SACK is now SACH

The Sleep and Anxiety Center for Kids (SACK) is now the Sleep and Anxiety Center of Houston (SACH).

When the Sleep and Anxiety Center for Kids (SACK) was established in 2011, research activities and clinical services focused almost exclusively on children and adolescents. During the three years since, with increased funding for research and a greater presence in the local Houston community, interest and activities within our center have continued to grow. As a result, our current research program and clinical services have expanded to include a focus on adults as well as children and families. Alas, the Sleep and Anxiety Center for Kids (SACK) became the Sleep and Anxiety Center for Houston (SACH)!

Even though our name has changed from SACK to SACH, our commitment to serving the Houston community, both through state-of-the-art research as well as the provision of low cost, effective clinical services remains the same. Please visit our website to learn more about our current studies: www.uh.edu/SACK.

Click here for our new article
Dr. Fillo is a postdoctoral fellow at the Sleep and Anxiety Center of Houston. She graduated with college and university honors from Carnegie Mellon University in 2008 with a B.S. in Psychology. She received her doctorate in Social Psychology from the University of Minnesota in 2014, with a minor in Interpersonal Relationships Research. In August, Dr. Fillo took over as project coordinator for the Military Families Study. She is interested in the ways individuals cope with acute and chronic stress, and the consequences of these tendencies for psychological well-being, interpersonal functioning, and health over time. Her research has primarily focused on stress in the context of close relationships and stress arising from conflict among various social roles (e.g., gender, family, work, military).
Family Separation Study

Who: Children (7-17 years) of recently separated or divorced parents
Where: UH SACH, Fort Hood, Killeen, Austin, Dallas, San Antonio, Corpus Christi
Compensation: $100
More information:
Email: uh.militarystudy@gmail.com
Phone: 713-743-9075

Impact of Sleep Loss on Emotion in Children

Who: Children 7-11 years experiencing normal symptoms of sadness or anxiety
Where: UH SACH
Compensation: $150 and free assessment
More information:
Email: cara.palmer@times.uh.edu
Phone: 713-743-3400

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