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**EXECUTIVE SUMMARY**

We are grateful to the Massachusetts Department of Mental Health (DMH) for its support of the University of Massachusetts Medical School’s (UMMS) DMH Research Center of Excellence, the Implementation Science and Practice Advances Research Center (iSPARC). We continue to leverage the DMH investment to support DMH and its stakeholders in rapidly translating findings from mental health services and implementation research into best practices for individuals with lived experience and their families across our great Commonwealth, particularly those from underrepresented groups.

**iSPARC Overview**

On October 1, 2018 the UMMS Department of Psychiatry was awarded the Research Center of Excellence for Public Mental Health Services & Implementation Research contract by the Massachusetts Department of Mental Health (DMH). With this award, the past DMH research center of excellence, the Systems and Psychosocial Advances Research Center (SPARC), transformed to the Implementation Science and Practice Advances Research Center (iSPARC).

The new iSPARC builds on the demonstrated strengths of SPARC by:

1. Adding investigators from the UMMS’s Department of Population and Quantitative Health Sciences (PQHS) and its matchless expertise in implementation science and engagement of underrepresented groups; and
2. Adding investigators from Boston University’s Center for Psychiatric Rehabilitation and its 35+ years of implementation and services research focused on the recovery of adults with serious mental illness.

Investigators from both new groups share with us a history of partnering with end-users of research, consistent with the engagement rubric of the Person-Centered Outcomes Research Institute (PCORI). Both have strong histories of training and workforce development that will enrich the overall efforts of iSPARC. PQHS investigators bring to iSPARC the added advantage of an active program in the engagement of underrepresented racial, cultural, and linguistic groups as research partners and beneficiaries of evidence-based and promising services.

Our mission aligns with DMH’s mission to provide access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work, and participate in their communities. DMH sets policy, promotes self-determination, protects human rights, and supports mental health training and research. This critical mission is accomplished by working in partnership with other state agencies, individuals, families, providers, administrators, and policymakers navigating the behavioral health landscape in the Commonwealth and beyond.
ers, and communities. DMH and iSPARC share a strong commitment to values that include: supporting mental health through promoting recovery, empowerment, health and well-being, and person-centered and family-focused approaches, ensuring trauma-informed services, promoting accessibility of services and resources that recognize cultural and linguistic capacities, and emphasizing evidence-informed and -based practices to ensure highest quality of care and service delivery.

This annual report focuses on the activities of iSPARC (post October 1, 2018), but includes a summary of publications, grant submissions and funded grants obtained during the full fiscal year.

The new iSPARC features four interacting “Programs”: Stakeholder Engagement, Public Mental Health and Implementation Research, Technical Assistance/Consultation and External Funding, and Workforce Development. All programs have a focus on enhancing the diversity of our workforce and increasing the voices of underrepresented groups as research partners and relevance of the research to their lives. iSPARC is focusing on two activities done in partnership with DMH and its stakeholders: (1) providing technical assistance (TA) and consultation, and (2) conducting public mental health and implementation research.

**Research Portfolio**

Fiscal Year 2019 was a strong year for the Center.

**iSPARC Faculty & Staff:**

- Received $9,089,109 in new research funding
- Submitted 30 grant applications
- Were awarded 11 new grants and contracts
- Submitted and published 105 research articles, briefs, book chapters, reports, and manuals.

iSPARC faculty are internationally recognized in psychosocial interventions development and implementation; services and supports research; multicultural issues; clubhouse and vocational rehabilitation models; wellness and mindfulness; forensic/legal and human rights issues; child, parent and family mental health issues; perinatal mental health; Deaf and hard of hearing mental health concerns; transition age youth/young adults; and co-occurring disorders. We collaborate across UMMS Departments of Psychiatry, Population and Quantitative Health Sciences, Family Medicine and Community Health, Preventive and Behavioral Medicine, Commonwealth Medicine, other UMass campuses, and other national and international institutions to optimize our resources and relationships to build a bigger and stronger iSPARC to help meet the many challenges faced by DMH and its stakeholders.
iSPARC provides a positive return for the DMH investment:

Every $1 invested by DMH this fiscal year yielded a return of $9.70 to the Commonwealth to fund research, training, technical assistance, and service delivery.

New iSPARC Initiatives

We are very excited about several new iSPARC initiatives this year. These include:

- Development of the Public Mental Health and Implementation Research Program that focuses on solving real-world challenges to improve interventions that support the recovery of individuals with lived experience across the lifespan.

- Development of the Technical Assistance/Consultation and External Funding Program which is the “practice arm” of implementation science, guided by the Active Implementation Framework of the National Implementation Research Network. The program plans to expand activities that have led to iSPARC’s outstanding external fundraising and leverage our technical assistance (TA) capacities into financial support for Center operations.

- Development of the Stakeholder Engagement Program that continues to support a culture of authentic engagement with DMH and its stakeholders as partners in iSPARC activities.

- Development of the Workforce Development Program which offers multiple supports for new/early investigators and staff to build careers in public mental health and implementation science research.

- Enhancing Practice to Support the Success of Young Adults: Area Forums training contract to help
facilitate trainings aimed at educating MA DMH staff about the new policies and procedures around the Reframe the Age initiative.

- Helping Youth on the Path to Employment (HYPE) training contract with DMH’s Division of Child, Youth and Family Services.

Public Mental Health and Implementation Research Program

All research activities conducted by iSPARC fall under this program. It is co-directed by iSPARC Director Maryann Davis, Ph.D. and Tom Houston, M.D., who is Chief of the Division of Health Informatics and Implementation Science at UMMS. The major goal for this program in the initial 9 months of iSPARC has been for iSPARC faculty from PQHS, the Department of Psychiatry, and BU’s Center for Psychiatric Rehabilitation to become familiar with one another’s work and expertise for the purpose of developing collaborative projects. Activities to achieve this goal included a 4-hour introductory meeting that provided new iSPARC faculty with the background of the previous Research Centers of Excellence at UMMS, an orientation to DMH and its stakeholders, an overview of the new iSPARC programs, and an opportunity for each research program to briefly describe themselves. The second formal activity to enhance collaborations was an all-iSPARC faculty research planning day. This 6-hour long activity brought together all iSPARC faculty to review the strategic plans of each iSPARC program and provide feedback, and to engage in a variety of activities that were designed to provide each faculty member an opportunity to highlight the most important dimensions of their research programs and invite ideas about potential collaboration. Collaborations are also encouraged through participation in iSPARC meetings and events that foster more casual conversations and exchanges of ideas. Several grants that were submitted since October 1 include iSPARC investigators from both the Department of Psychiatry and PQHS.

FY20 will focus on the development of a strategic plan for rapidly developing collaborative research projects.

