

Mental health concerns in Parkinson's disease:

A new clinic at the Health Partners Parkinson's Center

Parkinson's disease is diagnosed by the physical symptoms that effect a person's body. However, it is often underappreciated that those living with Parkinson's may also face psychological challenges as well. Normally, there are understandable trials when one receives a diagnosis of Parkinson's and they are adjusting to its impact on their life.

Coping with these changes can be an obvious source of psychological stress. In addition to these life challenges, there are changes in Parkinson's disease that occur in the brain; which can directly contribute to mental health concerns even if someone is otherwise adjusting well. These concerns can show up earlier and be as or more disruptive than the physical aspects of the disease. Mental health issues related to Parkinson's may include the experience of depression, anxiety, impulse control disorders, changes in thinking/cognition, and the presence of mild psychosis.

Thankfully, these issues can be addressed and treated through the use of professional help. Treatments for mental health concerns may include talk therapy, support groups, medications, exercise, relaxation training, cognitive testing and rehabilitation therapies, and use of behavioral planning and goal setting. However, even though psychological symptoms are common with Parkinson's, there is often a stigma associated with seeking mental health care. It is important to think of psychological changes in Parkinson's as simply another symptom that needs treatment; not as some weakness of character or personal failing.

If you or a loved one have questions or concerns about psychological changes in Parkinson's disease, please do not hesitate to contact your doctor for support. Addressing these psychological needs is an important part of helping achieve a happier, healthier future when living with Parkinson's.

Garry Allen, PsyD, LP
Rehabilitation Psychologist
Appointments: 651-254-3200



Head+Heart, Together

At the Health Partners Neuroscience Center and Parkinson's Center, we currently provide individual appointments and programs to address all the above mentioned treatments for mental health concerns in Parkinson's disease.

However, we would like to **improve our ease of access and simplify the patient experience for people for this patient population.**

As a result, we will be starting a multidisciplinary clinic specifically to support some of these "non-motor" concerns in Parkinson's disease.

Please see next page for more information about our new mental health and memory clinic.





Julia Johnson, MD
Movement Disorder
Neurologist



Jana Ostrand, NP
Neurology



Jon McIver, MD
Neurosurgery



Sandy Varpness, LSW
Neurology



Kate WymanChick, PsyD
Neuropsychologist

Multidisciplinary Parkinson's Clinics

HealthPartners Parkinson's Center/Neuroscience Center:

New: **Parkinson's Mental Health and Memory Clinic:**

This monthly clinic is planned to start in the summer and includes evaluations by our movement disorders doctor, psychologist and neuropsychologist to address mental health concerns (anxiety/depression) and memory/cognitive concerns, all in one appointment for patients with Parkinson's disease

Parkinson's Motor Clinic:

This is an ongoing clinic. We offer evaluations by Parkinson's related therapy services including physical therapy/occupational therapy/speech therapy, movement disorders doctor, social work, all in one appointment for patients with Parkinson's disease

Appointments:

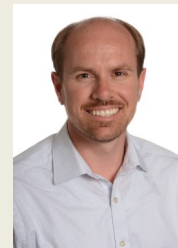
For existing patients: Please contact your neurology provider to be scheduled in one of the multidisciplinary clinics.

For new patients: We may require an initial evaluation before you can be scheduled in the multidisciplinary clinic. Please call 651-495-6300 for further questions or appointments.

PARTNERS IN CARE

Kathryn Wyman-Chick, PsyD

Dr. Wyman is a clinical neuropsychologist who has a special interest in working with patients with Parkinson disease. She is an active researcher and has published several articles in scientific journals related to cognition in Parkinson disease. She works closely with patients to identify changes in mood or thinking abilities that can occur in Parkinson disease and makes relevant recommendations to improve the quality of life.



