

Kathryn Betts Adams, MSW, LISW, Ph.D.

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Education and Professional Licensure

Ph.D. in Social Work, University of Maryland (December, 2000).
Dissertation Chair: Connie Saltz Corley, Ph.D.

Masters in Social Work, University of Michigan-Ann Arbor (April, 1984)
Graduate Courses in Social Work, University of Wisconsin–Madison

B.A. Magna cum Laude, Macalester College, St. Paul, Minnesota

Licensed Independent Social Worker (LISW)—Ohio, # I 0500039 (2005).

Licensed Clinical Social Worker (LCSW-C)—Maryland, # 6610 (1990-2006).

Academic Appointments

Mandel School of Applied Social Sciences (MSASS), Case Western Reserve University,
Cleveland, Ohio

Assistant Professor, tenure-track: July 2005-present

Instructor: July, 2003-May, 2005

University Memory and Aging Center (UMAC), Case Western Reserve University

Faculty Research Associate: July, 2003-present.

Courses taught:

Direct Practice Methods and Skills (2006) — A required course in foundation social work skills for direct practice with individuals and families. New in Fall, 2006.

Mental Health Practice with Adults (2003-2006) —Advanced mental health methods course with focus on field of practice, psychodynamic theory and practice, cognitive-behavioral and case management approaches

Social Work with Older Populations (2003-Present) —Survey of clinical social work roles and methods with older adults, including work in long-term care, cognitive-behavioral and ego psychological methods with older clients, reminiscence therapy, dementia and death and dying

Practice Interventions (2005-Present) (Doctoral Course)—An in-depth look at the state of intervention research in social work—how we evaluate studies, how clinical practice informs research

and research informs clinical practice (e.g., practice guidelines, evidence-based practice), and a survey of some of the social work practice areas where the evidence base is strongest.

Adjunct Faculty:

Virginia Commonwealth University, NOVA MSW Program, Alexandria, VA. (Spring, 2003)

George Mason University MSW Program, Arlington, VA. (2002-2003)

University of Maryland School of Social Work MSW Program. (Fall, 1999-Spring, 2001)

Courses taught:

Field Seminar (George Mason): Provided structured seminar along with advisory support and field supervision for first-year MSW students.

Foundation research (VCU and Maryland): Research design and methods for Master's degree students.

Approaches to Aging (Maryland): Overview of social gerontology for social work students

Aging and Social Policy (Maryland): Study of major social policies in the U.S. affecting older adults and service implications for social work

Human behavior in the Social Environment (Maryland): Theories of human behavior and their applications across the life course.

Grant Awards and Research Participation

Hartford Faculty Scholar (Principal Investigator, 2006-2008) Provides \$100,000 total, professional development and mentoring to complete a research project. Project title: Subthreshold depression among older adults in congregate housing: Characterization and screening. I am gathering data from self-administered surveys with telephone follow-up interviews from residents of 4 retirement housing facilities.

Alzheimer's Association (Co-Investigator @ 10% effort; Kathleen Smyth, P.I., 2006-2009) A 3-year grant to complete an intervention study comparing in-person, 6 session group treatments for caregivers with and without computer-mediated booster follow-up. My role is to oversee training of group leaders, implementation and treatment fidelity for the in-person treatment groups, and participate in research team meetings.

University Support (2005-2006) A qualitative study examining the subjective concerns, distress, needs and interest in receiving psychosocial assistance among dyads of early-stage dementia patients and their spouses or close adult children.

McGregor Foundation Innovations in Aging (Co-Investigator, 2005) Focus on curriculum development. Presented curriculum overview "Best Practices and Innovations in Aging Practice" continuing education seminar for community practitioners, Jan. 9, 2006.

Alzheimer's Disease Research Center Pilot Project (Principal Investigator, 2003-2004) \$20,000 was awarded for the study of the transition into caregiving...A qualitative study addressing the differences between early-stage and later caregiving issues, concerns and service needs.

