



CAB Newsletter

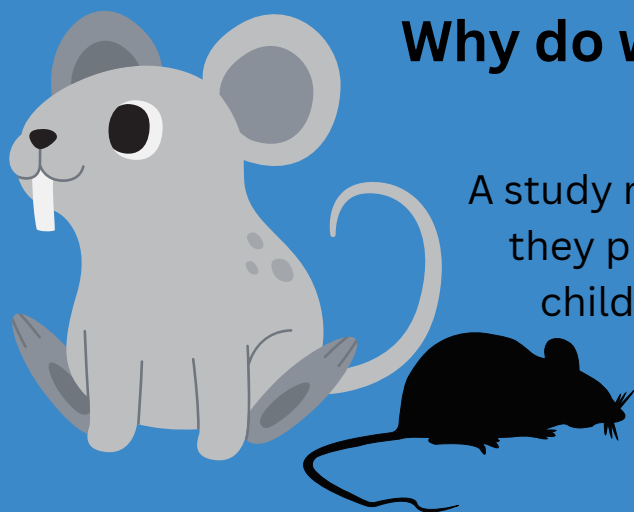
CAB Meeting October 5:

3:30 PM EST

This is a reminder that we will have our monthly CAB meeting tomorrow Thursday, October 5th at 3:30 PM EST. During this meeting we will be presenting some research from other grant projects in addition to updates on the Avant Garde project.

Zoom Link:

<https://upenn.zoom.us/j/97911878833>



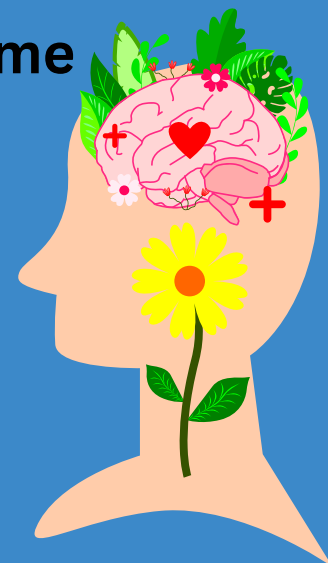
Why do we play? Rats can teach us how it improves mental health.

A study revealed activity in a brain region in rats as they played; it may help to develop therapies for children who struggle with the absence of play.

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Raising teens is hard. Lisa Damour has some answers.

As adolescent mental health has worsened, the psychologist offers advice for parents about anxiety, academic and friend struggles. In Seattle, Katie Eastwood, the parent of a 15-year-old and a 12-year-old, raved about “Untangled,” Dr. Damour’s guide to a girl’s seven developmental transitions, saying that the book “has saved me over and over again.” [Click Here to Read!](#)



Parenting can get complicated when one partner is away.

Terrence Real, a family therapist and author of, “Us: Getting Past You and Me to Build a More Loving Relationship,” said direct, regular communication is especially important in arrangements like mine. He believes couples need to prioritize regular check-ins and explicitly “contract” household duties with each other, making their respective expectations and commitments clear.

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Do they mask? Are they eating out? How covid experts are living now.

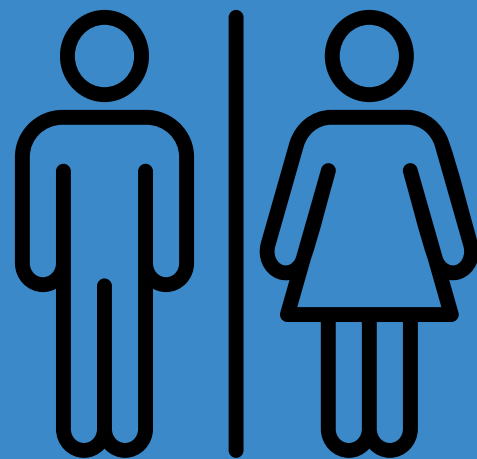
In the past year, many Americans have stopped thinking about covid-19, ditched their masks, skipped the latest coronavirus boosters and returned to living more normal lives. While cases of covid-related severe illness and hospitalization remain low, infection counts are spiking again, new variants are emerging, and flu and respiratory syncytial virus (RSV) loom as winter approaches. [Click Here to Read!](#)



Public restrooms are hard to find in America. That’s a problem.

When you live with a debilitating bowel condition, you must cope with chronic pain and bouts of diarrhea among a plethora of physical symptoms. Then there’s the emotional afflictions, chief among them is what I call toilet anxiety.

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Editors: Marta Durantini and Chris Quasti