Welcome to the Sleep and Anxiety Center for Kids (SACK)! SACK is a clinical research center in the Department of Psychology at the University of Houston dedicated to understanding the connections between children’s sleep at night and their behavior and emotions during the day. We offer low-cost assessment and treatment services at SACK that are based on the latest scientific evidence. We are also dedicated to supporting our nation’s military families, both through several ongoing research projects (including a large study funded by the Department of Defense) and the provision of FREE clinical services for all children of active-duty, retired, reservist and veteran service members. We look forward to updating you on the latest activities and projects taking place at SACK through our NEW monthly newsletter. You can also always learn more at our website, www.uh.edu/SACK.

~ Dr. Alfano
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PROJECT COORDINATOR

FAMILY SEPARATION STUDY
WHO: FAMILIES WITH CHILDREN BETWEEN THE AGES OF 7-17
WHERE: HOUSTON, SAN ANTONIO, AUSTIN/KILLEEN, AND SURROUNDING AREAS
COMPENSATION: $100
FOR MORE INFORMATION: WWW.UHMILITARYFAMILIES.ORG

ONLINE SLEEP INTERVENTION STUDY
WHO: CHILDREN BETWEEN THE AGES OF 7-11 WHO ARE EXPERIENCING SLEEP PROBLEMS
WHERE: UNIVERSITY OF HOUSTON SLEEP AND ANXIETY CENTER FOR KIDS AND ONLINE
FOR MORE INFORMATION:
EMAIL: JMCOWIE@UH.EDU
CALL: 713-743-4134

CONTACT US!
WEBSITE: WWW.UH.EDU/SACK
FACEBOOK: HTTP://GOO.GL/I0LUYZ
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PHONE: 713-743-3400
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SPOTLIGHT ON:
Michelle Patriquin, Ph.D.
Postdoctoral Fellow

Dr. Patriquin is the new postdoctoral fellow at SACK. She recently received her Ph.D. in clinical psychology from Virginia Tech in May 2013. She completed her predoctoral internship in child clinical and pediatric psychology at the University of Alabama at Birmingham. At SACK, Dr. Patriquin conducts empirically-supported treatments, coordinates clinic activities, and is involved in various research projects. Her research is focused on the impact of physiology on child development, including sleep patterns and social behavior. She is excited to join SACK!