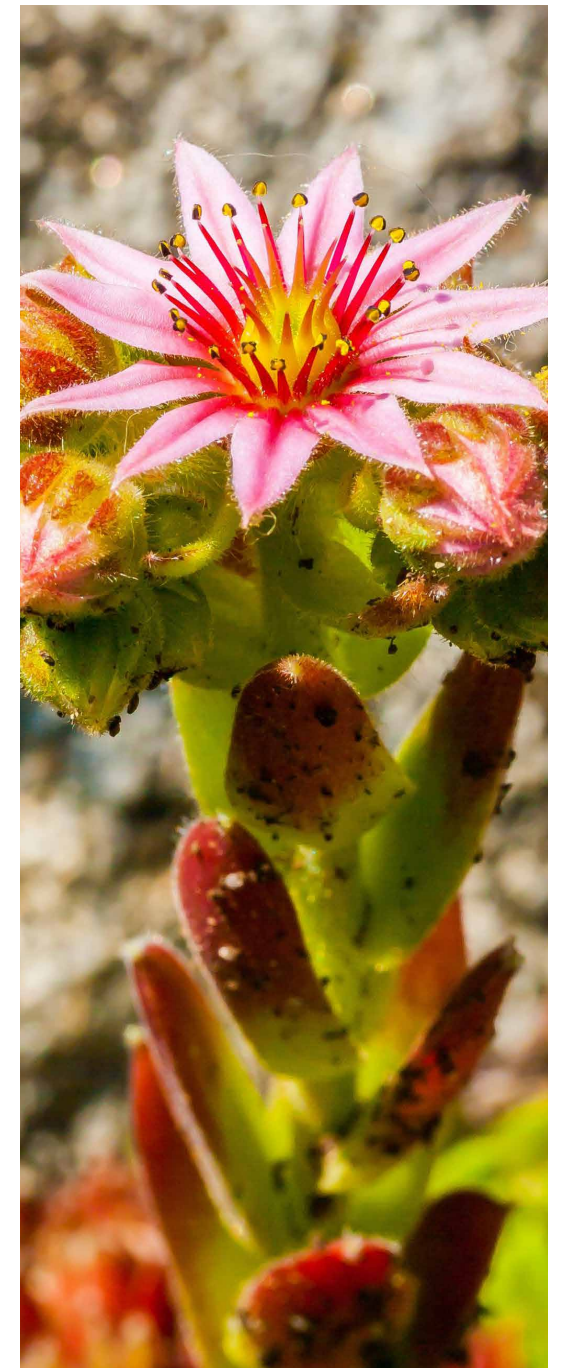


## GRIT Update

The Greater Resilience Information Toolkit (GRIT) continues to be a worldwide resource for building resilience within communities. We were awarded a \$396,755 American Rescue Plan Act grant in the spring of 2022, allowing us to expand our GRIT services in several ways. We hired a dedicated GRIT Program Manager, hired the marketing firm AdPro, began development of a GRIT-e app (see page 32 for more details), and began development of a GRIT-focused conference, the "Arts Resiliency Gathering," to be offered in the spring of 2024. Over the course of 2022, we converted the GRIT training to a new learning management platform and continued to expand the program to include education on supporting communities after any community crisis or disaster.

In 2022, we increased GRIT Coaches by 467 and now have Coaches in 21 countries and all 50 U.S. states. We also continue to partner with organizations in Australia and Japan to adapt the GRIT program in these countries.

Technology integration within the Institute continues to be a priority and can be seen in recent enhancements to the GRIT program. To provide GRIT content in an educational format, we have implemented a new online learning platform. This new system has allowed us to maximize the reach and effectiveness of our resilience-building efforts and ensure that GRIT Coaches have the tools they need to build resilience within their communities.





# INSTITUTE TECHNOLOGY

Over the past year, the technology team has developed custom software and provided support to the divisions of the Lyda Hill Institute of Human Resilience. These accomplishments include developing a custom software clinical assessment system, designing the Greater Resilience Information Toolkit coaching application, customizing a trauma recovery web application for the Boulder Marshall Fire survivors, and improving the workflow of existing clinical operations (VHTC, BRIGHT, HeadStrong).

## Clinical Workflow Improvements

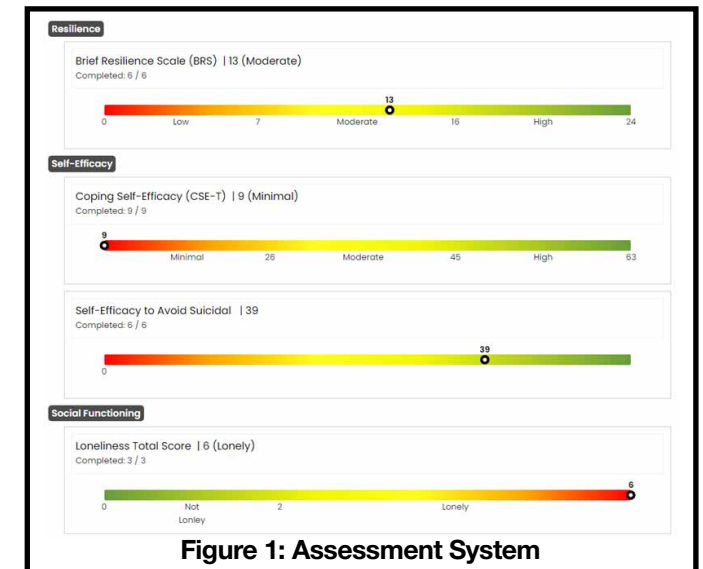
The technology team worked with the clinical staff at the Veterans Health and Trauma Clinic (VHTC) to automate the intake and assessment process of several clinical operations. This resulted in improved efficiency of the administrative staff and greater engagement by their clients. It also provides a mechanism for data collection that can be used for program evaluation and improvement.

- Bi-monthly Headstrong assessments were converted from pencil and paper to digital format.
- BRIGHT program intake, pre and post treatment assessments were automated.
- VHTC intake and assessments were automated.

# CLINICAL ASSESSMENT SYSTEM



The technology team developed an innovative software system that allows clinicians to easily measure and visualize each client's progress towards their goals. The graphical representation of progress empowers clients to engage in the healing process and improves communication among a client's care team. Clinicians can choose from a library of evidence-based measures that captures the whole person experience, including emotional, mental, physical, and spiritual strengths and needs.



