



Helen Kales, M.D.

Clinical Interests

Dr. Kales is a fellowship-trained, board-certified geriatric psychiatrist. She has special clinical interest in the behavioral and psychological symptoms of dementia.

Research/Academic Interests

As a fellowship-trained, board-certified geriatric psychiatrist, Dr. Kales' research program is directly informed by her clinical work and experiences with patients, families, providers, and systems to diminish the barriers to effective and high quality care for older patients with dementia or with mental health issues.

Dr. Kales has been named to numerous expert panels on dementia care, including the Lancet Global Standing Commission on Dementia Care (2015-present) and the International Psychogeriatrics Association Expert Panel on the management of behavioural and psychological symptoms in people with Alzheimer's Disease (Co-Chair, 2015-2017). She is recognized as an international expert on dementia care, the behavioral and psychological symptoms of dementia, depression in later life and in pharmacoepidemiological research related to the prevalence and risks of use of antipsychotic and other psychotropic medications in patients with dementia.

Dr. Kales is the creator of the "DICE Approach" to manage the behavioral and functional symptoms of dementia and the "WeCareAdvisor," a web-based tool for dementia caregivers. She has over 125 peer-reviewed publications and has been continuously federally research funded since 2004.

Dr. Kales is also a tireless mentor who is currently mentoring four junior investigators with career development funding in dementia.

Title Chair, Department of Psychiatry
Professor

Specialty [Psychiatry](#)

Department [Psychiatry and Behavioral Sciences](#)

Division General Psychiatry
Adult Psychiatry

Languages English, Spanish

Education M.D., University of Rochester, 1992
B.A., Spanish Literature and Language, Bucknell University, 1987

Internships Psychiatry, University of Michigan, 1992-93



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Residency	Psychiatry, University of Michigan, 1993-96
Fellowships	Geriatric Psychiatry (Clinical/Research), University of Michigan, 1996-98
Board Certifications	American Board of Psychiatry and Neurology American Board of Psychiatry and Neurology, Geriatric Psychiatry
Honors and Awards	Lancet expert panel article Dementia prevention, intervention and care in the top 25 of the 2018 Altmetric Top 100, 2018 Selected as an Expert Commissioner for the Lancet Global Standing Panel on Dementia Prevention, Intervention and Care (one of three U.S. physicians), 2016-present Research article "Mindfulness-based cognitive therapy with older adults: an exploratory study" one of the most downloaded articles in Routledge Health and Social Care journals, 2014 Best Doctors in America, 2013-present Research article "Risk of mortality among individual antipsychotics in patients with dementia" chosen by Journal Watch Psychiatry as one of 10 Psychiatry Top Stories, 2012 Selected as a mentor (one of fifteen senior researchers nationally), NIMH Advanced Research Institute in Geriatric Mental Health, 2018-present
Select Recent Publications	To view a list of Dr. Kales' publications, please visit her PubMed page.

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