Gary Allen, PsyD, LP
Behavioral Health



Amanda Elliott, PT
Rehabilitation



Kayla BrinkmanTheimer
Speech Rehabilitation



Ingrid Bentley, PT
Rehabilitation



Beth Dessner, OT
Rehabilitation

Parkinson's Center and multidisciplinary clinic: 651-495-6305

295 Phalen Boulevard
St. Paul, MN 55130
healthpartners.com/parkinsons

Upcoming Events

Upcoming talk 'Ask the Expert' Parkinson's Disease - Coping with Changes in Mood & Thinking Abilities

Thursday April 19, 2018

11:30am—noon Lunch & Registration

Noon—1:00pm Presentation

New Perspective Senior Living Roseville

2750 North Victoria Street, Roseville, MN 55113

RSVP call 651.482.1611 or email jmccpyrsl@keystonecommunities.com

"Benefits of Exercise in Parkinson's-What we know today"

Tuesday, April 24, at 6:30 PM—8:00 PM

Lakeview Hospital in Stillwater, MN

Registration: Contact Struthers Parkinson's Center

Email Darla.Hildebrandt@parknicollet.com or call 952-993-0236

This is part of the *Progress and Possibility* series in collaboration with Struthers Parkinson's Center

Parkinson's Foundation Moving Day (Walk)

Saturday May 5th in Plymouth, MN

Join our HealthPartners Parkinson's Center team!

For more information go to www.parkinson.org/minnesota

Parkinson's Foundation Spring Series

Medication Update

Wednesday May 23rd at Maplewood Community Center

For more information go to: www.parkinson.org/minnesota

Support Groups

Caregiver Education & Support Group New

This group covers a variety of topics for those who care for loved ones with Parkinson's. Some of the topics are: Self care for the caregiver, Strategies for caring for someone, Accessing community resources & Financial & legal planning. The 1st meeting is **April 26th from 1:00pm—3:30pm**. This group meets every 4th Thursday of each month at the Neuroscience Center, 295 Phalen Blvd., St Paul, MN 55130.

Parkinson's Support Group

Meets at 6:00pm on the 3rd Monday of each month at:

Woodbury Lutheran Church, 7380 Afton Rd, Woodbury MN 55125



This program is provided through a grant from the Parkinson's Foundation of Minnesota.

If you would like more information or register to attend any of the support groups, please call Sandy Varpness at 651.495.6305 or email her at: sandra.c.varpness@healthpartners.com

Living well with Parkinson's disease.

Exercise Opportunities

At the HealthPartners Neuroscience Center



Parkinson's Community Exercise Grant

This program offers individual training for people with Parkinson's disease, in their own community exercise facility. One of our trained therapists will meet you at your exercise facility & provide you education & training.

Call to learn more: 651.495.6704

Parkinson's Disease Community Exercise Class

This is a fun group exercise class for people with Parkinson's disease.

The class will incorporate principals from the LSVT BIG/LOUD, PWR, & SPEAK OUT.

Tues. & Thurs. weekly from 11:15am—12:00pm

Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130.

\$70 a month for 2 classes a week.

\$35 a month for 1 class a week.

*If you are interested in this class please call **Amanda Elliot 651.495.6764**.*

She will do a screening with you and complete the registration.

A physician's order is not required to participate in the class.

NeuroWell Exercise Program / NeuroWell CLEVER-PD Program

This program is available to individuals interested in experiencing how supervised exercise beyond rehabilitation can further enhance well-being and improve quality of life. The monthly membership consists of 2-3 days of 60 minute exercise, in which 4-6 members carry out their individually tailored exercise routine.

The program routine combines cardio, strength and the CLEVER-PD program designed for cardio. This is located at the Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130, in the Regions Rehabilitation Gym on 1st floor.

The cost is based on how many days you attend.

\$175 a month for 3 times a week Mon/Wed/Fri.

\$150 a month for 2 times a week Tues/Thurs.

Available times to choose from are: 9:00am, 11:00am, 1:00pm, 3:00pm.

*If you are interested in joining this fun group, please call **651.495.6704** to learn more.*

Living Well with Parkinson's Disease