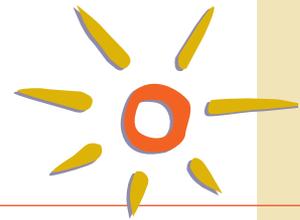


In the Mood



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

Volume 10, Issue 1
Winter 2011/
Spring 2012

Fuqua Center to Partner with Grady ACT Team to Provide Services to Low-Income Residential Facilities

THANKS TO THE GENEROUS SUPPORT OF THE JESSE PARKER WILLIAMS (JPW) FOUNDATION, the Fuqua Center has been able to provide psychiatric services in 15 low-income high rises housing older adults and disabled persons in the metro Atlanta area, including nine (9) Atlanta Housing Authority (AHA) properties.

Direct psychiatric care including diagnosis, medication management, and supportive counseling as well as care coordination with primary care and other medical and social service partners is provided by a nurse practitioner or clinical nurse specialist. The Jesse Parker Williams grant has allowed Jocelyn Chen, the Fuqua Center's social worker, to provide increased case management services to AHA residents which have resulted in greater collaboration with other health and social services providers. In addition, Eve Byrd's new responsibilities as Associate Vice-Chair for Community Services Development, Emory University at Grady Health System, have resulted in less fragmented psychiatric and medical care for the high rise residents as well as new opportunities for access to and partnerships with other service providers including Grady's Assertive Community Treatment (ACT) Team. ACT Teams provide high intensity psychiatric services to people with severe and persistent mental illness in communities where they live. These

An important priority is to help strengthen relationships between housing staff and local mental health service providers.

wraparound services are provided by a team of professionals trained in the areas of psychiatry, social work, nursing, substance abuse, and more.

An important part of the Fuqua Center's work with AHA has been to help strengthen relationships between housing staff and local mental health service providers to coordinate care for older adult residents in need of services including those provided by ACT. The Fuqua Center recently facilitated a meeting with AHA resident service coordinators and the Grady ACT Team to familiarize AHA with the principles of ACT and the services they provide. *(cont'd page 2)*



SYMPTOMS of DEPRESSION *Symptoms of depression usually last over two weeks.*

:-(**Disturbed sleep**
(sleeping too much or too little))

:-(**Changes in appetite**
(weight loss or gain))

:-(**Physical aches and pains**)

:-(**Lack of energy or motivation**)

:-(**Irritability or intolerance**)

:-(**Loss of interest or pleasure**)

:-(**Feelings of worthlessness or guilt**)

:-(**Difficulties with concentration or decision making**)

:-(**Noticeable restlessness or slow movement**)

:-(**Recurring thoughts of death or suicide**)

:-(**Changed sex drive**)



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 or e-mail mlmiles@emory.edu

Housing for Older Adults with Mental Illness Workgroup

In early 2011, the Fuqua Center spearheaded the formation of the Atlanta Area Housing for Older Adults with Mental Illness Workgroup, bringing together stakeholders from organizations in aging, mental health, and housing. The Fuqua Center has long recognized that an individual's life circumstances and environment can greatly impact their ability to engage in mental health treatment. Stable housing, therefore, becomes an essential component of mental illness recovery as well as effective health and social service delivery.

Housing Workgroup members identified older adults with mental illness as an important group to be included in Georgia's public and private efforts to provide affordable housing. Because there have been few organized efforts to define this population and plan for their distinct housing needs, the workgroup has been working on a "white paper" or policy paper to help do just this.

Some key takeaways from the workgroup efforts include a clear indication that Georgia's older adult mental health needs will continue to grow rapidly as the U.S. Census projects that the number of adults in Georgia age 60 and over will increase by 1 million people by 2030. Findings also indicate that while older adults with Serious Mental Illness (SMI) largely live in private residences, these residences do not always have the services and resources older adults need for maintaining mental health or aging in place. Barriers to affordable housing include long waiting lists, exclusion based on poor credit history or criminal history, and that inadequate levels of state funding for personal care homes limits providers' ability to provide adequate services and quality care.

Workgroup policy recommendations include increased collaboration between community-based

The Housing Workgroup brought together stakeholders from organizations in aging, mental health, and housing.

private and publically-funded services as well as housing providers so that older adults with mental illness can remain living in the community; creation of policy that allows residents to freely share mental health history without fear of losing housing and to enable housing and service providers to be proactive in coordinating care; and promoting the use of existing senior housing benefits to allow for live-in caregivers or attendants.

The Atlanta Area Housing for Older Adults with Mental Illness Workgroup includes members from Emory University Fuqua Center for Late-Life Depression, Aging Services of Georgia, Georgia Department of Community Affairs, Emory University Division of Geriatric Medicine and Gerontology, Atlanta Regional Commission, Georgia Department of Human Services, and Georgia Supportive Housing Association.

Grady ACT Partnership *(cont'd from page 1)*

As a result of this collaboration, one AHA resident who greatly benefitted from being connected with the Grady ACT team is a 69 year old retired teacher. This resident had successfully managed bipolar disorder with medications for many years. Staff and residents in her building observed her being increasingly agitated and having verbal outbursts and became concerned. Multiple hospitalizations, community clinic services and even police involvement did not result in much improvement of her mental health. A resident service coordinator who

had been at the meeting referred her to the Grady ACT Team and she received the intense level of mental health services that she needed.

