

Julie A. Norstrand

BACKGROUND

I bring a comprehensive set of skills within the field of Gerontology, having worked in the clinical, academic and research fields of aging. I have a PhD in Social Work, with expertise in age friendly communities. In addition, through my Master in Social Work I gained extensive experience in assessing the individual and the environment in which they live, and through my Master in Clinical Psychology I gained critical clinical skills in the field of mental health.

I have worked in the field of aging for the last 15 years, including serving on boards with aging related missions, helping older adults in the community set up peer led support groups, developing an in-depth academic knowledge of the aging experience, (specifically, the physical, emotional and cognitive changes that occur in old age in today's demographic, economic and political environment). All of this has provided extensive understanding of the constraints on the family when the older adult starts to require assistance in order to stay safely in their own home.

EDUCATION

Boston College, Boston, MA

MSW/PhD in Social Work (MSW, May 2009) (PhD, May 2014)

Dissertation: The association between social capital and health among community dwelling older adults

M.C.P. Hahnemann, Philadelphia, PA

Master of Science in Clinical Psychology (May 2002)

Thesis: Depressive symptomatology in medical rehabilitation patients: Patient's or caregiver's social problem-solving abilities as predictors

University of Newcastle upon Tyne, Newcastle upon Tyne, England

Bachelor of Science in Psychology (June 1995)

AWARDS

- Hartford Change AGENTS Policy Institute (2014)
- John A. Hartford Geriatric Social Work Dissertation Fellowship (2011-2013)
- Ruth Landes Memorial Research Fund; declined in lieu of receipt of Hartford Fellowship (2011)
- Boston College University Institute on Aging Dissertation Award (2011)
- John A. Hartford Geriatric Social Work Pre-dissertation Award (2007-2009)
- Boston College Graduate School of Social Work Doctoral Fellowship (2005-2008)

PROFESSIONAL RESPONSIBILITIES

- Member at Large of Life Planning Network (2019)
- Executive board member of Council on Aging, Newton Senior Center (2017-present)
- Board member of Massachusetts Gerontology Association (2013-2017)
- Advisory board member of Council on Aging, Newton Senior Center (2015-present)
- Co-convener of GSA Special Interest Group "Environmental Gerontology." (2011-2016)

PROFESSIONAL MEMBERSHIPS

- Aging 2.0 (2018-present)
- Newton Needham Chamber (2018-present)
- Gerontological Society of America (2004-present)
- Massachusetts Gerontology Association (2005-present)
- National Association of Social Work (2015-present)

TEACHING EXPERIENCE

- Adjunct Faculty: Baby Boom Generation: Adults in Midlife. Regis College, Weston MA
- Adjunct Faculty: Lifespan Human Behavior. Regis College, Weston MA
- Adjunct Faculty: Social, Political & Economic Perspectives of Gerontology. Regis College, Weston, MA
- Adjunct Faculty: Social work in Health Care Settings. Regis College, Weston, MA
- Adjunct Faculty: Diversity & Cross Cultural Issues. Boston College, Chestnut Hill, MA
- Teaching Associate: Human Behavior & Social Environment. Boston College, Chestnut Hill, MA
- Guest speaker: Aging & Society. Boston College, Chestnut Hill, MA

RESEARCH EXPERIENCE

The Sloan Center on Aging & Work at Boston College, Chestnut Hill, MA

Research Assistant (June 2009 – June 2010)

- Compiled 3 reports for Country Context Studies: secondary data analysis and interpretation of employment data in Denmark

National Resource Center for Participant-Directed Services, Boston College, Chestnut Hill, MA

Research Assistant (Sept. 2006 – May 2007)

- Secondary data analysis for SAMHSA sponsored project Learning from the Cash & Counseling demonstration and evaluation: People with mental illness self-directing care.
- Primary data collection, interpretation, and write up findings for report on how students are employed in academic research centers.
- Primary and secondary data collection, interpretation and write up of findings for report looking at C&C users to get a better understanding of impact a truly flexible spending plan has on participants' well-being.

Office of Healthy Aging, Department of Public Health, Boston, MA

Research Assistant (Sept. 2005 – May 2006)

- Developed report on chronic disease and disability among older adults (50+) in Boston.
- Developed goals and outline for report, secondary data analyses.
- Interviewed public health program directors and older adults; interpreted and wrote-up of findings.

Research and Evaluation Program, Philadelphia Corporation on Aging (PCA)

Research Assistant, (March 2003 to July 2005)

Grant related activities: Project Manager for Administration on Aging.

Title: Supporting Older African American Caregivers: Assessing Needs, Building Skills, and Maintaining Health.

Grant No: 90CG2530. P.I.: Klein, Joan.

