

# MIND MATTERS

## Administrator and Medical Director Join PRI Leadership



Laura Tyler, Ph.D.

Two new leaders have recently joined the UAMS Psychiatric Research Institute (PRI). **Laura Tyler, Ph.D.**, has been named administrator, and **Jeffrey Clothier, M.D.**, has been named medical director. Both Tyler and Clothier bring to PRI not only experience in mental health care, but a passion for PRI's mission of improving mental health care service in the state and beyond.

Tyler, an Arkansas native, previously served as chief executive officer of Avita Community Partners, which provides services to those affected by mental illness, developmental disabilities or addictive diseases in 13 Georgia counties. As PRI administrator, she will supervise the



Jeffrey Clothier, M.D.

clinical and fiscal operations of PRI and will work closely with the UAMS Medical Center to operate the new PRI inpatient units.

Tyler earned a doctorate in health services organization and research from Virginia Commonwealth University. She earned master's degrees in rehabilitation counseling and sociology from the University of Arkansas. Additionally, Tyler is a Licensed Professional Counselor.

Prior to joining Avita Community Partners, she worked 15 years in various positions – including chief clinical officer – at Ozark Guidance, a community mental health center in Springdale. As part of a post-doctoral fellowship, she also worked at UAMS

in the mid 1990s in the former College of Medicine Center for Outcomes Research and Effectiveness (CORE).

When asked about her reason for returning to Arkansas for this opportunity, Tyler said, "PRI is what drew me back to Arkansas. The concept of three components (clinical service, research and education) makes PRI unique and innovative. The collaboration with the UAMS Medical Center also increases our capacity to provide care in a more integrated way." Her vision for the atmosphere of PRI is "to have a place where people with mental illnesses are treated like others

*continued on Page 2*

### Inside this issue:



*Kenneth Pargament, Ph.D., was keynote speaker at the second annual conference on faith and mental health.*

*Faith Conference* ..... 3  
*Walker Family Clinic* ..... 4  
*Construction Update* ..... 5



G. Richard Smith, M.D.

### Dear Friends of Psychiatry and the Psychiatric Research Institute,

This issue is full of information about exciting changes that continue as we move toward an opening date of December 2008 for the Psychiatric Research Institute. You will notice that we are continuing to add to our leadership team, and I hope you will enjoy reading about Laura Tyler, Ph.D., PRI administrator, and Jeff Clothier, M.D., PRI medical director (page 1). These outstanding leaders are committed to and

enthusiastic about PRI and are working hard toward a smooth transition to a new building, a new administrative structure and a new inpatient unit scheduled to open in January 2009.

I am also excited to announce the opening of the Psychiatric Research Institute’s Walker Family Clinic. The Walker family’s impact on outpatient mental health treatment will be significant as we consolidate those services in preparation for the move to the new building. Please read about the Walker Family Clinic on page 4.

Finally, I continue to be impressed by the difficult and burdensome clinical situations that our patients and their families bring to us to help them solve. Whether it is a family struggling with a daughter with an eating disorder or a wife helping her husband get the correct diagnosis and treatment for his dementia — these are all heartbreaking stories. At the same time, I am amazed at our patients’ and families’ resiliency and tenacity to continue to move toward mental health, even in the face of very difficult odds. I am also proud of our clinicians who daily put forth their utmost skill, knowledge, and compassion to help our patients regain the health that they so rightfully deserve.

Thank you for all you do in helping us make all of this happen. Our volunteers, advisors, and donors are essential to making the difference to improve the mental health of all Arkansans.

Best wishes,

G. Richard Smith, M.D.

### Administrator and Medical Director

*continued from Page 1*

with physical illnesses, where people and their families are treated with respect, and where employees consider work to be rewarding and fun.”

As administrator of PRI, Tyler will be managing more than 200 employees.

She said her goal as a manager is to “give people the tools they need to do what they want in a supportive environment.” She said that one of the most informative questions she asks a potential employee is “What three things do you do on a daily basis to

create respect for others?” The message she wants to send to supporters and staff is: “We will make it happen. PRI can be anything we want, and it will be what we make it.”

