

# NEWSLETTER

## AN UPDATE FROM THE BEHAVIORAL HEALTH TEAM

*Written by Anne Bowen, Ph.D. and Saren Seeley, M.A.*

We would like to thank everyone for completing the new Behavioral Health screeners for anxiety and depression. If you have been in clinic this month, you have also been asked to answer the new questions about tobacco, alcohol and other substances. While we don't want to burden you with questionnaires, they really help us quickly identify areas where we might be helpful.

You may be wondering why we prefer our role to be called Behavioral Health rather than Mental Health. For me (Anne Bowen), the term "mental health" assumes there is something wrong with the person's mind that needs to be fixed. I don't find this assumption helpful or particularly useful. I view the process of living much like a mountain climber trying to reach the summit. The barriers that we encounter may be small or huge, sometimes it's easy and other times we might be slowly climbing a cliff, or we may get side tracked to the top of a lower hill, where we have to climb down, to begin the real climb again. I firmly believe we are all climbing mountains, and as the Behavioral Health provider, it is my job to look over from my mountain and help you or your child figure out how to overcome the barriers you are facing on yours.

While we are happy to help with issues related to anxiety and depression, we can also help more broadly with learning to LIVE with a chronic illness. Here are some things you may not know we can help with: sleep problems, managing pain, procedural anxiety (for example, fear of needles), pill swallowing, taking charge of their treatment regimens, balancing treatments and fun with friends, eating habits, and life changes (for example, starting high school or college, or transitioning to the adult clinic). We can also help parents and caregivers with managing stress, difficult behaviors, or other parenting concerns.

### Who we are:



Anne Bowen, Ph.D. (Behavioral Health Coordinator) is a licensed psychologist and professor at the University of Arizona. She has worked for over 25 years with adults and children with chronic illness. Anne lives with her husband and two Curly Coated Retrievers, rides horses semi-professionally, and teaches riding to a few students.



Saren Seeley, M.A. is a third-year student in the clinical psychology Ph.D. program at U of A. In her research, she studies how emotions like grief and anxiety impact brain function. She recently joined the team as a Psychology Extern and works in both Adult and Pediatric clinics.

## CAREGIVER WEBINAR SERIES:

*Don't miss our first session in September on navigating chronic illness at school*

The University of Arizona Pediatric Pulmonary Center is hosting a monthly, online webinar series for parents and caregivers of children with chronic pulmonary diseases, including cystic fibrosis.

Each month will feature a relevant topic that will help caregivers become more equipped as caregivers and patient advocates. We would love for you to join us from the comfort of your home to hear these enriching, interactive lectures.

Lectures will be hosted online via Adobe Connect. You can register and login to the webinar portal at: <https://arizona.adobeconnect.com/uappcportal/>

We will keep you up-to-date about upcoming lectures via fliers in clinic and through a dedicated email series. If you want to stay up to date on the series, email our family faculty member, Amanda Sharpe, at [ajsharpe@email.arizona.edu](mailto:ajsharpe@email.arizona.edu). Subscribing to our email updates is the best way to stay informed.

The upcoming lectures in the Pediatric Pulmonary Caregiver Webinar Series are as follows:

### CHRONIC ILLNESS AT SCHOOL

**September 6, 2017**

**7PM to 8PM**

**Online via Adobe Connect**

### SLEEP BASICS FOR CHILDREN

**October 4, 2017**

**7PM to 8PM**

**Online via Adobe Connect**

### PARENT PERSPECTIVES

**First week in November, Date TBD**

**7PM to 8PM**

**Online via Adobe Connect**

During the lectures you will be able to interact with the speakers by asking questions and leaving comments live.

**You can register and login at:**

**<https://arizona.adobeconnect.com/uappcportal/>**

We hope to "see" you there!

## EXCITING UPCOMING CLINICAL STUDIES

The CF Clinical Research Team has a lot of exciting clinical studies that are currently enrolling and that are coming up in the near future. We are currently enrolling several Vertex studies in adults with specific genotypes. We expect to be able to also enroll teenagers in the next 6 months. We are also currently enrolling two studies in adults admitted to the hospital. One involves taking a supplement while on IV antibiotics; the other helps us understand how long IV antibiotic courses should run. Additionally, we are about to begin enrolling a study in clinic where we will ask teenagers and adults to fill out an online survey describing what kind of barriers you have to doing all your CF care at home. And in the next year, we expect to have studies with new antibiotics and new bronchodilators.

If you are interested in being involved in any research projects now or in the future, please give Monica Varela a call. She can give you more information and get your contact information, so we can let you know when studies come up that may be right for you. You can reach Monica by phone (520) 626-0462 or (520) 975-6400 or email [monicavarela@email.arizona.edu](mailto:monicavarela@email.arizona.edu).

## UPCOMING EVENTS

**CF Support Group Meetings:**  
 August 21; September 18; October 16  
 Group meets from 6-8PM at  
 Playformance: 119 E Toole Ave  
**For questions and to RSVP:**  
[anna@playformancetucson.com](mailto:anna@playformancetucson.com)  
 520-850-5218

## ONLINE RESOURCES

**[www.nappc.peds.arizona.edu](http://www.nappc.peds.arizona.edu)**  
 The Pediatric Pulmonary Center's  
 website  
**[www.cysticlife.org](http://www.cysticlife.org)**  
 A social network for the CF community

## CONTACT INFORMATION

**Medical Questions**  
 (520)694-5132

**Newsletter Questions**  
 (520)626-2962

The University of Arizona  
 Pediatric Pulmonary Center  
 1501 N Campbell Avenue  
 Tucson, AZ 85724-5073  
 520-626-2962/Fax 520-626-5942  
 0709-3014450 PPC