Research Highlights

The U.S. Deaf community is one of the most understudied populations in biomedical research. One reason is the frequent use of research methods that are not accessible to Deaf people (for example, telephone surveys). In addition, researchers often aim to “cure” or “fix” hearing loss, while Deaf people, however, do not view themselves as needing to be “fixed,” but rather as members of a rich culture with shared experience, history, art, and literature. These barriers have resulted in systematic mistrust of researchers and reluctance to participate in biomedical studies. In 2016, Melissa Anderson received NIH funding for the Deaf ACCESS: Adapting Consent through Community Engagement and State-of-the-art Simulation project to help address this knowledge gap. In partnership with Deaf community members, the study team adapted informed consent procedures making them more Deaf-friendly and used medical simulation to train research assistants how to appropriately recruit and enroll Deaf research participants. The result of this study is a video called Sign Here: How to Conduct Informed Consent with Deaf Research Participants that is a teaching tool for anyone conducting research with Deaf participants.
Melissa Anderson was awarded a National Institutes of Health (NIH) Planning Grant Program (R34) award for *Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for Alcohol Use Disorder and Trauma*. Deaf people have high rates of alcohol use disorder and trauma, which negatively impacts their lives. It is difficult for Deaf people to get treatment because most types of treatment for these are not Deaf accessible. Under her previous KL2 project, Melissa Anderson and her team have developed *Signs of Safety*—a population-specific client toolkit and therapist companion guide that supplements *Seeking Safety*. The client toolkit includes visual handouts, which present information using plain text and visual aids created by a Deaf artist. It also contains American Sign Language (ASL) teaching stories on digital video using Deaf actors, which present key learning points via an educational soap opera. The therapist companion guide offers tips to adapt *Seeking Safety* for Deaf clients, including vocabulary for ASL translation and helpful tips for working with Deaf clients. It also educates the therapist about how the 25 safe coping skill topics in *Seeking Safety* interact with Deaf experience and culture.

This new NIH R34 project will build upon Melissa Anderson’s previous work by generating a final, professional iteration of *Signs of Safety*, training study clinicians, and moving this research program from Stage IA to Stage IB (two-arm feasibility and pilot testing). This innovative study will produce feasibility and preliminary efficacy data to support a NIAAA R01 for a full-scale randomized control trial to evaluate *Signs of Safety*, and a community-engaged model for conducting randomized control trials with Deaf participants.

Nancy Byatt and Tiffany Moore Simas received a two-year grant from the Perigee Fund for their Lifeline4Moms Center to create a scalable, comprehensive network to facilitate learning and research across the United States, with the goal of helping mothers across the country. Lifeline4Moms helps organizations and agencies to develop, implement, evaluate, and sustain approaches for addressing mental health and substance use disorders. The team is comprised of academic and clinical experts in perinatal mental health, program development, implementation science, health policy, and research and evaluation. With funding support from the Perigee Fund, the Lifeline4Moms team will develop a multistate peer network of Perinatal Psychiatric Access Programs.

Nancy Byatt and Tiffany Moore Simas received one year of funding from the CDC and CDC Foundation to develop and optimize the usability of a screening and decision support tool designed to overcome barriers to detection, referral and treatment of perinatal women with severe mental illness receiving care in obstetric settings.

Maryann Davis co-edited a special section of the *Psychiatric Rehabilitation Journal* released in December 2018 that is dedicated to youth & young adult mental health. The papers included in the special section provide data on the efficacy of treatment models, shed light on youth and young adults’ attitudes toward help-seeking, and offer guidance for community-based providers serving this age group.
Michelle Mullen and Marsha Ellison were awarded a 5-year NIDILLR grant for their **Helping Youth on the Path to Employment (HYPE): Creating Economic Self-Sufficiency** project. The goal of this project is to create a career development program, Helping Youth on the Path to Employment (HYPE), to improve the negative education and employment outcomes of young adults with mental health conditions. The HYPE program aims to minimize disruptions of post-secondary education and promote degree completion to drive competitive employment in meaningful careers and financial self-sufficiency.

**Project activities include:**

1. Conducting a fully-powered randomized trial testing HYPE’s efficacy;
2. Establishing implementation sites meeting HYPE fidelity standards;
3. Providing high quality HYPE-coordinated postsecondary education and employment services;
4. Recruiting and retaining college students; and
5. Collecting and analyzing data on HYPE recipients and an active control group of college students over two years related to academic progression and performance, and employment in benefitted jobs.

**Technical Assistance/Consultation Program and External Funding**

The iSPARC Technical Assistance/Consultation and External Funding Program is led by Drs. Gina Vincent and Marsha Langer Ellison. The program is responsible for providing all technical assistance (TA) under the contract, and for providing other types of consultation. The program also houses our Communications Division, led by Dr. Ellison. During FY19, the contract element of the iSPARC External Funding Program moved under this program because of the natural relationship between the development of these activities/products and their potential marketing for non-MA DMH contracts.

The program provides **basic** and **intensive** TA services to MA DMH and its contracted providers. Basic TA offers up to 16 hours of free TA services per request and has included requests such as: seeking information about best practices/models; providing brief phone consultation; identifying funding resources (grants, programs, entitlements, etc.); and helping to identify tools for supporting implementation of best practices (e.g., checklists, guides, survey formats). Intensive TA requests involve more hands-on supports, such as assistance with the development of performance indicators/ data tracking systems, development of methods that support organizational routines (e.g., policy development, quality assurance), training requests, and on-site collaboration/ facilitation of implementation groups. During FY19, the team developed a [TA request web page](#) for the iSPARC website, developed policies and procedures for providing basic TA, and developed a database to track the TA that is provided.
May 2019, the iSPARC TA team began training on the Active Implementation Framework from Dean Fixsen and the Active Implementation Research Network.

The team is also working on an intensive TA project with the MA DMH Mental Health Services Division to develop an optimal strategy for supporting Adult Community Clinical Services (ACCS) providers in their efforts to implement evidence-based screening, assessment, and treatment practices to enhance outcomes for individuals with lived experience and their families. iSPARC is working with MA DMH to select a region to start working with more intensely around this effort.

The External Funding Support side of the program is developing a strategy for marketing the expertise of iSPARC faculty and staff in order to bring in external funding for technical assistance, training, and consultation services. For FY19, this side of the program has begun to survey iSPARC’s expertise, develop a pricing strategy, and a mechanism to manage fee for service contracts.

**Basic TA Provided During FY19**

- Kathryn Casella requested iSPARC’s assistance in identifying literature and research resources concerning multicultural mental health and we sent her materials and links via email.

- Janice LeBel, from the DMH Central Office, requested an updated literature review on restraint/seclusion/reduction and prevention in inpatient settings. We sent Dr. LeBel an organized, annotated bibliography containing seclusion and restraint research in psychiatric hospital settings that included several literature reviews and systematic reviews that had been conducted over the past 5 years. We also sent her a zip file of those articles. The rest of the bibliography contained individual works that were not included in any of the reviews.

