

THE CP SCENE

A Word From Lille

It is hard to believe in a few short weeks we will be saying goodbye to an amazing graduating class of graduating community psychology students. In this issue you will read about some of their accomplishments as well as the great things they have coming up in their careers. I hope, like me, you will take advantage of the energy and warm weather to connect with our spring graduates and with each other (after the last frigid months of winter that 40 degrees feels warm!).

One of those ways we can connect as a community of students and faculty is at our annual Community Psychology Spring picnic in the first week of May. CP students, psychology faculty, and family are welcome. Dr. Melissa Whitson will even be in attendance after spending this semester on a much-deserved sabbatical, and we will be celebrating her as well. At the end of the fall 2024 term, Dr. Whitson was honored with the William L. Bucknall Excellence in Teaching Award by the University of New Haven. This prestigious award honors faculty members with an outstanding record of instruction in and out of the classroom, experience with high-impact experiential activities, and exceptional scholarship and service.

Congratulations Dr. Whitson! Dr. Whitson and I would also like to congratulate our Outstanding Graduate Student in Community Psychology Award winner, Alberta Sinani, and Excellence in Community Psychology Research winner, Yasmin Najjar.

I want to acknowledge that it has been a challenging year for many of our students and faculty, as they navigate uncertainty and macro-level violence that affect our lives professionally and personally, locally and globally. I am deeply proud of the work and commitment of our students who are continuously working to uplift and reaffirm our values as a field.

Finally, I want to take a moment to thank Mandy Mele, our graduate assistant for the program the last two years. Mandy has supported evaluation of the graduate program, connection with our alumni, support with research, and thoughtfully documented the voices and accomplishments of students and faculty in the CP Scene. We wish Mandy and all the spring graduates the absolute best in their next steps.

As always, WE...BE...CP!



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Student Spotlight

Robyn Moran 1st Year



Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at the University of North Carolina at Charlotte. I majored in psychology with a minor in sociology.

What are your future professional goals? What sort of job would you like to have 5 years from now?

In the next few years, I aim to pursue doctoral studies in clinical-community psychology. I would like to gain clinical training while continuing to explore my main research interest of Adverse Childhood Experiences (ACEs). I'm hoping to expand into a few different avenues, including the mitigation of ACEs and mental illness risks by building community resilience, ACEs post-traumatic growth and trauma-informed practices, as well as the emergence of ACEs effects as internalizing/externalizing/PTSD behaviors in schools. I also really love being a teaching assistant and could definitely see myself as a university educator down the line.

Where did you grow up/where are you from?

I am from Tolland, Connecticut.

What aspect of the CP program have you found to be the most beneficial/interesting?

Being surrounded by so many great mentors. My professors, advisors, second-year CP students, and peers have all been such great mentors and examples of who I strive to be as a grad student and future professional. There is vibrant diversity in experience, knowledge, and field-related networks here. Everyone has something to teach you if you're willing and open to learning from others, both formally and informally.

What made you decide to come to the University of New Haven to pursue a master's in CP?

I always knew I wanted to pursue a career in psychology, but for most of my undergrad, I felt like I hadn't found a place within the field. I took an Intro to Community Psychology course during undergrad, where I completed a semester-long community engagement project partnering with a local organization. I supported a reproductive rights coalition partnered with Planned Parenthood, where I experienced firsthand (with a CP lens) how individual, organizational, community, policy, and societal levels intertwine with psychology. I resonated deeply with this experience and the entire course. I went on to be a TA for the class, where I became acquainted with SCRA and found UNH. When it came time to apply to graduate programs, I was confident that I had found my place in CP, and UNH was at the top of my list. A lot of my research interests aligned with both the program and its faculty members. The opportunity to pick a concentration and truly have autonomy over the direction of my degree was definitely a deciding factor and stood out among other programs. Plus, the added benefit of being closer to family again after four years away in undergrad was a win too!

How did you become interested in the research and evaluation concentration?