1. Customized report is available for clinicians to clearly understand and communicate the results of the assessment (Figure 1).

2. Recommendations are provided based on client results (Figure 2).

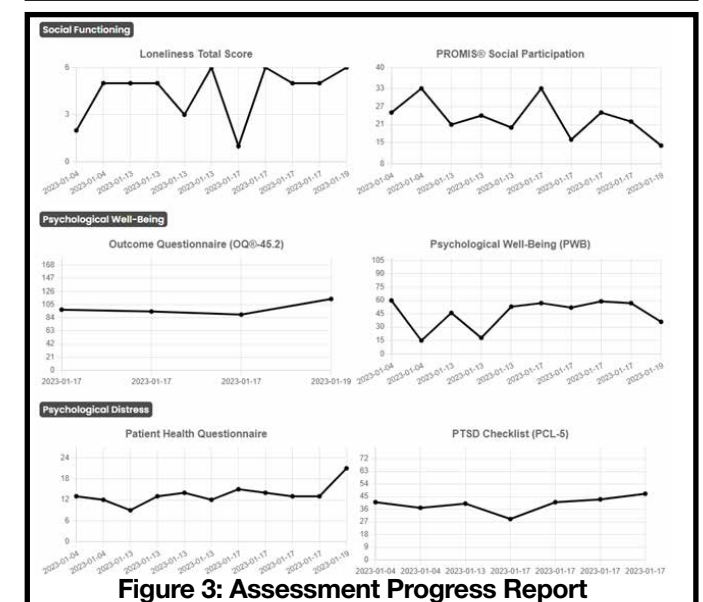
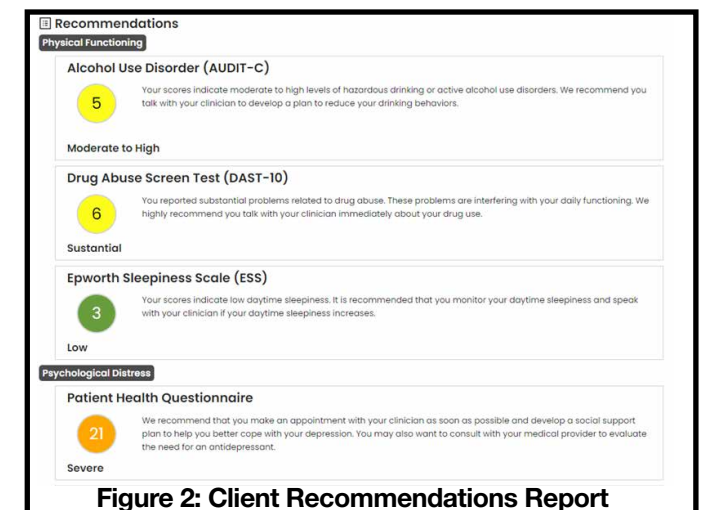
3. Graphical history of progress captures client improvement and can indicate opportunities to optimize clinical care (Figure 3).

4. Assessment system is available to all providers and can increase communication and coordination amongst the client's care team.

5. System is HIPAA compliant and secure.

6. Data driven approach makes the system customizable for each of the Institute's divisions (Research, Healing, and Community Training and Empowerment) to monitor changes over time.

7. This capability is not available commercially and may expanded in the future to be used by other organizations.





# GRIT-e APPLICATION

The technology team has collaborated with the Community Training and Empowerment division to design a GRIT-e application that supports and encourages GRIT Coaches to stay connected with the GRIT community. This system will be released later in 2023 and will help coaches do the following:

- Provide customized notifications of local needs and opportunities for support, ongoing training, relevant local resources, and encouragement from other GRIT Coaches
- Provide easy access to important GRIT coaching skills (see Figure 4)
- Access a contact management system to assist GRIT Coaches in maintaining important & meaningful connections with their community (see Figure 5)
- Access a dynamic list of local and national resources to share with community members in need