The Grady ACT team did a great job of building a trusting relationship with this resident. They were available to her on regular basis to provide support and services until she became stable and could move to a less intense level of care. The resident, her neighbors and staff at the high rise were all pleased to see the resident once again being social, participating in activities and getting along well with neighbors and others in the building.

Georgia Psychiatric Physicians Association Honors J. Rex Fuqua with the *Distinguished Service Award*

J. REX FUQUA IS A BUSINESSMAN WHO UNDERSTANDS COMMUNITY SERVICE AND MENTAL HEALTH. Rex is an accomplished entrepreneur and Chairman and CEO of Fuqua Capital Corporation. He has been extraordinarily successful in business, but to his community he is known as a leader in mental health. Rex has been a determined advocate for the mentally ill in Georgia and nationally for two decades. He has provided both leadership and a vision in developing novel treatments particularly in children and adolescents and promoting legislation to provide a safety net for patients with severe and persistent mental illness.

In Georgia, Rex funded W. Edward Craighead as the first J. Rex Fuqua Professor at Emory University. Dr. Craighead started the Childhood and Adolescent Mood Disorders Program to provide therapy to children at risk for recurrent mood disorders. He has also developed international research with investigators in Reykjavik, Iceland to understand the genesis of childhood mood disorders in the areas of psychological, genetic, environmental and neurobiological components of mood disorders.

Rex has also been a guiding force on the boards of both the Fuqua Center for Late-Life Depression and Skyland Trail and his service on these boards is a level of his commitment to the mental health of Georgians of all ages and a testament to his leadership. He is also a member of the Board of Councilors at Emory University's Carter Center and

in that role has promoted legislation to provide for the most disadvantaged patients with mental illness.

On a national level, Rex has convened international experts to Skyland Trail to develop guidelines for the treatment of the severe and persistently mentally ill. He has also been a leader in the National Network of Depression Centers, a network of leading depression centers and academic medical centers, and gave one of the keynote addresses at their recent national conference.

J. Rex Fuqua was recognized by the Georgia Psychiatric Physicians Association for his outstanding efforts to positively impact the mental health of Georgians through the "Common Ground" initiative.

Rex is a trustee emeritus of Duke University, a member of the Board of Visitors of The Fuqua School of Business. He is a trustee and former chairman of the Atlanta Botanical Garden. He serves on the Board of the George West Mental Health Foundation and the Sheridan Arts Foundation. He is an emeritus member of the Board of Overseers of the Terry College of Business at the University of Georgia.



DID YOU KNOW?

- Depression is a physical disorder of the brain that impacts over 20 million adults overall and affects more than 6.5 million individuals over the age of 65
- You can access the latest articles on depression and other issues that impact older adults by visiting our website www.fuquacenter.org

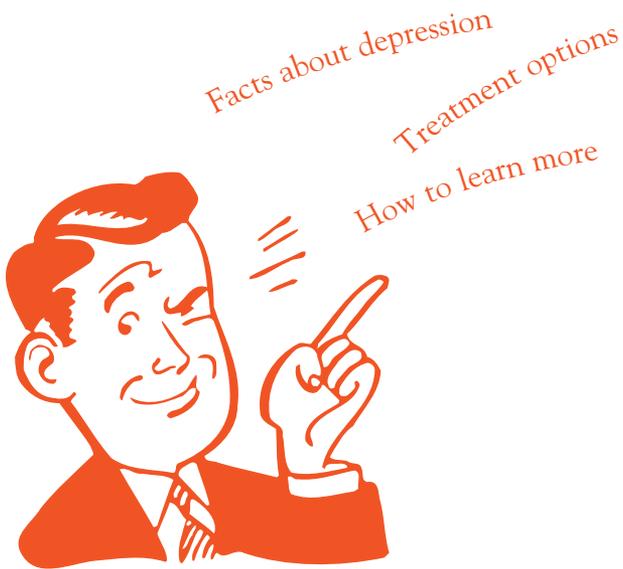
Fuqua Center Awarded National Council Mental Health First Aid USA Challenge Grant



The Fuqua Center is one of eighteen organizations nationwide to be awarded a community dissemination grant to support Mental Health First Aid Programs in the metro area. Introduced in the U.S. in 2008, Mental Health First Aid teaches people how to help someone with the signs and symptoms of mental illness or in a mental health crisis.

The \$1,000 grant from the National Council for Community Behavioral Healthcare will be used to expand Mental Health First Aid offerings in the community to help combat stigma, increase health literacy and build capacity to help people struggling with mental health and substance abuse issues.

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Fuqua Center Welcomes Geriatric Psychiatry Fellow, Kristin C. Jones, M.D.

Dr. Kristin C. Jones began her Geriatric Psychiatry Fellowship at The Fuqua Center in July under the supervision of Geriatric Psychiatry Fellowship Director, Dr. Adriana Hermida. Dr. Jones received her medical degree from The University of Texas Health Science Center at San Antonio and completed Residency training in Internal Medicine at Loyola University and in Psychiatry at Emory. Initially

undecided between internal medicine and psychiatry, Dr. Jones states that she enjoyed her exposure to geriatric psychiatry during her residency because of the challenges of medicine involved and also liked learning more about neurology. Because all of these areas are involved in working with the older adult population, Dr. Jones saw geriatric psychiatry as a natural fit.

“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 mlmiles@emory.edu. In the subject line of your e-mail, please put NEWSLETTER E-MAIL ADDRESS. Thank you for helping us do our part to help save the environment.