- Kathryn Janiuk, Co-Chair Youth Development Committee (YDC) requested materials on self-advocacy for youth and young adults that are readily available. We sent her the Transitions ACR tip sheet, *How to Speak Up and Be Heard: Self Advocacy*.

- Heidi Holland, DMH Project Director for the TSAI Young Adult Grant, requested assistance with the development of performance indicators/data tracking systems for Transitions Age Youth as part of their “Reframe the Age” efforts. Specifically, they were looking for the development of a brief self-assessment tool that can be used at the Area level to measure progress on “Reframe the Age” efforts. *Marsha Ellison* met with Heidi and it was decided that a draft of the self-assessment could be developed by iSPARC and the Transitions to Adulthood Center for Research. Marsha Ellison attended the May DMH Transition Age Workgroup meeting to discuss components of the self-assessment tool. The self-assessment tool is being finalized and the final version will be completed in FY20.

- Margaret Guyer and Michael Stepansky requested assistance in the submission of a grant to SAMHSA called the 2019 Transforming Lives through Supported Employment. Jonathan Clayfield, Colleen McKay, Morgan Rao, Bailey Pridgen, and Michelle Mullen assisted with grant writing, budgeting, document tracking, and formatting.

- Margaret Guyer requested four journal articles on outcomes of hospitalization, that she received from an outside source. Jonathan Clayfield provided the requested journal articles.
• Nandini Talwar & Joel Danforth, from the DMH Central Office, requested our assistance and expertise in understanding best practices for health and wellness interventions for inpatient young adult/older adolescent units across Massachusetts. iSPARC investigators met with Nandini, Joel and some providers as part of an internal initiative/workgroup to gain a better sense of what they are already doing in these areas. Colleen McKay is developing the focus group questions. The next step is to have the iSPARC Youth Advisory Board (YAB) review the focus groups questions developed by Colleen, and to have Nandini and Michael review these questions. The actual focus groups will be held in FY20.

Collaborations with DMH and Other State Agencies Highlights

We recognize that partnerships are more critical than ever, especially considering the increasingly collaborative and multidisciplinary nature of services research. iSPARC faculty and staff collaborate with DMH and other state agencies to further the missions of these organizations and meet the needs of the citizens of the Commonwealth. Two substantial new initiatives were launched this fiscal year.

**Enhancing Practice to Support the Success of Young Adults: Area Forums**

*Reframe the Age* is a DMH initiative where young adults between the ages of 18-21 are now being served by either child or adult mental health services. iSPARC was contracted by DMH under the oversight of Heidi Holland to help facilitate trainings aimed at educating DMH staff about the new policies and procedures around the Reframe the Age initiative and to help educate DMH providers on effective strategies to engage and serve young adults. Four half-day trainings were developed and delivered by iSPARC faculty/staff to four area offices. Topics included young adult brain development, service planning, and family engagement.

**Helping Youth on the Path to Employment (HYPE) Course**

In FY19 the iSPARC and the Transitions ACR were awarded a Transition Age Youth & Young Adult Career Development & Peer Trainings contract with DMH’s Division of Child, Youth and Family Services. The course is based on the Helping Youth on the Path to Employment (HYPE) manualized career development intervention developed by Michelle Mullen. The HYPE intervention articulates support strategies to help young adults return/maintain meaningful roles in school and work. Dr. Kathryn Sabella, project PI, Michelle Mullen, and Amanda Costa developed and implemented a 12-week HYPE Course that is available in the state of Massachusetts for any young adult with lived experience who is interested in working toward school or work goals. The course is co-facilitated by a young adult with lived experience to provide peer-to-peer support and learning opportunities. During the course, topics covered included goal development, strengths and needs assessments, information on conversational attention and task attention, interpersonal skills, exploring how to ask for what you need, verbal learning, the process of encoding information, the skill of note-taking, exploring accommodations and assistive technology at work and school, how to problem solve, and the importance of finding supports in one's community. In FY19 the MA HYPE Course hosted three 12-session career development curricula to cohorts of young adults in Central MA (Shrewsbury MA), the Metro-Boston area (Roxbury, MA), and Southeast MA area (Quincy).

**Additional Collaborations with DMH include:**

- The iSPARC Communications Division is collaborating with the Statewide Young Adult Council (SYAC) to develop a tip sheet to respond to the conversation that is happening about mental health in the media and elsewhere especially regarding the school shootings and gun violence. Dee Logan presented the draft at a recent SYAC meeting and is waiting for their feedback. The tip sheet will be published in FY20.
- Gina Vincent assisted the Executive Office of the Trial Court, BSAS, and DMH with organizing the MA Drug Court 101 training held October 18 & 19, 2018. She is also assisting these agencies with planning the
content, structure and schedule for setting-up regional, in-person trainings for Regional Drug Court Trainings to assist all drug courts in the Commonwealth with implementation of best practices.

- Mike Stepansky contacted iSPARC/TACR about gathering information about Order of Selection policies and how/whether state mental health authority clients can be granted Status 1 automatically, following their eligibility determination. **Marsha Langer Ellison** had a conference call with Michael Stepansky, Scott Dennis, Catherine Drake, Jody Boone, K Reeder and Steven Reeder to discuss the TACR’s IPS Study and OOS policy.

- **Celine Larkin** was invited by Margaret Guyer-Deason to present for an hour on Care Transitions in Zero Suicide at the March 8, 2019 Cape and the Islands Zero Suicide Learning Collaborative.

- As part of the System of Safety, **Celine Larkin** assisted in organizing a Collaborative Assessment and Management of Suicide (CAMS) training in early April 2019 and opened it up to Department of Mental Health clinicians identified by Margaret Guyer-Deason.

- On March 12, 2019, **Celine Larkin** joined a DMH call about Collaborative Assessment and Management of Suicidality (CAMS) roll-out in Brockton.

**Collaborations with other Massachusetts state agencies include:**

- **Jonathan Delman** has been working with the Transformation Center to write a paper about information/research on disparities (vocational needs) for other multicultural groups such as Black, Hispanic, Asian, Deaf/hard-of-hearing individuals and immigrants.

- **Gina Vincent** assisted MA Department of Youth Services (DYS) with developing/validating their new Detention Placement Instrument and the Community-Based Options/Placement Screening Instrument, as well as a manual and quality assurance plan for both tools.

- Dara Drawbridge and **Gina Vincent** partnered with the Massachusetts Probation Service to submit a Letter of Intent to the Arnold Foundation for research on pre-trial probation practices and not showing up for court.

- **Gina Vincent** worked with the Executive Office of the Trial Court to submit a Letter of Intent to the Sidney Baer Foundation to enhance Massachusetts Mental Health Courts.

