Contents

Executive Summary.................................................................................................................. 5
Overview.................................................................................................................................. 10
The iSPARC Mission.................................................................................................................. 11
iSPARC Faculty & Staff............................................................................................................. 13
iSPARC Funding Sources FY 2020.......................................................................................... 14
Public Mental Health and Implementation Research Program............................................. 15
Research Highlights.................................................................................................................. 17
Diversity, Engagement, and Voice Highlights.......................................................................... 17
Additional FY20 Highlights...................................................................................................... 19
Preview of FY21 Highlights...................................................................................................... 21
Technical Assistance/ Consultation Program and External Funding.............................................. 23
Basic Technical Assistance....................................................................................................... 24
Intensive Technical Assistance with DMH................................................................................ 25
External Funding....................................................................................................................... 26
Communications Highlights.................................................................................................... 27
FY20 by the Numbers............................................................................................................... 27
Stakeholder Engagement Program............................................................................................ 32
Family Advisory Board............................................................................................................. 33
Youth Advisory Board............................................................................................................. 33
Mental Health Experienced & Years of Understanding Advisory Council.............................. 33
In FY20, the Stakeholder Engagement Program accomplished the following: .... 34
Highlights of contributions from persons with lived experience include:.............................. 35
Diversity, Equity, and Inclusion Activities.................................................................................. 37
FY20 Strengths......................................................................................................................... 38
FY20 Areas for Improvement.................................................................................................... 39
Successful Collaborations with DMH and Other State Agencies........................................41
Helping Youth on the Path to Employment (HYPE) Course..............................................42
Healthy Transitions Evaluation Project ..................................................................................42
Additional collaborations with DMH ......................................................................................43
Collaborations with other Massachusetts state agencies ...................................................44
iSPARC Grant Support Team .................................................................................................45
Contract with Boston University Center for Psychiatric Rehabilitation ..........................46

Fulfillment of the DMH Contract .........................................................................................48

Research Activity ..................................................................................................................49
Summary of New Grant Funding ..........................................................................................49
Summary of Publications ......................................................................................................50
Summary of Other Dissemination Efforts .............................................................................50
Appendix A ..........................................................................................................................52
Appendix B ..........................................................................................................................59
Appendix C ..........................................................................................................................62
We are grateful to the Massachusetts Department of Mental Health (DMH) for its ongoing support of the University of Massachusetts Medical School's (UMMS) DMH Research Center of Excellence—the Implementation Science and Practice Advances Research Center (iSPARC). In FY20, iSPARC continued to leverage DMH's investment to rapidly translate findings from mental health services and implementation research into best practices for individuals with lived experience, their families, and the providers who serve them across our great Commonwealth. These successes were maintained throughout a particularly challenging year for the Commonwealth and the nation—a year in which our lives were upended by a global health pandemic and a national uprising against the ongoing oppression of people of color.

iSPARC's Mission

iSPARC is aligned with DMH's mission to provide accessible services and supports to meet the mental health needs of individuals of all ages, thus enabling them to live, work, and meaningfully participate in their communities. Our mission is to conduct, disseminate, and support the use of research in the public mental health system to enhance services for people with behavioral health conditions that promote their recovery and improve
their quality of life. Our work informs, advises, and involves individuals with lived mental health experience, their families, providers, administrators, and policymakers navigating the behavioral health landscape in the Commonwealth and beyond.

We also agree with Dr. Martin Luther King's appraisal that inequality anywhere is a threat to equality everywhere. Our society's inequalities are reflected in our mental health care. With our society's current widespread and persistent protests that have raised so many voices in objection to these inequalities, we embrace the opportunity we, our Commonwealth and our country have to find new ways to solve these injustices and move forward in unity. iSPARC is dedicated to supporting these long overdue changes.

**The iSPARC Research Portfolio**

*iSPARC Faculty & Staff:*

- $ Received $8,224,124 in new research funding
- √ Submitted 24 grant applications
- √ Were awarded 14 new grants and contracts
- √ Submitted 41 peer-reviewed journal articles
- √ Published 46 peer-reviewed journal articles

**iSPARC Funding Sources FY 2020**

The investment that DMH makes in its funding of iSPARC as a Research Center of Excellence provides a superlative return on this investment in the Commonwealth.
Every $1 invested by DMH this fiscal year yielded a return of $7.54 to the Commonwealth to fund research, training, technical assistance, and service delivery.

### iSPARC's Top 5 of FY20

We are very excited about the work we have done this fiscal year. The Top 5 we're most excited about are:

1. The National Institute on Alcohol Abuse and Alcoholism awarded **Melissa Anderson** a diversity supplement to her grant *Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for AUD and Trauma*, to support a two-year postdoctoral fellowship for **Alexander Wilkins**, a Deaf clinical psychologist who aspires to become a services researcher for Deaf sign language users.

2. iSPARC and our Youth, and Family Advisory Boards developed a series of brief products to provide guidance during the pandemic.
3. **Nancy Byatt** received funding from the American College of Obstetricians and Gynecologists (ACOG) for the Development of a *Lean Implementation Protocol for Integrating Obstetric and Mental Health Care for Pregnant and Postpartum Women Experiencing Mood-Anxiety Disorders and Severe Mental Illness*. The protocol is based on a clinically tested approach and expands care for perinatal women experiencing depression to those with anxiety, post-traumatic stress disorder, and bipolar disorder.

4. **iSPARC** (Maryann Davis, PI) was awarded its third Rehabilitation Research and Training Center grant on Learning and Working During the Transition to Adulthood by the National Institute on Disability, Independent Living, and Rehabilitation Research. The *Learning & Working RRTC*, is a national effort to improve supports for youth and young adults (ages 14-30) with serious mental health conditions to successfully complete their schooling and move into rewarding work lives.
5. The iSPARC Communications Team developed strategies to increase our capacity to share research-based knowledge with individuals, families, providers, policymakers, and other researchers.

iSPARC websites received **30,133** visits from **21,962** unique users with **51,326** page-views.

Product downloads from our websites and our *Psychiatry Information in Brief* and *Journal of Parent and Family Mental Health* e-journals totaled over **56,385** downloads—an increase of over **81%** from last year (FY19 = 31,135).

There were **2,668** downloads of our tip sheets in other languages (2,574 Spanish and 94 Vietnamese).

There were **1,225** views of our American Sign Language translation videos on our *YouTube Channel*.
Overview
The iSPARC Mission

iSPARC is aligned with DMH’s mission to provide accessible services and supports to meet the mental health needs of individuals of all ages, thus enabling them to live, work, and meaningfully participate in their communities. iSPARC and DMH share a strong commitment to applying person-centered, family-focused, and trauma-informed approaches; developing, evaluating, and implementing evidence-based practices to ensure highest quality of care; and promoting cultural and linguistic equity of mental health services and resources.
At iSPARC, we recognize that inequality anywhere is a threat to equality everywhere. The mental health of our citizens, the services that provide treatment and recovery, and the factors that contribute to good and poor mental health mirror the inequalities in our society. We condemn the devaluing of the lives of people of color that is pervasive in our country and all its consequences. This has been blatant in the disproportionate loss of life to COVID-19 among people of color, as well as the recent killings of George Floyd, Breonna Taylor, and other of people of color. Now, with the widespread and persistent protests that have raised so many voices in objection to these inequalities, the Commonwealth and our country have an opportunity to find new ways to solve these injustices and move forward in unity.

iSPARC is dedicated to supporting these long overdue changes. Our mission is to conduct, disseminate, and support the use of research to enhance behavioral health services that promote recovery and improve quality of life. As such, we conduct this research in partnership with the people whose lives are most affected—individuals with lived experience, their families, and the providers who serve them—recognizing that those with lived experience have expertise that is essential to conduct impactful research and investigators without lived experience cannot provide that expertise.

iSPARC is home to investigators from the UMMS Department of Psychiatry, the UMMS Department of Population and Quantitative Health Sciences (PQHS), and the Boston University Center for Psychiatric Rehabilitation. Our BU partners enrich the overall efforts of iSPARC with their expertise in training,
knowledge translation, evidence-based practices in psychiatric rehabilitation, and engagement of adults with lived experience as partners in research activities. Our PQHS partners contribute expertise in conducting public health research that includes an active program in the engagement of racial, cultural, and linguistic groups that have been long underrepresented as research partners and beneficiaries of evidence-based and promising services. Despite these areas of expertise, current iSPARC faculty is not represented by people of color. Moving forward, we will strive to attract more people of color to positions at every level of our Center, and continue to foster a workplace community that elicits, respects, and values all perspectives.

