

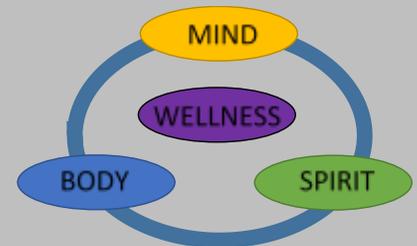
# Campbell University Community Care Clinic NEWSLETTER



## *CUCCC Now Offers Mental Health Therapy & Counseling!*

**I**n June 2016, the Campbell University Community Care Clinic added two new volunteers, Robyn Mirassou and Ron Kendrick, PhD, to its healthcare provider team. Dr. Kendrick is an adjunct professor at Campbell University's School of Education and Robyn Mirassou is a graduate student who is pursuing a degree in Clinical Mental Health at Campbell's School of Education. Each week at the CUCCC, Dr. Kendrick and Ms. Mirassou offer patients mental health services such as counseling. Mental health is one of the components of holistic patient care in support of the Campbell University Jerry M. Wallace School of Osteopathic Medicine (CUSOM) goals to care for a patient's mind, body, and spirit.

Since the CUCCC patients are members of the underserved community, they often have difficulty accessing healthcare for physical illnesses and are even less likely to access mental health counseling services. Because the CUCCC has been fortunate enough to partner with this mental health team of two, it has been able to further meet the needs of Harnett County residents.



### **CUSOM's goals:**

1. To recruit and graduate osteopathic medical students who are committed to serving in rural and underserved areas throughout North Carolina, Southeastern United States, and the nation.
2. To educate osteopathic medical students in the art and science of osteopathic medicine using the most current research in clinical and basic science.
3. **To provide osteopathic medical education that is holistic in its approach, evidence based, community focused, and patient centered. Treating the patient as an integrated whole, mind, body, and spirit.**
4. To contribute to the fund of osteopathic medical knowledge through educational, scientific, and clinical research and other scholarly activity.
5. To develop outreach sites in rural and underserved North Carolina to provide educational services and healthcare to our region.
6. To develop a sustainable international medical missions program to train clinicians for underserved areas of North Carolina, the United States, and the developing world.
7. To collaborate with our hospitals and other partners to provide healthcare and other educational services to our region.
8. To develop postgraduate training programs in collaboration with other institutions so that our medical students have training programs upon graduation.

Goals can be found on the CUSOM website.  
<http://www.campbell.edu/cusom/about-us/our-purposemission/>

Ron Kendrick, PhD, & Robyn Mirassou



Robyn Mirassou,  
Campbell University graduate student of  
clinical mental counseling

Robyn Mirassou expressed her appreciation of being able to volunteer at the CUCCC. She enjoys being a part of the CUCCC, which is where counseling and medicine are intentionally combined to satisfy a holistic healthcare model.

Additionally, she recognizes the CUCCC patient population’s direct need for mental health services. For patients of an underserved community, basic needs are not always met, which contributes to elevated stress and chronic fatigue.

Despite having an indication for mental health treatment, the majority of CUCCC patients do not immediately recognize their need for such care. Mirassou explained how patients usually focus on physical obstacles to health restoration without realizing the connection between mental well-being and physical health. An overwhelming majority of Mirassou’s patients begin their encounters by objecting to counseling; however, these same patients are brought to tears by the end of the session because their emotional stress has been alleviated. Although Mirassou notes that the encounters are often emotional difficult, she believes that helping patients overcome mental strain not only outweighs the hardships, but also inspires her to continue. The CUCCC would like to thank Robyn Mirassou and Dr. Ron Kendrick for their dedicated service in initiating mental health care at the CUCCC, which strives to integrate mental and physical wellbeing in healthcare.

**CAMPBELL**  
**UNIVERSITY**  
**Community Care Clinic**

129 T.T. Lanier Street  
Buies Creek, NC 27546

[CUCommunityCareClinic@gmail.com](mailto:CUCommunityCareClinic@gmail.com)  
910-302-6441

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