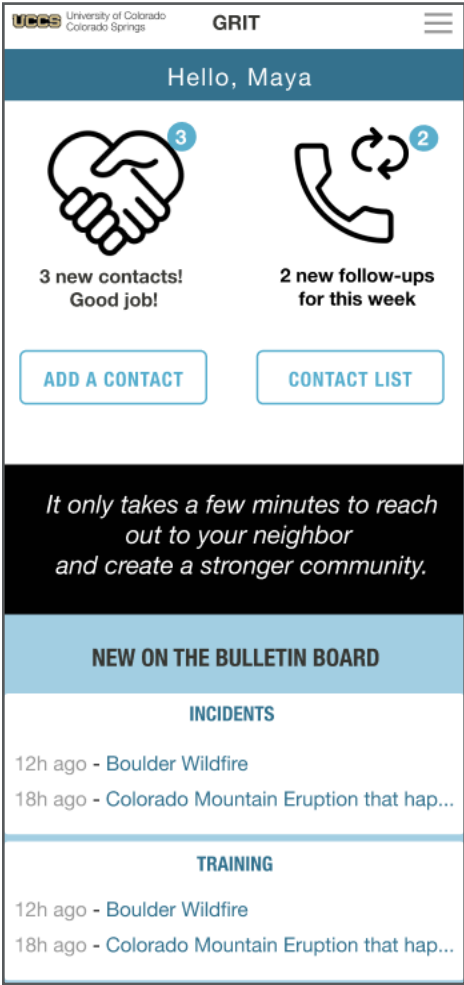


Figure 4: GRIT-e Coach Dashboard

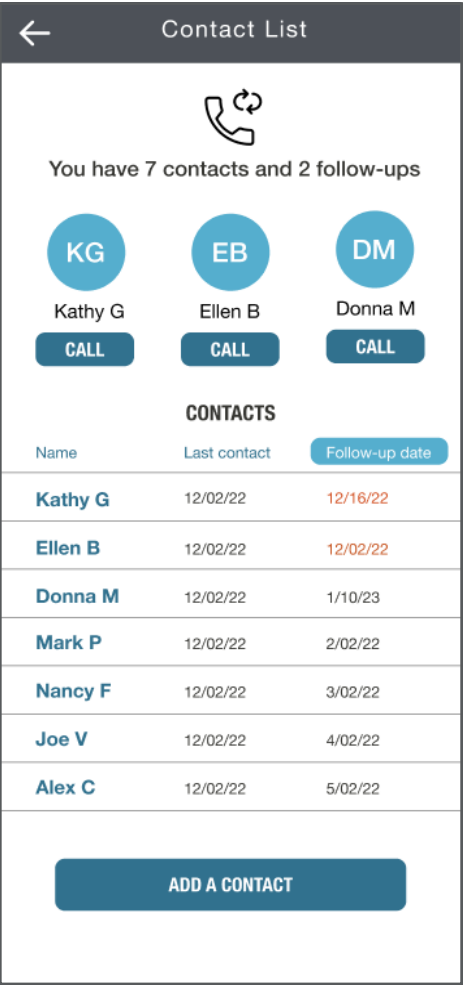
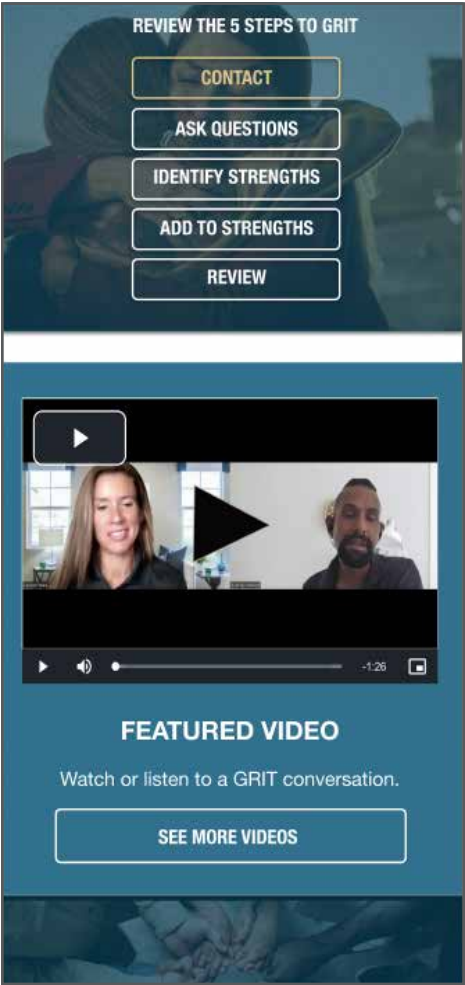


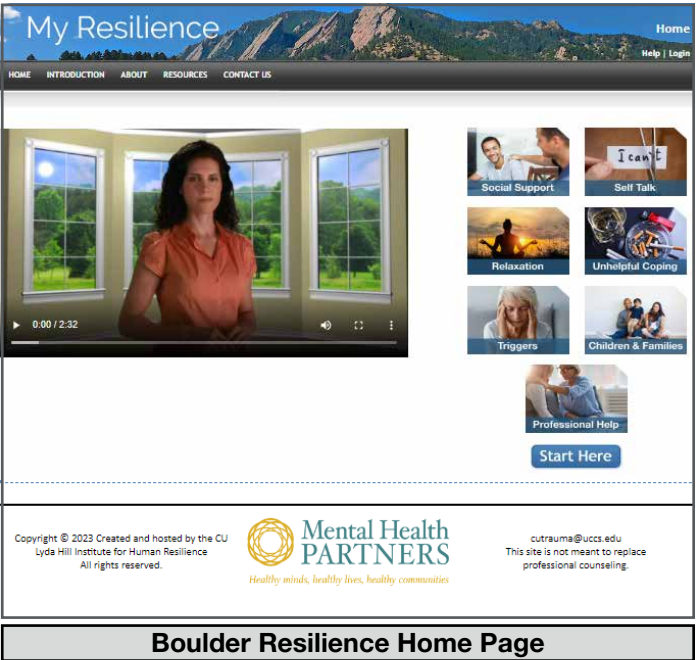
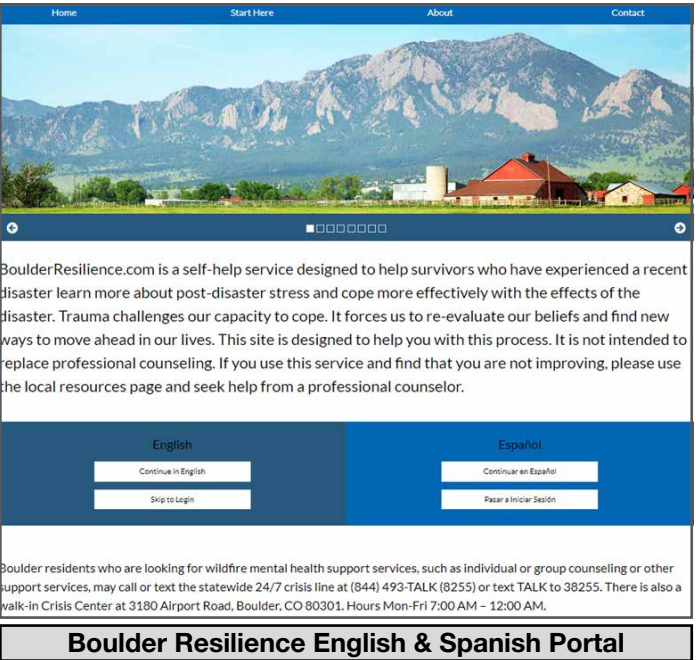
Figure 5: GRIT-e Contact Management System

# DISASTER RECOVERY PROGRAM



## Institute Provides Web-Support for Marshall Fire Survivors

The technology team customized the boulderresilience.com trauma recovery web application to support the community response to the 2021 Marshall wildfire that devastated communities of Boulder County, Colorado. This program provides 6 modules that have helped survivors find a way forward after this massive wildfire disaster. The site was used by over 500 people to learn essential coping skills and promote resilience within the impacted communities.



This overall effort included tailored English and Spanish versions of the trauma recovery web application along with relevant local resources. Both versions provided six modules for increasing resilience in communities that included tools for increasing social support, managing self-talk, practicing relaxation, becoming aware of unhelpful coping strategies, trigger psychoeducation, and when and how to seek professional help.