I actually entered the program with a concentration in Community Mental Health. To be frank, research used to intimidate me, and I wasn't sure if it was something I would be successful at. However, this program does such a great job at building students' capacity that, not too long after entering, I felt confident that I have and will continue to gain the research skills and resources necessary for both a research concentration and a community-based research career. I've always been a person who gravitates toward taking on a challenge, so research really encourages me to view community issues from every angle, make unexpected connections, and push my critical thinking to its fullest potential. I love the creativity and innovation aspects of the research process, combined with the space to always be curious and the commitment to learning indefinitely. Additionally, implementation and evaluation research have become primary exploratory interests of mine, and I'm looking forward to learning more about these methods in my internship and second year.

What are your future professional goals? What sort of job would you like to have 5 years from now?

In the next few years, I aim to pursue doctoral studies in clinical-community psychology. I would like to gain clinical training while continuing to explore my main research interest of Adverse Childhood Experiences (ACEs). I'm hoping to expand into a few different avenues, including the mitigation of ACEs and mental illness risks by building community resilience, ACEs post-traumatic growth and trauma-informed practices, as well as the emergence of ACEs effects as internalizing/externalizing/PTSD behaviors in schools. I also really love being a teaching assistant and could definitely see myself as a university educator down the line.



What advice would you give to undergraduate students thinking about applying to the CP program?

Be a **sponge!** It sounds a bit silly, but it has been my mindset as a first year grad student.

Be driven and confident in your ability to absorb new information.

Ask questions, be curious, and don't shy away from the knowledge areas you may not be as savvy in. Absorb the academic and career qualities of those you look up to and apply them as you work to establish yourself and your identity as a grad student.

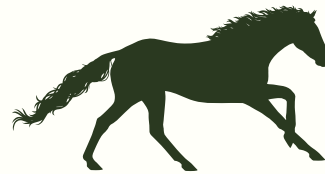
Every experience can be a learning moment, and honestly, it's the ones you least expect that often teach you the most. Embrace the adaptation process and take it all in.

Student Spotlight

Robyn Moran 1st Year

What do you like to do in your free time?

In my free time, I am always outdoors. I have horses and a one-year-old labrador retriever puppy, so they always keep me busy and active. When the weather is nice (especially fall with the foliage), I love taking my horses on leisurely trail rides. My dog loves to go hiking, so we like exploring new local places. Talcott Mountain State Park is one of our favorites if you're ever in the Simsbury area!



Where would you like to do your internship and why?

I currently intern as a research assistant for The Consultation Center at Yale, supporting the Yale Program on School Mental Health Implementation Consultation and Research. In my role, I assist with several projects, including the implementation of social-emotional and trauma-sensitive strategies on multiple levels within the school eco-system, ranging from individual and classroom to district levels. Our Trauma Sensitive Classroom Project primarily utilizes a multi-tiered approach to promotion, prevention, and intervention, as well as educator training and consultation to build long-term school mental health capacity and trauma-sensitive sustainability in the education system. I also support other research, mental health protocol implementation efforts, and policy projects, all of which have been amazing learning and skill-building opportunities for me thus far. The internship component of the CP program definitely serves as a bridge between the foundational principles we learn in class and real-world/career experiences. I really love my internship, and plan to continue into my second year!

Student Spotlight

Victoria Fennell 2nd Year



What is your concentration?

My concentration is forensic psychology.

Where are you doing your internship, and what are the main things you do there?

My internship is at Naugatuck Youth Services and some of the main things I do are participating in the Juvenile Review Board, helping supervise and facilitate game night, and assisting with events.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at SUNY Purchase and majored in Journalism and nearly minored in psychology but couldn't fit in that last required class.

What are your future professional goals? What sort of job would you like to have 5 years from now?

I would still like to be working in the mental health field but more on the criminal justice side. I would like to be more involved in jail diversion especially for youth who I believe should be kept out of the prison system if possible.

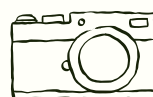


Where did you grow up/where are you from?

I grew up in White Plains, New York but am a Connecticut resident now.

What are some of your hobbies/interests? What do you like to do in your free time?

My interests are annoying my husband and spoiling my dog Lola. My hobby is photography, I am a professional photographer but have moved away from it being a paid gig and am working to find the fun and passion in it again like when I started. Its tough sometimes but hobbies are important and it gets me out exploring which I love.