As medical director, Clothier envisions PRI as “a center of excellence where the individual patient is not forgotten within the process of care. The mission is to improve the mental health of Arkansas and beyond through outstanding training, research, clinical care, and service,” Clothier said. “When we are successful in this mission we will do so by providing standard-setting care that spans the life cycle and the continuum of care. To do so we will provide timely access to high quality, personalized mental health care.”

Clothier, an associate professor, has been a faculty member with the Department of Psychiatry since 1990. He is currently the associate chief of staff of Mental Health Services at the Central Arkansas Veterans Healthcare System where he has been employed for the past 17 years. Board certified in Psychiatry with certificates in Psychiatric Administration & Management and in Medical Management, Clothier has a strong record for systemic performance improvements that positively impact patient care.

“The standard for evidenced-based care is constantly evolving. One of the unique aspects of PRI is the integration of the care and training with our internationally recognized health services researchers. This collaboration will help extend the evidence base for our treatments and inform our clinical services,” Clothier said. He said he has learned many valuable lessons from his patients and their families including that “‘Not everything that can be counted matters, and not everything that matters can be counted’. I don’t know how

to count compassion but I know it matters,” Clothier said. “True quality improvement should focus on things that matter.”

When asked what he wants supporters of PRI to know, he said, “One of the great things about PRI is that it is something that was driven by community effort. The tireless efforts and funds that our supporters and staff have expended to provide us an opportunity to improve mental health care in our state is inspiring. The responsibility to implement the vision of this group is an honor. I look forward to working with our supporters and staff as we improve mental health care in Arkansas through outstanding programs.”

In addition to his role as medical director, he will also be providing direct patient care on the inpatient unit that will serve individuals who have medical conditions along with their psychiatric illness. “The interaction of the psychiatric conditions and the medical condition requires a team approach that is different in many ways from a general psychiatric unit,” Clothier said. “One unit in PRI will be unique. It will be a unit focusing on patients that also are medically involved. This will allow patients with significant medical and mental health disorders to receive care in one location.”

Tyler and Clothier join **Teresa Kramer, Ph.D.**, associate director, and **G. Richard Smith, M.D.**, director, to form the leadership team for PRI. “PRI is fortunate to have such dedicated people willing to join our team. Dr. Tyler and Dr. Clothier both have the kind of experience and background that are essential for leading us into the important next phase — making PRI operational,” said Smith.

## Second Annual Conference on Faith and Mental Health Draws More Than 250 People



*First Lady of Arkansas, Ginger Beebe, talks with conference coordinators Teresa Kramer, Ph.D., and Chris Rule, L.C.S.W.*

How can faith leaders and mental health professionals learn from and collaborate with one another to reduce mental illness and related stigma? Experts from religion and psychology discussed this and more at the day-long “Bridging Faithful Spirits and Healthy Minds” conference on February 28 in the Great Hall of the Clinton Presidential Center. The second annual event was sponsored by the University of Arkansas for Medical Sciences Psychiatric Research Institute, the Veteran’s Administration South Central Mental Illness Research Education and Clinical Center, and the Central Arkansas Coalition for Faithful Spirits and Healthy Minds.

More than 250 participants attended, representing churches, mental health treatment facilities and clinics, and educational systems. Keynote speakers were Kenneth Pargament, Ph.D., psychologist and author of several books on the integration of

spirituality, psychotherapy and mental health, and Rev. Leroy Gilbert, Ph.D., senior pastor of the Mt. Gilead Baptist Church in Washington, D.C., and former chaplain of the U.S. Coast Guard. Special guest Ginger Beebe, first lady of Arkansas, also delivered a message during the morning break.

Pargament is a professor of clinical psychology at Bowling Green State University and co-director of SPIRIT, a center for spiritual and psychological research and practice comprised of an ecumenical group of psychologists studying religious and spiritual life. He discussed the importance of understanding the meaning of faith and spirituality in patients’ lives and, whenever appropriate, addressing such issues in the treatment process.