The iSPARC Research Portfolio

Fiscal Year 2020 was another strong year for the Center.

iSPARC Faculty & Staff:

- Received $8,224,124 in new research funding
- Submitted 24 grant applications
- Were awarded 14 new grants and contracts
- Submitted 41 peer-reviewed journal articles
- Published 46 peer-reviewed journal articles

iSPARC faculty are internationally recognized for their research in psychosocial interventions development; intervention implementation; public services and supports; clubhouse and vocational rehabilitation models; forensic/legal and human rights issues; child, parent and family mental health issues; perinatal mental health; Deaf behavioral health; transition age youth/young adults; and co-occurring disorders. Internal to UMMS, we collaborate with investigators across the Departments of Psychiatry, Population and Quantitative Health Sciences, Family Medicine and Community Health, Preventive and Behavioral Medicine, Obstetrics and Gynecology, Emergency Medicine, and Commonwealth Medicine. External to UMMS, we partner with investigators from other UMass campuses, as well as 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, those served by DMH, and the Commonwealth more broadly.
Every $1 invested by DMH this fiscal year yielded a return of $7.54 to the Commonwealth to fund research, training, technical assistance, and service delivery.
All research conducted by iSPARC faculty falls under the Public Mental Health and Implementation Research Program. The program is co-directed by iSPARC Director Maryann Davis and Stephenie Lemon, Chief of the Division of Preventive Medicine within the Department of Population and Quantitative Health Sciences (PQHS). Stephenie Lemon assumed co-directorship when Tom Houston left UMMS in October 2019.
In FY20, the major goal of this program was to nurture collaborations between iSPARC faculty and affiliated faculty members from PQHS, the Department of Psychiatry, and Boston University’s Center for Psychiatric Rehabilitation. Activities to foster this collaboration included presentations and discussions of each other’s work through the iSPARC Interactive Learning (iSPARC-IL) series. In addition, grant opportunities building on these collaborations were identified by the Grant Support Team and circulated to faculty. All submitted grants were reviewed by the Grant Support Team which included several PQHS faculty members, again providing opportunities for greater collaboration between Departments. This enhanced environment has resulted in a substantial increase in the number of grants that were submitted collaboratively in FY20 – 6 collaborative grants were submitted, and 2 collaborative grants were awarded funding.

Another primary goal of the Public Mental Health and Implementation Research Program is to support the conduct of funded research. As can be expected, the activities under this goal have been substantially affected by the COVID-19 pandemic. Beginning in March 2020, investigators that were collecting in-person data were mandated by the UMMS Institutional Review Board to pause their research efforts while solutions to stay-at-home restrictions and implications for participant safety were identified and addressed. To address these challenges, the majority of iSPARC investigators developed protocols to provide research interventions and/or collect data remotely and began implementing these new protocols by June 2020. A few research projects have been deferred until the research environment is more conducive to addressing the original research question. Numerous research studies added measures to assess the impact of the pandemic on the population or services being examined, and will thus, contribute to our knowledge of this unique time in our country.

FY21 will focus on growing further collaborative research projects, as well as building iSPARC’s capacity to conduct research that addresses critical questions related racial and ethnic populations that are traditionally underrepresented in behavioral health and services research.
Research Highlights

Diversity, Engagement, and Voice Highlights

- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) awarded Melissa Anderson a diversity supplement to grant R34AA026929, *Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for AUD and Trauma*. The supplement supports a two-year postdoctoral fellowship for Alexander Wilkins, a Deaf clinical psychologist who aspires to become a researcher who adapts, tests, and disseminates evidence-based alcohol therapies for Deaf sign language users. The ultimate outcome of this postdoctoral fellowship will be for Dr. Wilkins to apply for a mentored research career development award, supporting his transition from a postdoctoral fellow to a UMMS faculty member.

- Marsha Ellison and the Transitions to Adulthood Center for Research are collaborating with the Council on State Governments and the K. Lisa Yang and Hock E. Tan Institute on Employment and Disability at Cornell University on the *National Policy Development Center for Preparing Youth and Young Adults with Disabilities for Employment*. This Center is funded by a $4 million dollar award from the U.S. Department of Labor. The Center will conduct research, engage with the workforce system and its partners, identify effective policies and practices that support youth with disabilities, and provide resources and training to help support the transition of youth with disabilities to employment.

- In September 2019, iSPARC was awarded the third cycle of the Learning and Working During the Transition to Adulthood Rehabilitation Research and Training Center (RRTC) grant by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). The Learning & Working RRTC, led by Maryann Davis, is a national effort that aims to improve supports for youth and young adults (ages 14-30) with serious mental health conditions to successfully complete their schooling and training and move into rewarding work lives. The center grant supports six research projects, knowledge translation projects, training projects, and technical assistance.

- Launched in 2019, Healthy Transitions: Improving Life Trajectories for Youth and Young Adults with Serious Mental Disorders (HT2) is an initiative that supports the development of drop-in centers and individual services for
young adults ages 16-25 at risk for mental health conditions in Lowell and Gloucester, MA. HT2 is offered by MA DMH with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). Researchers from the Public and Private Health Solutions (PPHS) Research and Evaluation (R&E) Unit at Commonwealth Medicine and iSPARC led by Alexis Henry and Kathryn Sabella oversee the collection and reporting of all required SAMHSA and national evaluation data as well as manage the local evaluation of the HT2 initiative. Emphasizing low-barrier access and engagement of young adults who experience disparities in services, the HT2 evaluation team implements co-created evaluation strategies in tandem with young adult leadership, collecting and analyzing qualitative and quantitative data to drive continuous quality improvement and support sustainability efforts. HT2 represents the fourth time in the past 10 years that Commonwealth Medicine/UMMS has partnered with DMH to evaluate the department’s efforts to enhance services for at risk youth and young adults.

- **Maryann Davis** and **Rajani Sadasivam** received a $25,000 UMass Center for Clinical and Translational Science Pilot Project Program (PPP) grant for their *Digital Tobacco Intervention Targeting Smokers with Serious Mental Illness (SMI): Smoker2Smoker (S2S)*. The project is a small pilot study designed to adapt an evidence-based, tailored, peer-messaging digital tobacco intervention (Smoker2Smoker) to target subgroups of smokers with serious mental illness (SMI). The population will include young adult smokers between 18-25 years of age and mature adult smokers between 30-65 years of age, both with lived experience of a mental health condition. The overall goal is to understand the reasons for their smoking, strategies that may help them quit, and to adapt a digital peer messaging intervention for smokers with mental illness. This 12-month project will involve a) qualitative interviews with stakeholders, b) peer development of text messages and co-writing of themes, and c) a small pilot study testing the model in an effort to inform a future grant application for a larger trial.

- **Maryann Davis** is Co-Investigator on a National Institute of Drug Abuse (NIDA) R24, *Building a Lasting Foundation to Advance Actionable Research on Recovery Support Services for High Risk Individuals: The Initiative for Justice and Emerging Adult Populations* with Co-PIs Ashli Sheidow and Michael McCart of Oregon Social Learning Center (OSLC). This partnership between advanced researchers, persons in recovery, providers, and payors will advance research on peer supports and recovery residences for (a) public system-involved emerging adults (ages 16-25) and (b) individuals who are justice-involved (including emerging adults).

- **Marsha Ellison** is Co-Investigator on a project funded by the Veterans Administration's Office of Suicide Prevention—*Veteran Outreach Into the*
Community to Expand Social Support (VOICES) led by Jay Gorman, BU Department of Psychiatry. Veteran coffee socials are an innovative community-building pilot intervention designed to foster social support and community between veterans. They are an informal, voluntary, non-medical social support group that has been very successful in reducing social isolation and suicide ideation among veterans. The VOICES project is specifically designed to increase social support and connection in the community. During the project, the team will develop a guide so others can replicate the coffee socials and then pilot test the guide.

- Katherine Luzuriaga, UMass Memorial Health Care Chair in Biomedical Research; Vice Provost for Clinical and Translational Research; Professor of Molecular Medicine, Pediatrics and Medicine, received 5-years of NIH funding for the National Institutes of Health (NIH) University of Massachusetts Clinical and Translational Science Award. This award enhances the capacity of UMMMS in the conduct of clinical and translational research, with a focus on infrastructure development. Maryann Davis and Stephenie Lemon are Co-Directors of the CTSA's Community Engagement and Collaboration Core. The Community Engagement and Collaboration Core aims to enhance academic and community capacity to address urgent health priorities among communities in Massachusetts using community engaged research approaches through the establishment of regional community-based research networks (CBRN) and implement educational and workforce development programs.

Additional FY20 Highlights

- **Ed Boudreaux** received funding from the National Institute on Drug Abuse (NIDA) for Reward-based Technology to Improve Opioid Use Disorder Treatment Initiation After an ED Visit. The goal of this STTR Fast Track project is to increase rates of Suboxone (buprenorphine/naloxone) treatment initiation and adherence among patients with opioid use disorder who are recruited from emergency and inpatient acute care. To accomplish these aims, the project will enhance the Opioid Addiction Recovery Support (OARS), an existing Q2i company technology, with a new evidence-based reward, contingency management (CM) function.

- **Gina Vincent** was awarded two contracts to assist the Colorado Division of Youth Services with the implementation of the provisions included in SB19-108. SB19-108 requires adoption of valid risk assessment and risk-need-responsivity-based policies and practices for improving outcomes and case planning for adjudicated youth committed to the Division of Youth Services while
protecting public safety.

» The first contract, *Statewide Implementation of Diversion Risk Screening & Pre-Dispositional Risk Assessment in Juvenile Justice: Bill 19-108*, involved assisting all district attorneys in Colorado with validation and implementation of a risk screening tool to guide decisions regarding which youth should be diverted away from the justice system.

» The second contract, *Technical Assistance to the Colorado Department of Youth Services for Implementation of Risk Assessment and Development of Valid Detention Risk Screening: Bill 19-108*, involves the creation and validation of a risk screening tool for guiding decisions about pre-trial release in juvenile justice.