- In April 2019, **Gina Vincent** gave the invited presentation *Risk Screening Tools for Pre-Trial Decisions: Approaches to the Massachusetts Bail Commission* to the MA Bail Commission to assist them with deciding whether to adopt a tool for bail decisions in the MA criminal justice system.

- **Gina Vincent** assisted MA Department of Youth Services (DYS) with materials for their recent staff training on their new pre-trial detention screening process, which her team helped them design last year.

- In April, **Gina Vincent** provided the Risk-Needs-Responsivity-based Case Planning with the YLS/CMI 1.5-day workshop for all juvenile correctional staff in Nevada.

- On May 30, **Gina Vincent** met with Deputy Commissioner of MA Pre-Trial Probation services regarding creation of a risk screening instrument for use in dangerousness hearings.

- One June 5th and 6th, **Gina Vincent** gave a 2-day workshop Risk-Need-Responsivity and Case Planning
to 50 personnel from the 4 Risk Assessment pilot sites of the MA EOHHS Safe and Successful Youth Initiative.

- **Gina Vincent** had a 1-hour call with the Deputy Superintendent of the Brookline Police Dept regarding use and dissemination of the MASTLE risk screening tool that we created for them and use in MA by law enforcement.

- **Melissa Anderson** continues to assist with statewide referrals for Deaf individuals seeking outpatient therapy via the MassDeafCare listserv.

- On April 30, **Melissa Anderson** had a consult call with Karran Larson from Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) regarding service needs for Deaf trauma survivors in Western MA.

- January 2019- Present, **Maryann Davis** was appointed to the Governor’s Task Force on Emerging Adults in the Justice System.

### Communications/Community Engagement Highlights

To ensure that the work of iSPARC is disseminated as quickly and effectively as possible and to speed the translation of research findings about effective psychosocial services into actual practice in the community, we have developed state-of-the-art dissemination strategies including web-based and social media campaigns.

**Highlights from these activities include:**

- Published **12** issue briefs and tip sheets in FY19 (see Appendix B).
- Total number of iSPARC written products disseminated at local and national conferences: **2,252** (1,293 MA only).
- In FY19 iSPARC faculty and staff gave **143** presentations (international, national, and local) to a total of **12,231** people.
- **Four** (4) webinars for over 250 participants. Webinar topics included: the experiences of young adult parents with serious mental health conditions; how students with lived experience navigate academics and mental health management; suicide risk detection and management in clinical settings; and considerations for service provision to young adults early in their recovery.
- iSPARC and Transitions ACR websites received **14,118** visits from **9,115** unique users with **30,587** page views in FY19.
- Product downloads from our websites and our Psychiatry Information in Brief and Journal of Parent and Family Mental Health e-journals totaled over **31,135** an increase of over 23% from FY18 (FY18 = 25,251).
- Facebook pages reached **1,156** “likes”, an increase of **214** “likes” since FY18 (FY18 = 942).
- Our Twitter pages have **1,466** followers.
- Our videos on YouTube have had **37,684** lifetime views, which is an increase of 4,865 views compared to FY18 (FY18 = 32,819).
- We have **3,192** members on the iSPARC mailing lists.

- **Marsha Ellison** presented *Forging Career Pathways for Individuals with Autism and with Co-Occurring Mental Health Conditions* at the November 1, 2018 UMMS Psychiatry Research Day: Autism Across the Lifespan.

- **Melissa Anderson** presented How to Work with Deaf Sign Language Users in Medical Settings to UMMS

- **Melissa Anderson** and **Amanda Costa** presented Leveraging Community Engagement to Adapt Evidence-Based Trauma Treatments at the November 13, 2018 MA Mental Health Counselors Association Conference.

- **Laura Golden** and **Ian Lane** presented *Tools for School: Supporting the Academic Success of Young Adults with Mental Health Conditions in College and Beyond* at the May 15, 2019 MassPRA Annual Conference.

- On May 29, **Melissa Anderson** disseminated a vlog for Mental Health Awareness Month. The vlog can be found here on Facebook: [https://www.facebook.com/DeafYESCenter/posts/1012027085668117](https://www.facebook.com/DeafYESCenter/posts/1012027085668117).

- **Colleen McKay** was invited by Michael Stepansky to give the Keynote entitled, *Clubhouse Employment and Education: Lessons Learned and Creative Solutions*, at the June 7, 2019 DMH 3rd Promising Practices in Clubhouse Employment and Education Conference.

### Stakeholder Engagement Program

The Stakeholder Engagement Program is led by Drs. **Melissa Anderson**, **Celine Larkin**, and **Dee Logan**. Input from and partnership with persons with lived mental health experience is critical to all work at iSPARC. Within iSPARC, individuals with lived experience are actively involved in all phases of research, from defining the research questions to developing survey instruments and collecting data to disseminating the results. The voice of individuals with lived experience is infused into all iSPARC research, training, and dissemination activities. As part of this work, iSPARC relies on the direction and guidance of four advisory boards – the Mental Health Experiences & Years of Understanding (MHE & YOU) Advisory Council, the Family Advisory Board (FAB), the Deaf Advisory Group, and the Youth Advisory Board (YAB).

The Stakeholder Engagement team had a poster presentation at the UMMS Center for Clinical and Translational Science Community Engagement & Research Symposium on March 22, 2019. The poster, *Stakeholder Engagement through Participatory Action Research at iSPARC*, discusses the mission of iSPARC’s Stakeholder Engagement Program and how it intersects with all of the other Center Programs and activities. This poster was also displayed at the 10th Annual Asian American Mental Health Forum in May. The Stakeholder Engagement Program has several pages dedicated to it on the iSPARC website.

The Stakeholder Engagement team completed the development of the PAR-PAT tool. The team scheduled PAR-PAT assessments with eligible research teams. Most assessments were completed during FY19, with a handful to be completed early in FY20. The team is working on how to analyze the results and identify the projects with highest need to work with to improve stakeholder engagement in those projects.

The Stakeholder Engagement Team finalized the membership diversity assessment survey tool and disseminated it to three of iSPARC’s advisory boards (YAB/FAB/MHE&YOU). Survey results have been communicated back to the stakeholder advisory boards and community out-reach has been done to work on increasing the diversity of the iSPARC stakeholder advisory boards.
Highlights of contributions from persons with lived experience include:

- The Family Advisory Board (FAB) is facilitated by Marcela Hayes and Jean Wnuk. It met 8 times in FY19 and has 8 members, including a representative from FREDLA. Working with the iSPARC Communications Division the FAB drafted a tip sheet on self-care for care-givers of persons with lived experience. This tip sheet will be published in FY20.

- The FAB provided feedback on research project topics for the Transitions ACR’s Learning & Working RRTC grant application as it relates to young adults with serious mental health conditions and their family perspective.