Peer-Reviewed Journal Publications

- Adams, K.B.** & McClendon, M.J. (2006). Early-stage cognitive impairment: A social work practice and research agenda. *Families in Society*, 87(4), 590-600.
- Adams, K.B.** (2006). The transition to caregiving: Experiences of family members embarking on the dementia caregiving career. *Journal of Gerontological Social Work*, 47(3/4), 3-30.
- Fritsch, T., **Adams, K.B.**, Redd, D., Sias, A. & Herrup, K. (2006) The use of live theater in promoting recruitment and participation of minority elders in Alzheimer's disease research. *Alzheimer Disease and Associated Disorders*, 20(2), 105-111.
- Adams, K.B.**, Smyth, K.A. & McClendon, M.J. (2005). Psychosocial resources as moderators of the impact of spousal dementia caregiving on depression. *Journal of Applied Gerontology*, 24, 475-489.
- Sanders, S. & **Adams, K.B.** (2005). Grief reactions and depression in caregivers of individuals with Alzheimer's disease: Results from a pilot study in an urban setting. *Health and Social Work*, 30(4), 287-295.
- Adams, K.B.**, Matto, H.C. & Sanders, S. (2004). A Confirmatory Factor Analysis of the Geriatric Depression Scale. *The Gerontologist*, 44, 818-826.
- Adams, K.B.**, Sanders, S. & Auth, E. (2004). Loneliness and depression in independent living retirement communities: Risk and resilience factors. *Aging and Mental Health*, 8(6), 475-485.
- Adams, K.B.** & Sanders, S. (2004). Caregiver differences in experience of loss, grief reactions, and depressive symptoms across the stages of Alzheimer's disease: A mixed methods analysis. *Dementia: The International Journal of Social Research and Practice*, 3(2) 195-210.
- Adams, K.B.** (2004). Changing investment in activities and interests in elders' lives: Theory and measurement. *International Journal of Aging and Human Development*, 58(2) 87-108.
- Adams, K.B.** (2001). Depressive symptoms, depletion or developmental change? Withdrawal, Apathy and Lack of Vigor in the Geriatric Depression Scale. *The Gerontologist*, 41, 768-777.
- Adams, K.B.**, Matto, H.C., & Harrington, D. (2001). The Traumatic Stress Institute Belief Scale as a measure of vicarious trauma in a national sample of clinical social workers. *Families in Society*, 82, July-August, 363-372.
- Adams, K.B.**, Mann, E.S., Prigal, R.W., Fein, A., Souders, T.L. and Gerber, B.S. (1994). Holocaust survivors in a Jewish nursing home: Building trust and enhancing personal control. *Clinical Gerontologist*, Vol. 14, 3.

Thomas, E.J., **Adams, K.B.**, Yoshioka, M.R., and Ager, R.D. (1990). Unilateral Relationship Enhancement in the treatment of spouses of uncooperative alcohol abusers. *The American Journal of Family Therapy*, Vol. 18, 4, Winter.

Publications under review, or in preparation:

Adams, K.B. The effects of dementia caregiving: Differences in depressive symptoms of caregiver and non-caregiver spouses. *Manuscript being revised for resubmission..*

Adams, K.B., McClendon, M.J. & Smyth, K.A. Personal losses and relationship quality in dementia caregiving. *Manuscript submitted and under review.*

Adams, K.B., Sanders, S. & Auth, E. The relationship of changes in activity and interests to depression among older independent living residents. *Manuscript being revised for resubmission.*

Adams, K.B., Leibbrandt, S., & Moon, H. Social and leisure activities in later life: A review of their domains and influences on psychosocial well-being. *Manuscript in preparation.*

Adams, K.B. A curriculum development project in gerontological social work direct practice. *Manuscript in preparation.*

Newsletter articles:

Adams, K.B. (2006). Activities and well-being in residential settings. *Social work AGEnda* [newsletter] 24(2). Association for Gerontology Education in Social Work (AGESW).

Adams, K.B. (2006). Research shows needs in early stage caregiving. *Research Register* [newsletter] 18(1). Cleveland, Ohio: University Memory and Aging Center.

Book Chapters:

Adams, K.B. (In preparation). "Home-based services for older adults: Recent research and best practices." Chapter in *Delivering Home-Based Services: A Social Work Perspective*, Susan Allen and Elizabeth Tracy, Eds., Columbia University Press.

Adams, K.B. (2006). Chapter 12: "Late Adulthood" in *Human Behavior in the Social Environment*, 3rd. Edition, by J. Ashford, C. LeCroy and K. Lortie, Thomson, Brooks/Cole, pp. 568-625.

Adams, K.B. & Corley, C.S. (2000). "Gerontological Social Work;" entry in *Encyclopedia of Elder Care*. New York: Springer.

Book Reviews:

Adams, K.B. (2007). Dementia Caregivers Share their Stories: A Support Group in a Book. Vanderbilt University Press, 2005. *Families in Society*, 88(1), 157-158.