- Nancy Byatt received funding from the American College of OB/Gyn (ACOG) for the Development of a Lean Implementation Protocol for Integrating Obstetric and Mental Health Care for Pregnant and Postpartum Women Experiencing Mood-Anxiety Disorders and Severe Mental Illness. The PRISM implementation for the CDC-funded Program In Support of Moms (PRISM) randomized controlled trial was an integration of mental health care into Ob/Gyn practices for pregnant and postpartum women experiencing depression. For the ACOG-funded Lean PRISM project, the PRISM implementation was honed to a leaner version called the Lean PRISM protocol that supported care not only for perinatal women experiencing depression, but also for those experiencing anxiety, post-traumatic stress disorder, and bipolar disorder. The lean PRISM version includes minimally required protocol elements needed to integrate mental health care into Ob/Gyn practices. The final version Lean PRISM protocol will be the result of iterative revision following review by ACOG maternal mental health expert workgroup members and beta testing by an Ob/Gyn practice.

- Kim Yonkers, incoming Chair of UMMS Department of Psychiatry; Ariadna Forray, Yale School of Medicine; and Nancy Byatt are Co-PIs on the PCORI-funded Support Models for Addiction Related Treatment. This study will 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.

- The UMMS Child Trauma Training Center will create a national resource and training center to address child trauma caused by impaired caregiving, funded with a five-year, $3 million grant from SAMHSA. This new Resilience Through Relationships Center, led by Jessica Griffin and co-led by Nancy Byatt, will close gaps in child trauma treatment for pediatric and other medical providers, mental health clinicians, substance use disorder counselors, and caregivers, including foster parents and parents in recovery.
Ekaterina Pivovarova received a National Institute on Drug Abuse (NIDA) K23 award for the Increasing Access to Medications for Opioid Use Disorders from Drug Treatment Courts Using Organizational Linkage Intervention. The study directly addresses barriers in communication and referral practices between Drug Treatment Courts (DTCs) and community providers who prescribe medications for opioid use disorder (MOUD) by adapting an implementation strategy, which has been previously shown as effective in community corrections programs. The Medication for Opioid Use Disorders Implementation – in Drug Treatment Courts (MOUDI-DTC) is an implementation strategy that aims to improve interagency relationships and increase access to MOUDs for high-risk individuals. The mixed-methods study will: 1) evaluate current MOUD referral practices, barriers, facilitators, and readiness for change; 2) develop a MOUDI-DTC implementation strategy and manual; and, 3) implement MOUDI-DTC for 12 months in three DTCs and evaluate efficacy, acceptance and feasibility of the implementation strategy.

Nancy Byatt and Tom Mackie, Rutgers Biomedical and Health Sciences, are co-PIs on the PCORI-funded Comparative Effectiveness of Perinatal Psychiatry Access Programs project. This project examines three early Perinatal Psychiatry Access Programs to examine which program components work best: (1) training and consultation (Washington State), (2) resources and referral (New Jersey), or (3) all three program components (Massachusetts). The team will examine these three programs to understand each program and the state-level environment in which they occur. They will then investigate whether these programs are effective in improving access to and quality of perinatal mental health care.

Preview of FY21 Highlights

The National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) funded Kathryn Sabella’s three-year project, Developing Implementation and Fidelity Monitoring Tools for the Bridge for Resilient Youth in Transition (BRYT) Program. This is a collaboration of the Brookline Center and the Transitions to Adulthood Center for Research. This project will develop, test, and refine standardized products that can be used for implementation and evaluation of the Bridge for Resilient Youth in Transition (BRYT), a model program supporting students who have experienced mental health crises. This development project will produce: a BRYT intervention logic model and a BRYT implementation package that includes a BRYT manual, a BRYT training and technical assistance plan and fidelity measures and
protocols.

- **Marsha Ellison** and **Marianne Farkas**, Director of Training, Dissemination and Technical Assistance Boston University CPR, are Co-PIs of the new National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)-funded Center on Knowledge Translation on Employment Research (CeKTER). This five-year project is to establish the **Center on Knowledge Translation on Employment Research (CeKTER)** and to generate new materials and methods for greater utilization of knowledge translation in services and policies to successfully promote employment outcomes for people with disabilities. The Center utilizes the expertise of an advisory council comprised of professionals in implementation science, representatives of national associations of people with disabilities, as well as prominent NIDILRR disability employment researchers. Outcomes of research activities include: (1) increased expertise among NIDILRR grantees in using knowledge translation strategies to improve adoption and use of disability employment research; (2) increased readiness for person, program, or policy changes that support disability employment; (3) increased shared knowledge among NIDILRR grantees; and (4) improved employment outcomes among people with disabilities.

- **Celine Larkin** and Bengisu Tulu, Worcester Polytechnic Institute, are Co-PIs on the newly National Institute of Mental Health (NIMH)-funded R34, **Technology-Assisted Systems Change for Suicide Prevention (TASCS)**. The study team, which includes **Ed Boudreaux**, will develop a platform for the delivery of evidence-based interventions for suicide risk during and after an emergency department visit. The TASCS will be the first health information technology designed to enable flexible delivery of the **Emergency Department Safety Assessment and Follow-up Evaluation (ED-SAFE)** intervention components with strong fidelity and with responsiveness to the conditions and barriers present in most emergency departments.
Technical Assistance/Consultation Program and External Funding

The iSPARC Technical Assistance/Consultation and External Funding Program is led by 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 Marsha Ellison.
Basic Technical Assistance

The program provides basic and intensive technical assistance (TA) services to MA DMH and its contracted providers. Basic TA consists of up to 16 hours of free TA services per request and has included: seeking information about best practices/models; identifying funding resources (e.g., grants, programs, entitlements); and identifying tools for supporting implementation of best practices (e.g., checklists, guides, survey formats). Basic TA can be requested by DMH leadership and the larger DMH workforce via the iSPARC website. Highlights from FY20 are noted below:

- In FY19, Heidi Holland, DMH Project Director for the TSAI Young Adult Grant, requested assistance with the development of performance indicators/data tracking systems for Transition Age Youth as part of their “Reframe the Age” initiatives. Specifically, they were looking for the development of a brief self-assessment tool that could be used at the Area level to measure progress in implementing the initiative. The assessment tool was completed in September 2019. iSPARC provided a summary of results from the first roll-out of the self-assessment.

- Kathryn Sabella and Maryann Davis provided statistics and information on mental health services for college students to Marylou Sudders, MA Secretary of Health and Human Services, for a discussion with Presidents from Worcester Colleges.

- Marsha Ellison, Jonathan Clayfield and Morgan Rao collaborated with Heidi Holland, DMH Project Director for the TSAI Young Adult Grant, and DMH leadership to develop a logic model for DMH’s “Reframe the Age” initiative. The logic model is used to guide evaluation efforts.

- Marsha Ellison, Celine Larkin, Kathryn Sabella, Amanda Costa, Raphael Mizrahi, Dee Logan and Maryann Davis met with Kate Biebel, Deputy Commissioner of Massachusetts Rehabilitation Commission (MRC), and Erik Nordahl (MRC) to provide an overview of iSPARC stakeholder engagement
and how to ensure authentic input from the community of focus. iSPARC sent materials and resources after the meeting.

- **Matt Griffin**, Vinfen’s ACCS Lead Peer Specialist, contacted iSPARC because DMH is hoping to support a drop-in center that covers Metro-North, Acton, and Lynn, MA. **Morgan Rao** provided Matt Griffin with information about the estimated young adult population (16 to 25 years of age) based on national data sources for Woburn, Malden, Lynn and the surrounding towns.

- **Rachel Fitchenbaum**, EOHHS Mobility Manager, requested to learn about how to start an advisory board that includes both consumers of Mass Mobility Services and providers. The board would provide EOHHS with feedback on the quality of contracted transportation services. **Melissa Anderson, Celine Larkin, Mary Quill, Amanda Costa** and **Dee Logan** met with Rachel and her supervisor to provide an overview of iSPARC stakeholder engagement efforts and how to ensure authentic stakeholder input.

- **Cheryl Gagne**, Senior Associate at C4 Innovations, contacted **Marsha Ellison** asking her to be part of a virtual expert resource meeting titled Supporting People with SMI or SUD in Achieving their Employment Goals. This two-day panel was funded by SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center (BRSS TAC).

- The Transitions to Adulthood Center for Research is partnering with the Psychiatric Rehabilitation Association (PRA) and their PRA Academy to develop and offer a series of three webinars based on the Center’s work on improving the employment and education goals of youth and young adults with serious mental health conditions. The first webinar will occur in FY21.

- **Kathy Ledoux**, PPAL Family Support Coordinator, contacted iSPARC about having a guest speaker at one of their Parents of Transition Age Youth Network Socials. On June 3, **Laura Golden** presented on the *Translating Evidence to Support Transitions (TEST)* project and **Dee Logan** provided an overview of the Transitions to Adulthood Center for Research.

### Intensive Technical Assistance with DMH

Intensive technical assistance (TA) involves more hands-on support and exceeds 16 hours of service. Examples have included: 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 facilitation of implementation committees. The iSPARC intensive TA team is trained on the Active Implementation Framework...
from Dean Fixsen and the Active Implementation Research Network.

The TA team has been working with DMH over the past year to identify critical target areas for implementation supports to assist providers with their implementation of the evidence-based practices included in the new ACCS model. The team has been following the stages of the Active Implementation Framework, which starts with the “Exploration” (or data gathering) phase. In partnership with DMH leadership, we chose the Southeast Area as the “transformation zone”—the first region to pilot test the strategies developed for enhancing implementation.