- The FAB has started to plan for developing self-care videos to compliment the tip sheet and plan to have the first video completed during the first half of FY20.

- The Mental Health Experienced & Years of Understanding Advisory Council (MHE & YOU) ran their May is Mental Health Awareness Month annual campaign. The focus of this year’s campaign was on how animals can be beneficial to a person’s mental health. The MHE & YOU held a contest during May 2019 asking folks to submit a photo of the animal that helps their mental health along with a brief note describing how. They had 57 contest submissions. Three winners (Most Votes, Most Unique, and MHE & YOU's Pick) were chosen at the end of May and all contest entries were posted on the MHE & YOU’s website: mheyou.weebly.com

- A Deaf Community Advisor is working with Melissa Anderson on her NIH R-34 Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for Alcohol Use Disorder and Trauma project. The study team designed the new version of Signs of Safety - both filming teaching videos and client handouts - which is being done with one Deaf Community Advisory and a majority Deaf team.

- Deaf Community Advisors, Sheri Hostovsky and Maureen Bligh, assisted with data analysis and interpretation for Melissa Anderson’s Creating the Capacity to Screen Deaf Women for Perinatal Depression study. In March 2019, an ASL vlog summarizing the project was published on YouTube and the iSPARC website. A companion written product is in development.

- The Youth Advisory Board (YAB) has 2 young adult Co-Chairs and 11 active members. In FY19 the YAB met 8 times to review 2 tip sheets and 8 research projects. In conjunction with the iSPARC Communications Division, the YAB assisted with developing 2 tip sheets on how to create authentic young adult advisory councils.

Workforce Development Program

Co-led by Drs. William McIlvane and Stephenie Lemon, the Workforce Development Program aims to provide a variety of services that will help iSPARC faculty and staff develop projects and programs that will advance not only their own careers, but also the objectives of the iSPARC. These investigators and their colleagues work together to develop not only existing personnel resources, but also to recruit new faculty to strengthen the program.

Workforce development leaders meet yearly and individually with iSPARC faculty members to provide career guidance and mentorship. These sessions have focused on assisting faculty to establish broad five year goals and identify areas of growth and activities to support them in achieving their plans. Topics addressed in these sessions include research ideas and projects, potential collaborators and funding sources and leadership and educational opportunities.
To help identify priority topic areas for workforce development among iSPARC staff members, Dr. Lemon designed a nominal group technique session that will meet early in Year 2. She will facilitate this process, using this semi-structured format, 23 unique topic areas on the broad domains of research skills, workplace culture and relationships, career planning and research communication emerged. Attendees will rank their personal preferences and results will be synthesized to identify key areas of focus for workforce development training and other opportunities.

**iSPARC Grant Support Team**

The Grant Support Team is co-led by the workforce development leads and is routinely attended by iSPARC faculty and staff. During FY19, the team met regularly to provide iSPARC faculty with scientific and content expertise on their grants in development in order to strengthen their submissions and increase likelihood of funding. All iSPARC investigators are encouraged to meet with the Grant Support Team as they are working on their grants, to ensure developing proposals receive as much input and review as possible prior to submission. During these hour-long meetings, investigators receive feedback on all aspects of their research and evaluation grants, including research questions, background and rationale and scientific methods. Faculty and staff can self-select when their grants are reviewed, and individual grants can be reviewed multiple times. The Grant Support Team helps with the submission process and tracks grant proposals that have been reviewed, submitted, and funded.

The Grant Support Team also reviews and develops other materials in support of proposal development such as program summaries and letters of intent. New initiatives are also proposed. One example is a recently successful initiative of this type was encouraging a junior faculty member, Dr. Melissa Anderson, to develop a proposal to secure a minority/diversity supplement for one of her current NIH grants. The proposal resulted in an award from that funding agency to support a post-doctoral trainee who hopes to develop into a new faculty member at iSPARC and develop an NIH grant-supported program. If successful, our understanding is that this individual would be the first Deaf behavioral health researcher supported by the NIH.

In Fiscal Year 2019, the Grant Support Team provided support with 9 grant reviews and 9 grant submissions, 2 of which were funded. One grant reviewed in FY18 was funded in Fiscal Year 2019.

**Examples of proposals reviewed by the Grant Support Team include:**

- Improving Academic Persistence and Progress of Postsecondary Students with Mental Health Conditions with Cognitive Remediation and Education Support (IES) – **Marsha Ellison**
- Online Training for Addressing Perinatal Depression (NIH STTR) – **Nancy Byatt**
- Research on Justice-Involved Populations in the Context of the Opioid Crisis FOA (NIDA R21) – **Gina Vincent**
- Improving Referrals to Medication Assisted Treatments from Drug Treatment Courts Using Organizational Linkage Intervention (NIDA K23) – **Ekaterina Pivovarova**
- Evaluating Deaf ACCESS: Adapting Consent through Community Engagement and State-of-the-art Simulation (NIDCD R21) – **Melissa Anderson**
- 6 research projects and 4 knowledge translation sections that are part of the Transitions ACR’s large Learning & Working Rehabilitation Research and Training Center grant proposal (NIDILRR/SAMHSA) – **Maryann Davis**
Culturally and Linguistically Appropriate Activities

- **Melissa Anderson** assisted with planning and hosting the October 12, 2018 WRCH Deaf Mental Health Symposium.

- On November 17, 2018 **Melissa Anderson** and her Deaf ACCESS team hosted a Red Carpet Movie Premiere for the Deaf community to screen their film, “How to Conduct Informed Consent with Deaf Research Participants”.

- The strategic plans for each iSPARC Program include an element of enhancing culturally and linguistically appropriate activities. Examples include collaborating with iSPARC consultants to cultivate a more diverse workforce, evaluate diversity factors in existing and planned iSPARC TA/Consultation activities with our consultants, and supporting new and early career researchers from underrepresented groups.

- iSPARC contracted with Maggie Alegria, Ph.D., to review and provide input on our plan for expanding our capacity for building and maintaining culturally and linguistically appropriate technical assistance (TA) and research, and to help increase Participatory Action Research with underrepresented cultural and linguistic groups and the research questions that are relevant to them. She is the Chief of the Disparities Research Unit in the Department of Medicine at Massachusetts General Hospital and Professor in the Departments of Medicine & Psychiatry at Harvard. Dr. Alegria is an internationally recognized expert in health disparities research related to mental health. Dr. Alegria has also agreed to assist iSPARC in designing and conducting an annual assessment of our culturally and linguistically appropriate TA, research, and Center operations as part of our CQI procedures.

- On June 3, 2019 **Melissa Anderson** hosted a “movie premiere” for Signs of Safety cast and crew, 15 people in attendance.

