Healthy Behavioral Change

ORI scientists are experts in health behavior change. 2012 gave ORI the opportunity to apply that expertise to our own organizational issues.

2012 was a year of new beginnings for ORI: We moved our Eugene headquarters into our new building; new scientists joined us; we changed our scientific and administrative leadership structure, and we formalized our discussions on conducting research in a changing economic landscape by convening a new strategic planning process. Here’s to healthy behavior change!

New Building: An Ending and a Beginning

In November, 2012 ORI employees happily settled into their new home, a $17 million, 80,000 square foot structure in the Riverfront Research Park, near the University of Oregon. The four-story building has a silver Leadership in Energy and Environmental Design (LEED) certification and triples ORI’s research program space with 22 participant interview rooms, several additional labs, control rooms, and program activity spaces. The new building provides a single home for ORI’s large portfolio of behavioral research projects, and ends ORI’s ten-year search for a suitable facility.

CHANGE IS THE ONLY CONSTANT IN LIFE.
New leadership model

ORI adopted a new leadership structure and promoted two long-time employees to leadership positions in 2012. Over the course of several months, ORI employees identified leadership factors essential to carry ORI’s mission forward. They prioritized the Institute becoming more strategic in the areas of Institute operations, conduct of science, and external relationships. The new leadership model emphasizes collaboration, communication, and forward thinking. The vision drives scientific excellence by honoring ORI’s culture and history while creating new possibilities and pursuing new horizons. The model is designed to build and maintain organizational cohesion by supporting strong ORI citizenship and effective governance practices. The Administrative and Science Director positions were redefined and a new advisory committee was put in place.

Byron J. Glidden was hired as the new Administrative Director (AD) in January 2012. Byron had been the Human Resources Manager at ORI since 2002 and has a strong background in organizational development, management, and psychology. Carol W. Metzler, Ph.D., was hired in December 2012 to the new position of Science Director (SD). Carol joined ORI in 1990 and has been an ORI scientist since 1993. She was Chair of the ORI Transition Task Force and the Board of Directors which articulated ORI’s scientific and organizational goals and put into place a new leadership structure. Her research focuses on evaluating the efficacy of family and school interventions for reducing or preventing behavior problems in children and youth.

The Leadership Advisory Committee acts as an advisory body to the two Directors, providing support and direction based on feedback, directives, and recommendations from the Councils and the Board.

New funding climate

In response to changes in funding priorities at the federal level and in response to the evolving research interests of ORI investigators, ORI in 2012 began a strategic planning process. This comprehensive analysis of ORI’s present and future needs has identified areas of strategic priority for the next five years. These areas fall into two broad categories: emerging areas of research and cross-institute issues.

Emerging areas of research include implementation and dissemination science, healthcare delivery and transformation, and the integration of biology and behavior. The cross-institute issues include strategic investments in technology resources, sustaining and diversifying funding, and increasing our involvement with multicultural populations.
Reducing or Eliminating Tobacco Use

ORI scientists are internationally recognized for their pioneering studies of tobacco use and its prevention and cessation. ORI scientists have conducted ground-breaking work in both smoking and smokeless (spit) tobacco cessation. ORI researchers were the first to use the principles of behavior change in studying tobacco prevention and cessation, and have made significant contributions to Institute of Medicine and U.S. Surgeon General’s reports on smoking.

Treating Drug and Alcohol Abuse and Addiction

Researchers at ORI’s Centers for Family and Adolescent Research (CFAR) in Portland, Oregon and in Albuquerque, New Mexico are studying the effectiveness of different treatment approaches for teens diagnosed with alcohol or other substance abuse disorders. The programs range from group or individual based cognitive behavior therapy to family-based interventions. By demonstrating the effectiveness of particular family and cognitive behavioral interventions, ORI’s research findings contribute to the development and widespread use of effective treatments for adolescent substance use and abuse.