Through a data collection process with two primary ACCS vendors in the Southeast area and discussions with the DMH Area Director and Director of Community Services, we collaborated with DMH leadership to identify the following domains to target for implementation supports:

1. Enhancing provider buy-in to the vision and purpose of the ACCS model and use of evidence-based practices, which are designed to improve the lives of clients and their families.
2. Building skills around case formulation and linking results from screening and assessment instruments to clients’ treatment plans.
3. Developing consistency in the expectations of providers across some levels of leadership.

The next focus of the intensive TA team is to develop and facilitate an ACCS Design Team of providers and one or two Directors of Community Services to develop the implementation supports to help providers and the site offices achieve the three objectives identified above. This is referred to as the “Installation Stage.” The Design Team will consider where there are gaps and needs within each of the three primary implementation drivers: Leadership, Competency Drivers (e.g., coaching, training of staff), and Organization Drivers (e.g., data support systems, decision-support tools). Once the needs are identified, the team will develop strategies for improving buy-in, consistency, and the linkage between assessment results and treatment plans to be implemented and tested.

**External Funding**

The External Funding component of the program is developing the infrastructure and resources to build iSPARC’s capacity to provide fee-for-service TA, training, and consultation. The program’s goal is to leverage our many faculty and staff members’ expertise in technical assistance to generate revenue and build growth.
Communications Highlights

iSPARC has developed state-of-the-art dissemination strategies, including web-based and social media campaigns, to ensure that our work 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.

FY20 by the Numbers

iSPARC published 21 issue briefs and tip sheets (see Appendix B).

iSPARC faculty and staff gave 102 presentations (international, national, and local) to a total of 7,776 people.

iSPARC faculty and staff gave 10 webinars for over 1,630 participants.
iSPARC websites received 30,133 visits from 21,962 unique users with 51,326 page-views.

Product downloads from our websites and our Psychiatry Information in Brief and Journal of Parent and Family Mental Health e-journals totaled over 56,385 downloads—an increase of over 81% from last year (FY19 = 31,135).

There were 2,668 downloads of our tip sheets in other languages (2,574 Spanish and 94 Vietnamese).

There were 1,225 views of our American Sign Language translation videos on our YouTube Channel.

Facebook pages reached 1,579 “likes” – an increase of 432 “likes” since last year (FY19 = 1,156).

Our Twitter pages have 1,630 followers – an increase of 164 followers (FY19 = 1,466).

Our videos on YouTube have had 44,632 lifetime views, which is an increase of 6,948 views compared to last year (FY19 = 37,684).

We have 4,293 members on the iSPARC mailing lists, an increase of 1,731 since last year (FY19 = 3,192).

**Highlights from Communications activities include:**

Across FY20, iSPARC hosted exhibit tables at a number of Massachusetts conferences and forums: the DMH Supporting Young Adults in Reaching Their Goals: A Best Practice Forum; the 2019 DMH Deaf Mental Health Symposium: Mind-Body Interventions in Deaf Mental Health Care; the 2019 Annual Raise the Bar HIRE! Conference; and the 2019 NAMI Mass Annual Convention: Finding Our Way Together.
July 2019:


» Tiffany Moore Simas and **Nancy Byatt** presented a national webinar entitled “Addressing Perinatal Mood and Anxiety Disorders—Strategies for Women’s Health Care Providers” for The American College of Obstetricians and Gynecologists.

» **Ekaterina Pivovarova** was a guest on the “Race, Identity, and the Impact on Treatment” episode of The Beyond Addiction Show national podcast and she talked about her “In Their Own Words: Language Preferences of Individuals Who Use Heroin” journal article published in Addiction.

August 2019:

» **Sheldon Benjamin** presented “The Six Most Important Neuropsychiatry Cases in History” at the UMMS Neurosurgery Grand Rounds.

September 2019:

» **Melissa Anderson** and Sheri Hostovsky presented “The Journey of Trauma and Addiction” at WORK Inc.'s “Connecting the Dots” Conference in Marlborough, MA.

» **Sheldon Benjamin** presented “The Six Most Important Neuropsychiatry Cases in History” at the UMMS Department of Psychiatry Grand Rounds.

» **Ekaterina Pivovarova** and Warren Ferguson presented “Reentry in the Opioid Epidemic Era: Current and Future Strategies” at the UMMS Interstitial on Criminal Justice and Health in Worcester, MA.

» **Nancy Byatt** presented “Management of Depression and Bipolar Depression During Reproductive Phases” at the UMMHC/UMMS Center for Neuromodulation educational program: Treatment of Depression: An Update for Community Clinicians in Worcester, MA.

» **Amanda Costa** and **Debbie Nicolellis** gave two workshops, both called “Helping Youth on the Path to Employment (HYPE): Supporting the Career Development and Academic Success of Young Adults in the State of Massachusetts” at the MA DMH Supporting Young Adults in Reaching
Their Goals: A Best Practice Forum in Marlborough, MA.

» **Nancy Byatt** presented “What Happens If She Screens Positive for a Perinatal Mood and Anxiety Disorder? How to Move Perinatal Care from Screening to Assessment, Treatment and Beyond” at the Symposium for Psychiatric Care Providers in New England at the Center of Neuromodulation for the UMMS Department of Psychiatry.

» **Maryann Davis** presented “Infusing Youth Voices in Research and Moving from a Goal of Employment to Care” at the University of Chicago Center on Integrated Health Care & Self-Directed Recovery State-of-the-Science Summit in Chicago, IL.

October 2019:

» **Gina Vincent** gave the keynote presentation, “Using Risk/Needs Assessment and Risk-Need-Responsivity to Improve Outcomes,” at the Northern Virginia Regional Symposium in Fairfax, Virginia.

November 2019:

» **Melissa Anderson** and **Alex Wilkins** presented “Introduction to Cognitive-Behavioral Approaches for Treating Addiction” virtually to Clinical Psychology PhD students at Gallaudet University. Melissa also presented “Introduction to Seeking Safety and Signs of Safety” to the same students.

» **Ekaterina Pivovarova** presented “Impact of Extended Release Naltrexone on Health-Related Quality of Life in Individuals with Opioid Use Disorders and Criminal Justice Involvement” at the Association for Multidisciplinary Education and Research in Substance Use and Addiction in Boston, MA.

» **Gina Vincent** and **Rachael Perrault** presented “Implementing Risk Assessment and Effectuating Change in Juvenile Justice” at the Annual Meeting of the American Criminology Society held in San Francisco, CA.

December 2019:

» **Melissa Anderson** presented “Working with Deaf Sign Language Users: Three Critical Lessons for DFPs” at the UMMS Law & Psychiatry Seminar.

» **Nancy Byatt** presented “Preventing, Identifying and Managing Perinatal Depression” at the Working Together: Integrating Behavioral Health and Primary Care in Boston, MA. The event was sponsored by the Department of Psychiatry and Cambridge Health Alliance Physicians Organization at Harvard Medical School/Cambridge Health Alliance.

January 2020:

» **Ekaterina Pivovarova** presented “Early Warning Signs for Mental Health and Substance Use Disorders” for the CommMed Behavioral Health Justice
Initiative in Shrewsbury, MA.

» **Melissa Anderson** was a panelist during “Exploring Career Opportunities in Translational Science” at the CTSA Shared Mentoring Symposium held in Boston, MA. The event was co-sponsored by Tufts CTSI, BU CTSI, Harvard Clinical & Translational Science Center and UMass CCTS.

February 2020:

» iSPARC Research Seminar featured Steve Bartels, Director, The Mongan Institute, MGH Department of Medicine. He presented “Reversing Health Disparities in Complex Health Conditions Through Implementation Science” at our Shrewsbury, MA location. Ed Boudreaux and Celine Larkin presented “Advancing Suicide Prevention in Health Systems” at the UMMS Department of Psychiatry Grand Rounds.

March 2020:

» **Laura Golden, Michelle Mullen, Amanda Costa** and **Kathryn Sabella** gave several presentations at the Pacific Rim International Conference on Disability & Diversity held in Honolulu, HI.

» **Gina Vincent** presented “Mental Health Versus Criminogenic Needs: Attempts to Change Probation Case Planning and Implementation Challenges” at the American Psychology-Law Society Conference in New Orleans, LA.

May 2020:

» Ronald T. Seel, Jason Young and **Colleen McKay** presented “Brain Injury Clubhouses and their Effects on Neurobehavioral Functioning and Participation: Results from a Landmark Three-Year Research Study” on ABI Clubhouses webinar for the Brain Injury Association of Virginia & Virginia Commonwealth University Health System.

» Leena Mittal and **Nancy Byatt** gave a virtual presentation of “Integrating Mental Health into Obstetric Care During COVID-19” for the Massachusetts Child and Psychiatry Access Program (MCPAP for Moms) webinar.

June 2020

» **Melissa Anderson** was a panelist for The Learning Center for the Deaf’s virtual panel discussion about “Accessing Mental Health in the Deaf Community.”
The Stakeholder Engagement Program is co-led by Melissa Anderson, Celine Larkin, and Dee Logan. Partnership with persons with lived mental health experience, their family members, and their clinical providers is critical to all work at iSPARC. The voices of individuals with lived experience are infused into all phases of iSPARC research, training, and dissemination activities. A major part of this engagement work is achieved through the guidance of three advisory groups—the Family Advisory Board (FAB), the Youth Advisory Board (YAB), and the Mental Health Experienced & Years of Understanding (MHE & YOU) Advisory Council.
Family Advisory Board

The Family Advisory Board (FAB) is facilitated by Marcela Hayes and Jean Wnuk. It met nine times in FY20 and has 12 members, including a representative from Family Run Executive Director Leadership Association (FREDLA). In addition to providing consultation on proposed and existing research studies, the FAB published two tip sheets in FY20 and two others will be published in early FY21. They also created two video products that are companions to one of their tip sheets.

