

05/25/2018

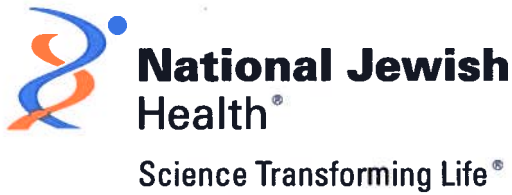
To Whom It May Concern:

It gives me great pleasure to write this letter in support of Attain Health's request to receive a grant from your organization. I am a Licensed Clinical Social Worker in the Adult Cystic Fibrosis Center at National Jewish Health in Denver, Colorado. Our center is the largest in the nation and I have the pleasure and privilege of working with over 500 individuals with Cystic Fibrosis (CF) and their families.

Substance abuse and dependency are serious problems in the CF community. The adverse health effects of smoking, drinking alcohol, and illicit drug use are well documented, but abuse and dependency pose a particular risk to those with CF. Substance use can lead to difficulties adhering to the complex medical regimen CF demands, additional health issues, and a decreased quality of life. Unfortunately, individuals with CF may be at higher risk of abusing substances since they are 2-3 times more likely to experience symptoms of depression and anxiety than someone in the general population and substance abuse is linked to anxiety and depression.

To my knowledge, there is not a substance use program specifically targeted to individuals with CF. I believe a program like this would be incredibly beneficial to the CF community. At our center, patients struggle to get the support and services they need because of their CF. Inpatient rehab centers have been reluctant to admit our patients due to their complex medical issues and intensive outpatient programs typically do not grant the type of accommodations necessary for someone to successfully manage their disease during treatment.

In addition, I believe the program could prevent substance use from turning into abuse or even dependency. This program would provide education about these topics and allow people to share their stories and experiences with each other. What an incredibly powerful learning and communication tool, especially when everyone has CF so they truly understand what it's like to live with this disease. A support system comprised of others who share similar experiences and also have CF is invaluable to a program like this.



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I've known the individual who will run this group, Adam Burns, since September of 2015 and highly recommend him; not only as an individual but as a mentor for others as well. He truly understands the struggles around substance use and has a strong desire to help the CF community. Numerous individuals have spoken to me about Attain Health, including two people who have been through their programs, and all had very positive things to say.

I have no reservations about recommending Attain Health or Mr. Burns. Granting the request for funding for this program will truly benefit the CF community. Thank you for your time and attention to this matter. Please do not hesitate to contact me if you have questions or concerns.

Sincerely,



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