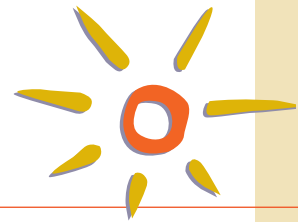


In the Mood



A Newsletter of the Fuqua Center for Late-Life Depression of Emory University

Volume 8, Issue 2
Fall 2010

The Fuqua Center for Late-Life Depression Celebrates 10 years

IN 1999, A GENEROUS GIFT FROM J.B. FUQUA ESTABLISHED THE FUQUA CENTER FOR LATE-LIFE DEPRESSION of Emory University at Wesley Woods. Mr. Fuqua recognized that frequently a lack of understanding on the part of professionals and the general public regarding depression in older adults and poor access to geriatric psychiatry services was causing older adults with depression to go unrecognized and untreated. The founding of the Fuqua Center, a community education and outreach entity within the Department of Psychiatry, Division of Geriatric Psychiatry, has facilitated the development of a continuum of evidence-based treatment options and clinical services, extensive community outreach aimed at educating those who serve older adults, and improved access to clinical services. The Fuqua Center's successes are largely due to its valued partnerships with organizations throughout Georgia that realize the importance of keeping our older adult population mentally well and engaged in their communities.



The successes of the Fuqua Center through its partnerships include:

American Foundation for Suicide Prevention/Georgia Division of Aging Partnership

- **Training Georgia's Medicaid Waiver Program Community Care Service Coordinators who coordinate home care for over 14,000 frail and disabled older adults across Georgia how to screen and make referrals for depression**

Georgia Division of Aging Partnership

- **Facilitating change in state government policy so that all of Georgia's Community Care Services Program participants at risk for depression are screened**

Jesse Parker Williams Foundation Partnership

- **Providing psychiatric assessment, treatment, and coordination of medical care for older adults living in twelve of Atlanta's low-income residential facilities**

JB Fuqua Foundation

- **Conducting an average of seven educational activities for aging services professionals, healthcare professionals, and the general public a month**
- **Providing leadership and administrative support for the Atlanta Area Aging and Mental Health Coalition**

Aging Services of Georgia Partnership

- **Training senior housing residential service coordinators how to screen for depression and provide problem-solving therapy for residents who exhibit depressive symptoms. Implementation of the evidence-based model of care Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)**

(continued inside)



SYMPTOMS OF DEPRESSION

Feeling sad or numb

No interest or pleasure in things you used to enjoy

Crying easily or for no reason

Feeling slowed down or feeling restless and irritable

Feeling worthless or guilty

Change in appetite; unintended change in weight

Trouble recalling things, concentrating or making decisions

Headaches, backaches or digestive problems

Problems sleeping, or wanting to sleep all of the time

Feeling tired all of the time

Thoughts about death or suicide

Who to call



For information or education on depression, call the toll-free Depression Information Service (DIS) 1-877-498-0096 (M-F 7:00am-7:00pm)

For information about the Fuqua Center, call Michele Lyn Miles at 404-728-6948

For NEW PATIENT appointments, call 404-728-6302

For telemedicine appointments, call 1-866-754-4325

For community clinical sites, call Pat Huskey at 404-728-6380

For information on community education call Cathy Rambach at 404-728-4558

For information on the Depression Support Group, call Michele Lyn Miles at 404-728-6948

For opportunities to participate in research studies, call Sinéad Quinn at 404-728-6957

For information on peer support, call Cathy Rambach at 404-728-4558

For information about Transitions Senior Program, call Ed Lawrence at 404-728-6975

To be added to our newsletter mailing list sign up at www.fuquacenter.org/newsletter or e-mail mlmiles@emory.edu

Peer-Led Depression Support Services at the Fuqua Center for Late-Life Depression

There is an array of services and supports that are helpful in the recovery process for people who have experienced depression, one of which is peer-led support groups. The Fuqua Center for Late-Life Depression has been hosting a weekly peer-led Depression Support Group at the Wesley Woods Health Center for the last six years.

