

FALL 2004

CMHA NEWS

CENTER FOR MENTAL HEALTH AND AGING | THE UNIVERSITY OF ALABAMA

INSIDE

FROM THE DIRECTOR
PAGE 2

SECOND CYCLE OF
INTRAMURAL RESEARCH
GRANTS AWARDED
PAGE 2

CMHA NEWS
SCIENTIFIC SEMINAR SERIES



DR. KEITH WHITFIELD, 11/5
PAGE 3

CALENDAR OF EVENTS
SNEAK PREVIEWS OF THE
NEW CMHA
PAGE 4

Center for Mental Health & Aging Changes

CMHA became a University Center on January 1, 2004, in the division of Academic Affairs. The Center was funded through a SAMHSA grant which ended July 31, 2004. We are pleased to report that, based on the Center's successes over the past two years, the University has decided to provide core funding for CMHA while it prepares for an NIH-funded Center grant (e.g., Pepper, Roybal, etc.). Many thanks to Drs. McDowell, Olin, Woods, Bonner, and President Witt for their support of the "new" CMHA.

NIH Center grants are very competitive and require that an existing Center have a solid core of Investigators

who have obtained R01 funding. Thus, our efforts will be intensely focused on this critical goal which, if obtained, will ensure the long-term viability of the Center and will assist the University in attaining its goal of Tier 1 status.

The second issue of the CMHA newsletter highlights some of the Center's recent activities, many of which have been written up in the local media, as well as sneak-previews of upcoming changes.

If you would like more information about the programs, or if you are interested in contributing to our endowment fund, call (205) 348-7512.

CMHA Awards First Undergraduate Scholarship

Misti Johnson, a University of Alabama junior from Tuscaloosa, was recently named the recipient of the first UA Center for Mental Health and Aging Undergraduate Scholarship.

Johnson, a junior majoring in psychology, is a member of both the University Honors Program and the psychology program. She will be working on a CMHA project that teaches nursing home staff how to identify pain cues in residents with dementia. This project is currently funded by the National Institutes of Health.

"The purpose of this scholarship is to encourage interest in aging studies in junior and senior undergraduate students," said Dr. Louis Burgio, Director of the Center for Mental Health

and Aging. "It also forms a link with our honors programs to provide the recipient with applied research experiences," Burgio added.

The CMHA scholarship provides a stipend of \$3,000, with \$1,000 paid in a lump sum during the spring, summer and fall semesters of 2004. The scholarship is renewable each semester provided the student has performed well in both her honors project and field experience.

Johnson will spend nine hours weekly on independent research related to the "Pain Project" in hopes of leading to a published paper. An additional 11 hours will be spent in the field assisting with data collection, observations, and other research-related tasks.



From The Director

There are a number of changes planned for the Center, many of which are still in development.

The most significant change is that CMHA Cores have been established. The **Data Management and Analysis Core (DMAC)** is under the direction of Dr. J. Michael Hardin, Professor, Department of Information Systems, Statistics, and Management Science, C&BA. The **Administrative Core**, is co-Directed by Dr. Louis D. Burgio, Distinguished Research Professor, and Dr. Rebecca S. Allen, Associate Professor, Department of Psychology, A&S. An additional **Recruitment Core** is under development to attract new faculty to CMHA.

I'm sure you will agree that this is an exciting time for the Center. I'm hopeful that our interdisciplinary efforts will move our already nationally recognized Center to top-10 status within a few years.

CMHA CO-SPONSORS "GOLDEN TREASURES: HELPING SENIORS BE HEALTHY"

Older adults and their caregivers attended a free event where they learned more about the new Medicare prescription drug benefits, new treatments for Alzheimer's disease and information on other health issues, including ongoing UA-sponsored treatment studies. The event was held in March 2004 at FOCUS on Senior Citizens in Tuscaloosa, co-sponsored by CMHA, Shelton State Community College, & FOCUS. FOCUS is a comprehensive service organization for those ages 60 and older.

Participants received tips on developing legacies, depression, and legal issues facing older adults. Free manicures, snacks and door prizes were available.

Second Cycle of Intramural Research Grants Awarded

One of the ways that the Center for Mental Health and Aging has pursued its goal of research, education, and service is by the establishment of a competitive intramural grants program.

This program provides support both for new researchers in aging and for faculty members interested in expanding their research into one of the CMHA's four aging focus areas. These areas include elder caregiving, mental health in rural communities, quality of care in nursing homes and end-of-life issues.

The second cycle of research grants (2004 – 2005) totaling \$20,000 was awarded to several University of Alabama faculty members, listed below:

Dr. Rebecca S. Allen, UA Associate Professor of Psychology, (\$5,000), "Care Alternatives in Prison Systems (CAPS)."

Dr. Marietta Stanton, UA Professor of Nursing, (\$5,000), "Rural Institute for Nursing Case Management: Viability,

Marketability, and Effectiveness."

Dr. Ellen Csikai, UA Associate Professor of Social Work, (\$5,000), "Communication Toward Transition to Hospice: An Examination of Families' Experiences."

Dr. Michael W. Parker, UA Assistant Professor of Social Work, (\$5,000), "A ParentCare Readiness Intervention Program."