- Data management and general data analysis
- Semi-annual report writing and renewal application
- Analyzing and reporting on mental health outcomes
- NIMH Grants applications: assisted with: design overall research outline, literature review and write-up of sections of grant such as Aims, Significance sections and Method

CLINICAL EXPERIENCE

Philadelphia Corporation for Aging, Philadelphia, PA

Training Assistant (July 2002 – February 2003)

- Mental Health and Aging Graduate group: facilitated meetings and organized outside speakers

Supportive Older Women's Network (SOWN), Philadelphia, PA

Group Facilitator (May 2001 – May 2002)

- Set-up and facilitation of community based support groups; planning and development of session material; editing and distribution of SOWN's newsletter; public speaking at fundraising events

University of Hospital Pennsylvania, Philadelphia, PA

Practicum Student, Dept. of Rehabilitation Medicine, (Sep. 1999 – May 2000)

- Provision of psychotherapy, primarily cognitive-behavioral, to medically ill adult rehabilitation population (including stroke, spinal cord injury, amputees, gun shot)

Practicum Student, Dept. of Psychiatry, Center for Cognitive Therapy, (Jan. – May 1999)

- Provided diagnostic evaluation using psychiatric scales and Structured Clinical Interview for DSM-IV for wide range of disorders (substance related, mood, anxiety, adjustment, and personality).

Student Research Neuropsychologist Intern, (Mental Health Clinical Research Ctr), (Sept. 1998 – Sept. 1999, September 1995 – 1998).

- Provided clinical Evaluation: assessment, scoring, interpretation, report writing, feedback (primarily cases involving memory impairment, attention deficit disorder, learning disability, psychosis, heart transplant, pain).
- Experimental battery: Administration, scoring, and interpretation of a 3-5 hour standardized and experimental neuropsychology battery, (paper & pencil, and computerized).
- Clinical evaluation: Clinical and diagnostic interview, administration, scoring and interpretation of neuropsychological measures, report writing and feedback/consultation to patients, families and referral sources. Clinical patients include schizophrenia, (inpatients and outpatients), depression, bipolar disorder, attention deficit disorder (ADD), memory impairment, back pain, heart transplant and normal control adults.
- Research Experience
- 1) Depression in right and left temporal lobe epilepsy: Collection of Event Related Potentials, administration of facial discrimination computerized task, database management and statistical analysis.
- 2) Efficacy of stimulant medication of cognitive and behavioral aspects of ADD: Administration of psychiatric scales (pre and post medication), database management and statistical analysis.
- 3) MMPI-2 profile of ADD

PEER-REVIEWED PUBLICATIONS:

- Ring, L., Glicksman, A., Kleban, M. & **Norstrand, J.** (2017) The future of age friendly: Building a more inclusive model using principles of ecology and social capital. *J of Housing for the Elderly*, 31(2), 117-129
- Xu, Q., **Norstrand, J.A.** & Du, Y. (2016). Effects of living alone on social capital and health among older adults in China. *Int J Aging Hum Dev*. Advance online publication. doi: 10.1177/0091415015624419.
- Norstrand, J.A.** & Glicksman, A. (2015). Influence of living arrangements of community dwelling older adults on the association between social capital and health. In F. Nyqvist & A.K. Forsman (Eds.) *Social capital and health among older people: the meaning of community and context* (pp. 89-109) NY: Springer.
- Norstrand, J.A.** & Chan, K. (2014). The relationship between health and community across aging cohorts. *J Aging Research*, Article ID 626097, 10 pages.
- Norstrand, J.A.**, Glickman, A., Lubben, J., Kleban, M. (2012). The role of the social environment on physical and mental health of older adults. *J Housing for Elderly*, 26(1-3), 290-307.
- Xu, Q. & **Norstrand, J.A.** (2012). Gendered Social Capital and Health Outcomes among Older Adults in China. In S. Chen & J.L. Powell (Eds.), *Aging in China: Implications to Social Policy of a Changing Economic State* (pp.147-168) NY: Springer.
- Norstrand, J.A.** & Xu, Q. (2012) Social capital and health among older adults in China: The Urban-rural dimension. *The Gerontologist*, 52(3), 325-334.
- Lombe, M., Ochumbo, A.J., **Norstrand, J.A.** (2008). Attainment of Basic Needs as a Predictor of Civic Engagement in Sub-Saharan Africa: Some Implications. *Journal of Comparative Social Welfare*, 24(2), 103-117.
- Shen, C., Smyer, M.A., Mahoney, K.J., Simon-Rusinowitz, L., Shinogle, J., **Norstrand, J.A.**, Schauer, C., del Vecchio, P. (2008). Consumer direction, personal care, and well-being for Medicaid beneficiaries with mental health diagnoses: Lessons from the New Jersey Cash & Counseling Program. *Psychiatric Services*, 59(11), 1299-1307.