



# BALLYHOO

*Behavioral Health  
Family Medicine Newsletter*

August 2021 Issue

Recently Hired Faculty  
2021-2022 Psychology Trainees  
Back to School  
Day Drinking

## Recently Hired Psychology faculty



**Courtney Legge, PsyD**  
Psychologist - Lone Tree

I am a Denver native and am thrilled to be serving our Denver-metro area community. My training and practice have focused on primary care behavioral health. I am passionate about integrating behavioral health as a routine part of our patients' healthcare team. My clinical interests include understanding patients and their symptoms from a contextual approach, managing chronic health concerns through health behavior change, and population health. I joined the department and my clinic in the middle of the pandemic; therefore, I am looking forward to building more in-person connections with our department!



**Aimee Zisner, MSc, PhD**  
Psychologist - Centennial & Landmark

Hello! It is a pleasure to be welcomed into the Department of Family Medicine as one of the newest members of the Behavioral Health team. As a former predoctoral intern with the Department, I am thrilled to be back – now as a licensed psychologist supporting the CU Family Medicine Centennial and Landmark practices – and wow, have times changed! Beginning this position in the midst of the Covid-19 pandemic has come with its challenges, but the transition could not have gone more smoothly thanks to the support from our phenomenal CU practices and Behavioral Health team members.

In this role, I have been fortunate to showcase many of my professional interests, which include delivering brief, effective behavioral health treatments, helping our patients better understand and address interrelationships between their physical and mental health, and supporting our disadvantaged and underserved patients. On this last point, I am proud to announce my new pilot project, MindReader Book Program for Kids, which aims to further support our pediatric Medicaid patients and their families by 1.) personally introducing our behavioral health resources during their medical visits, and 2.) providing these patients with fun, age-appropriate behavioral health-focused books to take home with them. In the coming year, I hope to further my engagement in practice transformation initiatives to facilitate patient, staff, and provider well-being and welcome opportunities for collaboration!

## 2021-2022 Psychology Trainees



**Helen Chao, Psychology Intern**

Helen is a psychology intern at AF Williams and a doctoral candidate at the University of Denver. She graduated with a MA in Counseling Psychology from the University of Denver in 2018. Helen's clinical interest include working with historically marginalized groups, interpersonal relationships, and health psychology. In her spare time, she likes to go hiking, camping, and trying new restaurants.



**Christianne Biggane, Psychology Intern**

Christianne Biggane (they/she) is currently completing their predoctoral internship at the University of Colorado School of Medicine in integrated primary care at A.F. Williams. Their dissertation examines the impact of devotional prayer on cardiovascular responses to interpersonal stressors among couples. They have worked in a wide variety of settings including hospitals, universities, community mental health centers, crisis intervention, and specialty integrated care. They are fascinated by the intersections of nature, mindfulness and spirituality with mental health. Clinically, they are passionate about increasing access to mental health care and utilize a trauma-informed and person-centered approach that emphasizes cultural context and client strengths. They aim to introduce skills and strategies that empower clients and foster a therapeutic context that holds the client's fundamental wholeness as its cornerstone. They enjoy backpacking, cycling classes, lingering in coffee shops, reading nonfiction, and expressive dancing in their free time.



**Selin Odman, Psychology Intern**

Selin Odman is a Psychology Intern working at A.F. Williams in their Integrated Primary Care clinic. She is dual enrolled in Mercer University's Clinical Psychology PsyD and MPH program. She graduated from the University of Georgia with a double major in Psychology and Biology and a minor in Korean Language in Literature. Selin's clinical interests include behavioral sleep medicine, health psychology evaluations, and integrated primary care. She especially enjoys working with 1<sup>st</sup> and 2<sup>nd</sup> generation immigrants and individuals going through significant life transitions.



**Emily Bilenduke, Health Coach**

Emily Bilenduke is a Clinical Health Psychology doctoral student at the University of Colorado Denver. She graduated from the University of Redlands with a Bachelor of Arts degree in Psychology. After, she worked at the Summit Community Care Clinic, a primary care clinic in rural Colorado, as the grant coordinator. Her time at the clinic inspired her to evaluate how people interact with their health. Her clinical interests include helping people adjust to a recent medical diagnosis, assessment, and being a part of an integrated care team.



**Chava Creque, Health Coach**

Chava Creque is a doctoral student in the Clinical Psychology program at CU Boulder. She holds dual bachelor's degrees in Psychology (Columbia University) and Modern Jewish Studies (Jewish Theological Seminary of America). She enjoys crosswords, crafting, and spending time with her partner and their two perfect cats. Her first love is neuropsychology and she worked in concussion research prior to attending CU Boulder. Clinically, she is most interested in teaching ACT and DBT skills to patients experiencing a variety of life stressors.



**Dustin Goerlitz, Health Coach**

Dustin Goerlitz is a Clinical Health Psychology doctoral student at the University of Colorado Denver. He graduated from the University of California Santa Cruz (UCSC) with a Bachelor of Arts degree in Psychology. After UCSC, he worked as a Clinical Research Coordinator with the Stanford Psychophysiology Lab and Stanford Systems Neuroscience and Pain Lab. In those labs he learned about neural bases of emotion regulation and complementary and integrative medicine for those with chronic pain. He also received training in and led mindfulness groups for those with chronic pain. That work solidified his clinical interests of working with an integrated care team to help patients with a variety of health conditions and to gain proficiency in treatment of those with chronic pain.

## Quick Back-To-School Tips During COVID in 2021

Know the Facts! [https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Fschools.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Fschools.html)

Stay in touch with your child, their teacher, your medical teams, and your support network!

- ❖ Observe their behaviors.
- ❖ Maintain open communication.
- ❖ Validate feelings for yourself and others.
- ❖ Set predictable routines with extra time to avoid pressured rushing.
- ❖ Emphasize safety and problem solve together.



## How to stop day drinking and change pandemic habits related to alcohol use and abuse

In case you missed it, Vanessa Rollins, PhD discussed in a recent UHealth Today article about her experiences working with patients who reported “day drinking” and many want help stopping now.

Here are a few highlights and a link to the full article: <https://www.uhealth.org/today/how-to-stop-day-drinking-related-to-alcohol-use/>

*Alcohol use spiked during the pandemic. If you have been drinking too much during the day – or anytime – here are four simple strategies to help:*

- 1) Honestly assess current drinking habits.
- 2) Once you have gotten honest with yourself, a family member or a care provider about your levels of day drinking or other alcohol consumption, compare your alcohol use to the NIAAA guidelines <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>
- 3) Experiment by changing your behavior and keeping a record of how you feel.
- 4) If day drinking or other alcohol use is causing problems in your life, develop a plan to change your behavior.

