



University of Massachusetts Medical School
Center for Mental Health Services Research

Annual Report

To the Department of Mental Health

2008 – 2009

To view this Annual Report online and to access more detailed information regarding recent publications, trainings, and presentations, please visit us at: www.umassmed.edu/cmhsr/annual_report.aspx

The Center for Mental Health Services Research (CMHSR) is a Massachusetts Department of Mental Health (DMH) Center of Excellence. The Center is also an important component of the UMass Department of Psychiatry.

Our mission is to use cutting-edge research and innovative dissemination strategies to accelerate the translation of research findings into policies and practices that support the mission of DMH to enable individuals of all ages, to live, work and participate in their communities.

The work of CMHSR is guided by three core priorities:

- **Culturally competent research and evidence-based practices**
- **Consumer involvement in research**
- **Dissemination of research findings to accelerate the adoption of evidence-based practices**

excellence & innovation in mental health services research

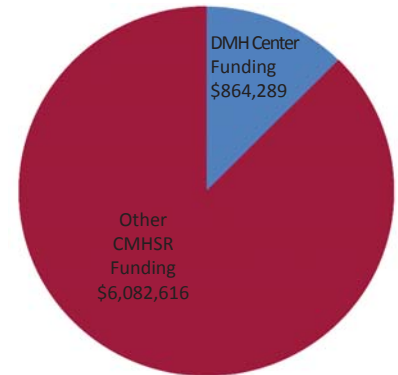


Executive Summary

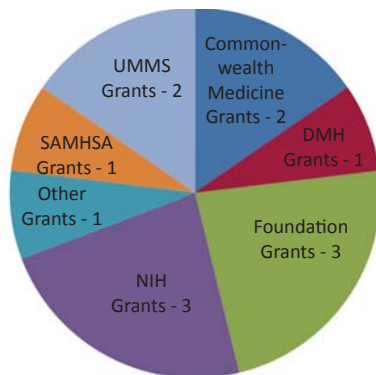
We are grateful to DMH for its continued support which led to an excellent Fiscal Year 2009 for The Center for Mental Health Services Research (CMHSR). Highlights include:

- 5.4 million dollars in new research funding awarded, an increase from 2.7 million dollars in Fiscal Year 2008
- 13 new research grants awarded
- 31 grant submissions, including eight Federal ARRA Grants¹

In Fiscal Year 2009 the infrastructure provided by the DMH contract was leveraged into over 6 million dollars in additional funding for research, training and services in Massachusetts.



Total FY 2009 Research Funding \$6,946,905



Total Grants FY 2009 - 13

CMHSR's 13 new research projects are supported by federal, state, local and foundation funding.

Already in Fiscal Year 2010 our DMH Center of Excellence has been awarded over 6 million dollars in federal funding that will support the economy of Massachusetts, including:

- 3 ARRA grants awarded for 2.1 million dollars (1.1 million dollars in FY 10)
- 1 NIDRR² Center Grant awarded for 4 million dollars (800,000 dollars in FY 10)
- 1 NIJ³ grant (submitted in collaboration with DMH) for \$200,000 dollars to evaluate a new model for comprehensive mental health, substance abuse and case management services for women being released from Framingham prison to communities in Massachusetts.

Research highlights

- Implementation of a Clubhouse model for tobacco cessation that integrates evidence-based interventions with existing health promotion activities, with the goal of adapting and implementing an intervention for consumers, and disseminating a toolkit of resources.
- Exploration of new interventions to reduce levels of criminal justice involvement for persons with co-occurring mental illness and substance abuse.
- Evaluation of a federally-funded jail diversion program awarded to DMH to provide mental health and substance abuse services for veterans returning from Iraq and Afghanistan.

Dissemination highlights

- 2000 hits per month on the CMHSR website: www.umassmed.edu/cmhsr

¹ The American Recovery and Reinvestment Act (ARRA) of 2009 provides Federal funding to stimulate the US economy through the support and advancement of scientific research.