Youth Advisory Board

The Youth Advisory Board (YAB) has two young adult Co-Chairs and nine active members. In FY20, the YAB met nine times to review knowledge translation projects and research projects. In conjunction with the iSPARC Communications Division, the YAB assisted with developing seven memes for young adults with mental health conditions and provided feedback on our comic project.

Mental Health Experienced & Years of Understanding Advisory Council

The Mental Health Experienced & Years of Understanding Advisory Council (MHE & YOU) ran their May is Mental Health Awareness Month annual campaign. Recognizing that people could be having a difficult time during the COVID-19 pandemic, the team held a photo contest on “What is helping YOU get through this challenging time?”. The MHE & YOU asked folks to submit images/photos on the theme of “In this moment, THIS is helping me with my mental health” along with a brief description. They had 46 contest submissions.
The top six photos with the most votes were the winners, and all 2020 contest entries are posted on the MHE & YOU’s website.

In FY20, the Stakeholder Engagement Program accomplished the following:

- **Celine Larkin, Dee Logan** and **Melissa Anderson** completed and published *Why Engage Frontline Staff When Implementing a New Practice? Five Important Reasons* tip sheet. This tip sheet offers five critical reasons to integrate frontline providers throughout the process of implementing a new practice, program, or policy at an organization. They are working on a second tip sheet that will describe important tips for running virtual advisory boards.

- Based on FY19 Participatory Action Research – Planning and Assessment Tool (PAR-PAT) results, we identified two research teams to work with closely to enhance stakeholder engagement in their projects:
  
  » We provided consultation to our Law & Psychiatry Program members **Gina Vincent**, **Ekaterina Pivovarova** and **Rachael Perrault**. **Melissa Anderson** provided their team with resources and consultation about how to build advisory capacity from justice-involved youth and adults, as well as drug court alumni.

  » **Dee Logan** has been working closely with **Nancy Byatt** and her team to create three stakeholder advisory councils: (1) an advisory council that includes representatives from national organizations with interest in perinatal mental health which held its first meeting in March 2020; (2) a perinatal practitioner council; and, (3) a council of persons with lived experience of a perinatal mental health condition.

- Converted the PAR-PAT from a semi-structured interview to a self-report tool via REDCap. The team sent PAR-PAT assessments to all eligible research teams. Most assessments were completed during FY20, with a handful to be completed early in FY21. Most studies aimed to achieve a high level of participatory action research, and identified staffing and funding as key resources required for PAR. Preliminary analyses showed good involvement of communities of focus in: developing recruitment procedures; identifying and defining the community of focus; engaging with community partners that will aid recruitment efforts; and conducting community workshops. There was potential for better involvement of communities of focus in several areas, including developing grant budgets, planning, and conducting analyses, and manuscript-writing.
Amanda Costa, Melissa Anderson, Dee Logan and Celine Larkin presented a seminar to iSPARC staff and faculty about the importance of PAR and practical ways to apply it.

Had a poster presentation accepted for the UMMS Center for Clinical and Translational Science Community Engagement & Research Symposium that was scheduled to be held March 20, 2020 (cancelled due to COVID-19). The poster, Stakeholder Engagement through Participatory Action Research at iSPARC, discusses the mission of iSPARC’s Stakeholder Engagement Program and how it intersects with Center Programs and activities. The poster also provides diversity information on our advisory boards for 2019 and 2020.

Highlights of contributions from persons with lived experience include:

- iSPARC was awarded an NIAAA Diversity Supplement to support a Deaf psychology postdoctoral fellow. Alexander Wilkins was recruited for this new position and began working with Melissa Anderson in September 2019. His role on the DeafYES! team is a “Deaf Community Engagement Specialist” who (1) leads Deaf community dissemination, (2) assists with the design of participant recruitment methods, and (3) conducts participant exit interviews to improve Deaf-engaged research methods for future studies.

- Melissa Anderson, Celine Larkin and Dee Logan contributed to 5 videos for the sustainable training program for individuals living with serious mental illnesses (Research 101) developed by the BU Center for Psychiatric Rehabilitation. The videos include text on the screen and closed captioning. ASL video translations of each video were also created.

- The Family Advisory Board’s (FAB) first tip sheet titled For Families or Caregivers: Self-Care is Putting on YOUR Oxygen Mask First was published in August 2019. This tip sheet was developed for caregivers supporting loved ones with lived experience and highlights the importance of self-care and that being the caregiver for someone with a mental health challenge can be very difficult; self-care tips, their potential benefits, a list of parent and support groups, as well as national resources are included.
The FAB recorded and posted two self-care videos to compliment the *For Families or Caregivers: Self-Care is Putting on YOUR Oxygen Mask First* tip sheet. The videos, *When a Mental Health Crisis Hit My Family: Mara’s Story of How Setting Boundaries Helped Her Cope* and *When a Mental Health Crisis Hit My Family: Irene’s Story of Hoping and Coping* are on the Transitions to Adulthood Center for Research’s YouTube channel.

The FAB’s *Parents Chime In: Our Self-Care Strategies While Supporting Loved Ones with Mental Health Conditions During a Pandemic* was published in June 2020. In this tip sheet FAB members provided thoughts on how they adapted their self-care strategies and shared tips on supporting their loved ones with mental health conditions in the face of the COVID-19 pandemic.

**Melissa Anderson** and Sheri Hostovsky (Deaf Community Advisor) gave 9 community outreach presentations about “The Journey of Trauma and Addiction” throughout the state of Massachusetts.

**Melissa Anderson, Amanda Costa, Celine Larkin, Mary Quill and Dee Logan** had a 1-hour Zoom call with Rachel Fichtenbaum (MA EOHHS Mobility Manager) and Sharna Small Borsellino (Director of MA EOHHS Human Service Transportation Office) to provide information on how to set-up advisory boards/councils that are comprised of professionals as well as consumers of MassMobility services.
Under the leadership of Melissa Anderson and the Workforce Enrichment Program, each iSPARC Program engages in initiatives to promote racial and ethnic equity in the work that they undertake. Examples include collaborating with iSPARC consultants to cultivate a more diverse workforce, supporting new and early career researchers from underrepresented groups, and evaluating inclusion efforts in existing and planned iSPARC TA/Consultation activities.
To effectively capture these efforts and measure progress over time, in FY20 iSPARC, MGH, and DMH began developing a Racial and Ethnic Equity Evaluation Plan for use across both Centers of Excellence. At the time of this report, iSPARC and MGH have successfully collaborated to streamline measures to evaluate equitable continuous quality improvement (to be used during the planning phase of research) and equitable research (to be used before, during, and upon completion of a research project). Additional measures in development will address domains of equitable stakeholder engagement, equitable center operations, and equitable workforce development.

While this cross-COE evaluation plan is being developed, iSPARC has continued to collect annual data on the diversity, inclusion, and engagement of our Center’s workforce. FY20 strengths and areas for improvement are summarized below:

**FY20 Strengths**

**Workforce Diversity:**
- **11%** of iSPARC staff and faculty identify as an individual with a disability, as compared to **only 4%** of the Worcester County workforce.
- **44%** of staff and faculty identify as an individual with lived mental health experience.
- **58%** of staff and faculty identify as a family member of a person with lived mental health experience.

**Inclusion and Engagement:**
- **100%** of staff reported that “the leadership of iSPARC is committed to treating people respectfully.”
- More than **90%** of staff and faculty reported that “iSPARC reflects a culture of civility.”
More than 90% of staff and faculty reported that “the culture of iSPARC is accepting of people with different ideas.”

**FY20 Areas for Improvement**

**Workforce Diversity:**

- **89%** of iSPARC staff and faculty identify as White, non-Hispanic/Latino, as compared to **84%** of the Worcester County population.

- As of March 2020, the iSPARC workforce included no representation from Black/African American, American Indian, or Native Hawaiian individuals.

**Inclusion and Engagement:**

- Less than **50%** of staff and faculty reported that they “receive support for working with diverse groups and working in cross-cultural situations.”

- Less than **60%** of staff and faculty reported that they “believe iSPARC manages diversity effectively.”

To address these areas for improvement, iSPARC sought targeted consultation from Margarita Alegria, PhD, Chief of the Disparities Research Unit at the Massachusetts General Hospital and Professor in the Departments of Medicine and Psychiatry at Harvard Medical School. Based on Dr. Alegria’s guidance, two major activities were initiated in FY20—the establishment of a diversity pipeline and the development of a simulation-based cultural humility training program:

- Dr. Alegria strongly suggested establishing a diversity pipeline to attract interns, staff, and future faculty members from underrepresented populations to our Center. Such a pipeline is established by collaborating with local, publicly funded high schools and universities to recruit interns who are interested in careers in health equity or health disparities research. In FY20, Melissa Anderson outreached to 14 faculty members across four local institutions (Worcester State University, Fitchburg State University, Framingham State University, Quinsigamond Community College) and successfully recruited our first intern into this pipeline program—Adeyemi Adetoye. Mr. Adetoye began his virtual internship with iSPARC on September 8, 2020 and will train with us for the remainder of the Fall 2020 semester.

