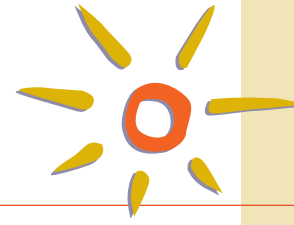


In the Mood



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

Volume 13, Issue 1
Summer 2015

THE EMORY BRAIN HEALTH CENTER – A World Class Collaborative Community

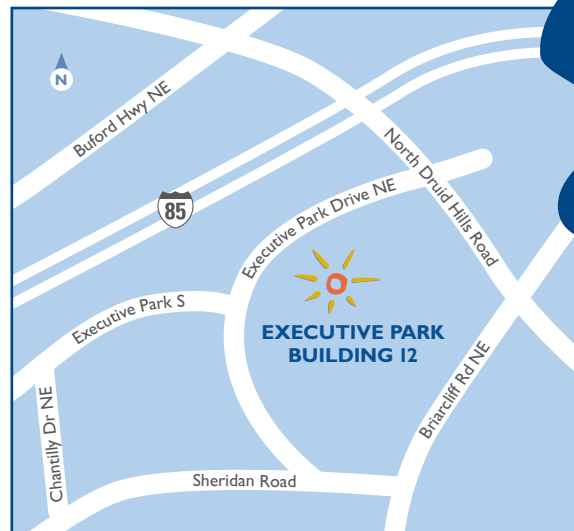
Earlier this year, the Fuqua Center for Late-Life Depression and the Geriatric Psychiatry Outpatient Clinic moved to 12 Executive Park Drive NE, 5th Floor, Atlanta, Georgia 30329 as part of Emory's Brain Health Center.

Emory's Brain Health Center consolidates specialists working together to predict, prevent, and manage or cure disorders involving the brain. Disorders such as depression, post-traumatic stress disorder, addiction and autism as well as Alzheimer's Disease, Parkinson's Disease, epilepsy, stroke, multiple sclerosis, ALS, brain tumor or injury, and sleep problems are among those being addressed by the Brain Health Center.

The center combines three missions of care, research, and education in work that is focused continually on the needs of patients and their families. The center's research is informed in real time by its patient care and vice versa.

Chronic neurological and psychiatric conditions are predicted to be the overwhelming health problem in this country for the next half-century. With more than 400 researchers and clinicians, an impressive track record in innovative treatments, and new funding for research, Emory's Brain Health Center is positioned to help change the outlook for patients with these disorders. (*Adapted from Emory Brain Health Center, Forging New Pathways in Brain Health, 2015*)

The new location is easily accessible from Interstate 85 and is about three miles north of the



former location at Wesley Woods. Parking is free and complimentary valet service is available.

To learn more about the Brain Health Center and the work being done by the Fuqua Center, [CLICK HERE](#) to watch our new video.



DID YOU KNOW?

Depression and anxiety disorders are among the most common mental health problems in older persons

(SAMHSA/AOA, 2012)

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**
- > **Loss of interest or pleasure**
- > **Feelings of worthlessness or guilt**
- > **Difficulties with concentration or decision making**
- > **Noticeable restlessness or slow movement**
- > **Irritability or intolerance**
- > **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 7:30am-6:00pm)

For information about the Fuqua Center, call Michele Lyn Miles at 404-712-6941

For NEW PATIENT appointments, call 404-728-6302

For community clinical sites, call Jocelyn Chen Wise at 404-712-6943

For information on community education call Cathy T. Rambach at 404-712-6942

For information on the Senior Peer Support Group facilitated by Certified Peer Specialists contact Jocelyn Chen Wise 404-712-6943

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 m.l.miles@emory.edu

Peer Support Group Fosters Hope And Mental Health Recovery Among Older Adults

THE FUQUA CENTER for Late-Life Depression is happy to welcome a new member of our team, Eric Ferguson. Originally from New York, Eric worked for several years with the NYC chapter of the National Alliance on Mental Illness (NAMI) and later with NAMI-Georgia. Eric has been trained as a NAMI Connection support group facilitator, state trainer for the NAMI Peer to Peer program, as well as a Certified Peer Specialist (CPS). Since spring 2014, Eric has been leading the Fuqua Center's weekly peer support group for older adults focused on mental health recovery principles. Each week, the group discusses various topics related to mental wellness and learns how to create and utilize a personalized Wellness Recovery Action Plan (WRAP®), an evidence-based tool that helps people identify triggers and early warning signs of crisis to design a daily maintenance plan and wellness toolbox. The group also draws upon Whole Health Action Management (WHAM), another evidence-based, self-management tool for whole health and wellness.

What drew you to working with older adult peers at the Fuqua Center?

EF: In my own life, I was raised by my grandparents, have two aunts who are 87 and 93 years old and have a 73 year old mother who was diagnosed with paranoid schizophrenia at the age of 27. I feel my personal life experiences gave me the requisite emotional depth to work with older adults. Being a CPS has allowed me to give back in a way that is meaningful. One of the guiding mantras in my life is this quote from Dr. King, "Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace and a soul generated by love."

What has your experience been like leading the peer group?

EF: Before coming to the Fuqua Center, the support groups I facilitated were typically populated by peers in middle age. At first, I didn't know what to expect from

working with older adults but I have learned that we are basically more alike than different when you really get to know people. The recovery perspective basically means you have the power to change your life and get whatever you want and need. The people in the group understood this from an intellectual standpoint, however, developing the emotional resilience and motivation to sustain this focus every day is the challenge. Several members have talked about how much the fellowship in the group has helped them to remain hopeful.