Understanding and Preventing Substance Use

For the past sixteen years, ORI researchers have been studying the same group of local children (now young adults) to investigate the risk and protective factors associated with the development of substance use. This study provides a unique picture of the trajectory of substance use as children develop from elementary school through adolescence and into emerging adulthood. Results suggest that drug prevention efforts should target the elementary and early middle school years, so as to change social images, intentions and willingness to use substances prior to experimentation.

New Scientists

Richard Farmer, Ph.D., a longtime collaborator, joined ORI as a research scientist in 2012. He received his Ph.D. in Clinical Psychology in 1993 from the University of North Carolina at Greensboro. Dr. Farmer’s research and clinical interests center on people who display impulsive or disinhibited tendencies or who express difficulties in self-regulation. He also focuses on substance use disorders, diagnostic comorbidity, and personality and clinical assessment.

Erika Westling, Ph.D., is one of ORI’s “home-grown” scientists. Hired at ORI as a research assistant in 1996, Dr. Westling got her Ph.D. in Social Psychology in 2007 from UCLA, and in 2012 became an ORI associate scientist. Her research focuses on child development and the etiology of health behaviors in children and adolescents, including physical activity, diet, substance use, momentary affect, and timing of pubertal maturation.
Understanding and Treating Eating Disorders

ORI researchers and colleagues have significantly advanced the scientific understanding of the causes of bulimia nervosa, anorexia nervosa, and binge eating disorder in young women. The team has conducted several research studies to identify and examine such risk factors as “thin-ideal internalization” (the association of success and happiness with being thin), body dissatisfaction, and negative mood. These research studies are among the largest and longest running on the causes of this serious psychiatric disturbance.

New Scientists

Kyle Burger, Ph.D., obtained his Ph.D. in nutritional science at Colorado State University in 2009 and became an ORI research scientist in 2012. Dr. Burger’s research has focused on how characteristics of food (like portion size and nutrient content) and individual differences, including genetic markers, impact individuals’ food intake and how their perception of food relates to their weight status.

Jorgé Ramirez Garcia, Ph.D., is new to Oregon and a new ORI scientist. Dr. Ramirez received his Ph.D. in Applied Psychology from the University of Texas at El Paso in 2000, and he moved with his family to Oregon in 2011. His research focuses on how family relationships and individual mental health impact each other and on reducing the health disparities among racial and ethnic minority populations.

Sonja Yokum, Ph.D., received her doctorate from the Netherlands in Psychology and Health in 2006 and joined ORI that same year. She is now funded as an associate scientist on several grants. Dr. Yokum’s research focuses on the correlates and predictors of eating pathology and obesity, and she has expertise in using fMRI (functional MRI) data to examine brain function as it relates to eating behavior.

RESEARCH AREAS

Promoting Psychological Health

ORI scientists study emotional and behavioral health in order to understand factors that make people vulnerable to serious mental health disorders. Researchers also examine the factors that increase people’s ability to cope with daily challenges. An important component of research in this area is developing and evaluating interventions for the prevention and treatment of disorders.

Understanding and Treating Depression

The causes and treatment of depression have been a focus of study at ORI for almost 30 years. Current research focuses on understanding family and emotional processes related to adolescent depression, developing and evaluating innovative treatments including those for delivery on the Internet, and disseminating treatment programs into community settings.

Scientists in this area

Nicholas B. Allen, Ph.D.
Anthony Biglan, Ph.D.
Janet Brody, Ph.D.
Kyle Burger, Ph.D.
Brian G. Danaher, Ph.D.
Betsy Davis, Ph.D.
Susan C. Duncan, Ph.D.
Edward G. Feil, Ph.D.
Jorgé Ramirez Garcia, Ph.D.
Peter M. Lewinsohn, Ph.D.
Paul Rohde, Ph.D.
John R. Seeley, Ph.D.
Lisa B. Sheeber, Ph.D.
Eric Stice, Ph.D.
Charles Turner, Ph.D.
Sonja Yokum, Ph.D.
MANAGING CHRONIC ILLNESS

The mission of the ORI researchers studying chronic illness is to help people prevent and manage chronic and severe illness by changing their health-related lifestyle behavior. The research team has focused on the importance of diet, exercise, stress management, and social support in alleviating the symptoms of illnesses such as diabetes and coronary heart disease.

