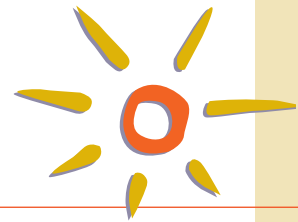


# In the Mood



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

Volume 9, Issue 1  
Summer 2011

## Parkinson Disease Comprehensive Care Center

Parkinson's Disease is a complex neurological disorder best known for motor symptoms such as tremor, muscle stiffness, slowness and walking difficulties. However, there are many other issues that can be troublesome including depression, sleep disorders, memory loss and speech problems. Patients can present with varied combinations of these features and with varied levels of severity. Traditionally, people are evaluated and treated by individual departments involving separate appointments over a long period of time for each issue they experience.

Emory's Movement Disorder division created the Parkinson Disease Comprehensive Care Center in order to bring multi-disciplinary expertise together to provide efficient and comprehensive care to patients and caregivers. Over a two-day period at Wesley Woods Health Center, the patient and caregiver meet with various departments including Sleep medicine, Psychiatry, Medical evaluation, Speech Therapy, Occupational Therapy, Neuropsychology, Physical Therapy, Social Services and Movement Disorder Neurology.

Dr. Adriana Hermida, a geriatric psychiatrist at The Fuqua Center who has been an active partner in the Comprehensive Care Center clinic from the start, provides each participant with a complete psychiatric evaluation and assessment. She states "usually people with Parkinson's Disease would not see a psychiatrist as they don't think they have a psychiatric

problem. However, a majority of the patients I see have symptoms of depression, anxiety or impulse control disorder which have the potential of becoming even more debilitating than their motor symptoms. Treatment can make a big difference in their quality of life."

Dr. Hermida says that being part of this team has been an amazing experience. "Everyone brings something to the table and the patient and their family benefit. We need to expand this type of clinic and offer it for the other neuropsychiatric illnesses such as Huntington's Disease and Alzheimer's Dementia."

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### 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 Jocelyn Chen at 404-728-4784

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

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

For information on peer support, call Cathy T. 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](http://www.fuquacenter.org/newsletter) or e-mail [mlymiles@emory.edu](mailto:mlymiles@emory.edu)

# Building Competency in Geriatric Mental Health Care

The Atlanta Area Coalition on Aging and Mental Health (AACAMH) recently sponsored a workshop focused on workforce development in the provision of mental health care for older adults. Workshop content was based on feedback from a survey initiated by the Coalition in collaboration with the Georgia Chapter of the National Association of Social Workers (NASW) designed to determine the extent of Georgia social workers' capacity to care for the state's growing geriatric population.

Topics and featured speakers included:

### Overview of Aging; Evidenced-Based Practices; Psychosocial Intervention

*Nancy Kropp, Ph.D., Professor and Director, GSU School of Social Work*

### Assessment and Diagnosis of Mental Disorders in Older Adults

*Eve H. Byrd, MSN, MPH, APRN-BC, Executive Director, Fuqua Center for Late-Life Depression, Emory*

### Aging Services in Georgia

*James J. Bulot, Ph.D., Director, Division of Aging, Georgia Department of Human Services*

### Dementia or Alzheimer's?

*Susan Peterson-Hazan, MSW, LCSW, Emory Alzheimer's Disease Research Center*

### Overview of Elder Law

*Dianne O'Donnell, J.D., M.A., Elder Law Attorney, Of Counsel-Law Office of Ruthann P. Lacey; Consultant, Senior Citizens Advocacy Project*

Close to 100 people attended the workshop. Slides of the presentations can be accessed from the Fuqua Center website by visiting [www.fuquacenter.org/PartnersDocuments](http://www.fuquacenter.org/PartnersDocuments). A video of each presentation will be added to the site at a later date.

AACAMH provides a forum for collaboration between mental health and aging service professionals. The mission of the coalition is to facilitate public education, professional training, and advocacy projects aimed at reducing the stigma surrounding aging and mental illness, expanding access to mental health services and resources, and improving the quality of mental health programs for older adults. Eve Byrd, Fuqua Center Executive Director serves as the long-standing Chairperson of the Coalition and there are currently 26 member organizations. Others interested in joining may contact [crambac@emory.edu](mailto:crambac@emory.edu) for further information and meeting dates or can access this information by visiting [www.fuquacenter.org/AtlantaCoalition](http://www.fuquacenter.org/AtlantaCoalition)

## Congratulations!

### Dr. William McDonald Named Psychiatrist of the Year

William M. McDonald, M.D., was recently honored at the 2011 Georgia Psychiatric Physicians Association (GPPA) Winter Meeting by being named *Psychiatrist of the Year*. This honor is awarded on an annual basis to a psychiatrist who exemplifies ideals of high achievement and integrity, commitment to the community, and who represents the specialty of psychiatry with honor and distinction. This award is selected by the recipient's psychiatric colleagues and is considered the highest honor a Georgia psychiatrist can receive from GPPA.