We also upgraded the English version of the web application to include a children's module that provides tools for talking to children about traumatic experiences, having family conversations, and reconnecting as a couple.







# PUBLIC SAFETY INITIATIVE

In January 2017, Lyda Hill Philanthropies generously awarded a gift to the UCCS School of Public Affairs, to launch a Public Safety Initiative. The Public Safety Initiative was established to provide evidence-based, academic quality training and non-academic credit education services to law enforcement officers and public safety personnel, with an initial focus on southern Colorado. Areas of focus include topics such as leader development, wellness, specialized investigations, cybercrime, corrections, school safety, and community policing practices.

The mission of the Public Safety Initiative is to provide leadership and professional development to law enforcement and public safety personnel. The initiative, supported by one full-time and one part-time staff member, is to provide law enforcement officers and other public safety professionals, including those in probation, parole, and corrections, legal professionals (including those from the Public Defender and District Attorney Offices), public school personnel, and community members, with professional development training, education, and research and evaluation services.

## PUBLIC SAFETY INITIATIVE STAFF

**Rod Walker:** Faculty Director

**Janet Van Kampen:** Program Director

**Alexandra Horton:** Administrative Coordinator



**The following is a detailed report of the activities and achievements for the reporting period February 1, 2022 – January 31, 2023, from the Public Safety Initiative (PSI).**

## COVID-19: Impact on Police Training

The impact of the COVID-19 pandemic continues to challenge law enforcement and public safety professionals. While United States law enforcement agencies grapple with some of the worst staffing shortages on record, research indicates it is not just a police problem. Although the private sector job market is rebounding, data shows a decline in public sector employment – Americans are leaving government jobs. In 2022, pandemic-related issues, rising crime, staffing shortages, and difficulties associated with police reform remained on the forefront.

Public safety is primarily an in-person occupation with a great deal of public interaction. Thus, in-person training events are preferred over online or live web events. In 2022, the PSI increased the number of in-person training offerings to public safety personnel. Additionally, the Public Safety Initiative (PSI) continued to pilot updated curriculum to public safety personnel by increasing and expanding its offerings, to include additional training in specialized cyber-related and digital forensics.



# PUBLIC SAFETY INITIATIVE

## ACCOMPLISHMENTS

### ACCOMPLISHMENTS - TRAINING

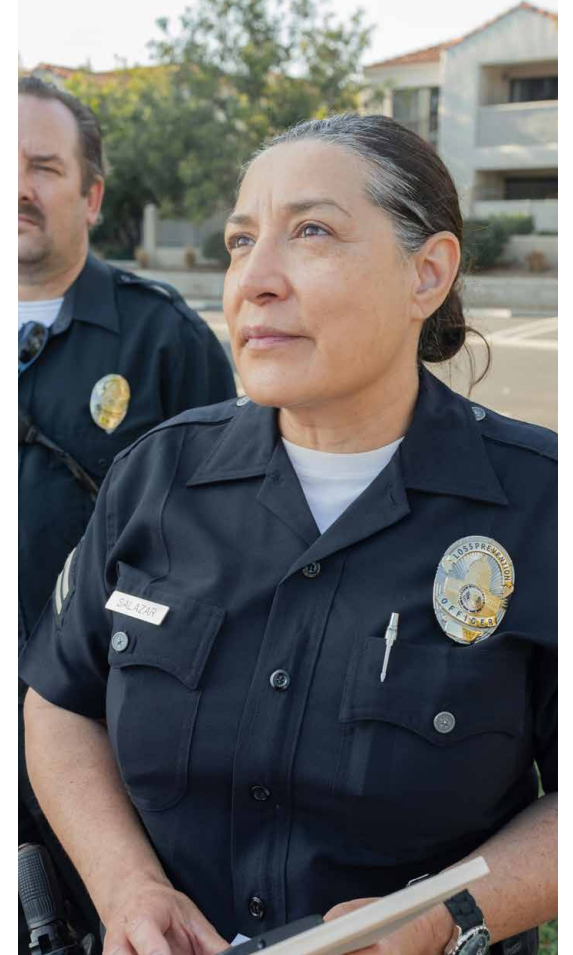
- **Cellebrite - Cellebrite Advanced Smartphone Analysis (CASA) Training:** Four-day expert level course designed to provide training in forensic recovery of application data from smartphones. Designed for investigators, digital forensic examiners, IT staff, internal affairs investigators, first responders and other staff members designated to handle extraction of digital evidence. Event: February 2022  
*\*UCCS Cybersecurity Initiative Funding*
- **Cellebrite - Cellebrite Certified Operator (CCO) Training:** Two-day intermediate level certification program designed for participants tasked with extracting data in a forensically sound manner. Event: March 2022  
*\*UCCS Cybersecurity Initiative Funding*
- **2022 McConkie Leadership Conference:** Dr. Jackie Freiberg provided specialized leadership training directly applicable to anyone who leads in dynamic situations. Courageous leadership concepts were shared with over 250 attendees from across Colorado. Event: May 2022
- **Chief Thomas R. Tremblay (Retired):** Trauma-Informed Sexual Assault Investigations Training – Sexual assault is one of the most complex crimes in our society, and the activism and outrage about sexual assault has never been higher. The complexities of these crimes require us to think broadly and comprehensively including new standards regarding “trauma informed” training for all multi-disciplinary partners responsible for the response to sexual assault. This two-day training examined the impacts of trauma on memory, and how the brain and body react to trauma. By understanding trauma, all who respond to sexual assault can contribute to the immediate and long-term recovery of the victim and lay the foundation for cooperation and respect on which a successful interview, investigation, and adjudication/prosecution is built. Event: May 2022

### ACCOMPLISHMENTS - TRAINING

- **International Homicide Investigator’s Association (IHIA) - Basic Homicide Investigations Training:** Five-day training course that covered topics including crime scene processing, interviews and interrogations, case management, media relations, documentation and report writing. Event: June 2022
- **ZetX - Fugitive Mission Planning and Cellular Investigations Training:** Specialized training using web-based technology and information sharing. Training emphasized intelligence gathering, the use of intelligence to plan missions, and the application of case law during high-risk operations. Event: July 2022  
*\*UCCS Cybersecurity Initiative Funding*

