

PROMOTION RECOMMENDATION
UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

Michelle A. Meade, Ph.D., assistant professor of physical medicine and rehabilitation, Department of Physical Medicine and Rehabilitation, Medical School, is recommended for promotion to associate professor of physical medicine and rehabilitation, with tenure, Department of Physical Medicine and Rehabilitation, Medical School.

Academic Degrees:

Ph.D.	1998	Ohio University
M.S.	1995	Ohio University
B.A.	1992	Ohio University

Professional Record:

2007-present	Assistant Professor of Physical Medicine and Rehabilitation, University of Michigan
2005 to 2007	Associate Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University
2001 to 2005	Assistant Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University

Summary of Evaluation:

Teaching: Dr. Meade is an active and effective educator who excels at developing and organizing educational programs and curriculum. She serves as co-director and co-principal investigator for the University of Michigan-Ann Arbor Center for Independent Living (AACIL) Advanced Rehabilitation Research Training (ARRT) Program which is funded by the National Institute of Disability and Rehabilitation (NIDRR) within the Department of Education. In this role, she coordinates the rehabilitation research seminar and the AACIL rotation and assists with recruitment and mentoring of fellows. Dr. Meade has also taken on administrative and teaching roles within the clinical rehabilitation post-doctoral fellowship program, serving as coordinator of the rehabilitation psychology and neuropsychology (RPN) core seminar from 2008 to 2009 and revising the format of this seminar series. She has conducted lectures to residents and fellows in the department on psychological and research related topics, served as a mentor to both clinical and research post-doctoral fellows, and provided both formal and informal training to PM&R residents rotating through the spinal cord injury (SCI) service. Dr. Meade is also active in facilitating the training and education of peers in order to advance her field. In particular, she conceptualized, organized and implemented an educational event that is now a standard part of the national annual conference for her profession. The pre-conference that she organized in 2009 was a one day event consisting of eight nationally recognized presenters with the objective of enhancing research knowledge among rehabilitation psychologists. Dr. Meade is

regularly invited to present at national conferences and served as a member of the Baltimore Conference, which developed standards for clinical post-doctoral training in rehabilitation psychology. Dr. Meade also excels at developing educational programs and dissemination materials for individuals with spinal cord injury and their families. As director of dissemination for the U-M SCI Model Systems, she edits and writes for the biannual *SCI Access* newsletter, organizes the SCI lecture series and conducts outreach activities with community organizations. In addition, Dr. Meade obtained funding from the PVA Education Foundation and served as the principal investigator on a grant to develop a self-management program for individuals with spinal cord injury and disease (SCID). The result was *Health Mechanics*, a manualized program that has been used at the University of Michigan as well as other rehabilitation centers to facilitate the development of health and management skills among individuals with SCI.

Research: Dr. Meade has published 30 scientific articles in peer-reviewed journals and three book chapters. She is currently the principal investigator on two federal grants and a grant from a private foundation, as well as serving as co-investigator and study director for the federally funded U-M SCI Model Systems grant. She is on the editorial board of *Topics in Spinal Cord Injury Rehabilitation*, the journal of the American Spinal Injury Association, and has previously served on the editorial board of *Rehabilitation Psychology*, the flagship journal for her specific discipline. Most recently, Dr. Meade has served as guest editor for an issue of *Topics in Spinal Cord Injury Rehabilitation on Health and Health Care Disparities* (Fall 2011). She is a regular reviewer for the *Archives of Physical Medicine and Rehabilitation*, as well as several other journals. Dr. Meade is also regularly invited to serve on the grant review committees for the National Institute of Disability and Rehabilitation Research (NIDRR). Dr. Meade's research is focused on enhancing health and participation and reducing health care costs among individuals with SCI and other physical disabilities. She is probably best known for her work on employment following SCI; however her current research has shown that that employment and community re-integration are unlikely to occur if the person with SCI is unable to manage their health and prevent complications. Moreover, she has found that current methods of promoting health (i.e., education) match either the time limitations inherent within health care visits or the learning styles of the patient population. As a result, she created the aforementioned self-management program, *Health Mechanics*, and is now working to validate its effectiveness and feasibility as both a tele-health intervention (funding provided as part of the U-M SCI Model Systems grant) and in-person intervention (two-year grant from the PVA Research grant). She has also received a three-year development grant from NIDRR to partner with programmers and artists from the UM 3D lab to translate the program into a health gaming application for the iPhone / iPod / iPad in order to engage adolescent and young adult males, particularly those from racial and ethnic minority populations. Her newest grant, from the Department of Defense, is a qualitative project that will focus on identifying cognitions, decisions and behaviors (i.e., modifiable factors) that are associated with resilience and happiness among individuals with SCI so that they can serve as the basis for new clinical assessments and interventions.

Recent and Significant Publications:

Meade MA, Forchheimer M, Krause JS, Charlifue S: Impact of secondary conditions on job acquisition and retention in adults with SCI. *Archives of Physical Medicine & Rehabilitation* 92:425-432, 2011.