Gilbert, who retired from the Navy Chaplain Corps in July 2002 and served as chief of chaplains for the U.S. Coast Guard, discussed the

# Walker Family Clinic Now Open



*Dr. Smith reviews with Debbie Walker some of the innovative features of the Walker Family Clinic. The clinic will move into the new PRI building in December 2008 where there will be over 75,000 patient visits per year. The Walker family's generous donation allowed UAMS to plan and build one of the most outstanding clinics available in the region.*

Because of the generosity of the Pat and Willard Walker family, the Psychiatric Research Institute (PRI) is able to consolidate the outpatient services for adults and young adults into one clinic, the Walker Family Clinic. While the opening of the PRI building is still about 7 months away, establishing this clinic now will help with the transition of moving the outpatient services onto the second floor of the new building. The opening of the Walker Family Clinic is allowing employees and patients to adjust to the consolidation ahead of time, and it will give staff time to organize administrative details that are critical for excellent patient care.

The Walker Family Clinic is the umbrella organization that includes the existing PRI outpatient programs such as the Programs for Adults, Programs for Young Adults, Substance Abuse Treatment Center, Chemical Dependency Outpatient

Program, Neuropsychology Service and Eating Disorders Program and will eventually include more programs focused on different specialty areas of treatment. These treatment programs will continue and remain in the same locations for now. However, eventually operating as one large clinic in the same building will enable PRI clinicians to collaborate across the developmental spectrum – from young adolescents to adults – and to standardize processes that will enhance the efficiency of registration, billing and other support service. The Walker Family Clinic will also create opportunities to expand the expertise of clinicians and foster collaboration with PRI research and education groups.

The opening of the Walker Family Clinic has been an exciting step. It is significant because it moves us closer to our goal of integrating clinical care, research, and education in order to provide the best mental health care for the people of our state and beyond.

## PRI Advisory Board Planning for the Future

In looking toward the future, the Advisory Board for the Psychiatric Research Institute (PRI) has spent the last few months developing a strategic plan. A mission statement, vision and over-arching theme for board activities will provide the framework for the board's future work.

The board's mission is "to assist the director (of PRI), as advisors, in achieving the goals of PRI including reducing the stigma against mental illness, expanding awareness of treatment availability, and identifying, cultivating and soliciting gifts for PRI."

The board's vision is that "PRI will be recognized as an outstanding treatment center for mental illness that is known to be accessible by the public."

The board's theme is "to bring light to mental illness and treatment availability."

"The 20 advisory board members are committed to assisting Dr. Smith as he tackles the mental health issues impacting our families, our friends and so many Arkansans," Tom Vandegrift, PRI Advisory Board

president, said. "This strategic plan should position our volunteers to be able to assist in the new PRI building with professional abilities and understanding of the patients they will serve. We look forward to the opening of PRI and the opportunities it will provide us as we continue to fight the stigma of mental illness."



If you are interested in volunteering for PRI, please contact Ellon Cockrill at [ercockrill@uams.edu](mailto:ercockrill@uams.edu) or 501-526-7654.

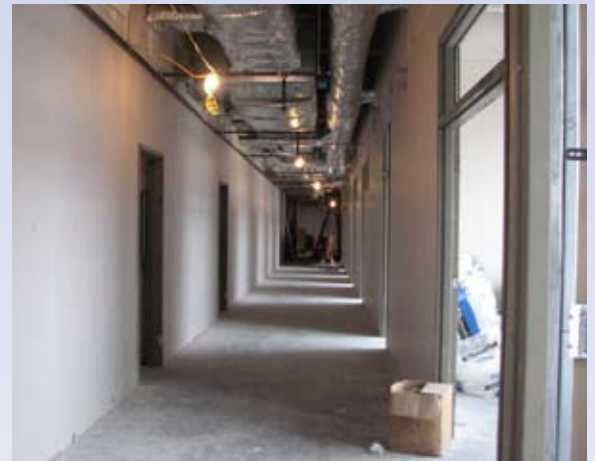
# PRI Construction Progress



*View of the west side of PRI as of March 12, 2008.*



*View from the second floor looking into the lobby.*



*Offices on the first floor.*



*View of the Walker Family Clinic reception area.*



*Monumental staircase in progress.*

## Faith Conference

*continued from Page 3*

history of the church's role in the early care of people with mental illness and advocated for an increased support of individuals with mental illness through the communication and display of "faith, hope and love."