- Between June 26 – 28, 2019 **Melissa Anderson** released a 3-part vlog series on Facebook called the History of Pride Month; Part 1 = 343 views, Part 2 = 166 views, Part 3 = 132 views.

- In FY19 there have been 899 downloads of our written briefs and tip sheets in other languages (Spanish and Vietnamese).

- Our top 3 American Sign Language translation videos products for FY19 are:
  - **Mindfulness and Health** brief in ASL – 328 views
  - **Signs of Safety** project in ASL – 286 views
  - **Intimate Partner Violence in the Deaf Community: 5 Things You Need to Know and 5 Things You Can Do** brief in ASL – 148 views
Contract with BU Center for Psychiatric Rehabilitation (BU CPR)

The contract with BU CPR was officially signed on January 29, 2019. The scope of work involved the development of a sustainable training program for individuals living with serious mental illnesses involved in Center research or other activities, to comprehensibly introduce them to research, informed by CPR’s past experience of participatory research and training as well as a Content Panel of individuals living with serious mental illnesses who have had major roles in research efforts in the past.

BU reviewed their current online course material for training persons with lived experience about research to discuss ways to update it and improve it. They identified individuals in recovery who were willing to provide input on the course content for the development of a sustainable training program for individuals living with serious mental illnesses involved in Center research or other activities, to comprehensibly introduce them to research.

The BU Center for Psychiatric Rehabilitation investigated different media possibilities for the proposed video training course. Sally Rogers spoke with Dee Logan from iSPARC’s Stakeholder Engagement Program about working with iSPARC’s YAB and MHE & YOU to get feedback on the current Research 101 course content.

In June 2019, Sally Rogers recruited several individuals to participate in the Content Panel. Those individuals included national peer advocates (Rita Cronise, also an instructional designer; Martha Barbone, an iNAPS member and advocate; Lyn Legere, a nationally known trainer). It also included Anne Whitman, Cynthia Piltch, and Jackie Martinez, consultants for the MGH DMH Center of Excellence. David Braverman, a young adult with a psychiatric condition and a Research Assistant here at the MGH Center provided input, as did Dylan St. Germaine, a member of the Youth Advisory Board from iSPARC. Sally Rogers engaged a highly experienced videographer to videotape segments to enhance the consumer research course. A full day of videography was conducted on June 25th. Editing of the video clips is now ongoing as is additional writing for the course. Mark Salzer and his colleague have agreed to host a podcast in August that will be used to enhance learning about participatory research.
Maryann Davis was appointed by Governor Charlie Baker to the Task Force to Examine and Study the Treatment and Impact of Individuals Ages 18 to 24 in the Court System and Correctional System, (pursuant to section 221(a) of Chapter 69 of the Acts of 2018).

Marsha Ellison was a peer reviewer for paper presentations at the NARRTC Annual Conference.

Jeffrey Geller was elected President of the American Psychiatric Association. He will serve as President-Elect from May 2019 to May 2020 and will be President from May 2020 to May 2021.

Ekaterina Pivovarova was elected to the board of directors for the Academic Consortium on Criminal Justice and Health.
**Fulfillment of the DMH Contract**

Fiscal Year 2020 is off to a great start. Several new grants have already received funding, and we continue to explore innovative opportunities to help us diversify our funding portfolio. We continue our commitment to the shared DMH and iSPARC goal of providing the best, state-of-the-art recovery-oriented, patient-centered care to all citizens of the Commonwealth. We look forward to another productive year of partnering with DMH.

**Research Activity**

These numbers represent both ongoing and new iSPARC research during Fiscal Year 2019.

<table>
<thead>
<tr>
<th>Performance Measure</th>
<th>Accomplished in Fiscal Year 2017</th>
<th>Accomplished in Fiscal Year 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of research projects approved by DMH(^1)</td>
<td>39</td>
<td>33</td>
<td>39</td>
</tr>
<tr>
<td>Number of research proposals submitted &amp; approved by an IRB(^2)</td>
<td>14</td>
<td>14</td>
<td>26</td>
</tr>
<tr>
<td>Numbers of grants submitted(^3)</td>
<td>26</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Number of grants approved for funding(^4)</td>
<td>16</td>
<td>4</td>
<td>11</td>
</tr>
</tbody>
</table>

\(^1\) The number of ongoing iSPARC research projects during the fiscal year.

\(^2\) The total number of projects that received initial IRB approval during the fiscal year.

\(^3\) The total number of grant applications that iSPARC submitted during the fiscal year, regardless of their approval status. Some submitted grants may have received funding during the fiscal year, some may receive funding next fiscal year, and some may receive no funding.

\(^4\) The total number of new grants that either received money during the fiscal year or are approved for funding in the upcoming fiscal year.

**Summary of New Grant Funding**

The ongoing financial support provided by DMH confers iSPARC the ability to leverage monies from a variety of other sources in support of research and training. The figure reported below includes the portion of each grant/contract awarded in the 2019 Fiscal Year, not the total funds for life of the grant. The total is inclusive of both direct funds (monies which go directly to the project) and indirect funds (monies that support overhead on the project, the operation of iSPARC, the UMass Department of Psychiatry, and the University of Massachusetts Medical School).

<table>
<thead>
<tr>
<th>Performance Measure</th>
<th>Accomplished in Fiscal Year 2017</th>
<th>Accomplished in Fiscal Year 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>External funding obtained</td>
<td>$9,604,667</td>
<td>$7,483,598</td>
<td>$9,089,109</td>
</tr>
</tbody>
</table>
Summary of Publications

iSPARC faculty and staff publish in a variety of different venues. Although most of our publications appear in peer-reviewed journals, iSPARC faculty and staff also publish books, book chapters, monographs, reports, conference papers, and reviews of academic manuscripts.

<table>
<thead>
<tr>
<th>Performance Measure</th>
<th>Accomplished in Fiscal Year 2017</th>
<th>Accomplished in Fiscal Year 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of papers submitted &amp; accepted for publication</td>
<td>89</td>
<td>104</td>
<td>105</td>
</tr>
</tbody>
</table>

Summary of Other Dissemination Efforts

iSPARC continued to conduct trainings and give presentations at a wide variety of venues throughout Fiscal Year 2019. The following numbers represent the efforts of iSPARC to distribute and disseminate information to DMH state and provider clinical workforce as well as individuals with lived experience and family members.