What aspect of the CP program have you found to be the most beneficial/interesting?

I've really liked the impact psychology can have on a community and societal level. I had grown up considering psychology to be more of an individual practice but it's not at all, it can be used in all aspects of our communities and should be! I think the program really opened my eyes to how psychology can improve policies in not only the mental health field but also the political realm.

What are three pieces of advice you would give first-year CP students?

Time management is important, you get can swamped with work really quickly, especially if you have a job.

Don't be scared but don't underestimate the amount of work that a master's degree takes.

It'll be worth it, but I think I went in a little naive to the amount of time you need to commit to classes, studying and assignments so I got a little overwhelmed at times.

Student Spotlight

Obianuju Iwuchukwu 2nd Year



Where did you grow up/where are you from?

I am originally from the Eastern part of Nigeria, grew up in Benin City, Edo State.

What is your concentration in the CP program?

My Concentration is Community Mental Health

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I studied Psychology at the University of Nauru Alike Ikwo, Ebonyi State, Nigeria.

What aspect of the CP program have you found to be the most beneficial/interesting?

The most beneficial aspect of the community psychology program for me is its focus on empowering vulnerable communities. I am passionate about the addiction recovery community and find it deeply rewarding to help individuals reclaim their lives and renew their purpose. This experience has strengthened my commitment to fostering resilience, promoting mental well-being, and creating supportive spaces for those in need.

What are your future professional goals? What sort of job would you like to have 5 years from now?

My professional goal is to establish an organization dedicated to supporting individuals in the substance use and addiction recovery community. In the next five years, I aim to develop a comprehensive program that provides recovery support, mental health resources, and community-based interventions. Through this organization, I hope to create a safe and empowering space where individuals can access the tools they need to rebuild their lives and find lasting recovery.



Student Spotlight

Obianuju Iwuchukwu 2nd Year

Where are you doing your internship, and what are the main things you do there?

I am currently interning at Connecticut Community for Addiction Recovery (CCAR), and this experience has been one of the most rewarding opportunities of my life. My role includes facilitating All Recovery Meetings, engaging in community outreach, providing recovery coaching and active listening support, and assisting with administrative tasks. Through this internship, I have gained invaluable hands-on experience in the recovery community, reinforcing my passion for supporting individuals on their journey to healing and renewal.



What are three pieces of advice you would give first-year CP students?

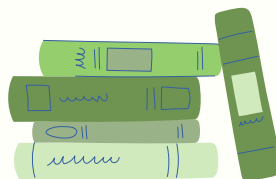
My 3 advice for a first year CP student would be:

- Stay Open minded and flexible
- Engage with the Community
- Build Strong Relationships



What do you like to do in your free time?

I enjoy reading, singing, dancing, and listening to music. I also love spending time with people and engaging in meaningful conversations. In my free time, I often listen to soul-enriching podcasts that inspire personal growth and deepen my understanding of the world around me.



Alumni Spotlight

Marley Herard M.A.



Where are you from? Where did you complete your undergraduate degree?

I am originally from East Haven, CT, but I attended Providence College in Rhode Island for my undergraduate degree.

What was your concentration in the CP program?

My concentration was Community Research and Evaluation. I was and am a numbers (and honestly a math) person and found myself drawn to research in general.

What inspired you to go to UNH and pursue a degree in CP?

When I was looking for next steps after undergrad, I wanted to find a place where I could explore all of my options in psychology and was lucky enough to find the CP program. I feel that the CP program is unique because it spans multiple sections of psychology and allows for students to discover what they really enjoy and I think that's why CP students are so lucky to have so many concentration options.

Where did you complete your internship? How did it help you prepare for your future?

I completed my internship with Dr. Macias at Esperanza United. I thoroughly enjoyed working with Dr. Macias and her research and evaluation team at Esperanza and still hold it as an invaluable experience in my educational journey. I was able to expand my knowledge of research and find a passion for work in domestic violence research. Everything I was able to be a part of during the internship has directly influenced my ability to do the work I am doing now.

Where are you currently working or going to school? What motivated you to be in this position?