### Eve Byrd Named Nurse of the Year by March of Dimes

Eve H. Byrd, MSN, MPH, APRN-BC, Executive Director of the Fuqua Center, was one of four Emory Healthcare Nurses recognized by the Atlanta March of Dimes at their Inaugural Nurse of the Year event. Eve was awarded *Nurse of the Year for Advanced Practice Nursing-Behavioral Health*. Eve was one of 14 nurses selected from hundreds of nominees across all specialties.

# Lifelong Mableton Initiative Mental Health Collaborative

The Fuqua Center is participating in a United States Administration on Aging funded project being administered by the Atlanta Regional Commission in partnership with many other organizations. The city of Mableton has been identified by the Atlanta Regional Commission Area Agency on Aging as a community where a high percentage of the residents are older adults and the residents of the community could benefit from adopting the principles of *Lifelong Communities*.

*Lifelong Communities* are places where people of all ages and abilities can live as long as they would like as opposed to being forced to move because of changing needs. The goal of *Lifelong Communities* is to:

- Provide housing and transportation options
- Encourage healthy lifestyles
- Expand access to services

One of the health and wellness initiatives which the project is focusing on is improving the older adult community's understanding of mental health and improving access to appropriate services. The Fuqua Center has taken the lead in establishing a Mental Health Collaborative that involves various community stakeholders who have an interest in older adults



and mental health issues. The collaborative is looking at identifying the community needs regarding mental health and the aging population in order to recommend where the community should focus its efforts in improving services.

Focus groups involving groups of older adults with mental health issues as well as family members and other caretakers are being planned to gather community input on what they see as the gaps and barriers to mental health services for older adults. In addition, the Fuqua Center will provide two (2) Mental Health First Aid (MHFA) trainings, one targeting the general population including older adults and one targeting aging services providers.

## Dr. William McDonald Named Chief of Psychiatry at Grady

Congratulations to William M. McDonald, M.D., Fuqua Chair for Late-Life Depression, on being named Chief of Psychiatry at Grady Memorial Hospital effective April 1, 2011. Additionally, Dr. McDonald will become Vice-Chair for Education in the Department of Psychiatry and Behavioral Sciences. Dr. McDonald will continue his work with the Fuqua Center and as the J.B. Fuqua Chair in Late-Life Depression.

Eve Byrd will serve as Associate Vice-Chair of Community Services Development at Grady. Eve will also continue her work at the Fuqua Center.

## Fuqua Center Advisory Board Member Honored

Congratulations to Darlene Schultz, member of the Fuqua Center for Late-Life Depression Advisory Board, for being awarded the "Dancing Elephant Award" by the Georgia Psychiatric Physicians Association during their annual awards luncheon. This award is given annually to those who have demonstrated outstanding service and commitment to the field of mental health administration. Darlene is the Vice President and Executive Director of Project Interconnections, Inc.



## Mental Health America 2011 Themes

**Mental Health America announced that they were distributing materials for use by affiliates to support mental health issues throughout the year. Rather than a specific "May is Mental Health Month" theme, MHA announced they planned to use two brand platforms throughout 2011. The first is titled "Do More for 1 in 4" with a focus on treatment and recovery programs and encourages Americans to help the 1 in 4 American adults living with a diagnosable, treatable mental health condition. "Living Well! It's Essential to Your Potential" is the other theme and focuses on wellness. Both themes will be used by MHA in their national membership campaign.**

### Fuqua Center for Late-Life Depression

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1841 Clifton Rd., NE

Atlanta, GA 30329

404-728-6948

[www.fuquacenter.org](http://www.fuquacenter.org)

Facts about depression  
Treatment options  
How to learn more



## “In the Mood” Going Green

We are moving in the direction of distributing the newsletter electronically and are asking recipients to send us your e-mail address so you can receive future newsletters by e-mail. In order that we update our data base with your current e-mail address we ask

that you send an e-mail with your full name and current e-mail to [miles@emory.edu](mailto:miles@emory.edu). Please put **NEWSLETTER E-MAIL ADDRESS** in the subject line of your e-mail.

Thank you for helping us conserve paper and do our part to help save the environment.