² National Institute of Disability and Rehabilitation Research

³ National Institute of Justice

- 502 subscribers to the Issue Brief Listserv: www.umassmed.edu/briefs_archive⁴
- 5 new CMHSR Issue Briefs published
- Dissemination of research findings at the NAMI Annual Convention and Walk

DMH support enables major contributions by the CMHSR to service provision and enhancement in the Commonwealth and makes it possible for CMHSR to obtain additional funding for innovative services for typically underserved adults, children and families living with mental illness in Massachusetts.

Recent highlights include:

- Nearly 3 million dollars in industry funding to develop, implement and test an innovative intervention for parents with mental illnesses and their families in Marlborough, MA; with approximately 2 million of that providing direct services for 25 to 30 families in need, including 30 to 40 parents and approximately 60 children, per year.
- DMH funding supports the Clubhouse Family Legal Support Project, the first in the nation program providing direct legal services to 25 to 40 parents with mental illnesses and their families per year, as well as training for hundreds of attorneys and judges working with clients living with serious mental illnesses. Approximately \$60,000 per year in DMH funding is supplemented by about twice that in external foundation funding per year (including in-kind contributions of Employment Options and MHLAC).
- DMH support was critical in CMHSR obtaining a 5-year, \$4 million dollar NIDRR grant award to establish the nation's first Research and Training Center focusing on Transitional Age Youth (TAY) Research. The Center will focus on the transition from school to work, consistent with DMH's emphasis on recovery, and the governor's focus on education. The Center will provide direct services and technical assistance to adolescents, and adult DMH and TAY providers, and employ TAY consumer staff.
- CMHSR conducts the annual DMH consumer satisfaction survey required by the state's federal block grant for mental health services (which accounts for 1.9% of the projected FY 2009 total budget support for community mental health services). As an outgrowth of the collaboration with DMH to improve the value of the survey, CMHSR developed a survey design that has been cited as a model for other states around the country.

The DMH Center of Excellence at UMass provides valuable support for EOHHS priorities. Examples include:

- CMHSR faculty are leaders in the SAMHSA/Departments of Defense and Veteran's Affairs-funded Returning Veteran's Policy Academy, an EOHHS priority focusing on strategic planning for returning OIF/OEF veterans and their families.
- The Central Massachusetts Communities of Care (CMCC) is a collaboration of EOHHS under the leadership of DMH and UMass Medical School with child service agencies and providers under a 6-year Cooperative Agreement between the Commonwealth of Massachusetts and the federal government. Its goal is to promote system transformation in Central Massachusetts to divert youth with serious emotional disorders from unnecessary juvenile justice involvement. DMH support for the CMHSR is used to provide consultation and evaluation to guide implementation, training, continuous improvement and sustainability.
- Building on the development and testing of Communities of Care, CMHSR and UMMS faculty are actively involved in the implementation of the Child Behavior Health Initiative (CBHI). CMHSR is pursuing foundation funding for research on the CBHI as an initial investment in the CBHI research and training center mandated by the MA state legislature in Chapter 321 of the Acts of 2008: An Act Relative to Children's Mental Health. CMHSR faculty are also key members of the CBHI Advisory Council.

⁴ CMHSR Issues Briefs provide concise, user-friendly summaries of ongoing CMHSR research

Fulfillment of DMH Contract

Research Activity

These numbers represent both ongoing and novel research activity at CMHSR during Fiscal Year 2009.

Performance Measure	Benchmark Proposed for Year 3	Accomplished in Fiscal Year 2008	Accomplished in Fiscal Year 2009
Number of research projects approved by DMH	28	32	50
Number of research proposals submitted and approved by an IRB ¹	8	12	9
Number of grants submitted ²	20	15	31
Number of grants approved ³	10	14	26

Summary of New Grant Funding

The ongoing financial support provided by DMH confers CMHSR with 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 2009 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 CMHSR, the UMass Department of Psychiatry, and the University of Massachusetts Medical School).

Performance Measure	Benchmark Proposed for Year 3	Accomplished in Fiscal Year 2008	Accomplished in Fiscal Year 2009
External Funding Obtained	\$2,600,000	\$3,268,473	\$6,082,616

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- 1 The number of proposals submitted and approved by an IRB is the total number of projects that received IRB approval during the fiscal year.
 - 2 The number of grants submitted is the total number of grant applications that CMHSR submitted during the 2009 fiscal year, regardless of their approval status. That is to say some of the submitted grants may have received funding during the fiscal year, some may receive funding next fiscal year, and some may receive no funding
 - 3 The number of grants approved is the total number of grants that either received money during the fiscal year or are approved for funding in the upcoming fiscal year.