I am currently working as a research assistant at The Consultation Center at Yale. I am working under Dr. Tami Sullivan in her Family Violence Lab. I found this position through CP program connections (thank you Dr. Whitson!). I feel that this position is a perfect spot for me right now to gain further experience in research, especially in domestic and family violence research, while I decide what might be next for me. I am still deciding whether or not to return to school to pursue my doctorate, but I am starting to believe that not knowing your next step can sometimes be exciting!

What is a "typical day" like for you?

For me, each day is different, which is something I really value because it is an opportunity to gain experience in a variety of skills. But if I had to describe my main tasks, I would say that I am often screening potential participants for ongoing studies, along with getting out into surrounding communities to recruit more participants. I spend a lot of time with collected data and work to write syntax and code for the team to use for later analyses. Beyond other daily tasks, like preparing materials for trainings or creating deliverables for community partners, I attend team meetings and spend time meeting with and collaborating with other research assistants in the lab.

Alumni Spotlight

Marley Herard M.A.

What are the most and least satisfying aspects of your position? What are the biggest challenges you face?

The most satisfying aspects of this position is the chance to with and interview participants but I do recognize this as one of the biggest challenges in this position as well. I do not think there are many aspects that I dislike, I do think having a small team has its pros and cons so sometimes the work I am doing is on my own with little interaction with the team but other times it is nice to know everyone you are or might be working with on a more personal level.

Looking back at your time at UNH, what aspects of the program did you find to be the most valuable?

I think there are too many valuable things of the CP program to list. I really do think the program is what you make of it, so I found that getting involved in CP related events and clubs really enhanced my time in the program. I do think the internship experienced may have been the most valuable for me because of its direct relationship to the position I am in now, as well as the opportunity to complete a thesis (no matter how grueling it may have felt at the time). Overall, though, I valued the program as a whole and wished I could have stayed longer!

What are three pieces of advice you would give to current CP students?

Go to CP socials and CP program events. I am not just saying this because I used to plan them, they really are a space for you to get to know other CP students out of the classroom and have some fun while you are trying not to drown in stats homework or thesis writing.

If you're interested in research, join and attend the CORE lab meetings! And if there is a conference that CP students and professors are planning on attending, go and present your research too! I think being able to present and attend a conference was favorite thing I was able to do in this program.

Two years goes by way too fast! I know you might not want to hear this, but the classes you are in and the professors in the CP program are providing you with so much valuable knowledge, so soak up as much as you can while you're there (even when all you can think about is graduation).



Frances Griffith, Ph.D

Adjunct Instructor

Faculty Spotlight

Where did you complete your undergraduate and graduate degrees?

What is your field of specialization?

I got my BA in Studio Art from Vassar College, my MS in Art Therapy from Florida State University, and my PhD in Clinical Psychology with a Community concentration from Bowling Green State University.

What drew you to the field of Psychology?

My different lived experiences with disabilities and growing up struggling financially drew me to want to study human services and psychology as early as high school. I've also always loved art—visual, theatre, dance—and was drawn to study this further as an undergraduate. My master's in art therapy was a combination of my interests in creativity and mental health.

What inspired you to pursue a degree in Community Psychology?

I actually got my doctorate in clinical (community) psychology. The systemic and structural focus of community psychology spoke to my passions for social change, and I came back to school after practicing for several years as an art therapist. I wanted to study psychology to learn more about research, policy, and organizational interventions.

Why did you decide to become a professor?

I fell in love with research, especially community-based research, as an art therapist, and I am passionate about mentoring others to study the questions that matter most to their communities.



What do you know now that you wish you had known before you started graduate school?

You can always reinvent your career and your professional trajectory. It often feels like each decision point in your academic life is make or break—what graduate program you go to, your degree, your first job. It's never too late to try something different though!

What do you like about teaching at the graduate level? What are the biggest challenges?

It's exciting to teach at the graduate level because it's like teaching and learning along with your future colleagues. Graduate students already have a strong foundation with a variety of skills they can apply to their academic and community work. The biggest challenge is developing active learning experiences that are engaging and useful for students with so much prior experience.