- **National Criminal Justice Training Center (NCJTC)/Fox Valley Technical College (FVTC):** Undercover Chat Training – Specialized training tailored to the Internet Crimes Against Children (ICAC) investigator. Training included creating on-line personas, use of undercover photographs, identifying IP addresses, email addresses, conducting on-line chats, and interviewing suspects. The training also provided the attendees with established procedures in assuming the on-line identity of a victim, along with understanding the predator and distinguishing between fantasy and reality. Event: June 2022  
*\*UCCS Cybersecurity Initiative Funding*

- **Berla - Vehicle Systems Forensic Training:** Specialized training that enables investigators to identify, acquire, and analyze critical information stored within vehicle systems to uncover key evidence that determines what happened, where it occurred, and who was involved. Event: August 2022  
*\*UCCS Cybersecurity Initiative Funding*
- **Gang Seminar:** This one-day training seminar featured experts on transnational gangs, issues along the Mexican border, prison/street gang influence in prisons and communities in the United States, and security threat group influence on institutional and community corrections. Event: September 2022
- **Pikes Peak Regional Office of Emergency Management Collaborative Conference –** This one-day training event brought together regional partners from throughout the state to discuss topics on disaster response and recovery. The event provided an opportunity to interact with city, county and regional partners who work together during an emergency, to collaborate and build partnerships, and discuss challenges encountered during a multi-jurisdictional response. Event: October 2022





# PUBLIC SAFETY INITIATIVE ACCOMPLISHMENTS

## ACCOMPLISHMENTS - TRAINING

- **Cellebrite - Cellebrite Certified Physical Analyst (CCPA) Training:** Three-day advanced level training designed for technically savvy investigators, digital evidence analysts and forensic practitioners. Event: November 2022  
*\*UCCS Cybersecurity Initiative Funding*
- **Anne Munch, JD - Trauma-Informed Sexual Assault Investigations and Prosecutions Training:** This one-day training event brought together district attorney's office personnel, victim advocates, case workers, and law enforcement personnel from all over Colorado. Topics included: Sex Offenders; Who They Are and How They Operate, Un-poisoning the Well; Examining and Confronting Opinion and Bias in Sexual Assault Cases, and Understanding Consent. Event: November 2022
- **El Paso County Sheriff's Office Healing and Resiliency Event:** One day healing and resiliency event for first responders involved in the line of duty death of Sheriff Deputy Andrew Peery. Provided resources for first responders and families including counseling and financial services, activities for children, emotional support/service pets, massage/acupuncture, and trauma-related speaker sessions. Event: November 2022
- **Colorado Springs Police Department - Club Q Shooting Community Resource Center:** On Sunday morning, 11/20/22, shortly before 8:00 am, PSI Program Director, Janet Van Kampen received a call from the Colorado Springs Police Department requesting assistance in setting up a Community Resource Center for those involved in the tragedy that occurred eight hours earlier at Club Q. After phone calls with Tom Dewar, Chancellor Reddy, and Assistant Vice Chancellor Stephanie Hanenberg, within 45 minutes, planning was underway, and the wheels were in motion to set up a Community Resource Center at the UCCS Kevin W. O'Neil Education and Research Center. After a meeting and preliminary setup on Sunday evening, the CSPD Community Resource Center was up and running on Monday morning. The original plan was to run the Center from Monday, 11/21 through Wednesday, 11/23



## ACCOMPLISHMENTS - TRAINING

- **Community Resource Center Extended:** On Wednesday morning, Janet Van Kampen was given approval to re-open the CSPD Community Resource Center Monday, 11/28, and Tuesday, 11/29. Adding the two days after the holiday weekend provided additional time for the victims, their families, and friends to access the resources available, and on the final day, allowing the victims to retrieve any personal belongings left at the scene that were not submitted into evidence.
  - **Resources available at the CSPD Community Resource Center included:**
    - Colorado Springs Police Department Victim Advocacy Unit
    - Federal Bureau of Investigation (FBI) Victim Services
    - Colorado Organization for Victim Assistance (COVA)
    - Inside Out Youth Services
    - YMCA - Child Care and Activities
    - El Paso County Sheriff's Office - Crafts and Face Painting
    - Diversus Health - Mental Health and Counseling Support
    - 4th Judicial District Victims Compensation
    - 4th Judicial District Attorney's Office Victim/Witness Division
    - The Center on Colfax - LGBTQ Support and Counseling
    - Hope - Animal Assisted Response - Therapy/Comfort Dogs
    - Red Cross - Spiritual Care, Health Services, Behavioral Health
    - Salvation Army - Food/Beverages
    - Care and Share - Food Bank
    - Colorado Crisis Services
    - Pikes Peak Suicide Prevention
    - NAMI - National Alliance on Mental Health Veterans Health and Trauma Clinic - Lyda Hill Institute for Human Resilience
- It was amazing to see the community come together! UCCS staff from Facilities (HVAC, Electricians, Custodial) to Event Services Staff and Students, College of Public Service Staff, UCCS Public Safety, the Dean of Engineering, Cybersecurity staff, the Assistant Vice Chancellor of Health and Wellness, UCCS Advancement, UCCS Communications, the Lyda Hill Institute for Human Resilience, and the Chancellor's Office, worked with CSPD, community members, volunteers, and the aforementioned organizations, to provide the community with resources to assist in navigating the crisis.