Summary of Publications

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

Performance Measure	Benchmark Proposed for Year 3	Accomplished in Fiscal Year 2008	Accomplished in Fiscal Year 2009
Number of papers submitted and accepted for peer review and publication	120	81	77

Summary of Other Dissemination Efforts

CMHSR continued to conduct trainings and give presentations at a wide variety of venues throughout Fiscal Year 2009. The following numbers represent the efforts of CMHSR to distribute and disseminate information to DMH state and provider clinical workforce as well as consumers and family members.

Performance Measure	Benchmark Proposed for Year 3	Accomplished in Fiscal Year 2008	Accomplished in Fiscal Year 2009
Number and types of forums used by CMHSR to share information with DMH State and provider clinical workforce, consumers and family members	10	36	46
Number of state and provider workforce members and consumers and family members with whom research information was shared	Not Proposed	3986	4487
Number of individuals with serious mental illness who were affected by the research conducted and/or received treatment	Not Proposed	2150	2230

NEW CMHSR FUNDED RESEARCH

BUILDING INTERVENTIONS TO REDUCE THE RISK OF CRIMINAL JUSTICE ENCOUNTERS FOR PEOPLE WITH SMI

PI: William Fisher, Ph.D.¹
Personnel: Jeffrey Draine, Ph.D., Nancy Wolff, Ph.D., Kim Meuser, Ph.D.
Robert Morgan, Ph.D., & Robert Drake, M.D., Ph.D.
Funding: NIMH
Budget: \$87,483
Time Frame: 9/1/2008 - 8/31/2012

This project is part of the NIMH Center for Behavioral Health Services and Criminal Justice Research. The goal of the project is to frame a new conceptual model for developing the next stage of interventions aimed at reducing the levels of criminal justice involvement / re-involvement among for persons with co-occurring mental illness and substance abuse.

CONSUMER AND FAMILY MEMBER SATISFACTION SURVEY (CFMSS)

PI: Charles Lidz, Ph.D.
Personnel: Jonathan Clayfield, M.A., Sierra Williams, Lisa M. Smith, B.A., Lorna Simon, M.A.,
Kenneth Fletcher, Ph.D., Connie Maranto, & Beth Lucas
Funding: DMH
Budget: \$63,600
Time Frame: 4/1/2009 - 9/30/2009

CFMSS is a statewide survey of DMH consumers receiving adult case management, families of children/adolescents receiving case management services, and adults receiving inpatient services using a combination of telephone interviewing and survey mailings. All CFMSS surveys and accompanying correspondence are translated into consumers' preferred languages. The telephone interviewing phase is conducted in both English and Spanish. Consumers receive a small stipend for their participation.

DEVELOPMENT OF A DECISION AID FOR TREATMENT OF PSYCHOSIS

PI: Lisa Mistler, M.D.
Funding: SAMHSA
Budget: \$51,877
Time Frame: 10/1/2008 - 9/30/2009

This project is developing and field testing a consumer-directed web-based decision aid for anti-psychotic medication. Decision aids are support tools to help with medical decisions that either have little scientific support, conflicting evidence, or are in equipoise, such as mastectomy versus lumpectomy in early stage breast cancer.

EXPLORING PERSONAL AND PSYCHOSOCIAL FACTORS ASSOCIATED WITH SMOKING AND QUITTING AMONG HIV-INFECTED ADULTS

PI: Sun Kim, Ph.D., RN
Co-I: Carol Bova, Ph.D., RN, ANP
Funding: UMMS—CDRO
Budget: \$2,500

¹ CMHSR faculty and staff are bolded

Time Frame: 10/1/2008 - 9/30/2009

This is a prospective, focus group study to explore the smoking behaviors and level of nicotine dependence of HIV-infected adults. The specific aims of this study are to: (1) explore personal characteristics of smoking behavior and the level of nicotine dependence; (2) identify sociocultural factors specific to people with HIV that interfere with smoking cessation efforts; and (3) explore ways to integrate tobacco dependence treatment in the delivery of primary care for people with HIV/AIDS.

