



SOUND BITES

HIGHLIGHTS FROM COLLEGE LECTURES: TIPS FOR LIFE



Virginia F. Cutler Lecture
DR. GORDON LIMB

"Family processes are more important than family structure. Children can do really well if there is consistency, continuity, and positive relationship building. It's not so much that the family structure is negative; it's what goes on in that family structure that can either be positive or negative. . . . We are now looking at how we can intervene to help families at early points to adjust family processes rather than just focusing on the different structures of homes."



Social Work Conference
DR. WILLIAM R. MILLER

"A listen/evoke/empathy style is more effective than a teach/direct approach, because the normal response to being told what to do is to do the opposite or nothing, whereas empathy results in feelings of affirmation and acceptance. Motivational interviewing is a dance. . . . It's a collaborative approach that involves counselor and client working together to create change. Its principles are partnership, compassion, acceptance, and evocation."



Marjorie Pay Hinckley Lecture
DR. KENNETH DODGE

"If there is one thing I've learned in my career, it's how to ask for help. The way to be competent is to ask for help. This is the message that we need to give to mothers and fathers. I remember when I became a parent—it was the most exciting day of my life yet the most frightening day of my life. I felt very ill equipped. We need to help families get the help they need."



Homer Durham Lecture
NEYLAN MCBAIN

"In learning about the history of women's suffrage in Utah, it is important to realize that first, the story of suffrage was not just about voting. The suffrage movement marked a transition for American women to move from the limited domestic sphere to the broader political sphere. Second, Utah women worked with men to achieve their goals. Women were adept at working with men—this is part of our legacy and a position of strength that we should hold onto. Third, Utah women were neither pawns nor militants. History is complicated, and we should not paint women as all good or all bad. Working together for the betterment of humanity is messy but always worth it."



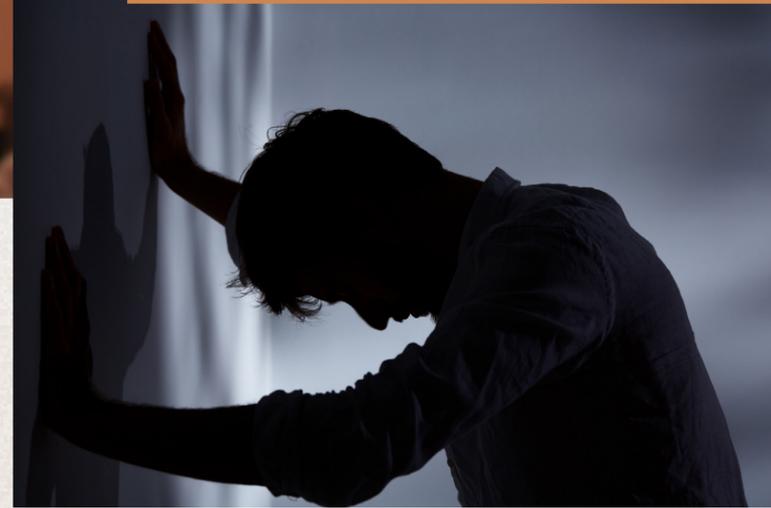
Martin B. Hickman Lecture
DR. JOHN HOFFMANN

"There is a common myth today that there's little we can do as parents, concerned citizens, or society to reduce substance use or the harms associated with it. Even though there's no magic bullet that's going to stop every kid from using drugs, there are things we can do to decrease the likelihood of our kids using. Parents can reduce the risk by having a good relationship with their kids, talking to them, spending quality time with them, getting to know their friends, and helping them engage in positive activities."



Hickman Diversity and Inclusion Lecture
IGNACIO M. GARCIA

"At BYU, students will be trained and educated to find good jobs, and they will learn much about the nation's role in the Restoration. They might even win a few sports titles, and some of them might become influential political leaders. But all these accomplishments will be secondary to creating a place where all of God's children have the same possibilities and are not limited by race, economic situation, [or] gender. BYU can be that place, but it will take time to accomplish this. I'm investing in change, regardless of how long it takes."



LEFT: KATARZYNA BIALASIEWICZ / GETTY; RIGHT: LINDA RAYMOND / GETTY; DENISE: FHSS PHOTO

CHANGING LIVES

One Internship at a Time

BY
DENISE HANSEN

During my internship at Wasatch Mental Health, I worked with adolescents and young adults with psychosis as a member of the prevention and recovery from early psychosis (PREP) team. Although the internship was challenging, it was an honor to get to know my clients and to do the best I could to help these young people and their families that are struggling in our community. At first, it was difficult for me to see how pervasive schizophrenia is, and I struggled to find hope for my clients who suffered from it. However, as I got to know them and became more educated about the illness and its management, I found that with specialized support comes hope for their futures. I saw this firsthand through the successes of two of our clients. One young man had suffered his first psychotic episode two years ago as a college senior and had ended up homeless in Las Vegas. After being stabilized on medication, and with ongoing participation in therapy, he

earned his bachelor's degree and then went on to earn a master's degree online. He recently secured a great full-time job and is very happily working and looking forward to a brighter future and stable life where he has the hope of living independently. Another client was diagnosed with schizophrenia at 17 and by 18 was completely nonfunctional. He began working with the PREP team two years ago and has recently received his GED, started college, moved out of his parents' house, and now lives independently.

From the example of these two young men, I learned that there is always hope. Even with severe challenges, we are resilient, we can find a place, we have a voice, and we can reach our goals. These young people still struggle with anxiety, delusional thinking, and other symptoms, but they recognize their illness and its warning signs. They see their progress and are committed to continuing to follow their recovery plans.

It was a privilege to work with this vulnerable population of young adults and youth with psychosis. It increased my understanding about mental illness and its effects. One

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of the most valuable things I gained from this experience has been increased love and compassion for God's children. The connections I made with my clients are not only beneficial to them but also enrich me personally. I learned that everyone just wants to be heard and seen, and I can do that. I can hear and see others, no matter what their experience is or how different it is from mine. There is power in hearing someone's experience and validating their story. 



DENISE HANSEN is a master of social work student from Orem, Utah. Her internship was supported by the Marjorie Pay Hinckley Endowed Chair in Social Work and Social Sciences.