Faculty Spotlight

Frances Griffith, Ph.D Adjunct Instructor



What are your future goals here at the University of New Haven?

I am so excited to gain experience as an educator at UNewHaven, especially in graduate research methods, and to learn about effective active learning approaches along with my students.

Are you involved in professional practices or research activities other than teaching?

Yes, I am a postdoctoral research fellow in the Department of Psychiatry at Yale where my primary focus is on substance use prevention community research, especially increased care access via digital health interventions.

What advice would you give students thinking about applying to a graduate degree in psychology?

Do a broad search of programs and degree foci. There are so many different options for programs and potential career paths branching from psychology degrees.

Talk to potential advisors and mentors at schools before you apply and learn about their research interests, mentorship style, and the culture of the department. These factors can make a huge difference in one's graduate experience. Also, if you are unsuccessful in gaining admission the first cycle, try again! I had to apply to doctoral programs a second time because I didn't get any interviews the first round.

What are some of your hobbies/interests? What do you like to do in your free time?

I love to make art, especially journaling and collage, and I am an avid gamer when I get the chance! I love open-world, single player RPGs. I'm a new mom, though, with an 11-month-old son, so for the last year, most of my free time has been spent learning something new along with him every day!



RESEARCH CORNER



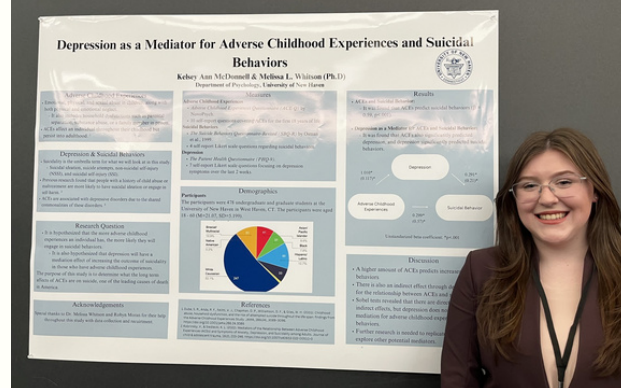
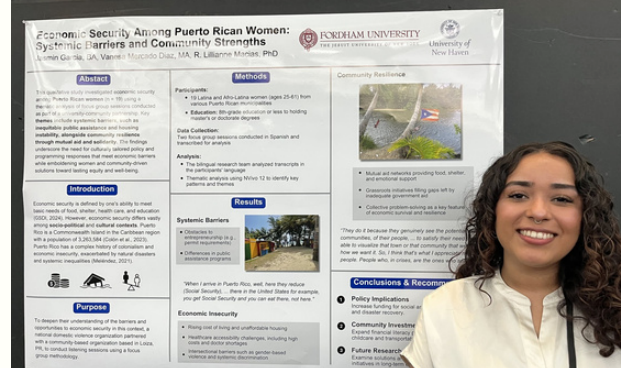
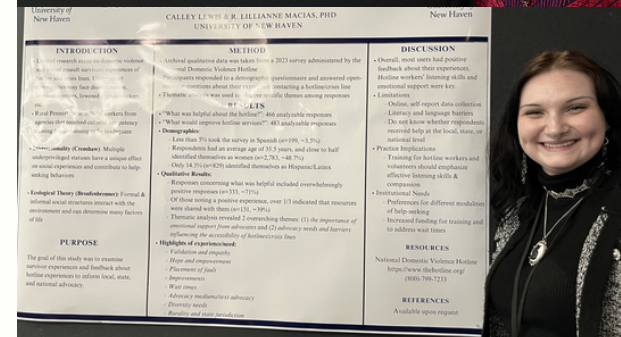
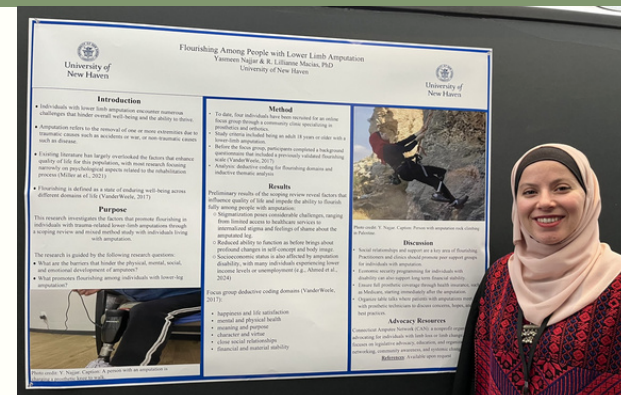
EASTERN PSYCHOLOGICAL ASSOCIATION