The first cycle of research grants (2003 – 2004) expired July 31, 2004. Investigators are preparing final reports and completing surveys regarding activities related to their grants and intent to submit external grant applications.

This data will be reported to the Vice President for Research by November 15, 2004, and will be made available in the CMHA to any interested individuals.

Total Amount of Funding Received by CMHA Faculty

Palliative Care and End of Life Issues:	\$459,745	Elder Caregiving:	\$2,395,850
Quality of Care in Nursing Homes:	\$3,620,072	Training:	\$845,072
Mental Health of Rural Elders:	\$3,206,168		
		TOTAL: \$10,526,907	Pending: \$9,753,556

Scientific Seminar Series Fall 2004 Schedule

Unless otherwise noted, all talks will be at:

Location: Room 111, AIME Building, Univ. of AL

Time: 12:00-1:30 pm, with lunch provided

September 16

*Research on Gerontological Assessment Revisited:
A Personal Odyssey 1966 - 2004*

Barbara Berkman, DSW, Helen Rehr/Ruth Fisdale Professor
School of Social Work, Columbia University

NOTE CHANGE: Thursday seminar, Room 104 Little Hall

September 30

Recent Advances in Family Caregiver Intervention Research

William E. Haley, PhD, Professor and Director
School of Aging Studies, University of South Florida

NOTE CHANGE: Thursday seminar

October 11

Emerging Issues of Custodial Grandparents in Rural Settings

Martha Crowther, PhD, MPH, Assistant Professor
Dept. of Health Behavior, The University of Alabama at
Birmingham

October 25

Care Alternatives in Prison Systems (CAPS)

Rebecca S. Allen, PhD, Associate Professor
Laura L. Phillips, Doctoral Student
Department of Psychology, The University of Alabama

NOTE CHANGE: Room 101 Little Hall

November 5

*Subject Recruitment and Retention Issues Among African
Americans*

Keith Whitfield, PhD, Associate Professor
Dept. of Biobehavioral Health, The Pennsylvania State University

NOTE CHANGE: Friday seminar

December 6

Managing Behavioral Symptoms in Persons with Dementia

Cornelia Beck, PhD, Director of Research
Hartford Center of Geriatric Nursing Excellence
The University of Arkansas

CMHA News

CMHA Continues Scientific Seminar Series

The Center for Mental Health and Aging hosts a scientific seminar series featuring nationally recognized researchers in aging as well as University of Alabama faculty and students presenting their research at various stages of development.

The schedule shown at left lists the presenters for Fall 2004. The public is invited to all talks; for more information please call (205) 348-7512.

Alabama Demonstration Grant

Dr. Louis D. Burgio, Director of the CMHA, has been awarded a \$149,811 grant from the US Administration on Aging, through the Alabama Department of Senior Services.

This grant will improve direct services available to family caregivers by incorporating Resources for Enhancing Alzheimer's Caregiver Health (REACH) evidence-based, in-home social and behavioral interventions which promote skill building. The grant will also improve Alabama's overall system of care by incorporating the needs and preferences of persons with dementia into the State's long term care system.

Expected outcomes are a decrease in caregiver burden as measured by feeling of self-efficacy, anxiety and depression, and increased access and knowledge about available services. Products will include training manuals on REACH interventions, Alzheimer's Caring Teams, and Leadership Institutes.

Other products include evaluation tools, web page information, a final report, and published reports on the impact of the Leadership Institute. These products will be disseminated through state and national conferences to direct service organizations and to the Area Agencies on Aging (AAAs).

Dr. Burgio and his staff will develop and provide REACH training at the CMHA which will provide professionals associated with the AAAs with needed intervention techniques and skills.

Calendar of Events

On-going throughout Fall 2004

Be sure to check the Scientific Seminar Series schedule on Page 3.

November 16-19, 2004

Administration on Aging Alzheimer's Disease Demonstration Grants to States Annual Grantees' Training Meeting, Washington DC.

November 19-23, 2004

The Gerontological Society of America's 57th Annual Scientific Meeting, Washington DC.

Center for Mental Health and Aging

Phone: (205) 348-7518

Director: Dr. Louis D. Burgio

Administrator: Dr. Denise Cleveland

The mission of the CMHA is to develop new knowledge, test new interventions, and disseminate information related to mental health and aging. Through applied interdisciplinary research, the CMHA promotes improved quality of life for older adults.

SNEAK PREVIEWS

The Center is funding a small percentage of a data management and analysis core (DMAC), directed by Dr. J. Michael Hardin, C&BA. CMHA Associates and Affiliates will have access to Dr. Hardin for statistical consultation on grant preparation (primary focus) and data analysis for CMHA-related research projects. Details will follow regarding the process for providing fair access to the DMAC.

The Executive Committee will be streamlined for a larger number of represented disciplines.

The CMHA External Advisory Board has unanimously agreed on triage and internal review. This system is necessary for parsing-out limited CMHA resources pertaining to statistical consultation and grant submission.

CMHA will fund consultants to review grant outlines and applications in order to assist PIs in submitting the highest-quality applications, and to assist CMHA in determining how best to spend its limited resources. Grant pre-review is most relevant to investigators who have not yet obtained R01 funding.



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