What do you hope to see in the future around mental health recovery for older adults?

EF: I hope to see more education and less shame and guilt on the issue of mental health in older adults. I also would like my peers to understand that recovery is an action word and just because your mind, body and life circumstances change—sometimes drastically—that does not mean you have to give up.

The peer support group was started with seed funding from the Thanks Mom & Dad Fund and continued support from the Fuqua Foundation. The Fuqua Center's peer support group meets Mondays (except holidays) from 11:30 am-1:00 pm at our office. It is free and open to the public. To register, call Jocelyn Chen Wise at 404-712-6943. If you're interested in training to become a CPS, please contact the Georgia Mental Health Consumer Network at (404) 687-9891 or www.gmhcn.org





In Memoriam: Dorothy C. Fuqua

Dorothy “Dottie” Chapman Fuqua, died after a brief illness on January 23, 2015. Mrs. Fuqua was a visionary philanthropist who, along with her beloved late husband J.B. Fuqua, generously endowed the Fuqua Center for Late-Life Depression at Emory University as well as many other community organizations. Known for her love of gardening, she was a longtime supporter of the Atlanta Botanical Gardens. Described by all who met her as kind and compas-

sionate, she valued community service and doing for others, touching and changing the lives of so many through her generosity and dedication to many causes including mental health, education and healthcare. Mrs. Fuqua’s amazing ability to reach out to others with her engaging smile and sparkling eyes made you feel immediately relaxed and like you had known her for years. Her gentle spirit will always be remembered.



Healthy Aging

When Charlee Lambert, a vibrant and active 92 year old, found herself divorced in her 60s after being a corporate wife and mother to six children, she asked herself, “is this all there is?” and decided to “make an end run” reinventing herself as a playwright and storyteller. “It was a hard time of lifetelling my story got rid of a lot of things that were negative.” To help support herself, she opened her home to boarders, something she continues to this day although now she does it as a way to stay active and around people. “I’ve got four men living with me” she chuckles and credits them with her being sure to “comb my hair before coming out of my room each day.”

Charlee says the keys to aging well include “being engaged, live your life with passion, and don’t let age get in the way.”

Her three prong prescription for aging, (1) Stay adaptable, (2) Have friends of all ages, and (3) Have fun, have served her well. To watch the video of Charlee sharing her story with Dr. William M. McDonald, J.B. Fuqua Chair for Late-Life Depression and Professor of Psychiatry and Behavioral Sciences at Emory University, [CLICK HERE](#).

TREATMENT RESISTANT DEPRESSION

The Treatment Resistant Depression (TRD) program is a consultation and referral service offering comprehensive evaluations for people who have complex and difficult-to-treat mood disorders. Patients are provided with an in-depth psychiatric consultation, including an extensive review of previous records, and detailed treatment recommendations. Led by William M. McDonald, M.D., J.B. Fuqua Chair for Late-Life Depression, this consultation service features specialized inpatient and outpatient treatment approaches. The TRD clinicians maintain close communication with the patient’s established treatment team to optimize treatment. Through the clinic, patients will have access to cutting-edge evidence-based treatment modalities including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), ketamine services, and individualized psychotherapy. Patients will also be evaluated for inclusion in various clinical research protocols, such as deep brain stimulation (DBS), immunotherapy, magnetic stimulation therapies, and complementary and alternative treatments. For consultation appointments, call the Psychiatry Intake Line at 404-778-5546.

RESEARCH PARTICIPATION OPPORTUNITIES

The Fuqua Center for Late-Life Depression is currently investigating non medication treatments for depression: transcranial direct current stimulation (tDCS) and magnetic stimulation therapies. The Fuqua Center is currently recruiting depressed patients 18 and over for these studies. Patients with unipolar and bipolar depression are invited to participate. Study participants will not need to discontinue any current antidepressant therapy. Treatments will occur at the Wesley Woods Hospital. For more information, please contact Gail Snead at 404-728-6856 or gail.snead@emory.edu

DID YOU KNOW?

15-20 percent of older adults in the United States have experienced depression.

Depression is one of the most successfully treated illnesses. There are highly effective treatments for depression in late life, and most depressed older adults can improve dramatically from treatment.

—The State of Mental Health and Aging in America, CDC/NACDD, 2008





EMORY
MEDICINE

**Fuqua Center for
Late-Life Depression**

Fuqua Center for Late-Life Depression

Brain Health Center
12 Executive Park Drive NE, 5th Floor
Atlanta, GA 30329
404-712-6941

www.fuquacenter.org



Treatment options
Facts about depression
How to learn more

Help Continue the Work of the Fuqua Center

WHY MAKE A GIFT TO THE FUQUA CENTER?

Your gifts help to improve access to clinical services for older adults, increase public awareness and understanding that depression is NOT a normal part of aging, as well as maintain extensive community outreach efforts aimed at educating those who serve older adults. The Fuqua Center for Late-Life Depression of Emory University, a community education and outreach entity within the Division of Geriatric Psychiatry, relies on private support from generous partners like you to sustain its comprehensive programs and services. Each and every contribution makes a difference and has an impact.

To make a gift online, visit www.fuquacenter.org/donations



Contributions to help continue the work of the Fuqua Center for Late-Life Depression of Emory University

Enclosed is my tax deductible gift of \$_____. Please note that this contribution is:

☐ In memory of: ☐ In honor of: _____

Please send acknowledgement of this donation to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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Emory University – Fuqua Center for Late-Life Depression

Please mail to:

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