INCORPORATING TOBACCO CESSATION ACTIVITIES IN A PSYCHOSOCIAL REHABILITATION PROGRAM

PI: Colleen McKay, M.A., C.A.G.S.

Co-I's: Douglas Ziedonis, M.D., MPH, Greg Seward, M.S.H.C., & Valerie Williams, M.A., M. S.

Personnel: Kevin Bradley, M.Ed., David Rocheleau, & Jennifer Colburn

Funding: American Legacy Foundation

Budget: \$97,846

Time Frame: 12/1/2008 - 12/1/2009

Experts in organizational change, tobacco dependence treatment, and the Clubhouse Model are collaborating to help people with SMI quit using tobacco. Project goals include creating organizational change with regard to tobacco use in the clubhouse; reducing or eliminating tobacco use among members and staff; customizing evidence-based tobacco cessation interventions for clubhouses; training peer leaders, developing resources including a health promotion toolkit and training materials for clubhouses; and disseminating and replicating findings. This project will integrate three evidence-based tobacco cessation interventions: Addressing Tobacco Through Organizational Change (ATTOC), Consumers Helping Others Improve Their Condition by Ending Smoking (CHOICES), Learning about Healthy Living (LAHL). The developed toolkit will have information and resources related to health promotion activities including tobacco cessation, exercise, nutrition, and stress management.

MISSION-DIRECT VET

PI: Debra Pinals, M.D.

Co-I's: David Smelson, Psy.D., Carl Fulwiler, M.D., Ph.D., William Fisher, Ph.D., & Albert Grudzinskas, Jr., J.D.

Personnel: Elizabeth Aaker, B.A.

Funding: SAMHSA

Budget: \$2,168,071

Time Frame: 10/1/2008 - 9/30/2013

The MISSION-Diversion & Recovery for Traumatized Veterans (MISSION-DIRECT VET) grant seeks to reduce criminal justice involvement among veterans with mental health and substance abuse histories, giving priority to veterans with trauma related symptoms. MISSION-DIRECT VET provides veterans focused wraparound services that systematically combine evidenced-based practices including mental health and substance abuse treatment, case management, trauma informed care, and peer support. The treatment intervention adopts the SAMHSA-funded MISSION approach previously developed by UMMS investigators. This project also takes advantage of a long standing partnership between DMH (lead agency for oversight and dissemination), Community HealthLink (for the pilot site in Worcester, MA), the Department of Veterans Affairs (the clinical partners), and CMHSR.

NATIONAL YOUTH SCREENING ASSISTANCE PROJECT - NATIONAL RESOURCE BANK FOR THE MODELS FOR CHANGE PROJECT

PI: Thomas Grisso, Ph.D.

Co-I: Gina Vincent, Ph.D.

Personnel: Valerie Williams, M.A., M.S. & Kimberly Larson, J.D., Ph.D.

Funding: John D. & Catherine T. MacArthur Foundation

Budget: \$ 1,393,685

Time Frame: 3/1/2009 - 2/28/2011

This contract provides nationwide technical assistance on mental health screening in juvenile justice, and technical assistance and evaluation for juvenile justice programs nationwide participating in the MacArthur Foundation's "Models for Change" initiative involving juvenile justice reform.

PREDICTORS OF READINESS FOR TOBACCO DEPENDENCE TREATMENT AMONG KOREAN AMERICANS

PI: Sun Kim, Ph.D., RN

Personnel: Sona Dolan, Ph.D. & Kenneth Fletcher, Ph.D.

Funding: ALA

Budget: \$80,000

Time Frame: 7/1/2008 - 6/30/2010

The objective of this study is to identify ways to reduce tobacco use and dependence among Korean Americans. Specific aims of the study are: (1) to identify psychosocial, cultural, and behavioral predictors of the behavioral intention to quit smoking and readiness for tobacco dependence treatment in Korean Americans, and, (2) to explore their experiences with actual and perceived barriers to tobacco dependence treatment. The proposed study will lead to better understanding of tobacco use and dependence and further development of tobacco dependence treatment for the Korean American population.