LINKING PERSONALITY TRAITS TO HEALTH AND WELL-BEING

Personality research at ORI has had a major influence on the development of a unifying framework for the many different ways of describing personality characteristics, and it is one of the oldest research topics at ORI. In a unique investigation, the research team is linking personality assessments from elementary school children 45 years ago to medical and psychological examinations of these same individuals, now middle-aged adults. The findings demonstrate a link between childhood personality traits and health behaviors that affect adult health outcomes.

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NEW SCIENTISTS

**Grant Edmonds, Ph.D.** joined the Personality & Health team in 2010 and became an associate scientist in 2012. Dr. Edmonds obtained his Ph.D. in Personality Psychology in 2011 at the University of Illinois, Urbana-Champaign. His research interests focus on understanding the mechanisms linking personality to physical health over the lifespan, and better understanding how personality development may affect health, aging, and mortality.
Fostering Social and Academic Success in School and Community Settings

Many factors influence how well a child does in school. ORI scientists address many of these by designing effective reading and math curricula, teaching children appropriate social behavior, and working with school staff to ensure that the school climate promotes academic and social excellence.

Promoting Positive Youth Development through Healthy Communities

ORI researchers help community leaders provide youth with the best possible environment for growing up healthy and happy. ORI’s work in this area began over twenty years ago with the promotion of anti-tobacco, pro-social activities in Oregon towns and cities. The research has expanded to include working with community leaders to address topics such as crime, poverty, nutrition, and health disparities.

Meeting Special Needs

Researchers at ORI’s Applied Computer Simulations Lab develop and test virtual reality education and rehabilitation programs for disabled individuals. The programs are used to help blind and deaf-blind children learn to safely cross streets and to train children to drive motorized wheelchairs. This pioneering use of virtual reality technology has large implications for other adaptations in the area of rehabilitation.

New Scientists

Mark Van Ryzin, Ph.D., joined ORI as a research scientist in 2012. Dr. Van Ryzin got his Ph.D. in Educational Psychology in 2008 from the University of Minnesota – Twin Cities, Minneapolis. His research centers on family and peer influences on problem behavior in adolescence, including high-risk sexual behavior, delinquent peer association, and antisocial behavior and violence.
## Financial Statement

### ASSETS

<table>
<thead>
<tr>
<th>Asset Category</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>CURRENT ASSETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>$795,238</td>
<td>$770,930</td>
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<tr>
<td>Grants and contracts receivable</td>
<td>950,564</td>
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<td>Prepaid expenses and deposits</td>
<td>25,447</td>
<td>139,024</td>
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<tr>
<td>Total current assets</td>
<td>1,771,249</td>
<td>1,776,696</td>
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<tr>
<td>PROPERTY AND EQUIPMENT, less accumulated depreciation and amortization</td>
<td>635,836</td>
<td>535,077</td>
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<tr>
<td>OTHER ASSETS</td>
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<tr>
<td>Beneficial interest in assets held by others</td>
<td>235,339</td>
<td>195,390</td>
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<tr>
<td>TOTAL ASSETS</td>
<td>$2,642,424</td>
<td>$2,507,163</td>
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</tbody>
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### LIABILITIES AND NET ASSETS

<table>
<thead>
<tr>
<th>Liability Category</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>CURRENT LIABILITIES</td>
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<tr>
<td>Accounts payable</td>
<td>$811,105</td>
<td>$758,179</td>
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<tr>
<td>Accrued payroll and related expenses</td>
<td>202,868</td>
<td>275,736</td>
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<td>Accrued leave payable, current portion</td>
<td>78,553</td>
<td>177,130</td>
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<tr>
<td>Long-term debt, current portion</td>
<td>87,300</td>
<td>81,000</td>
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<tr>
<td>Total current liabilities</td>
<td>1,179,826</td>
<td>1,292,045</td>
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<tr>
<td>LONG TERM LIABILITIES</td>
<td></td>
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<tr>
<td>Accrued leave payable</td>
<td>496,429</td>
<td>374,601</td>
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<tr>
<td>Long-term debt</td>
<td>187,293</td>
<td>93,373</td>
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<td>Total liabilities</td>
<td>1,863,548</td>
<td>1,760,019</td>
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<tr>
<td>NET ASSETS</td>
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<td></td>
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<tr>
<td>Unrestricted</td>
<td>778,876</td>
<td>747,144</td>
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<tr>
<td>Total net assets</td>
<td>778,876</td>
<td>747,144</td>
</tr>
<tr>
<td>TOTAL LIABILITIES AND NET ASSETS</td>
<td>$2,642,424</td>
<td>$2,507,163</td>
</tr>
</tbody>
</table>