Beebe candidly described some of her discussions with families during her recent travels around the state on a listening tour focusing on children and mental health issues. She praised the group for their interest in the dialogue between faith leaders and mental health care providers.

Other speakers included:

- **Rev. Kathy Manis-Findley**, executive director of Safe Places, who spoke about "Domestic Violence and the Church."
  - **Rev. Rebecca Spooner**, who discussed the role of the church in building a collaborative network.
- The conference concluded with a planning session led by **Teresa L. Kramer, Ph.D.**, associate professor in the UAMS Department of Psychiatry and conference facilitator, to discuss action items participants could take away with them from the conference and work towards implementing in their churches, clinical practices and communities. "Bridging the gap between mental health professionals and faith leaders is a promising approach to reducing the stigma associated with depression and other
- **Yolanda Alvarado**, a Hispanic activist, champion for women's rights and mental health advocate, who has helped improve community and state mental health services in Michigan and Texas. She is founder/director of the Faith-based Mental Health Initiative, a collaborative of the Bexar County Mental Health Task Force, which she chairs, and National Alliance for the Mentally Ill (NAMI) San Antonio, of which she is a board member.
  - **Rhonda Mattox, M.D.**, an assistant professor of psychiatry at UAMS, who discussed her recent research in a presentation titled "The Phrase That Delays: Faith, Linguistic Barriers and Mental Health Disparities."
  - **J. Vince Roca, Ph.D.**, a psychologist and clinical coordinator for the Central Arkansas Veterans Healthcare System, who spoke on "Warriors Returning," which highlighted the needs of veterans and their families as they return from deployments.

mental illnesses," said Kramer. "Coalitions of ministers, mental health professionals and researchers are exploring ways to improve the recognition of individuals with various disorders and address the problems in accessing and initiating care."



## Tour of PRI Construction Site



*Construction managers, PRI faculty and staff tour the construction site and pose at the entrance to the building from the new parking deck.*



# TIPS Program Teaches Parenting Skills

Effective discipline means planning ahead. Children are less likely to misbehave when they know what to expect. Let them know what is getting ready to happen and what you will want them to do.

Effective discipline means praising good behavior. Praising good behavior helps children learn to get attention by doing good things. When a child follows a rule or obeys, follow it immediately with positive attention such as a smile, hug, or “thank you.”

Effective discipline means teaching a child to be a good learner and do well in school. The best way for a child to learn this is through spending time with a parent or caregiver doing things like reading, talking and playing.

These are just a few examples from a parenting skills training program that **Patti Bokony, Ph.D.**, research assistant professor in the UAMS Department of Psychiatry, and **Teri Patrick, M.Ed.**, project coordinator, have developed and are implementing. In 2006, they received a five-year Responsible Fatherhood Initiative grant from the Administration for Children and Families, Office of Family Assistance. The development of the program, Teaching Important Parenting Skills (TIPS) soon followed. The program was most recently adopted by the North Little Rock School District Early Childhood Program as their parent involvement program.

The TIPS program uses a brief parenting intervention model in which

mini-lessons (5-10 minutes) can be given to parents over time in response to families’ immediate concerns. The lessons are given by trained practitioners in locations central to parents’ lives (preschool, health clinics, doctors’ offices, etc.). The benefit of this type of program is that it is brief, accessible to parents, and available when they need it.

Research shows that interventions aimed at changing parental attitudes and practices can positively influence children’s outcomes. However, even seasoned parent educators and community agencies often find it difficult to recruit and retain parents in traditional multi-week, formal parenting classes. It can be especially challenging to reach those parents who may be most in need of support for parenting, such as parents with low income who have fewer resources and greater stressors.