- Additionally, Dr. Alegria recommended ongoing strategies to promote workforce inclusion and engagement within iSPARC, with the goal of retaining diverse interns, staff, and faculty that have already been attracted via the pipeline described above. To this end, iSPARC is collaborating with the UMMS interprofessional Center for Experiential Learning and Simulation (iCELS) to tailor a 4-hour, simulation-based diversity and cultural humility training that will be required of all iSPARC staff and faculty; the new training program will
begin to be piloted in late October 2020.

In addition to these newly established efforts, several ongoing racial and ethnic equity activities have continued in FY20. **Highlights are noted below:**

**Research Activities:**

» **Nancy Byatt** is in the process of contracting with Change Matrix to address diversity, equity, and inclusion in Lifeline4Mons activities and Network of Perinatal Psychiatry Access Program projects. Change Matrix is a woman-owned, minority-owned small business that provides consultation and technical assistance on addressing health disparities, integration of cultural and linguistic competence, and outreach and engagement to diverse populations.

**Communications Activities:**

» In FY20, there were a total of **2,668** downloads of our written briefs and tip sheets in other languages (2,574 Spanish; 94 Vietnamese). There were **1,231** total video views of our American Sign Language translation products.

» **Melissa Anderson** and **Alex Wilkins** produced ASL translations videos for three of our COVID-19 tip sheets: [Coronavirus Economic Stimulus Payments: Who Gets It, How, & Impact on Other Benefits](#), [Maintaining Your Emotional Wellness During COVID-19](#) and [Working from Home During the COVID-19 Pandemic](#). The videos are available on iSPARC’s YouTube channel.
Successful Collaborations with DMH and Other State Agencies

Partnerships are more critical than ever, given the increasingly collaborative and multidisciplinary nature of mental health services research. iSPARC faculty and staff successfully collaborate with DMH and other state agencies to further the missions of these organizations and to better meet the needs of the citizens of the Commonwealth. **Highlights of such collaborations are outlined in this section.**
Helping Youth on the Path to Employment (HYPE) Course

The second year of iSPARC’s Transition Age Youth & Young Adult Career Development & Peer Trainings contract with DMH’s Division of Child, Youth and Family Services started in FY20. The course is based on the Helping Youth on the Path to Employment (HYPE) career development intervention developed by Michelle Mullen. The HYPE manual articulates support strategies to help young adults return to or maintain meaningful roles in school and work. The HYPE Team implemented a 12-week HYPE Course for any young adult in MA 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. In the second half of FY20, the project pivoted from in-person meetings to virtual meetings due to the COVID-19 pandemic. For the Summer session the Team decided to expand the course by offering 3 different virtual courses. The Career Decisions course was a 6-week course in which young adults explored their career aspirations and made a career plan. The Work Prep course was 7 weeks long and is designed to help young adults explore career aspirations in relation to work, and to prepare for choosing, getting, and keeping employment. The School Prep course was designed to help students prepare to choose their school direction and program, get into the college or training program they prefer, and access the skills, resources, and accommodations they need to be successful.

Healthy Transitions Evaluation Project

Alexis Henry and Kathryn Sabella were awarded a 5-year, $360,000 sub-contract for the MA DMH’s Healthy Transitions Initiative, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The UMass Donahue
Institute will serve as the lead agency, contracting with researchers from the UMMS Division of Commonwealth Medicine to carry out all evaluation activities. The researchers will work closely with DMH to evaluate the implementation of the Healthy Transitions Initiative and will be responsible for ensuring that all required data collection, performance measurement activities, and local performance assessments are fully implemented.

**Additional collaborations with DMH include:**

**October 2019:**

» Melissa Anderson oversaw the curriculum planning and implementation of the 2019 DMH Deaf Mental Health Symposium—“Mind-Body Interventions in Deaf Mental Health Care.”

**January 2020:**

» Melissa Anderson, Dee Logan, Celine Larkin and Maryann Davis met with Margaret Guyer about DMH Mental Health’s Early Psychosis Initiative, to provide her with ideas about how best to engage youth, young adults, and families affected by early psychosis. The goal of engaging with this underrepresented group was to inform the content and focus of DMH’s Strategic Plan.

**May 2020:**

» Colleen McKay provided guidance about Clubhouses reopening as COVID-19 restrictions are lifted to Michael Stepansky, DMH Director of Employment. She has provided him with the plans from several of Clubhouses and is working on getting him Clubhouse contacts at the state level from multiple states.

**June 2020:**

» Colleen McKay provided information about Clubhouses and employment to Justin Brown, DMH Director of Peer Support Services in the Northeast Area. He is interested in putting together an event that focuses on Clubhouse best practices.

**Ongoing:**

» Maryann Davis and Heidi Holland, DMH Project Director for the TSAI Young Adult Grant, have regular consultation calls discussing youth and young adult services delivered via DMH. During their calls they generally discussing progress, sometimes with a discussion of strategy.

» Melissa Anderson leads a bi-weekly Seeking Safety consultation group for DMH WRCH Rehabilitations Services providers who run addiction-related counseling groups. The objective of this group is to explore successes and
challenges in implementing the Seeking Safety model in an inpatient setting.

» Alexander Wilkins provides weekly consultation for DMH WRCH Deaf Inpatient Services. Services include psychotherapy, risk assessment, and formal psychological assessment.

Collaborations with other Massachusetts state agencies include:

September 2019:

» Gina Vincent consulted with DCF and the Office of the Child Advocate regarding the appropriate of using risk assessment and how to implement it for a sub-population of DCF youth.

September 2019:

» The iSPARC Communications Division collaborated 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. The tip sheet, How to Talk about Mental Health: Addressing Misunderstandings about Mental Health in the Media, has been downloaded 4,761 times since it was published.

September 2019:

» Marsha Ellison and Maryann Davis consulted on strategies to enhance Massachusetts Rehabilitation Commission’s (MRC) approach to providing services for transition-age youth (cross-disability). Meeting attendees included Toni Wolf (MRC Commissioner), Kate Biebel (MRC Deputy Commissioner), and Amanda Green (Education Specialist and Secondary Transition Coordinator in the Special Educations Planning and Policy Office, MA Dept of Elementary and Secondary Education).

February 2020:

» The Governor’s task force that Maryann Davis is part of—Task Force on Emerging Adults in the Criminal Justice System—issued its report and recommendations on February 27, 2020.

Ongoing:

» Ekaterina Pivovarova is a Co-Investigator on the Justice Community Opioid Innovation Network (JCOIN) Massachusetts project awarded to Dr. Peter
Friedmann from Baystate Medical Center. The MA JCOIN proposes to study the outcomes and implementation of a 2018 state law that seven county jails must provide all approved forms of medication-assisted treatment for opioid use disorder. Findings will have important implications for jail treatment of opioid use disorder across the U.S.

» Gina Vincent continues her work for the Trial Court via the CoE. In December 2019, she began facilitation of an Implementation/Training Committee to improve implementation of the key components of drug court throughout MA drug courts.

» Ekaterina Pivovarova is a consultant and trainer in the Behavioral Health Justice Initiative (BHJI) Navigator Training Program that is funded by MassHealth and administered by Commonwealth Medicine. The program seeks to train and provide supervision for peer navigators working with individuals recently released from incarceration to help them manage their medical and housing needs. Kate Pivovarova began working with BHJI in September 2019 and is slated to be part of the program for the next three years. During FY20, she provided BHJI with trainings on a wide range of topics, including treatment for substance use disorder, overview of the criminal justice system, management of burn out, working with clients using telehealth, and provision of services to individuals with mental health disorders.

iSPARC Grant Support Team

The Grant Support Team is co-led by William McIlvane and Stephenie Lemon and is routinely attended by iSPARC faculty and staff. During FY20, the team met regularly to provide iSPARC faculty with scientific and content expertise on their grants in development 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, scientific methods, and level of community of focus engagement. 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.

In Fiscal Year 2020, the Grant Support Team provided support with 13 grant reviews, 5 of which were funded.
Examples of proposals reviewed by the Grant Support Team include:

- Enhancing Implementation of Evidence-Based Case Planning in Drug Treatment Courts (NIH/NIDA R34) – Gina Vincent
- Translating Evidence to Support Transitions (TEST)-CTE (IES) – Marsha Ellison
- Comparative Effectiveness of Perinatal Psychiatry Access Programs (PCORI) – Nancy Byatt***
- Increasing Referrals to Medication Assisted Treatments from Drug Treatment Courts Using Organizational Linkage Intervention (NIH/NIDA K23) – Ekaterina Pivovarova***
- Bipolar Disorder in the Perinatal Period: Understanding Gaps in Care to Improve Outcomes (NIMH R36) – Grace Masters
- Thriving Campus: Improving College Student Access to Mental Health Services (NIMH STTR, Phase I) – Maryann Davis
- Developing Implementation and Fidelity Monitoring Tools for the Bridge for Resilient Youth in Transition (BRYT) Program (NIDILRR) – Kathryn Sabella***
- Sign Here: How to Conduct Informed Consent with Deaf Individuals (NIH/NIDCD R21) – Melissa Anderson
- Improving Implementation of Mental Health Courts to Improve Outcomes for Individuals with Serious Mental Illness in the Criminal Justice System (Sidney R. Baer, Jr. Foundation) – Gina Vincent
- Center for Knowledge Translation on Employment Research (NIDILRR) – Marsha Ellison***
- Optimizing Supervision and Service Strategies to Reduce Reoffending: Accounting for Risks, Strengths, and Developmental Differences (NIJ) – Gina Vincent***
- Adapting Motivational Enhancement Therapy for Deaf and Hard of Hearing Clients (NIAAA K23) – Alex Wilkins

*** Indicates reviewed grants that were funded

Contract with Boston University Center for Psychiatric Rehabilitation (BU CPR)

BU CPR is developing 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.