# PUBLIC SAFETY INITIATIVE ACCOMPLISHMENTS

## ACCOMPLISHMENTS – COLLABORATION (NEW)

- **National Center for Missing and Exploited Children (NCMEC):** Emerging Trends Regional Training – This three-day training event brings the most updated data and best practices for missing and exploited children to child welfare professionals and sworn law enforcement. Attendees will learn about NCMEC, local resources, case studies and survivor perspectives. Topics also include: Children Missing from Care, Child Sexual Abuse Material (CSAM), and Child Sex Trafficking. Event: Spring 2024
- **John E. Reid & Associates, Inc. - The Reid Technique of Investigative Interviewing and Advanced Interrogation Techniques:** This 4-day training includes Interview and Interrogation Preparation, Distinction Between an Interview and Interrogation, Proper Room Environment, and Factors Affecting the Subject's Behavior. Event: Fall 2023
- **Chainalysis - Chainalysis Cryptocurrency Fundamentals Certification (CCFC):** This specialized three-day training for law enforcement personnel is designed for those new to cryptocurrency and will provide a solid cryptocurrency foundation for individuals actively working in the cryptocurrency ecosystem, including regulators, financial institutions, crypto businesses, and other public sector individuals. Event: May 2023
- **United States Deputy Sheriff's Association (USDASA) - Active Shooter Response/Tactical Entry Training for Officer Survival:** This one-day training program consists of close-quarters combat training, tactical thinking, and teamwork drills. Officers will gain confidence not only in their abilities but those of their co-workers. This USDASA course includes a discussion on ethics, professionalism, proper use of force, and duty to intervene. PSI will collaborate with UCCS Public Safety to bring in this course for college campus public safety personnel throughout the state.
- **Law Enforcement De-escalation Training:** Pursuant to S.4003 - The Law Enforcement De-Escalation Training Act of 2022, directing the Department of Justice (DOJ) to develop scenario-based training curricula (or identify existing curricula) that includes topics such as alternatives to the use of force, de-escalation tactics, and safely responding to an individual experiencing a mental, behavioral health, or suicidal crisis, the Public Safety Initiative will host a series of events in collaboration with local and state law enforcement partners. Event: Fall 2023
- **Rocky Mountain High-Intensity Drug Trafficking Area (RMHIDTA):** Provides specialized training, the fundamental educational mechanism that helps law enforcement officers understand the enormity of the drug problem beyond the local and regional level of enforcement...to the national and international level. Training is facilitated in pursuit of the goals and objectives of the Office of National Drug Control Policy and Rocky Mountain HIDTA. Event: Fall 2023



## ACCOMPLISHMENTS – COLLABORATION (EXISTING)

- **Trauma Behind the Badge** – This one-day training event provides insight and information on the inevitable exposure to trauma through the eyes of first responders and veterans. Training focuses on mental health, physical health, family health, spiritual health, and overall well-being, to provide hope and guidance and connect individuals to healthy and effective resources. Event with Lighthouse Health and Wellness: Fall 2023
- **Robert C. Johnson, CPA, PC. – Financial Crimes 'Forensic' Investigations Training** – This three-day class presents an in-depth look into the world of financial crimes through the eyes of a forensic accountant/examiner and financial investigator. Investigators strategically look at cases to uncover financial patterns and build financial profiles. Event: Summer 2022
- **Lighthouse Health and Wellness** – Digital resources that provide first responders and those who support them, anonymous access to existing health and wellness programs, along with a growing library of the latest educational health and wellness information and tools tailored to the unique needs of public safety personnel. Event with Trauma Behind the Badge: Fall 2023
- **Chief Thomas R. Tremblay (Retired) - Trauma-Informed Sexual Assault Investigations Training** – This three-day training will examine the impacts of trauma on memory, and how the brain and body react to trauma. By understanding trauma, all personnel who respond to sexual assault can contribute to the immediate and long-term recovery of the victim and lay the foundation for cooperation and respect on which a successful interview, investigation, and adjudication/prosecution is built. Event: June 2023
- **Cellebrite Training** – The Industry-Leading Digital Intelligence Platform for Modernizing and Accelerating Investigations
  - Cellebrite Certified Operator (CCO)/Certified Physical Analyst (CCPA): May 2023
  - Cellebrite Advanced Smartphone Analysis (CASA): June 2023
  - Cellebrite Computer Forensic Fundamentals (CCFF): July 2023