**Economic Security Among Puerto Rican Women:
Systemic Barriers and Community Strengths**
Jasmin Garcia, BA, Vanesa Mercado Diaz, MA, R.
Lillianne Macias, PhD

**Flourishing Among People with Lower Limb
Amputation**
Yasmeen Najjar & R. Lillianne Macias, PhD

**Crisis & Hotline Users' Perceptions of Domestic
Violence Advocacy Needs**
Calley Lewis & R. Lillianne Macias, PhD

**Depression as a Mediator for Adverse Childhood
Experiences and Suicidal Behaviors**
Kelsey Ann McDonnell & Melissa L. Whitson, PhD



**Upcoming:
Graduate Show Case University of New
Haven April 2nd, 2025**

[Click here](#)

for recent updates on the CORE Lab

BUCKNALL AWARD FOR TEACHING EXCELLENCE



Dr. Whitson was the recipient of the 2024 Bucknall Award for Teaching Excellence. This award is supported by former University of New Haven Board of Governors Chair and distinguished alum Bill Bucknall and recognizes exemplary teaching by full-time faculty at the University.



Recipients are recognized for outstanding instruction both inside and outside the classroom as well as evidence of engaged teaching practices and a progressive record of leading high-impact experiential activities with students outside typical instructional settings.

SPSSI AWARD FOR OUTSTANDING TEACHING AND MENTORING



Dr. Macias was chosen for the SPSSI award for Outstanding Teaching and Mentorship 2025. This award goes to members who have made substantial contributions to students in the psychological study of social issues. Individual must have been teaching and/or mentoring students for at least 5 years full time since the doctoral degree.





CONGRADULATIONS!!



ALEXANDRA AZALDEGUI

ARYANA AGLI

GAURI BIRMOLE

OLIVIA CRUZ

ELMEDINA DUSHAJ

VICTORIA FENNEL

ISABELLA FINK

TIFFANY FULTON

ELLEN HAGAN

OBIANUJU IWUCHUKWU

GINALEE JIMINEZ

ABIGAIL LARSON

KYLA LOPRESTI

AMANDA MELE

KACEE MULLIGAN

ENESA MURJA

YASMEEN NAJJAR

DILLON SHEEHAN

ALBERTA SINANI

KALLIE TANIGUCHI

MADISON WRENN



CP AWARDS

Yasmeen Najjar

Excellence in Graduate Community
Psychology Research Award



Yasmeen is a Fulbright recipient who has demonstrated initiative in pursuing research activities during her time at the University of New Haven. Her accomplishments and fostering of local collaborations reflect the values of community psychology and a commitment to advocating to understudied populations and issues. Since joining the program, Yasmeen has had two peer-review abstracts accepted for presentation at regional and national conferences, including Society for the Psychological Study of Social Issues and Eastern Psychological Association's annual meeting. Her internship at the Yale Consultation Center directly employs skills in quantitative, qualitative, and research writing, and involves working with partners that include the Connecticut Department of Public Health. Yasmeen is also currently working on a systematic review on well-being among individuals living with lower leg amputation in collaboration with Yale University. In addition to these research activities, Yasmeen's thesis, "Investigating Flourishing Among Individuals with Amputation Disability" centers the voices of individuals living with amputation disability using a mixed method design, bringing an empowerment lens to a community often framed in terms of deficits. For all these research and evaluation activities, she applies foundational theory in community psychology practice, including ecological framing of risk and protective factors. Overall, Yasmeen has taken full advantage of research opportunities during her time at the university, and all while maintaining a 4.0 GPA and active role in the Community Psychology club and program activities. An adventurous spirit and rock climber, Yasmeen will be pursuing a doctoral degree as her next challenge.