### STATEMENT OF ACTIVITIES

#### Year ended December 31

<table>
<thead>
<tr>
<th>Revenue Category</th>
<th>2012 Unrestricted total</th>
<th>2011 Unrestricted total</th>
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</thead>
<tbody>
<tr>
<td>REVENUES, GAINS, &amp; OTHER SUPPORT</td>
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<tr>
<td>Grants and contracts</td>
<td>$20,853,001</td>
<td>$22,985,097</td>
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<td>Interest income</td>
<td>4,784</td>
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<td>Contributions and donations</td>
<td>16,649</td>
<td>13,349</td>
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<td>Other income</td>
<td>27,803</td>
<td>16,990</td>
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<tr>
<td><strong>Total revenues, gains &amp; other support</strong></td>
<td><strong>$20,902,237</strong></td>
<td><strong>$23,020,879</strong></td>
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<tr>
<td>EXPENSES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program services:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Child Development</td>
<td>5,259,030</td>
<td>6,882,084</td>
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<tr>
<td>Physical Health</td>
<td>1,715,370</td>
<td>1,941,073</td>
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<tr>
<td>Psychological Health</td>
<td>2,944,377</td>
<td>2,453,442</td>
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<tr>
<td>Prevention and Treatment</td>
<td>4,341,960</td>
<td>4,688,000</td>
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<tr>
<td><strong>Total program services</strong></td>
<td><strong>14,260,737</strong></td>
<td><strong>15,964,599</strong></td>
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<tr>
<td>Support services</td>
<td>6,388,116</td>
<td>6,763,724</td>
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<tr>
<td>Depreciation and amortization</td>
<td>221,652</td>
<td>306,226</td>
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<tr>
<td><strong>Total support services</strong></td>
<td><strong>6,609,768</strong></td>
<td><strong>7,069,950</strong></td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td><strong>20,870,505</strong></td>
<td><strong>23,034,549</strong></td>
</tr>
<tr>
<td>CHANGE IN NET ASSETS</td>
<td>31,732</td>
<td>(13,670)</td>
</tr>
<tr>
<td>NET ASSETS, beginning of year</td>
<td>747,144</td>
<td>760,814</td>
</tr>
<tr>
<td><strong>NET ASSETS, end of year</strong></td>
<td><strong>$778,876</strong></td>
<td><strong>$747,144</strong></td>
</tr>
</tbody>
</table>
ORI Donors 2012

RESEARCH FRIENDS
(to $499)
Anonymous (2)
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Mandy Tsui

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  National Institute on Minority Health and Health Disparities (NIMHD)
  National Cancer Institute (NCI)
  National Institute of Dental and Craniofacial Research (NIDCR)
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  National Institute of Child Health and Human Development (NICHD)
  National Institute of Alcohol Abuse and Alcoholism (NIAAA)
  National Institute on Aging (NIA)
  National Institute of Neurological Disorders and Stroke (NINDS)
United States Department of Education
  Centers for Disease Control and Prevention (CDC)

A planned gift creates a legacy of caring for research that lasts forever. The Heritage Club consists of donors who support ORI through planned gifts and bequests. If you are interested in leaving a lasting legacy to ORI, please contact Byron J. Glidden at (541) 484-2123.

Every effort has been made to ensure accuracy. Please feel free to contact us at (541) 484-2123 with any corrections.