Adams, K.B. (2005). Book review of Metteri, et al (2004), *Social Work Approaches in Health and Mental Health from Around the World*. *Families in Society*. 86(4), 597-598.

Peer-Reviewed Conference Presentations

- Adams, K.B.** & Leibbrandt, S. *Activity participation and well-being in later life: A critical review.* Paper presentation at SSWR, San Francisco, January, 2007
- Adams, K.B.** & McClendon, M. *Relational Losses and Quality of Relationship in the Alzheimer's Disease Caregiving Stress Process.* Poster presentation at SSWR, San Francisco, January, 2007.
- Adams, K.B.** *Gerontological Social Work Direct Practice Curriculum: What's new? What works? What do social work students need to know?* Roundtable presentation at the Gerontological Society of America, Dallas, TX, November, 2006.
- Adams, K.B.** & McClendon, M. *Personal and relational losses in the dementia caregiving stress process.* Poster presented at GSA, November, 2006.
- Smyth, K.A., Lambrix, M. & **Adams, K.B.** *Frequency of visits and caregiver depression after nursing home placement.* Poster presented at GSA, November, 2006.
- Lambrix, M., Smyth, K.A., & **Adams, K.B.** *Predictors of long term care placement: Linking caregivers' pre- and post-placement concerns.* Poster presented at GSA, November, 2006.
- Adams, K.B.** & Lambrix, M. (2006). *The Effects of Personality on the Dementia Caregiving Trajectory.* Poster presented at the 4th Annual Gero-Ed Forum of CSWE, February 16-19, 2006, Chicago, IL.
- Adams, K.B.** (2005). *Early Dementia Caregivers Speak about Formal and Informal Supports.* Poster presented at the International Social Work Practice Research Symposium, Albany, NY.
- Adams, K.B.** & Sanders, S. (2005). *The Change in Activities and Interest Index in an Independent Living Sample.* Paper presented at the 3rd National Gerontological Social Work Conference, New York.
- Adams, K.B.** (2005). *Differences in Depressive Symptoms in Caregiver and Non-Caregiver Spouses.* Poster presented at the 9th Annual Society for Social Work and Research (SSWR) Conference, Miami, FL.
- Adams, K.B.** (2005). *The Transition to Caregiving: Impacts of Early Dementia on Marital and Family Relationships.* Paper presented at the 9th Annual Society for Social Work and Research (SSWR) Conference, Miami, FL.
- Adams, K.B.,** Smyth, K.A. & McClendon, M.J. (2004). *Mastery and Emotional Support as Mediators and Moderators of Depression in Dementia Caregiver and Non-Caregiver Spouses.* Paper presented at the 57th Annual Gerontological Society of America (GSA) Meeting, Washington, D.C.

- Adams, K.B.**, Matto, H.C. & Sanders, S. (2004). *A Confirmatory Factor Analysis of the Geriatric Depression Scale*. Poster presented at the 57th Annual Gerontological Society of America (GSA) Meeting, Washington, D.C.
- Adams, K.B.**, Sanders, S. & Auth, E. (2004). *Risk Factors of Depression and Loneliness in an Independent Living Retirement Community*. Paper presented at the 2nd Annual Gerontological Social Work Conference, Anaheim, CA..
- Sanders, S. & **Adams, K.B.** (2004). *The Relationship between Grief and Depression in Caregivers of Individuals with Alzheimer's disease*. Paper presented at the 2nd Annual National Gerontological Social Work Conference, Anaheim, CA..
- Adams, K.B.** & Sanders, S. (2004) *Differences in Dementia Caregivers' Experience of Loss, Grief, and Depression in Three Stages of Alzheimer's disease: A Mixed-method Analysis*. Paper presented at the 8th Annual Conference of the Society for Social Work and Research, New Orleans, LA.
- Sanders, S. & **Adams, K.B.** (2003). *Same or Different? Relationship between Grief and Depression in Caregivers of Individuals with Alzheimer's disease*. Poster presented at the 56th Annual Meeting of the Gerontological Society of America, San Diego, CA.
- Adams, K.B.** (2002). *Self-Rating of Health in Community-Dwelling Elders: A Complex Construct*. Paper presented at the 6th Annual Conference of the Society of Social Work and Research. San Diego, CA
- Adams, K.B.** (2001). *Changing Investment in Activities and Interests in Elders' Lives: Theory and Measurement*. Paper presented at 54th Annual Scientific Meeting of the Gerontological Society of America. Chicago, IL.
- Adams, K.B.** (2000). *The measurement of depression or normal aging? Multidimensionality of the Geriatric Depression Scale*. Poster presented at the 53rd Annual Scientific Meeting of the Gerontological Society of America. Washington, D.C.
- Matto, H.C., **Adams, K.B.** & Harrington, D. (2000). *The Traumatic Stress Institute Belief Scale as a Measure of Vicarious Trauma: Confirmatory Factor Analysis in a National Sample of Clinical Social Workers*. Paper presented at the 4th Annual Meeting of the Society of Social Work and Research. Charleston, S.C.
- Adams, K.B.**, Thomas, E.J., Yoshioka, M.R., and Ager, R.D. (1988) *Relationship Enhancement in the Treatment of Spouses of Uncooperative Alcohol Abusers*. Paper presented at the 46th Annual American Association of Marriage and Family Therapy Conference. New Orleans, Louisiana.