CP AWARDS

Alberta Siani

Outstanding Graduate Student in
Community Psychology



ALBERTA IS A FULBRIGHT SCHOLAR WHO WILL BE GRADUATING WITH A CONCENTRATION IN PROGRAM DEVELOPMENT. FROM HER FIRST SEMESTER, IT WAS CLEAR THAT SHE IS THOUGHTFUL AND PASSIONATE ABOUT SOCIAL PROBLEMS AND WAYS TO ADDRESS THEM. SHE CAN ALWAYS BE COUNTED ON TO ACTIVELY CONTRIBUTE TO CLASS DISCUSSIONS, OFFERING PERSONAL EXPERIENCES WHILE ALSO PROVIDING INSIGHTFUL POINTS ABOUT LARGER SYSTEMIC ISSUES AT PLAY. SHE IS INSIGHTFUL, INTENTIONAL, AND INCLUSIVE OF SEVERAL VIEWPOINTS AND/OR EXPERIENCES. ALBERTA IS ALSO INVOLVED IN THE UNIVERSITY, WITH THE GOAL OF BUILDING A SENSE OF COMMUNITY AND INCLUSION AMONG STUDENTS. SHE HAS BEEN AN ACTIVE BOARD MEMBER OF THE CP/CMHC CLUB AND SERVED THE UNIVERSITY AS A COORDINATOR FOR THE PRESIDENT'S PUBLIC SERVICE FELLOWSHIP AND GRADUATE ASSISTANT IN THE DEAN OF STUDENT'S OFFICE. PRIOR TO JOINING THE PROGRAM, ALBERTA CO-FOUNDED THE FIRST COMMUNITY MENTAL HEALTH CENTER FOR IMMIGRANT YOUTH IN VIENNA, AUSTRIA; SHE IS PASSIONATE ABOUT LEARNING THE SKILLS TO DEVELOP AND IMPLEMENT PROGRAMS THAT WILL PROVIDE SAFE SPACES TO IMMIGRANT YOUTH. A STRONG SOCIAL JUSTICE ADVOCATE, SHE IS A VOLUNTEER FOR IRIS IN NEW HAVEN AND HAS BEEN COMPLETING HER INTERNSHIP AT LEAP IN NEW HAVEN, WHERE SHE ASSISTS WITH THE DESIGN AND IMPLEMENTATION OF PROGRAMS FOR YOUTH AND FAMILIES. ALBERTA IS A PROUD FIRST-GENERATION STUDENT, AND HER MISSION IS "TO TAKE UP SPACE, SHARE RESOURCES, MAKE ACCESSIBILITY A NECESSITY, AND EMPOWER COMMUNITIES." WE HAVE COMPLETE FAITH THAT SHE WILL MAKE A LASTING IMPACT ON THE COMMUNITIES SHE SERVES.

CP CLUB



**Join the CP Club for Bi-weekly Meetings
Wednesdays at 5pm
Harugari Hall, Room 116.**

Upcoming:

**We hope to see everyone at our upcoming events!
Follow along on Instagram to stay up to date
@cp_cmhc_unh.**



**Additionally, check out the photos of some
CP/CMHC club members who recently volunteered
in partnership with LEAP at the Q House during the
Thanksgiving holiday.**

**Club members assisted with preparing care
packages for families and distributing turkeys to
families in the New Haven area.**



TAKE CARE OF YOURSELF



SELF-CARE IN 5 Minutes ... OR LESS

MEADOWLARKCSC.COM



Look at pictures from beloved memories



Focus on a favorite smell



Put on lotion or dry brush



Journal or try a prompt ->



DANCE!



Play I-spy and find items around you



Focus on gratitude



Listen to music or sing



Go outside and breathe



Read



Meditate or use mindfulness



Chat w/ a friend



Stretch



Watch a funny video



Doodle or create art

LET'S CONNECT



@communitypsych_unewhaven
CP Club: @cp_cmhc_unh



@commpsyc_unh



**Facebook Group: Community Psychology
at the University of New Haven**



**University of New Haven Community
Psychology Program**