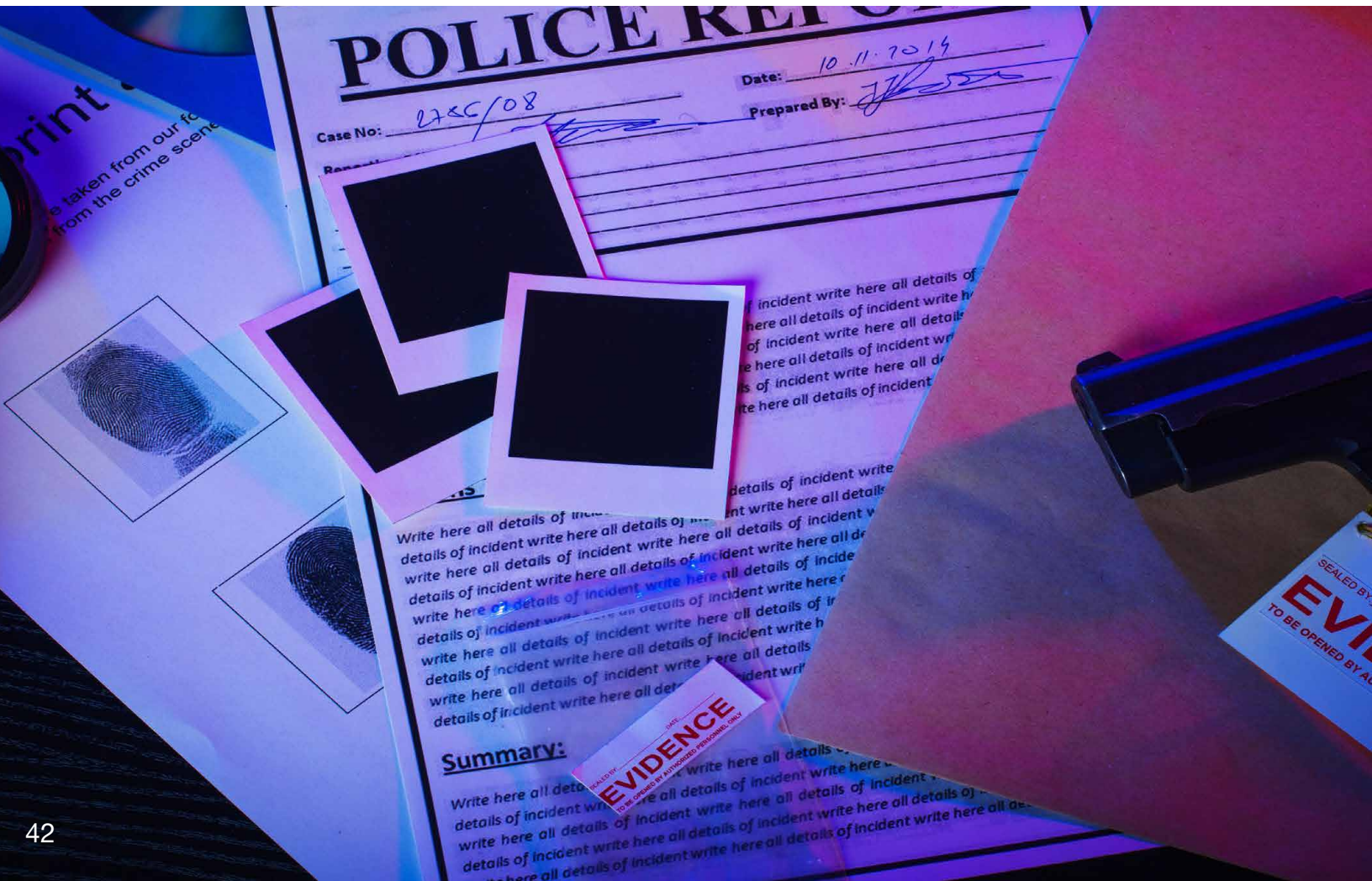
# PUBLIC SAFETY INITIATIVE UPDATE

## STRATEGIC PLANNING

Our mission allows for robust engagement with public safety professionals, as well as with individuals and departments on campus, and within the community. Through partnership and collaboration, the Public Safety Initiative continues to take steps to develop a much-needed Command College in this region.

## OBJECTIVES

The Public Safety Initiative will continue to ensure Colorado law enforcement officers and other public safety personnel receive training that is relevant and essential to meeting their needs and the needs of the community.



## SPECIALIZED INVESTIGATIONS

- **Forensic Interviewing**  
Recently, researchers have developed several techniques for improving the way child victims of sexual abuse are interviewed. One way to help avoid false accusations and ensure justice in these cases is to improve law enforcement's ability to obtain accurate information from children. The forensic interview is one component of a comprehensive child abuse investigation, which includes, but is not limited to, the following disciplines: law enforcement and child protection investigators, prosecutors, child protection attorneys, victim advocates, and medical and mental health practitioners. Planning is underway to offer training in beginning and intermediate forensic interviewing. Event: Fall 2023/Spring 2024
- **Homicide Investigations**  
Homicide investigation is a highly specialized undertaking, which requires years of practical experience in conjunction with continual education and training. The PSI is in the process of researching and developing course curriculum and working with the International Homicide Investigator's Association to provide law enforcement officers with the knowledge and skills necessary to conduct comprehensive homicide investigations. Event: International Summit 2024
- **Prosecutorial**  
Through continued advocacy and engagement with criminal justice stakeholders, District Attorneys' Office personnel provide the prosecutor perspective on issues including human trafficking, drug policy, forensic science, domestic violence, electronic evidence, child abuse, juvenile justice and more. The PSI continues to be a source for technical assistance of prosecuting attorneys by providing continuing education including investigating and prosecuting sexual assault and related crimes, forensic interviewing of children and victims of human trafficking cases, cybercrime, and more. PSI also continues to pursue federal grant funding opportunities to augment the number of course offerings. Event: Fall 2023
- **Gangs**  
Through continued engagement with the Colorado Security Threat Intelligence Network (STING), Colorado Department of Corrections (CDOC), International Latino Gang Investigators Association (ILGIA), and the Federal Bureau of Prisons (FBOP), the PSI continues to conduct specialized gang-related training for public safety, corrections, probation, school, and judicial office personnel. Through discussions, scenario-based exercises, and shared resources, participants will learn from their peers while sharing their own experiences. Participants continue to learn about investigative, intelligence, and suppression tools used to investigate gang crime, as well as collecting gang intelligence, interviewing techniques, suppression strategies, case-building strategies, and legal considerations in prosecuting gang crimes. Event: October 2023





# PUBLIC SAFETY INITIATIVE

## UPDATE



### LEADERSHIP

The success of a police agency is dependent upon the effectiveness of its leaders. The ever-changing political and social climate throughout the United States has created additional challenges for law enforcement, thus requiring outstanding leaders to navigate through them. Law enforcement administrators, as well as line supervisors must possess leadership skills that allow them to deal with a wide-ranging demographic within their agency, while remaining dedicated to their primary mission of serving the public. PSI will continue to provide specialized leadership training to first responder personnel, including civilian employees of public safety agencies, corrections personnel, and legal professionals. By taking the time to develop a thoughtful, strategic leadership development program, we are able to cultivate the kind of leaders that are prepared to manage the rigors of leading in public safety agencies.

### FIRST RESPONDER RESILIENCE

It is estimated that 30 percent of first responders develop behavioral health conditions including, but not limited to, depression and posttraumatic stress disorder (PTSD), as compared with 20 percent in the general population (Abbot et al., 2015). First responders are usually the first on the scene to face challenging, dangerous, and draining situations. They are also the first to reach out to disaster survivors and provide emotional and physical support to them. These duties, although essential to the entire community, are strenuous to first responders and with time put them at an increased risk of trauma or institutional levels. Through continued engagement with the Lyda Hill Institute for Human Resilience, Lighthouse Health and Wellness, Trauma Behind the Badge and others, the PSI will continue to provide wellness and resilience training to first responders. Event: Fall 2023.

### CYBERSECURITY

Our everyday lives rely on a safe and robust cyberspace. With all the advantages of interconnectedness comes vulnerability - to theft, fraud, and abuse. As technology advances, so do the techniques of cybercriminals. Law enforcement performs an essential role in achieving the nation's cybersecurity objectives by investigating a wide range of cybercrimes, from theft and fraud to child exploitation, and apprehending and prosecuting those responsible. Partnerships between public safety, information security managers, and fusion centers can increase a region's ability to detect, prepare, train for, and respond to cyberthreats.

PSI continues to collaborate with the National Cybersecurity Center (NCC), US Army Criminal Investigations Command Division-Computer Crime Investigative Unit, Colorado Springs Police Department/Colorado Internet Crimes Against Children Task Force and other local, state, and federal partners, as well as SANS, Cellebrite, Magnet Forensics, GrayShift, Berla, ZetX, Chainalysis, NCJTC, etc. to provide forensic training and cyber-related hardware/software to assist in coping with increased cyber threats. Training includes basic digital awareness/investigations, evidence awareness, emerging cybercrime trends, and digital forensics, as well as scenario training for police leadership, IT professionals, and public information personnel.

