



# CATE O'BRIEN, MPH, PH.D.

## CHIEF TRANSFORMATION OFFICER

O'Brien joined Mather as a senior research associate in 2005. She expands the organization's thought leadership through research, working to enhance its reputation for innovation through ongoing development and implementation of impactful programs and services for Chicagoland older adults.

O'Brien leads Mather Institute's research team to identify, develop and conduct research programs in wellness and engagement across the aging services field. She also leads various research projects, establishing partnerships with universities to expand Mather's reach and enhance the Institute's reputation as a thought leader. She collaborates with all areas of Mather to evaluate the impact of internal initiatives.

O'Brien also leads the Community Initiatives team in developing and implementing strategies to grow the number of older adults served through virtual and in-person programs, such as the popular D.I.T., or Do It Together, Creative Art Kits.

O'Brien earned a Master of Science in Cultural Anthropology from the University of California, San Diego; a Master of Science in Epidemiology from San Diego State University; and a Doctorate in Public Health and Community Health Sciences from the University of Illinois Chicago.

### SELECTED PUBLICATIONS INCLUDE:

**Khan, M.M., Hill, P.L. & O'Brien, C.J.** (2023). Hope and healthy lifestyle behaviors in older adulthood, *Aging & Mental Health*

**Smith, J.L., Bihary, J.G., O'Connor, D., Basic, A., & O'Brien, C.J.** (2020). Impact of savoring ability on the relationship between older adults' activity engagement and well-being. *Journal of Applied Gerontology*

**Piedra, L.M., Ridings, J., Howe, M.J.K., et al.** (2020). Stakeholders' ideas about positive aging for Latinos: A conceptual map. *Journal of Applied Gerontology*

**Treichler, E., Glorioso, D., Lee, E., Wu, T., Tu, X., Daly, R., O'Brien, C., Smith, J.L. & Jeste, D.** (2020). A pragmatic trial of a group intervention in senior housing communities to increase resilience. *International Psychogeriatrics*

**Nicholson, R. & O'Brien, C.** (2017). Lessons learned from designing and evaluating an educational brain fitness program. *Working with Older People*

**O'Brien, C., Smith, J. & Beck, D.** (2016). Real relationships in a virtual world: Social engagement among older adults in Second Life. *Gerontechnology*

**O'Brien, C. & Nicholson, R.** (2015). Senior Living Residents' Perceptions of the Boost Your Brain & Memory Program. *Seniors Housing & Care Journal*

**King, S., O'Brien, C., Edelman, P., & Fazio, S.** (2011). Evaluation of the person-centered care essentials program: Importance of trainers in achieving targeted outcomes. *Gerontology & Geriatrics Education*

**Edelman P., O'Brien C., Loftus E.M., & Engel R.** (2010). Whole-person wellness in senior living: perspectives of 23 pioneering communities. *Seniors Housing & Care Journal*

**O'Brien C., Selod S., & Lamb K.V.** (2009). A national initiative to train long-term care staff for disaster response and recovery. *Journal of Public Health Management and Practice, Supplement*