The TIPS model is comprehensive and research-based. Parenting tips are organized into 12 domains research has shown to be important for optimal child health and well-being. Each parenting tip includes a review of the research literature and recommendations for parents and practitioners, a brief summary of the main parent message and parenting skills to be taught, and a parenting tip card. Each brief lesson is designed to be delivered by well-trained staff through low-cost, informal contact with parents. This approach has the potential to reach more parents, provide a larger “dose” of parenting education, and cost significantly less than providing formal parenting classes.

For more information, contact Patti Bokony at [BokonyPattiA@uams.edu](mailto:BokonyPattiA@uams.edu) or 501- 660-7526.

## May is Mental Health Month

Since 1949, May has been recognized by Congress as Mental Health Month to help bring awareness to mental health issues and decrease the stigma of mental illness. This year the focus is on the mental health of children and adolescents. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) a division of the United States Department of Health and Human Services, mental health problems affect one in five young people.

One way parents and caregivers can support Mental Health Month is by taking time to focus on the children and adolescents in their lives. Recommendations from SAMHSA include:

- *Celebrate the accomplishments and strengths of children.*
- *Help children set goals based on their abilities and interests.*
- *Foster self-worth and independence in children.*
- *Show confidence in their ability to handle problems and tackle new experiences.*
- *Help children express their feelings.*
- *Promote mutual respect and trust.*
- *Appreciate each child’s uniqueness.*



Learn more about mental well-being in children. Good resources include the National Institute of Mental Health at [www.nimh.nih.gov/](http://www.nimh.nih.gov/) and SAMHSA’s site at [www.mentalhealth.samhsa.gov/child/](http://www.mentalhealth.samhsa.gov/child/)

4301 W. Markham St., #554  
Little Rock, AR 72205-7199

**UAMS**



NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 1973  
LITTLE ROCK, AR

## Contact Us

UAMS Psychiatric Research Institute  
4301 W. Markham St., #554  
Little Rock, AR 72205-7199  
Administration (501) 686-5483  
Fax (501) 686-8154  
Web site: [www.uams.edu/psych](http://www.uams.edu/psych)

**Programs for Adults**  
(501) 686-5900

**Child Study Center**  
(501) 364-5150

**Programs for Young Adults**  
(501) 686-5300

**Arkansas State Hospital /  
Division of Behavioral  
Health Services**  
(501) 686-9000

**UAMS Faculty and Student  
Wellness Program**  
(501) 686-8408

**Central Arkansas Veterans  
Healthcare System**  
(501) 257-1000

**Employee Assistance Program**  
(501) 686-2588

**STRIVE**  
(501) 771-8261

**Division of Health Services  
Research**  
(501) 660-7500

**Development Office**  
(501) 526-7795

**Center for Addiction Research**  
(501) 526-7802

## 2008 UAMS Psychiatry Advisory Board

Elgin Clemons  
June Freeman  
Don Hatfield  
Kristi Imbro  
Victor Jacuzzi  
Ruthe Kaplan  
Tad Krug  
Bill Mann  
George McLeod  
Sheila Mehaffy  
Don Munro  
Helen Porter  
Frances Shackelford  
Jim Shenep  
Judy Snowden  
Nell Spears  
Caroline Stevenson  
Tom Vandegrift  
Anna Kay Frueauff Williams  
Brigette Williams

## Beautiful Minds

**April 23, 2008**  
Country Club of Little Rock

**September 17, 2008**  
Pleasant Valley Country Club

**November 12, 2008**  
UAMS Stephens Spine Center

*For information, please contact  
Ellon Cockrill (501) 526-7654 or  
[ecockrill@uams.edu](mailto:ecockrill@uams.edu).*

## Information on Giving

*For information about being a  
Psychiatric Research Institute or  
Department of Psychiatry donor,  
please contact Renie Rule at  
(501) 526-7795 or (501) 346-3446  
[rprule@uams.edu](mailto:rprule@uams.edu).*