<table>
<thead>
<tr>
<th>Performance Measure</th>
<th>Accomplished in Fiscal Year 2017</th>
<th>Accomplished in Fiscal Year 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number and types of forums used by iSPARC to share information with DMH State and provider clinical workforce, individuals with lived experience &amp; family members</td>
<td>59</td>
<td>60</td>
<td>54</td>
</tr>
<tr>
<td>Number and types of forums used by iSPARC to share information with DMH State and provider clinical workforce, individuals with lived experience &amp; family members</td>
<td>2,508</td>
<td>3,771</td>
<td>3,651</td>
</tr>
</tbody>
</table>

5 This represents the number of individuals attending iSPARC faculty and staff presentations at conferences and trainings in Massachusetts during FY19. This does not include Massachusetts individuals accessing research information through other iSPARC mechanisms (i.e., website, listservs, and social media).
APPENDIX A: NEW iSPARC FUNDED RESEARCH

Building US Capacity to Review and Prevent Maternal Deaths
PI(s): Nancy Byatt, DO, MS, MBA, FACLP and Tiffany Moore Simas, MD
Funding: CDC Foundation
Budget: $40,320
Time Frame: 09/01/2018-03/15/2019

Description: The goal is to develop and test the usability of a screening and decision support tool designed to overcome barriers to detection, referral and treatment of perinatal women with severe mental illness receiving care in obstetric settings.

Development and Beta Testing of a Screening and Decisions Support Tool for Pregnant and Postpartum Women with Severe Mental Illness
PI(s): Nancy Byatt, DO, MS, MBA, FACLP
Funding: Centers for Disease Control and Prevention (CDC)
Budget: $125,000
Time Frame: 10/01/2018-09/30/2019

Description: Supplemental funding for grant #1U01DP006093-01 to develop and optimize the usability of a screening and decision support tool designed to overcome barriers to detection, referral and treatment of perinatal women with severe mental illness receiving care in obstetric settings.

DMH HYPE
PI(s): Kathryn Sabella, Ph.D.
Funding: MA DMH Division of Child, Youth and Family Services contract
Budget: $48,900
Time Frame: 07/01/2018-06/30/2019

Description: Helping Youth on the Path to Employment (HYPE) is a manualized career development intervention developed by Michelle Mullen of the Transitions ACR. The HYPE intervention articulates support strategies to help young adults return/maintain meaningful roles in school and work. HYPE was originally designed for practitioners to work one-on-one with young adults. However, over the last 15 years HYPE has transformed, and is now offering course materials within community mental health programs. The HYPE Course runs for 12 consecutive weeks and is available in the state of Massachusetts for any young adult with lived experience who is interested in working toward school or work goals. The Course is Co-Facilitated by a young adult with lived experience to provide peer-to-peer support and learning opportunities. During the course, topics covered included goal development, strengths and needs assessments, information on conversational attention and task attention, interpersonal skills, exploring how to ask for what you need, verbal learning, the process of encoding information, the skill of note-taking, exploring accommodations and assistive technology at work and school, how to problem solve, and the importance of finding supports in one’s community. Created with support from the Massachusetts Department of Mental Health, The MA HYPE Course has hosted three 12-session career development curricula to cohorts of young adults in Cen-
tral MA (Shrewsbury MA), Metro-Boston area (Roxbury, MA), and Southeast MA (Quincy).

Enhancing Practice to Support the Success of Young Adults: Area Forums
PI(s): Marsha Langer Ellison, Ph.D.
Funding: MA DMH
Budget: $50,000
Time Frame: 01/01/2019-06/30/2019

Description: Reframe the Age is a DMH initiative where young adults between the ages of 18-21 are now being served by either child or adult mental health services. iSPARC was contracted by DMH under the oversight of Heidi Holland to help facilitate trainings aimed at educating DMH staff about the new policies and procedures around the Reframe the Age initiative and to help educate DMH providers on effective strategies to engage and serve young adults. Four half-day trainings were developed and delivered by iSPARC faculty/staff to four area offices. Topics included young adult brain development, service planning, and family engagement.

Helping Youth on the Path to Employment (HYPE): Creating Economic Self-Sufficiency
PI(s): Michelle G. Mullen, MS, CRC, CPRP and Marsha Langer Ellison, Ph.D.
Funding: National Institute on Disability, Independent Living, and Rehabilitation Research
Budget: $2,374,954
Time Frame: 09/30/2018-09/29/2023

Description: The goal of this project is to create a career development program, Helping Youth on the Path to Employment (HYPE), to improve the negative education and employment outcomes of young adults with mental health conditions (MHC). The HYPE program aims to minimize disruptions of post-secondary education and promote degree completion to drive competitive employment in meaningful careers and financial self-sufficiency. Project activities include: (1) conducting a fully-powered randomized trial testing HYPE's efficacy; (2) establishing implementation sites meeting HYPE fidelity standards; (3) providing high quality HYPE-coordinated postsecondary education and employment services; (4) recruiting and retaining college students; (5) and collecting and analyzing data on HYPE recipients and an active control group of college students over two years related to academic progression and performance, and employment in benefitted jobs. Project outcomes include developing HYPE data and products in preparation for wider implementation, and scale-up testing and adoption. Dissemination products include a mobile application on accommodations; peer-reviewed publications, policy white paper, and cost-analysis; informational tip sheets, webinars, presentations; and HYPE webpage.

Impact of Extended Release Naltrexone on Quality of Life in Criminal Justice Offenders with Opioid Use Disorders
PI(s): Ekaterina Pivovarova, Ph.D.
Funding: UMCCTS w/ Baystate
Budget: $49,957
Time Frame: 04/01/2018-03/31/2019

Description: Conducting secondary data analysis of randomized controlled, multisite study to examine whether quality of life predicted response to treatment and retention in research.
The Lifeline4Moms Network of Perinatal Psychiatry Access Programs

PI(s): Nancy Byatt, DO, MS, MBA, FACLP and Tiffany Moore Simas, MD (PIs)
Funding: Perigee Fund
Budget: $369,800
Time Frame: 02/13/2019-02/12/2020

Description: The two goals are to form a multi-state network of access programs and stakeholders and to develop a robust data sharing platform.

Lifeline4Moms Network Summit Meeting Support

PI(s): Nancy Byatt, DO, MS, MBA, FACLP
Funding: California Healthcare Foundation
Budget: $12,500
Time Frame: 06/01/2019-10/31/2019

Description: This project will provide (1) general support for the Lifeline4Moms Network Summit, and (2) support for Lifeline4Moms to plan, organize/host, and deliver a webinar on the development and implementation of Perinatal Psychiatry Access Programs for key stakeholders in California.

The Lifeline4Moms Network Summit will be a day-long interactive summit that will provide the opportunity for existing, emerging, and aspiring Perinatal Psychiatry Access Programs to learn, strategize, problem solve, and share ideas regarding how to effectively and efficiently implement, evaluate, and improve the quality of their programs.

The goals of the Lifeline4Moms Network Summit are to provide:

1. Peer learning about how programs have implemented, are currently implementing or aspire to implement a Perinatal Psychiatry Access Program, with a focus on generalizable features and lessons learned.
2. Experiential learning about how to best engage providers, and brand and sustain Perinatal Psychiatry Access Programs.
3. Strategies and brainstorming on how to effectively and efficiently evaluate and improve the quality of programs.