PREVALENCE AND KNOWLEDGE OF TOBACCO USE AND DEPENDENCE AMONG VIETNAMESE AMERICANS IN CENTRAL MA

PI: Sun Kim, Ph.D., RN

Co-I: Hoa Nguyen, M.D., M.S.

Funding: UMMS--CDRO

Budget: \$2,500

Time Frame: 6/23/2009 - 12/31/2009

This pilot project assesses smoking prevalence among Vietnamese Americans in Central MA and the need for tobacco dependence treatment within the community. A convenience sample of 160 people will be recruited at the 6th annual Asian Festival for an in-person survey about tobacco use.

PROGRAM FOR CLUBHOUSE RESEARCH

PI: Colleen McKay, M.A., C.A.G.S.

Personnel: Jodi Adams, M.A.

Funding: Commonwealth Medicine

Time Frame: 3/1/2009 - 2/28/2010

Budget: \$250,000

The Program for Clubhouse Research coordinates and conducts clubhouse research projects that are congruent with clubhouse philosophy and evaluates the effectiveness of the Clubhouse Model of Psychiatric Rehabilitation. The Program conducts clubhouse research with ICCD clubhouses and other academic institutions and acts as a clearinghouse for clubhouse research with the capacity to provide effective communication, dissemination of information, and assistance to clubhouses and researchers considering participation in clubhouse research projects.

PSYCHOPATHY AND TREATMENT OUTCOMES IN FORENSIC PSYCHIATRIC PATIENTS: A PILOT STUDY

PI: Ira Packer, Ph.D.
Co-I: Gina Vincent, Ph.D.
Personnel: Debra Pinals, M.D. & Charles Reilly, Ed.D.
Funding: Commonwealth Medicine
Budget: \$50,000
Time Frame: 7/15/2008 - 1/15/2010

A short-term longitudinal study to determine how psychopathic personality traits relate to areas of institutional maladjustment and decreases in risk for violence among patients at specific DMH facilities.

QIGONG THERAPY FOR TREATING COCAINE ADDICTION: NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

PI: David Smelson, Psy.D.
Co-I's: Douglas Ziedonis, M.D., MPH, Anna Kline, Ph.D., & Mikos Losonczy, M.D., Ph.D.
Funding: NIH
Budget: \$311,070
Time Frame: 7/1/2008 - 5/31/2009

This study examined the efficacy of Qigong for reducing anxiety and depression associated with acute withdrawal, increasing sobriety, and improving substance use and related problems identified on the Addiction Severity Index. In addition, we examined whether the subject's belief in treatment had an effect on treatment outcomes. The pilot data collected through this R21 grant will serve as a basis for future R01 applications to examine Qigong efficacy in improving craving and treatment outcome for cocaine addiction.

TOBACCO DEPENDENCE TREATMENT FOR ASIAN AMERICANS

PI: Sun Kim, Ph.D., RN
Funding: NIDA
Budget: \$845,925
Time Frame: 4/1/2009 - 3/31/2014

To develop a culturally tailored smoking cessation program of group-based motivation interviewing and to assess feasibility and relative effectiveness of the intervention over group-based brief medication management in Korean Americans in New England.

OTHER NEW CMHSR RESEARCH

DMH MORTALITY REPORT 2007

PI: Mary Ellen Foti, M.D.
Personnel: Kristen Roy-Bujnowski, M.A.
Funding: DMH
Time Frame: 6/1/2009 - present

Analyses of the mortality rates of DMH clients as they compare to the MA General population.

MASSACHUSETTS 2008 BRFSS- PHQ-8 ANALYSES

PI: Mary Ellen Foti, M.D.
Co-PI: Kristen Roy-Bujnowski, M.A.

Co-I: Beth Lucas & Connie Maranto

Personnel: Elena Hawk, Ph.D.

Funding: DMH

Time Frame: 5/1/2009 - present

Analyses of the Patient Health Questionnaire (PHQ-8) module on depression and anxiety from the 2008 BRFSS. This report will present data on this mental health issues for the MA general population. It will be published on the DMH website.