We are pleased to introduce new members of our growing HOME Program team.

**Kristina Purganan, MD (Psychiatry)**

earned her medical degree at Western University of Health Sciences in Pomona, CA. Dr. Purganan is board certified in Psychiatry and Geriatric Psychiatry by the ABPN. Her interests include dementia, neuropsychiatric disorders in the elderly, ECT, women and minority mental health, and access to mental health care. She is committed to advancing the field through education and advocacy.

**Olivia Chen, LCSW (Therapy)**

received her Master of Social Work degree with a focus on community mental health from California State University, East Bay and a Bachelor of Psychology degree from University of California, Riverside. She started her career working with people with developmental disabilities and served as a living service program coordinator at an agency called Friends of Children with Special Needs in California. She also worked in multidisciplinary inpatient psychiatric settings in California and University of Utah Hospital, S. W. est.

**Dr. Anne Lin, MD (Psychiatry)**

trained at Duke University Medical Center (Durham, NC) in psychiatry and child and adolescent psychiatry. She has been working at the University of Utah Downtown Behavioral Health clinic for over 14 years. She is a past president of the Utah Psychiatric Association and is currently representing Utah as a delegate to the American Psychiatric Association.

**Katelyn Downs, OSS (Front desk)**

grew up in Southern California and moved to Utah to pursue a Bachelor degree in History. After graduating with her bachelors in 2016, she joined the United States Air Force, but was entry level separated due to Grade 3 Stress Fractures in both shins and right ankle; her husband is currently serving in the Air Force Reserves. She is currently working on deciding what type of master program to pursue, with the potential of a Ph.D. She enjoys being both indoors and outdoors.

**HOME extends a very warm welcome to them!!!**

Dr. Traci David retired from the HOME program March 1st. She will be dearly missed by patients and staff. We are grateful for the excellent care she provided to our patients for many years. We congratulate Dr. David and wish her all the best on her retirement.

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**SAVE THE DATES**

The HOME Program will be moving to a new home in September 2019.
The new address is: 240 E Morris Ave, Salt Lake City, UT 84115. We will keep you posted. Stay tuned for more information!

**2019 Annual Home Run**

We are thrilled to announce the 6th annual HOME Run 5k. This year, it is going to be on September 7th, 10:00 am at Wheeler Farm (6361 South, 900 East) in Salt Lake City. We are seeking volunteers to help with the event.

Contact HOME program (Misty.Johnson@hsc.utah.edu or call at 801-581-5155) for more details.

All registered participants will receive a T-shirt & medal.

**Summer Parent Education Group**

The ASDC Clinic will be running summer Parent Education Group.

**Where:** Autism Spectrum Disorder Clinic 650 Komas Drive, Ste. #206

**When:** Class "A" Mondays • 4:00–5:00 pm • 6/10; 6/17; 6/24; 7/1

Class "B" Fridays • 10:00–11:00 am • 7/12; 7/19; 7/26; 8/2

For questions, please contact Emily May, BCBA LBA 801-585-0085 or Emily.may@hsc.utah.edu

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**FREQUENTLY ASKED QUESTIONS**

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<thead>
<tr>
<th>I need another copy of member handbook</th>
<th>• Call HOME at 801-585-1960</th>
<th>• Request one at your next visit</th>
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</thead>
<tbody>
<tr>
<td>I have difficulty reading</td>
<td>• Call HOME at 801-585-1960</td>
<td>• Request one at your next visit</td>
</tr>
<tr>
<td>I want HOME to review a coverage decision regarding my healthcare</td>
<td>• You may file an appeal</td>
<td>• The Appeal Request Form is available at <a href="https://app.secure.uuhsc.utah.edu/uhealthPlans/forms/appeal/">https://app.secure.uuhsc.utah.edu/uhealthPlans/forms/appeal/</a></td>
</tr>
<tr>
<td>I am not satisfied with my HOME services/staff experience</td>
<td>• Ask for a handbook in larger print!</td>
<td>• We will mail/fax a copy of the form at your request</td>
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<tr>
<td>I am in crisis and need help, but it does not feel like a life threatening emergency</td>
<td>• Call HOME Member Services at (801) 585-1960</td>
<td>• Write a letter explaining your problem</td>
</tr>
<tr>
<td>I feel I am in a life threatening emergency</td>
<td>• The Appeal Request Form is available at <a href="https://app.secure.uuhsc.utah.edu/uhealthPlans/forms/appeal/">https://app.secure.uuhsc.utah.edu/uhealthPlans/forms/appeal/</a></td>
<td>• We will mail/fax a copy of the form at your request</td>
</tr>
<tr>
<td>I am in crisis and need help, but it does not feel like a life threatening emergency</td>
<td>• During office hours, call (801) 581-5515 and ask for an appointment or your Case Manager</td>
<td>• Outside office hours, call (801) 567-3195 and tell the crisis worker you are with HOME and explain your problem or you may visit one of the urgent care centers listed in your provider directory</td>
</tr>
<tr>
<td>I feel I am in a life threatening emergency</td>
<td>• Call 911 or go to ER immediately</td>
<td>• Call 911 or go to ER immediately</td>
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**TIPS FOR A HEALTHY SUMMER!**

Here are few things to remember this summer to help you take care of your body and mind.

**Hydrate**

Make water an essential part of your daily routine. Aim to drink at least 8 glasses of water a day. Add watermelon, cantaloupe, tomatoes, and cucumbers to your diet. They have high water content to keep you hydrated.

**Stay Cool**

Dress appropriately for summer. Wear light-colored, lightweight cotton clothing to help sweat evaporate and keep you cooler. If possible, wear a wide brimmed hat when you are out in the sun. Protect your eyes with sunglasses. Use caution when you’re out in the sun this summer.

**Wear Sunscreen**

Protect yourself by using sunscreen with at least an SPF 30 and wear it all the time! Use sunscreen even if you are just running errands or going for a “short walk.” One thing to consider here in Utah is the altitude. The elevation along with desert climate contributes to increased UV exposure. Avoid or limit your time in direct sun between 10 am and 5 pm.

**Be Active, Be Fit**

Regular physical activity is an essential part of a healthier lifestyle. Exercise in the morning or evening, when it’s likely to be cooler outdoors. Added heat can make exercise uncomfortable in the summer months. Wear a helmet and other safety devices for biking and other wheeled sports like, riding a scooter, skating, or skateboarding.

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**DID YOU KNOW?**

**WEAR YOUR SUNGLASSES.**

Use caution when you’re out in the sun. Protect your eyes with sunglasses.
We continue to strive to provide coordinated, compassionate, and integrated health services to our members. Here is a great example of collaborating and working together within the UNI HOME Program for the cause of our patients. UNI HOME behavior and Utilization Management teams joined hands to work on goals and a data collection system for a Speech Generating Device (SGD). Bryon Claflin, R.N. approached Russell Howarth, BCBA on how to ensure effective use of communication devices across home, school, and community settings. Bryon created standards for patients to meet criteria needed for recommendation for the devices and Russell developed a data collection system to ensure compliance when using communication devices. This endeavor will help HOME members to use their devices properly, leading to improved quality of life and opening new doors for further communication.

Go here to learn more: