

PROMOTION RECOMMENDATION
UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF PSYCHIATRY

Helen C. Kales, M.D., associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School, is recommended for promotion to professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

M.D.	1992	University of Rochester, Rochester, NY
B.A.	1987	Bucknell University

Professional Record:

2008-present	Associate Professor of Psychiatry University of Michigan
2001-2008	Assistant Professor of Psychiatry, University of Michigan
1998-2001	Lecturer, Department of Psychiatry, University of Michigan

Summary of Evaluation:

Teaching: Dr. Kales teaches house officers in the Core Lecture Series for the Geriatric Psychiatry Fellowship. She is the director of the Program for Positive Aging (PPA), and has led major initiatives to improve and expand geriatric psychiatry training for medical students. She provides mentoring to numerous trainees on research projects, ranging from college students to junior faculty with career development awards. Dr. Kales was one of the driving forces behind a redesign of the House Officer-III Core Lecture Series from a seminar series to a more dynamic and interactive case-based format. Dr. Kales is the associate director of the UM site for the NIMH Geriatric Mental Health Services T32 training grant, a two-year fellowship designed to train researchers in mental health and aging. On a national level, Dr. Kales is a “distance-mentor” for junior faculty at other institutions via the NIMH Advanced Research Institute in Geriatric Mental Health. She delivers multiple lectures to providers on aspects of geriatric mental health to “train the trainers.” She also directs PPA faculty to such opportunities in their interest areas. Talks within the Medical School and university help to link PPA efforts to those in other related disciplines (Neurology, Geriatric Medicine, and Psychology). Dr. Kales mentors undergraduates, medical students, house officers, post-doctoral fellows and junior faculty. One of her junior faculty mentees is a recipient of a VA Career Development Award (2009-2013) as well as a VA Merit Award. Another junior faculty member was the recipient of the Academy of Psychosomatic Medicine Dlin/Fischer Clinical Research Award in 2009 related to work she did under Dr. Kales’ supervision on dementia and suicide. In 2008, Dr. Kales was selected as one of 15 senior national geriatric psychiatry researchers to serve as a mentor at the prestigious NIMH-funded Advanced Research Institute (ARI) in Geriatric Mental Health. The ARI entails a yearly three-day research intensive with mentees as well as a 1-2 year commitment to “distance

mentoring” to help an assigned junior faculty mentee from another institution secure independent funding.

Research: Dr. Kales’ research program is directly informed by her clinical work and experiences with patients, families, providers and systems of care to diminish the barriers to effective and quality care for older patients with mental health issues. She addresses the management of older patients who suffer from depression, one of the most prevalent late-life mental health conditions, and neuropsychiatric symptoms of dementia which are among the most disabling. Dr. Kales’ research extends over four major areas: 1) late-life depression care adherence; 2) racial disparities in late-life mental health treatment; 3) psychotropic pharmacoepidemiology; and 4) outcomes of neuropsychiatric symptoms of dementia. Dr. Kales’ psychotropic pharmacoepidemiology research has resulted in an NIMH R01 (MH081070) and a number of publications showing the risks of antipsychotic use in dementia and later-life bipolar disorder. Most recently, this work has resulted in several high profile publications (*Archives of General Psychiatry*, *Archives of Neurology*, and *American Journal of Psychiatry*) as well as several national collaborations. The results of this work and the realization of the significant limitations of treating neuropsychiatric symptoms of dementia with psychotropic medications led to an expert consensus conference held in Detroit in the fall of 2011. This conference, conceived, organized and sponsored by the Program for Positive Aging, was interdisciplinary with 12 national expert participants (from the fields of medicine, nursing, psychology, and pharmacy), and led to the development of a treatment algorithm for neuropsychiatric symptoms of dementia with an emphasis on non-pharmacological methods. A version of the algorithm is now under review at the *Journal of the American Medical Association* as an Invited Article. In addition, Dr. Kales, with collaborators at Johns Hopkins University, is applying for federal funding to link the algorithm with technology to more widely disseminate non-pharmacologic/behavioral techniques among key stakeholders of dementia care such as clinical providers and caregivers. Dr. Kales has been the PI on four federally funded grants. She is the author of 50 peer-reviewed publications and of 11 book chapters. She is currently an active co-investigator on two federally-funded (VA Merit) projects examining: 1) peer support for veterans with depression; and 2) the links between depression and mortality. She has 40 invited presentations both locally and nationally.

Recent and Significant Publications:

Sirey J, Bruce ML, Kales HC: Improving antidepressant adherence and depression outcomes among older adults: The treatment initiation and participation (TIP) program. *American Journal of Geriatric Psychiatry* 18:554-562, 2010.

Kales HC, Zivin K, Kim HM, Valenstein M, Chiang C, Ignacio R, Ganoczy D, Cunningham F, Schneider L, Blow FC: Trends in antipsychotic use in dementia 1999-2007. *Archives of General Psychiatry* 68:190-197, 2011.

Weintraub D, Chen P, Ignacio RV, Mamikonyan E, Kales HC: Patterns and trends in antipsychotic prescribing for Parkinson disease psychosis. *Archives of Neurology* 68:899-904, 2011.