The goals of the webinar are to:

1. Provide an overview of the development and implementation of the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms.
2. Describe how efforts in MA led to federal legislation and HRSA funding to implement access programs in 7 additional U.S. states; review progress of those programs to date.
3. Describe the creation of the Lifeline4Moms Network and discuss lessons learned to date.
4. Provide a Q&A session for California-based stakeholders.

Online Training for Addressing Perinatal Depression

PI(s): Nancy Byatt, DO, MS, MBA, FACLP
Funder: Praxis, Inc. / STTR (Phase II)
Budget: $530,672
Time Frame: 06/01/2019-05/31/2021

Description: The primary goal of this proposal is to develop, implement, and evaluate an online module to improve obstetric providers’ knowledge, attitudes, and practices regarding perinatal mood and anxiety disorders. Upwards of 1 in 5 women suffer from perinatal mood and anxiety disorders. Left untreated, they
have deleterious effects on maternal and birth outcomes, infant attachment, and children’s behavior/development. While most obstetric providers report wanting to address perinatal mood and anxiety disorders, fear of liability, discomfort, and lack of knowledge and resources present barriers. To address this, our team developed the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms. MCPAP for Moms provides training for obstetric providers on how to detect, assess, and treat perinatal mood and anxiety disorders. While our training has been identified as a model for other states, it was developed specific to the Massachusetts environment and available mental health resources and is currently delivered in person. To begin to address this, in our Phase I project, we developed a prototype online training product, consisting of one module, entitled Basics of Addressing Perinatal Depression. Phase I participants’ pre/post-test knowledge scores applied knowledge change scores, and positive attitudes regarding depression and depression care increased significantly. Satisfaction with the course content, manner, and form of online presentation was also high.

However, as Phase I was a prototype focused only on depression, learners asked for more content on differential diagnosis, patient engagement, treatment follow-up, and monitoring. Thus, we propose to build on Phase I with a Phase II project to develop a more comprehensive training entitled, Addressing Perinatal Mood and Anxiety Disorders. While Phase I was purposefully narrow and covered only depression and how to screen for it and start treatment, Phase II will focus more broadly on perinatal mood and anxiety disorders and cover how to differentiate depression from other psychiatric illnesses, follow-up after treatment initiation, and monitor patients’ symptoms and adjust treatment as needed to achieve illness remission. We will conduct a formative evaluation of the 4-module training course via testing with 10 obstetric providers and obtain feedback from 5 women with lived experience of perinatal mood and anxiety disorders, and revise/refine based on these. We will test the effectiveness of all 4 modules by conducting a randomized controlled trial with 60 obstetric providers randomly assigned to the training (coursework group) (N=30) or an attention / wait-list control group (N=30). We will evaluate providers: (1) knowledge acquisition (pre/post-test comparison); (2) change in provider attitudes (beliefs, self-efficacy, and confidence) toward perinatal depression and anxiety care (pre/post comparison), and (3) satisfaction with course content and usability (post). We will then revise the modules, producing a final product for Phase III commercialization. If effective, our training will help obstetric providers implement screening for perinatal mood and anxiety disorders and respond appropriately, thus getting women needed care.

Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for Alcohol Use Disorder and Trauma

PI(s): Melissa Anderson, Ph.D.
Funding: National Institute on Alcohol Abuse and Alcoholism (R34)
Budget: $722,343
Time Frame: 08/12/2018-07/31/2021

Description: The U.S. Deaf community – a group of more than 500,000 Americans who communicate using American Sign Language (ASL) – experiences nearly triple the rate of lifetime problem drinking and twice the rate of trauma exposure compared to the general population. Although there are validated treatments for alcohol use disorder and posttraumatic stress disorder (PTSD) in hearing populations, there are no evidence-based treatments for any behavioral health condition for use with Deaf clients. To address these barriers, our team developed Signs of Safety, a Deaf-accessible therapy toolkit for treating alcohol use disorder and PTSD. Our proposed aims are to conduct a two-arm pilot randomized controlled trial of Signs of Safety and to collect data on feasibility, preliminary clinical outcomes, and potential mediators and moderators of outcome.
Support Models for Addiction Related Treatment

PI(s): Nancy Byatt, DO, MS, MBA, FACLP
Funding: Yale University/PCORI (subcontract)
Budget: $915,929
Time Frame: 01/01/2019-12/31/2022

Description: The goal is to conduct a cluster randomized clinical trial to compare the effectiveness of two models of support for reproductive health clinicians providing care for perinatal women with Opioid Use Disorders.
APPENDIX B: iSPARC DISSEMINATION PRODUCTS

Written Products:

- Tips and Tricks to Starting a Young Adult Council Part 1: 10 Steps to Starting a Young Adult Advisory Council
- Tips and Tricks to Starting a Young Adult Council Part 2: The Do’s and Don’ts of Young Adult Councils
- WIOA: New Law Helps Youth & Young Adults Get Jobs – What Families Need to Know
- Partnering with Families & Other Natural Supports on Individualized Service Plans (ISPs)
- What Were You Thinking? Brain Development in Young Adults
- Supporting Employment for Young Adults Living with Mental Health Conditions
- Supporting the Educational Goals of Young Adults with Mental Health Conditions
- Strategies for Engaging Young Adults
- Meeting the Intergenerational Needs of Families Where a Parent Has a Mental Illness
- Using Picture-Story Books to Help Families Understand Turbulent Parental Emotions in Families with Small Children
- Evaluation and Impact of Trauma Informed Training on Child Professionals: UMMS Child Trauma Training Center (CTTC)
- Mothers, Mental Health and Opioids: Engaging with Researchers @research4moms.com

ES = Available en Español

iSPARC Webinars:

- A Challenging Yet Motivating Journey: The Experiences of Young Adult Parents with Serious Mental Health Conditions – Emma Pici-D’Ottavio and Jennifer Whitney
- The College Years: How Students with Lived Experience Navigate Academics and Mental Health Management – Amanda Costa, Laura Golden and Ian Lane
- Suicide Risk Detection and Management in Clinical Settings – Ed Boudreaux
- Multi-Component Engagement Program: Considerations for Service Provision to Young Adults Early in Their Recovery – Michelle Munson

American Sign Language Video Products:

- Sign Here: How to Conduct Informed Consent with Deaf Research Participants
- Deaf Perinatal Study Summary
APPENDIX C: NEW iSPARC PUBLICATIONS


Mizrahi, R., Costa, A., & Youth Advisory Board of the Transitions ACR. (2018). Tips and tricks to starting a young adult council part 1: 10 steps to starting a young adult advisory council. *Psychiatry Information in Brief, 15*(5). Retrieved from https://escholarship.umassmed.edu/pib/vol15/iss5/1/