\*In July 2022, the Public Safety Initiative received an additional \$95,000 from the State of Colorado's Cybersecurity Initiative, bringing the total received to over \$500,000. This funding has been vital to continuing the training of local, state, and federal law enforcement investigators.

### PSI Financial Information

		Year 3
		Actual Expenditures
Total Project	Total	GRANT FUNDS
Budget	Project Budget	thru 1/31/2023
<b>Public Safety Initiative EXPANSION</b>		
Staffing (salaries and benefits)	\$ 576,964	\$ 37,704
Scholarships (167 people awarded \$150 per year)	\$ 75,000	\$ -
Training/operations costs	\$ 48,036	\$ 121,020
<b>Total Public Safety Initiative Expansion Costs</b>	<b>\$ 700,000</b>	<b>\$ 158,724</b>



# INSTITUTE GOALS

## GOAL 01

### Anschutz Partnership

Deepen the partnership with the Department of Psychiatry and the START Center at Anschutz Medical Campus.



## GOAL 03

### Health Equity in Trauma Therapy Services

Establish partnership with El Paso County Public Health focused on health equity for effective trauma therapy services.



## GOAL 05

### Targeted philanthropy strategy

Generate targeted philanthropy strategy to support the Institute infrastructure through the community advisory board.



## GOAL 02

### Executive Director Endowment

Work with the Advancement Team at UCCS to acquire \$3 million in funding for the Executive Director Endowment.



## GOAL 04

### Nonlinear Dynamical Systems Research

Establish the Institute as the place in the country focused on nonlinear dynamical systems research related to trauma and resilience.



## GOAL 06

### Expansion of Trauma Training Services

Expand trauma training services to all regions of Colorado with particular emphasis on rural and underserved populations.





# NEW FUNDING

## GRANTS AND FUNDRAISING

**The Lyda Hill Institute works closely with UCCS University Development and the Office of Sponsored Programs and Research Integrity for the submission of funding proposals and administration of donations, grants, and awards.**



## FUNDING ACHIEVEMENTS

- \$ The Colorado Department of Public Health and Environment has awarded a grant to fund the “Colorado Healthcare Resilience Service”. In this effort, the START Center in the Department of Psychiatry at the University of Colorado School of Medicine - CU Anschutz, and the Lyda Hill Institute for Human Resilience at UCCS are teaming up. The grant, which provides nearly \$400,000 to the Institute, will fund the development and implementation of layered support for health care workers across Colorado through a tiered intervention system.
- \$ Following the devastating Marshall Wildfire, the Institute was awarded \$37,772 to customize the boulderresilience.com website to support the community response in Boulder County, Colorado. The site was designed to help those impacted by the disaster by using its skill-building and other tools to promote resilience within the impacted communities. The original boulderresilience.com website was designed for the Boulder community after a mass shooting in 2021.
- \$ The Psychology Department at UCCS received a generous gift of \$1,000,000 from the estate of Robert and Lee Durham. This funding has been put into an endowment that will support trauma track students pursuing advanced degrees in Clinical Psychology at UCCS and within the Institute.
- \$ Drs. Littleton and Ricca received a grant of almost \$60,000 to work with Children’s Hospital to study the Resilience Coaching arm of their Healthy Kids program. Using interviews with school faculty and staff, data collected from students on aspects of their mental health, and Resilience Coaches records, we are providing an in-depth analysis of the impact of the program.
- \$ Dr. Jane Rigler received many commitments of funding support for her Arts Resiliency Gathering which will take place in the fall of 2023. This event will marry artmaking and resilience-building, and has received support from groups such as the Kirkpatrick Family Fund, the Bee Vradenburg Foundation, Cultural Office of the Pikes Peak Region, Green Box Arts, and other private donors.
- \$ The Institute also received generous gifts of \$20,000 from Terry Rajendran and \$10,000 from the Pikes Peak Community Foundation to support Institute operations.





# EXECUTIVE SUMMARY

The Lyda Hill Institute for Human Resilience launched in March 2020 with an \$8 million matching grant from Lyda Hill Philanthropies. It consists of three complementary divisions - Research, Healing, and Community Training and Empowerment - all focused on building resilience and combating trauma from a strengths-based point of view. This Annual Report covers the activities and achievements during the third year, from February 1st, 2022 to January 31st, 2023.

Year three marked the first year that the Institute was located in the Lane Center for Academic Health Sciences at UCCS, bringing the laboratories of Drs. Benight and Littleton, the healing offices of the Veterans Health and Trauma Clinic, and the Community Training and Empowerment personnel in close proximity to facilitate collaborative efforts. Significant work transformed the south end of the 4th floor into a spa-like healing environment that will host Milestones Resilience Care in 2023.

The Research division added 10 Research Affiliates and increased the number of



publications and grants submitted, streamlining the grant submission process and providing more resources to promote a vibrant research environment. The Veterans Health and Trauma Clinic (VHTC) added five new clinical staff and significantly increased its number of clients and total services rendered. Milestones Resilience Care is primed to open in early 2023 after securing a preliminary agreement to pilot the innovative care model with Next Chapter, a program facilitated by UCHHealth. The Community Training and Empowerment division, in collaboration with the START Center in the Department of Psychiatry at the University of Colorado School of Medicine - CU Anschutz, secured a grant to bring peer support programming to healthcare workers across Colorado.

The Institute's growth trajectory continued in 2022, impacting individuals both locally and abroad. The VHTC saw 474 unique clients, and the CREATE program reached 300 UCCS faculty and staff with wellness programming. The Greater Resilience Information Toolkit (GRIT) program added 467 new coaches and now has coaches in all 50 U.S. states and 21 countries. Resiliency trainings from the Community Training and Empowerment division were provided to 558 individuals from 17 organizations. The Institute's programs teach individuals to help their families, friends, and colleagues, amplifying the reach of these programs. Lastly, the research division is actively seeking funding to innovate resilience based interventions for individuals, families, and communities.



# 2022 Annual Report