Charlifue SB, Apple D, Burns S, Chen D, Cuthbert JP, Donovan WH, Lammertse DP, Meade MA, Pretz C: Mechanical ventilation, health and quality of life following spinal cord injury. *Archives of Physical Medicine & Rehabilitation* 92:457-463, 2011.

Forchheimer M, Meade MA: Women with violently acquired spinal cord injury: Characteristics of a vulnerable population. *Topics in Spinal Cord Injury Rehabilitation* 17:10-16, 2011.

Meade MA, Carr L, Ellenbogen P, Barrett KA: Perceptions of provider education and attitudes by individuals with spinal cord injury: Implications for health care disparities. *Topics in Spinal Cord Injury Rehabilitation* 17:25-37, 2011.

Meade MA, Cronin LA: Expert patient and the self-management of chronic conditions and disabilities. In P. Kennedy (editor) Oxford Handbook of Rehabilitation Psychology, Oxford University Press, Oxford, pp. 492-510, 2012.

Service: Dr. Meade has served on several departmental and University of Michigan Health System committees including the 6A Leadership Committee and the recruitment committee for the new inpatient SCI attending. She has been extremely active at the national level, particularly within Division 22 (Rehabilitation Psychology) of the American Psychological Association (APA). She has served as the president of Section 2 (Women's Issues) of Division 22 and has been recognized for her work in enhancing awareness and support for women who interact with rehabilitation psychology as professionals, patients and caregivers. She has also served as chair of the Science Committee of Division 22. Dr. Meade has chaired the research committee for the Academy of Spinal Cord Injury Professional (ASCIP)'s section for Psychology and Social Workers (PSW) and was recently elected to their board of directors. Dr. Meade provides psychological services for adult patients with spinal cord injury and disease and their family members and has spent approximately 40% of her time in this activity since she began her position here at the University of Michigan. From September 2007 to June 1, 2012, she served as the Rehabilitation Psychology Attending for the Spinal Cord Injury (aka PMC) service, spending 12 months a year at the UMHS Adult Inpatient Unit on 6A. In addition, she began providing outpatient services beginning in 2008, in order to respond to patient requests and facilitate a continuum of care for individuals with SCI and their families. Dr. Meade continues to provide outpatient services to individuals with SCI and their family members, focusing on issues of adjustment to disability and health management.

External Reviewers:

Reviewer A: "Dr. Meade has produced documented innovations in our field, which have merited national recognition. Most notable is her work in the area of self-management and spinal cord injury, where she has made a significant contribution in translating needed ideas and concepts from health psychology and behavioral medicine into patient tools and related information materials for the field of rehabilitation psychology."

Reviewer B: "...Dr. Meade's major contribution in the field as rehabilitation psychology researcher and professor will be her scholarly research and her ability to translate research

findings into accessible educational materials through conference presentation and publication of articles for rehabilitation health practitioners and students as well as self-management manuals for people with disabilities.”

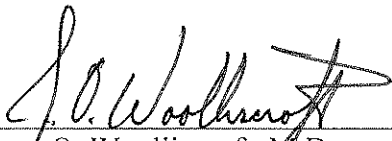
Reviewer C: “...Dr. Meade has been a highly productive faculty member who, in my opinion, has made significant contributions to your Department and the field of SCI research within rehabilitation medicine. She is nationally recognized for her expertise and scholarship in the area of SCI research. I have no doubt that Dr. Meade will continue her scholarly work and be a valued contributor to the field.”

Reviewer D: “... Dr. Meade has demonstrated national leadership both in scholarship and administration. She has a sophisticated research program that has had a tangible positive effect on the body of knowledge in rehabilitation psychology and rehabilitation medicine. The likelihood of her continuing to have a national and international impact on these fields is very high.”

Reviewer E: “Dr. Meade’s contributions in the area of national peer organizational service are notable. She is heavily involved in APA Division 22, which is the primary organization for a psychologist working in the area of disability. She has held key leadership positions and is actually organizing a 2013 conference. Dr. Meade has been described as an enthusiastic and selfless volunteer.”

Summary of Recommendation:

Dr. Meade has proven to be an extremely valuable asset to her department. Her range of activities reflects her innovative, dynamic nature and her drive to make a difference in the lives of individuals with SCI and other disabilities. She has shown leadership in many areas, including post-doctoral and professional education, as evidenced by grant support and the roles she has been asked to take in national organizations. Her research grows out of the issues and concerns that she sees her patients encounter, and is focused on identifying and addressing factors that impact their health and quality of life. She has a national reputation among her peers for her work within the areas of self-management, community integration and employment among individuals with SCI. I am pleased, therefore, to recommend Michelle A. Meade, Ph.D. for promotion to associate professor of physical medicine and rehabilitation, with tenure, Department of Physical Medicine and Rehabilitation, Medical School.



James O. Woolliscroft, M.D.

Dean

Lyle C. Roll Professor of Medicine

May 2013