Kales HC, Kim HM, Zivin K, Valenstein M, Seyfried LS, Chiang C, Cunningham F, Schneider L, Blow FC: Risk of mortality among individual antipsychotics in patients with dementia. *American Journal of Psychiatry* 169:71-79, 2012.

Kales HC, Nease DM, Sirey J, Zivin K, Kim HM, Lynn S, Chiang C, Valenstein M, Neighbors H, Blow FC. Racial differences in adherence to antidepressant treatment in later life. *American Journal of Geriatric Psychiatry*. In press.

Service: Dr. Kales is a fellowship-trained and board-certified geriatric psychiatrist. As director of the Section of Geriatric Psychiatry, she has expanded the University of Michigan Geriatric Psychiatry Program into a national presence and resource with the simultaneous creation of the Program for Positive Aging (PPA). The field of geriatric psychiatry is a severe shortage area in the United States; to effectively expand, she needed to develop the PPA as a multidisciplinary, collaborative “quadruple threat,” with meaningful and significant activities in clinical services, education, outreach, and research. Under her leadership, the section has grown substantially and now has one of the largest groups of clinical geriatric psychiatry faculty in the country. From 2005-2011, Dr. Kales served as a member of the Institutional Review Board (IRB) Subcommittee on Human Studies at the VA Ann Arbor Healthcare System. At the department and university level, she has served on numerous committees and boards (department: Appointments and Promotions 2008-2001; Psychiatry Senior Leadership Council 2009-present; University: Society 2030 Consortium 2010-present; Michigan Alzheimer’s Disease Center Advisory Board 2011-present). On a national level, Dr. Kales serves as an ad hoc grant reviewer for NIMH, VA Merit Review, and the Alzheimer’s Association. She is also a member of the Program Committee for the American Association of Geriatric Psychiatry as well as on the Executive Committee for M-STREAM (NIMH-funded research training program for medical students in aging and mental health). Since 2010, Dr. Kales has been a triage editor for the *American Journal of Geriatric Psychiatry* (the premier journal in her subspecialty) and in 2011, she was named to the editorial board. Dr. Kales is the recipient of numerous honors and awards including the Junior Investigator Award in 2003, selected as a scholar (one of eight nationally) by the NIMH Advanced Research Institute in Geriatric Mental Health in 2005 and in 2008 she was selected as a mentor (one of fifteen nationally) by the NIMH Advanced Research Institute in Geriatric Mental Health.

External Reviewers:

Reviewer A: “Helen C. Kales, M.D., is a national and international leader in the field of treatment effectiveness and treatment implementation in late-life depression and dementing disorders....Her research into the interaction of vascular disease, executive impairment, as well as psychosocial factors such as race, with geriatric depression addresses some of the most pressing research questions in our field and are also of tremendous importance to the VA with its aging veteran population. I anticipate that her productivity and contributions will only increase.”

Reviewer B: “I consider Dr. Kales to be among the top geriatric psychiatry researchers in the country....I am confident that she will continue [to] have a leadership role both in the field of geriatric psychiatry and in mental health services research. She is also pursuing interesting new work in healthy and successful aging.”

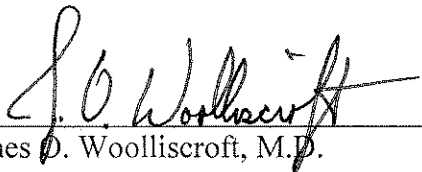
Reviewer C: “Put simply, as a researcher Helen is one of our leading investigators focusing on health care services in geriatric mental health. In particular, her work on care delivery for depression in veterans, and her attention to service delivery aspects of clinical psychopharmacology, has been noteworthy...Helen is a nationally and internationally recognized geriatric psychiatrist who has earned her well-recognized place as one of the leading academicians in the field.”

Reviewer D: “I would describe Dr. Kales’ scholarly and professional niche as meeting an important need in the area of geriatric psychopharmacology and management of late life disorders including depression and psychosis in dementia. She has established herself as an expert and appears to be consistently producing needed research addressing antipsychotic medication safety in the context of dementia and other neurodegenerative disorders.”

Reviewer E: “Dr. Kales has established herself as a health services researcher in geriatric mental health....As an educator, Dr. Kales has distinguished herself at the University of Michigan in her teaching of students, residents and fellows. Nationally, she is seen as a mentor for junior faculty interested in mental health services research in the elderly.”

Summary of Recommendation:

Dr. Kales is a nationally and internationally recognized geriatric psychiatrist. Her research program has been recognized nationally as evidenced by being selected as one of 15 senior national geriatric psychiatry researchers to serve as a mentor at the prestigious NIMH-funded Advanced Research Institute (ARI) in Geriatric Mental Health. She serves on numerous committees and boards locally, regionally and nationally and as a mentor for junior faculty interested in geriatric psychiatry. I am very pleased to recommend Helen C. Kales, M.D. for promotion to professor of psychiatry, with tenure, Department of Psychiatry, Medical School.



James D. Woolliscroft, M.D.
Dean
Lyle C. Roll Professor of Medicine

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