- **Sally Rogers** recruited several individuals to participate in the Content Panel including national peer advocates and a member of the Youth Advisory Board from iSPARC. The feedback received from those individuals is being incorporated into the written course materials. The Content Panel recommended expanding certain aspects of the course, changing outdated language, and adding podcasts, graphics, and video segments to enliven the content.

- **Sally Rogers** recorded a podcast with Mark Salzer and Liz Thomas from the Temple University RRTC. The podcast is entitled: “Participatory Action Research: Using Peer Specialists and Advocates to Inform the Research Agenda”. This podcast has been edited and will be used to enhance the participatory action research lecture in the Research 101 course.

The 5 videos for the Research 101 course were reviewed by iSPARC’s Stakeholder Engagement Team who provided feedback and edits to the videos. iSPARC recorded companion American Sign Language (ASL) translation videos of each Research 101 video.

- **Marianne Farkas** has been helping the TA Team with the TA for DMH ACCS Screening and Assessment Tools. Besides reviewing the RFR, and the tools themselves, she reviewed 7 actual completed treatment plans from two agencies; provided input on these during phone calls and brief written form; as well as making recommendations about ways to improve these and consequently the kind of training based on her review that she thought would be helpful.
Fiscal Year 2021 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 2020.

<table>
<thead>
<tr>
<th><strong>Performance Measure</strong></th>
<th><strong>Accomplished in Fiscal Year 2018</strong></th>
<th><strong>Accomplished in Fiscal Year 2019</strong></th>
<th><strong>Accomplished in Fiscal Year 2020</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of research projects approved by DMH(^1)</td>
<td>33</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>Number of research proposals submitted &amp; approved by an IRB(^2)</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Numbers of grants submitted(^3)</td>
<td>10</td>
<td>30</td>
<td>24</td>
</tr>
<tr>
<td>Number of grants approved for funding(^4)</td>
<td>4</td>
<td>9</td>
<td>14</td>
</tr>
</tbody>
</table>

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

\(^2\) The total number of projects that had 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 2020 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 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
<th>Accomplished in Fiscal Year 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>External funding Obtained</td>
<td>$7,483,598</td>
<td>$9,922,840</td>
<td>$8,224,124</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 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
<th>Accomplished in Fiscal Year 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of papers submitted &amp; accepted for publication</td>
<td>104</td>
<td>105</td>
<td>118</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 2020. 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 2018</th>
<th>Accomplished in Fiscal Year 2019</th>
<th>Accomplished in Fiscal Year 2020</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>60</td>
<td>54</td>
<td>53</td>
</tr>
<tr>
<td>Performance Measure</td>
<td>Accomplished in Fiscal Year 2018</td>
<td>Accomplished in Fiscal Year 2019</td>
<td>Accomplished in Fiscal Year 2020</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------</td>
<td>----------------------------------</td>
<td>----------------------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Number of state and provider workforce members, individuals with lived experience and family members with whom research information was shared⁵</td>
<td>3,771</td>
<td>3,651</td>
<td>4,281</td>
</tr>
</tbody>
</table>

⁵ This represents the number of individuals attending iSPARC faculty and staff presentations at conferences, webinars, and trainings in Massachusetts during FY20. 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
Title: Supplement Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for Alcohol Use Disorder and Trauma
PI: Melissa Anderson, PhD
Funding: NIH/National Institute on Alcohol Abuse and Alcoholism
Budget: $438,956
Time Frame: 9/1/2019-7/31/2021
Description: The diversity supplement supports the one-year, 11-month mentorship and training of postdoctoral fellow Alexander Wilkins under award R34AA026929, “Piloting Signs of Safety: A Deaf-Accessible Therapy Toolkit for AUD and Trauma.” Dr. Wilkins is a Deaf clinical psychology doctoral candidate who aspires to become a clinical researcher who adapts, tests, and disseminates evidence-based alcohol treatments for Deaf sign language users (e.g., Motivational Enhancement Therapy, Relapse Prevention). By supporting Dr. Wilkins in the next phase of his training, we believe he would become the first Deaf person in the nation to serve as a behavioral therapy clinical trials researcher.

The ultimate outcome of Dr. Wilkins’ postdoctoral fellowship will be to apply for a mentored research career development award (e.g., NIAAA K99/R00, NIAAA K23, or NIDCD R21 Early Career Research Award) by the end of his postdoctoral fellowship, at which point our team would like to help him transition from a postdoctoral fellow to a UMMS faculty member. This grant submission will launch Dr. Wilkins’ career as a clinical researcher who investigates alcohol use disorder treatment in the Deaf community. He will receive training and mentoring in three key areas: (1) publication of peer-reviewed journal articles; (2) preparation of NIH-style grant proposals; and (3) design and execution of qualitative research projects. Dr. Wilkins will be also engaged in each stage of the ongoing research process for parent grant R34AA026929. In addition to shadowing the PI on this study to learn Deaf behavioral therapy RCT methods, Dr. Wilkins will serve as a Deaf Community Engagement Specialist who will (1) lead Deaf community dissemination, (2) assist with the design of participant recruitment methods, and (3) conduct participant exit interviews.

Title: Development of a Lean Implementation Protocol for Integrating Obstetric and Mental Health Care for Pregnant and Postpartum Women Experiencing Mood-Anxiety Disorders and Severe Mental Illness
PI: Nancy Byatt, DO, MS, MBA, FACP
Funding: American College of OB/Gyn (Sub-Award)
Budget: $168,644
Time Frame: 10/1/2019-7/31/2020
Description: The PRISM implementation for the CDC-funded Program In Support of Moms (PRISM) randomized controlled trial, was integration of mental health care in Ob/Gyn practices for pregnant and postpartum women experiencing depression. For the ACOG-funded Lean PRISM research, the PRISM implementation was honed to a leaner version called the Lean PRISM protocol that supported care not only for perinatal women experiencing depression, but also for those experiencing anxiety, post-traumatic stress disorder, and bipolar disorder. The lean
PRISM version includes minimally required protocol elements needed to integrate mental health care into Ob/Gyn practices. The final version Lean PRISM protocol will be the result of iterative revision following review by ACOG maternal mental health expert workgroup members and beta testing by an Ob/Gyn practice.

**Title:** The Lifeline4Moms Network of Perinatal Psychiatry Access Programs  
**PI:** Nancy Byatt, DO, MS, MBA, FACLP  
**Funding:** Perigee Fund  
**Budget:** $914,800  
**Time Frame:** 2/13/2020-2/12/2021  
**Description:** The Perigee Fund awarded Nancy Byatt and her team a second year of funding to continue their work developing a multistate peer network of Perinatal Psychiatric Access Programs. The Lifeline4Moms Network provides a platform for evaluating and innovating maternal mental health care, leading to vastly improved outcomes for mothers, their children, and their families. The team plans to continuously improve the quality, impact, and durability of Perinatal Psychiatry Access Programs throughout the country. The goals of this network are 1) Facilitate peer learning and sharing of resources among aspiring, emerging, and established Perinatal Psychiatry Access Programs, and relevant stakeholders, across the United States; 2) Facilitate quality improvement and program evaluation within and across programs; and 3) Nurture relationships to promote continued support for and expansion of existing and future programs.

**Title:** The Learning and Working During the Transition to Adulthood Rehabilitation Research  
**PI:** Maryann Davis, PhD  
**Funding:** Administration for Community Living/NIDILRR  
**Budget:** $4,374,975.60  
**Time Frame:** 9/30/2019-9/29/2024  
**Description:** The Learning and Working During the Transition to Adulthood RRTC (L&W RRTC) develops and shares new knowledge about core concepts, interventions, and policies to greatly improve the transition to employment for youth and young adults (Y&YAs) ages 14 to 30 with serious mental health conditions (SMHC). The Center uses research and knowledge translation to help ensure that policies, programs, and supports for transition-age Y&YAs with SMHC help them build the strong cornerstones that support successful long-term adult work lives. This RRTC conducts a coordinated and comprehensive set of activities that: (1) further the evidence base for interventions that build these capacities, (2) explore factors that contribute to successful transitions to employment in vulnerable subgroups of Y&YAs with SMHC, (3) provide national statistics on how Y&YAs with SMHC and their vulnerable subgroups are faring in education and employment, and (4) explore barriers and facilitators to access that Y&YAs with SMHC have to Workforce Innovations and Opportunity Act-mandated services for students with disabilities and Perkins Act-mandated Career and Technical Education. Through state of the science knowledge translation processes, the L&W RRTC speeds capacity-building for service providers, the movement of findings into practice and policy, and
prepares the future research workforce in this area. The L&W RRTC’s activities are deeply embedded in the participatory involvement of Y&YAs with SMHC, their families, service providers and policy experts.

**Title:** Digital Tobacco Intervention Targeting Smokers with Serious Mental Illness (SMI): Smoker2Smoker (S2S)
**PI:** Maryann Davis, PhD & Rajani Sadasivam PhD
**Funding:** UMMS - Pilot Project Program grant (PPP)
**Budget:** $25,000
**Time Frame:** 2020-2021
**Description:** Mixed methods research to identify appropriate adaptations for an effective smoking reduction digital intervention, for use with young and mature adults with serious mental illness, and a pilot study to obtain preliminary results with its implementation.