Invited Presentations or Workshops

The Transition into Dementia Caregiving. Veterans Administration Medical Center Geriatric Continuing Education program. April 5, 2006.

Innovations in Direct Practice Social Work with Older Adults. Mandel School special continuing education presentation. January 9, 2006.

Depression in Older Adults: Theory and Measurement. Faculty colloquium, Mandel School. April, 2005.

Grief and Loss among Dementia Caregivers. Clinical and Behavioral Sciences Colloquium, University Memory and Aging Center, 2004.

Prior Professional Experience (selected)

Independent Researcher/Consultant: Writing and research consultation and collaboration on a per-project basis. Clients included: Dr. Julianne Oktay; Dr. Bonnie Walker and Associates. (Fall 2001-Summer, 2003)

Item Writer: American Association of State Social Work Boards (AASSWB), Culpepper, Virginia. (1995-1997; Part-time, home-based.) Wrote original examination questions for clinical social work licensing exams.

Social Worker: The Hebrew Home of Greater Washington, Rockville, Maryland. (1992 - 1993; 20 hours/week.) Provided social work services on two residential units of a large long-term care facility, including psychosocial assessment, crisis intervention, family counseling, supportive individual therapy, group facilitation, and referral to community and Home resources.

Clinical Research Social Worker: The Marital Treatment Project, University of Michigan School of Social Work, Ann Arbor, Michigan. (February, 1988 - March, 1990; Full-time.) On this federally-funded project to evaluate the effectiveness of Unilateral Family Treatment with spouses of uncooperative alcohol abusers, (P.I: Edwin J. Thomas), I provided direct treatment according to the research protocol, participated in design of the study and of individual research instruments, screened clients, collected and analyzed data, and wrote reports for publication.

Clinical Social Worker: Community Mental Health Services of Lenawee County, Adrian, Michigan. (September, 1984 - February, 1988; Full-time.) Individual psychotherapy, family therapy, and case management in the Outpatient Department with adults and children. Crisis intervention and new client assessment.

Professional Activities and Honors

Manuscript reviewer: *Families in Society*, 2004-present.
American Journal of Geriatric Psychiatry, 2005.
Journals of Gerontology—Psychological Sciences, 2005.
Aging and Mental Health, 2005-2006
Journal of Abnormal Psychology, 2005
Multivariate Behavioral Research, 2005
Psychology and Aging, 2006
Dementia, 2006
Western Journal of Nursing Research, 2007
Research on Aging, 2007

The Gerontologist, 2007

Abstract reviewer: The Gero-Ed Forum, 2005
Grants reviewer: Alzheimer's Association, 2004-present.

Nominated by the University of Maryland School of Social Work for Dissertation of the Year for the
SSWR Annual Meeting, January 2002

Received \$2000 dissertation grant from Univ. of MD School of Social Work, November, 1999

Received \$1000 University of Maryland Graduate School Merit Award for Ph.D. study, 1996

University Service

The Mandel School of Applied Social Sciences

Member of Direct Practice Foundation Methods template development task force, 2006.

Member of Direct Practice curriculum task force, 2004-2005

Member of Doctoral Program Executive Committee, 2005-present

Member of Curriculum Committee, 2005-present

University Memory and Aging Center

Member of Caregiving Core operations and research group

Member of Faculty Associates steering committee

Case Western Reserve University

Faculty Senate Committee on Women Faculty, 2004-present;

Co-chair, 2005-2008.