The Depression Support Group meets each Tuesday from 1:00-3:00 p.m. and includes older adults who have experienced depression first-hand.

Participants share their personal journey and discuss what has helped them stay connected and feeling well. There is no fee to attend and no registration is needed.

The stories on the following page were written by members of The Fuqua Center Depression Support Group who wanted to share how participation in the group has helped them.

The successes of the Fuqua Center through its partnerships (continued from cover):

Atlanta Area Agency on Aging/Atlanta Regional Commission Partnership

- Facilitating the inclusion of geriatric mental health services in the state-wide “AgeWise Connection” aging and disabilities services database
- Training the ten-county metro Atlanta Aging Services Information and Assistance personnel how to recognize mental illness in older adults and make appropriate referrals
- Facilitating the adopting of procedures that improve coordination of services for older adults being seen by county public mental health and aging services in metro Atlanta counties
- Incorporating mental health and wellness as a key component of the Atlanta region’s “Older Adult Health and Wellness Plan”

Atlanta Area Agency on Aging/Atlanta Housing Authority and Visiting Nurse Health System Partnership

- Creating the metro Atlanta Mental Health Services Collaborative, made up of various home and community-based service providers and mental health clinicians for the purpose of providing services in low income housing

Georgia Division of Aging Partnership

- Providing training and clinical assistance to Georgia Adult Protective Services’ workers

Office of Governor Purdue/ Georgia Department of Behavioral Health and Developmental Disabilities

- Assisting the Governor and the new Department of Behavioral Health and Developmental Disabilities in creating a robust array of community services

Wesley Woods/Emory Healthcare Partnership

- Facilitating the development of a full continuum of evidence-based geriatric psychiatry services at Wesley Woods

Mental Health America of Georgia

- Being awarded the clinical team “Heroes in the Fight Award”

Georgia Mental Health Consumer Network

- Establishing the peer-led support group for older adults who have experienced depression

Emory Schools of Nursing and Medicine, Morehouse School of Medicine and Georgia State University School of Nursing Partnership

- Providing clinical experience in a full continuum of geriatric psychiatry services to medical and nursing students, psychiatry residents, and geriatric psychiatry and medicine fellows

Georgia TeleHealth Partnership

- Being the first Emory Healthcare specialty to participate in Telehealth, thereby making geriatric psychiatry care available to an unprecedented number of rural Georgians and being awarded the “Georgia TeleHealth 2010 Partner of the Year”

Georgia Mental Health Consumer Network Partnership

- Obtaining training and certification as “Peer Support Specialists” for older adults

Georgia Department of Behavioral Health and Developmental Disabilities Partnership

- Assisting in the development and implementation of Georgia’s “Suicide Prevention Plan”

Depression Support Group Participant Stories

THE DEPRESSION SUPPORT GROUP PROVIDES A COMFORTING ATMOSPHERE for all who experience depression and/or recovery thereof. It is a varied group. Usually 10 to 20 women and sometimes a man or two find their path to the fourth floor conference room of the Wesley Woods Health Center.

On any given Tuesday at 1:00 p.m. the doors are open for any and all who may be searching for companionship, discussions and even joy and laughter. Tears are acceptable and at times necessary for us. Often we feel and say that we are among our family, able to share truths and realities—sharing the good, stating the worst and hoping for a happier tomorrow. We nurture with great compassion those who are caregivers by helping them with their stress and fears of such a task.

In addition to support at the meetings, we often share pertinent information about medications, health information, health insurance information,

news about educational classes and we address many other issues that may arise.

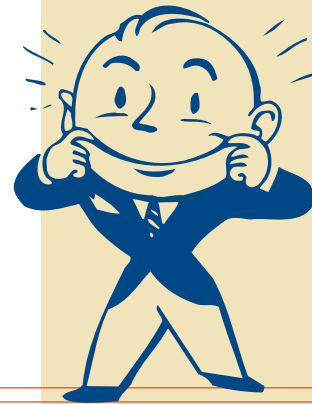
Though we are seniors, we recognize that each of us has the ability to grow and change emotionally. Life gets tough as one ages and we get tougher from our interpersonal journey together.

