



BALLYHOO

Behavioral Health Newsletter

September 2018 Issue

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BH Trainees

Clinical Considerations

Oh, Behave!

Monthly Updates

Meet the Psychology BH Trainees

Alex Kirk, MA



Extern at Boulder FM

Clinical Interests: Anxiety, inflammation, exposure therapy, acceptance & commitment therapy

Kait Ross, MEd



Extern at AF Williams

Clinical Interests: Cancer, mindfulness, depression, self-compassion, chronic conditions, women's health

Phoutdavone "Noy"
Phimphasone-Brady, PhD



**Fellow at Westminster FM
& Seniors Clinic**

Clinical Interests: Health behavior change and chronic diseases

Lindsay Labrecque, MA



Extern at AF Williams

Clinical Interests: Anxiety, depression, borderline personality, marital & relationship adjustment

Katie Scheyer, MA



Extern at AF Williams

Clinical Interests: Anxiety & depression (postpartum), autoimmune disorders, chronic pain

Melanie Stephenson, PsyM



Intern at AF Williams

Clinical Interests: Women's health, trauma, grief/loss, life transitions, adjustment to medical conditions

Sarah Pearson, MS



Intern at AF Williams

Clinical Interests: Pain, anxiety, relaxation, health behavior change, chronic diseases, end of life

Kelly Soberay, MA



Extern at Westminster FM

Clinical Interests: Chronic pain, insomnia, trauma & stress, health behavior change, suicide risk

Sophie YorkWilliams, MA



Extern at Boulder FM

Clinical Interests: Brief interventions, substance use management, behavioral health, anxiety

Elika Razmjou, MA



Intern at AF Williams

Clinical Interests: Anxiety, chronic pain, mindfulness, post-concussion syndrome, sleep

In addition to mental health support, we can provide services related to management of physical health concerns.

Please interrupt us anytime, anywhere!
If you can't find us, send an inbasket message (or ch. 5 walkie at AFW).

Clinical Considerations

Substance Abuse Program at Aurora Mental Health Center

AMHC has a substance use disorders program that patients can be referred to directly.

This program has detox services, an intensive outpatient program, and medication assisted treatment program that includes prescription Naltrexone.

Direct patients to call the main number or provider can call with them during visit at 303-617-2300, press option 3 and will then be directed to either detox services or outpatient services.

Recognize, Respond, Report: Training for Colorado's Mandatory Reporters of Child Abuse and Neglect

This is a free, flexible, and comprehensive online training to learn more about your responsibilities as a mandated reporter of child abuse and neglect. The length of the training depends on your personal learning style, which you can indicate when you begin.

Link: <https://www.coloradocwts.com/mandated-reporter-training>

Oh, Behave! Tip of the Month

Are your kids back in school and feeling stressed out?

It is important to model effective ways to manage stressful situations, rather than avoid them. Engaging in your own self-care will encourage kids to do the same!

Try these apps together to practice relaxation:

- Stop, Breathe, and Think
- Koru Mindfulness
- Calm
- Headspace (\$)



Monthly Updates

- Abbie Beacham, PhD has transitioned out of her BH supervisor role at AFW.
- Lauren Tolle, PhD is now full-time at our Westminster clinic.
- Vanessa Rollins, PhD is now full-time at our Boulder clinic.
- Jeremy Stephenson, PsyD is expected to begin at AFW in October.
- Rena Adria (Conejo) Nicholas, PhD, ABPP, CBSM is expected to begin at the Lone Tree Clinic in October.

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