The group has been at the center for six years and our fervent hope is to continue for many more. We are there for each other with compassion and loving care. Even after our meetings end at around 3:00 p.m., we have been known to go out together for a social coffee, dinner, movie, etc.

I would like to thank The Fuqua Center for making this a possibility for us. —*Ester Kirk*



Fuqua Center Advisory Board Member Wins Prestigious 'Heroes in the Fight' Award



AT AGE 68, I RETIRED FROM MY JOB AND FELL INTO A CASE OF THE BLAHS—a state of depression. When I asked my internist to refer me to a psychiatrist, he told me that there were no psychiatrists who would take Medicare. I lingered in this depressive state feeling totally useless after having worked for over 50 years of my life. I felt that I no longer had a purpose.

Finally, my husband, God bless him, found a geriatric psychiatrist who did take Medicare. I made an appointment and enjoyed a relaxed discussion with a non-clinical guy who referred me to the Wesley Woods Senior Transitions Group. He sized me up and realized that I am a “people person” and would do well interacting in a group.

I fell in love with the participants in the group, many of whom were a good bit older than I was. Their wisdom, insight and humor were a delight. The counselors who led the group were wonderful. After several weeks of this, I felt rejuvenated and joined the Senior Depression Group that meets on Tuesdays, free of charge, at the Fuqua Center. I found that the participants in the group had similar issues and feelings and were easy to connect with. Trust me,

we don't have pity parties. Listen in at the door when our group is meeting and you will hear laughter. We have a wonderful time together and are a source of support to one another.

One day Cathy Rambach, Fuqua Center Staff, came to our group and asked for volunteers to take the Certified Peer Specialist (CPS) training being held at Simpsonwood in Norcross, GA.

I volunteered. CPS's have a mental health diagnosis themselves and can relate to the problems people have coping with mental health issues and the stigma that goes along with the diagnosis.

The focus of the CPS is

on growth and recovery, not the illness.

After being certified, I saw an ad for a CPS to work at the Peer Support and Wellness Center in Decatur, GA. I began working there in October of 2009. Working with peers both one on one and on our warm line phone has been rewarding. I also facilitate a group on a weekly basis that focuses on whole health and smart shopping. The Fuqua Center at Wesley Woods and my work at the the Peer Support and Wellness Center have given me a new lease on life. —*Linda Pendley*

Trust me, we don't have pity parties. Listen in at the door when our group is meeting and you will hear laughter.

Congratulations to Mr. Allan Goldman, member of The Fuqua Center for Late-Life Depression Advisory Board for being awarded the 'Heroes in the Fight Award' by Mental Health America of Georgia in recognition of his work at the Georgia Department of Human Services (DHS), Division of Aging Services (DAS). This award celebrates dignity, courage, hope and recovery in the treatment of people with mental illness through the development of partnerships with a wide variety of community organizations.

Fuqua Center for Late-Life Depression

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404-728-6948

www.fuquacenter.org



Treatment options
Facts about depression
How to learn more

Sickness Prevention Achieved through Regional Collaboration (SPARC)

SPARC events are held at libraries and churches throughout DeKalb and Fulton Counties. For a listing of SPARC events visit www.fuquacenter.org

The SPARC program for the senior population was designed to increase the utilization of preventative health care services including immunizations and health screenings by providing these services in the community at locations that are conveniently located and easily accessible.

The Fuqua Center for Late-Life Depression has partnered with other health care providers in DeKalb and Fulton counties as well as the Atlanta Regional Commission (ARC) in planning and participating in local SPARC events during the months of October and November, 2010. SPARC events are being held at libraries and churches located throughout DeKalb and Fulton counties and will include the following types of immunizations or health screenings (available services may vary by site).

IMMUNIZATIONS:

Influenza, Tetanus and Pneumonia

HEALTH SCREENINGS:

- STD/HIV
- Blood Glucose
- Blood Pressure
- Dental
- Depression Education and Screening
- Mammography and Pap Test Referrals
- Cholesterol
- Vision
- BMI
- Colorectal Prescreen