**Title:** National Policy Development Center for Preparing Youth and Young Adults with Disabilities for Employment
**PI:** Marsha Langer Ellison, PhD
**Funding:** U.S. Dept. of Labor (Sub-Award)
**Budget:** $700,000
**Time Frame:** 10/1/2019-9/30/2023
**Description:** The Center will conduct research, engage with the workforce system and its partners, identify effective policies and practices that support youth with disabilities, and provide resources and training to help support the transition of youth with disabilities to employment.

**Title:** Resilience Through Relationships Center
**PI:** Jessica Griffin, PsyD
**Funding:** Substance Abuse and Mental Health Services Administration (SAMHSA)
**Budget:** $3,000,000
**Time Frame:** 5/31/2020-5/30/2025
**Description:** The goal is to address impaired caregiving and promote resilience among caregivers by 1) establishing a national center 2) increasing the capacity and competency of the professionals who work with impaired caregivers and youth impacted by impaired caregiving, and 3) providing training, education and support for caregivers.

**Title:** Evaluation of the MA DMH Health Transitions Initiative
**PI:** Alexis Henry, ScD, OTR/L
**Co-I:** Kathryn Sabella, PhD
**Funding:** MA DMH/UMass Donahue Institute (Sub-Contract)
**Budget:** $360,000
**Time Frame:** 12/20/2019-3/30/2024
**Description:** Launched in 2019, Healthy Transitions: Improving Life Trajectories for Youth and Young Adults with Serious Mental Disorders (HT2) is an initiative that supports the development of drop-in centers and individual services for young
adults ages 16-25 at risk for mental health conditions in Lowell and Gloucester, MA. HT2 is offered by the Massachusetts Department of Mental Health (DMH) with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). Researchers from the Public and Private Health Solutions (PPHS) Research and Evaluation (R&E) Unit at Commonwealth Medicine and the Implementation Science and Practice Research Center (iSPARC) oversee the collection and reporting of all required SAMHSA and national evaluation data as well as manage the local evaluation of the HT2 initiative. Emphasizing low-barrier access and engagement of young adults who experience disparities in services, the HT2 evaluation team implements co-created evaluation strategies in tandem with young adult leadership, collecting and analyzing qualitative and quantitative data to drive continuous quality improvement and support sustainability efforts. HT2 represents the fourth time in the past 10 years that Commonwealth Medicine/UMMS has partnered with DMH to evaluate the department’s efforts to enhance services for at risk youth and young adults.

**Title:** Comparative Effectiveness of Perinatal Psychiatry Access Programs  
**PI:** Thomas I. Mackie, PhD & Nancy Byatt, DO, MS, MBA, FACLP  
**Funding:** Patient Centered Outcomes Research Institute (PCORI)  
**Budget:** $4,192,436  
**Time Frame:** 5/1/2020-4/30/2023  
**Description:** The goal is to operationalize the components of and evaluate the effectiveness of Perinatal Psychiatry Access Programs across the United States. In this study, the team examine three early Perinatal Psychiatry Access Programs (PPAPs) to examine which program components work best: (1) training and consultation (Washington State), (2) resources and referral (New Jersey), or (3) all three program components (Massachusetts). The team will examine these three programs to understand each program and the state-level environment in which they occur. They will use this information to investigate whether these programs are effective in improving access to and quality of perinatal mental health care. These states were selected to learn about important lessons about the relative advantage of each program’s approach in improving access to and quality of mental health care for Medicaid-insured women with perinatal depression.

**Title:** Increasing Access to Medications for Opioid Use Disorders from Drug Treatment Courts Using Organizational Linkage Intervention  
**PI:** Ekaterina Pivovarova, Ph.D.  
**Funding:** NIDA K23  
**Budget:** $491,844  
**Time Frame:** 7/1/2020-6/30/2023  
**Description:** The proposed K23 Career Development program will provide Dr. Ekaterina Pivovarova with the training and pilot data necessary to conduct independent research in applying implementation science to increase access to empirically based substance use disorder (SUD) treatments for justice involved individuals. Opioid-related drug overdose is a leading cause of death for individuals with justice involvement. Yet, most individuals in the justice system fail to receive the gold
standard treatment for opioid use disorder – medications for opioid use disorder (MOUDs). Drug treatment courts (DTC) are diversionary programs that leverage legal sanctions in exchange for mandatory and court-monitored engagement in SUD treatment. There are over 3,100 DTC programs nationwide that manage thousands of offenders in the community with SUDs. Despite their focus on addiction treatment, DTCs have been slow to incorporate MOUDs as standard practice. Systemic barriers to use of MOUD in DTCs have been well documented and include poor communication and lack of collaboration and relationships with MOUD providers in the community. The proposed study directly addresses barriers in communication and referral practices between DTC and community MOUD providers by adapting an implementation strategy, which has been previously shown as effective in community corrections programs. The Medication for Opioid Use Disorders Implementation – in Drug Treatment Courts (MOUDI-DTC) is an implementation strategy that aims to improve interagency relationships and increase access to MOUDs for high-risk individuals. Using the Consolidated Framework for Implementation Research (CFIR), a mixed-methods study will be conducted to achieve these specific aims: 1) evaluate current MOUD referral practices, barriers, facilitators, and readiness for change 2) develop MOUDI-DTC implementation strategy and manual, 3) implement MOUDI-DTC for 12 months in three DTCs and evaluate efficacy, acceptance and feasibility of the implementation strategy. The findings will provide preliminary data about efficacy of MOUDI-DTC on increasing referrals and acceptability and feasibility of MOUDI-DTCs to ultimate expand and evaluate the strategy nationwide. The findings will also provide pilot data for developing an R01 randomized clinical trial to compare MOUDI-DTC to referral practices as usual in DTCs. More broadly, this research will lead to development of best-practice guidelines about how DTCs should work with MOUD community providers to increase access to care and referrals to MOUDs. Completing this study will serve as one component of a rigorous training plan for Dr. Pivovarova to receive directed training in 1) implementation science, 2) MOUD, and 3) organizational theory and systems level intervention. During the K23, Dr. Pivovarova will receive individualized and team mentorship from leading researchers in the field of implementation science and SUD treatment in justice settings: Drs. Peter Friedmann (primary), Stephenie Lemon, David Smelson, and Faye Taxman.

Title: Technical Assistance for Statewide Implementation of Risk Screening & Assessment in Juvenile Justice: Bill 19-108
PI: Gina Vincent, PhD
Funding: Colorado Department of Public Safety and Colorado Department of Youth Services
Budget: $54,400
Time Frame: 8/19/2019-6/30/2021
Description: This project is for Gina Vincent to collaborate with the Council of State Governments to assist the Colorado Judicial Services and District Attorneys with implementation of the provisions included in SB19-108. SB19-108 requires adoption of valid risk assessment and risk-need-responsivity-based policies and practices for improving dispositional outcomes and case planning for adjudicated youth.
This project also involves assisting all district attorneys in the state with validation and implementation of a risk screening tool to guide decisions regarding which youth should be diverted away from the system.

| Title: Assessment and Development of Valid Detention Risk Screening: Bill 19-108 |
| PI: Gina Vincent, PhD |
| Funding: Colorado Division of Youth Services |
| Budget: $50,000 |
| Time Frame: 2/24/2020-6/30/2020 |
| Description: This project is for Gina Vincent to collaborate with the Council of State Governments to assist the Colorado Division of Youth Services with implementation of the provisions included in SB19-108. SB19-108 requires adoption of valid risk assessment and risk-need-responsivity-based policies and practices for improving outcomes for youth committed to the Division of Youth Services while protecting public safety. This project also involves the creation and validation of a risk screening tool for guiding decisions about pre-trial release in juvenile justice. |

| Title: Dangerousness and Pretrial Jail Standards Project |
| PI: Gina Vincent, PhD |
| Funding: Massachusetts Probation Service |
| Budget: $5,000 |
| Time Frame: 6/1/2020-6/30/2020 |
| Description: This project generated information to inform the Massachusetts Probation Service in fair and transparent implementation of the dangerousness standard for adult pretrial detention decisions. The project included a scan of pretrial jail standards across the United States and operational definitions for dangerousness and mitigation of risk of reoffending among individuals on pretrial release. |

| Title: Support Models for Addiction Related Treatment |
| PI: Kimberly Yonkers, MD, Adriana Forray, MD, Nancy Byatt, DO, MS, MBA |
| Funding: Patient Centered Outcomes Research Institute (PCORI) |
| Budget: $915,929 |
| Time Frame: 05/02/20-05/01/2022 |
| 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

» How Health Visitors Can Impact Perinatal Mental Health
» TACR Shorts: College Accommodations Comic
» For Families or Caregivers: Self-Care is Putting on YOUR Oxygen Mask First
» How to Talk about Mental Health: Addressing Misunderstandings about Mental Health in the Media
» Disparities in Vocational Supports for Black Young Adults with Mental Health Conditions
» New Measure to Screen Deaf Women for Perinatal Depression
» Linking Kids with Trauma to Evidence-Based Treatment: Implementation of a Centralized Referral System at the Child Trauma Training Center at the University of Massachusetts Medical School
» Lifeline4Moms Perinatal Mental Health Toolkit
» Why Engage Frontline Staff When Implementing a New Practice? Five Important Reasons
» FAMILLE+: A Multifamily Group Program for Families with Parental Depression
» Exploring Age Differences in the Experiences of Academic Supports Among College Students with Mental Health Conditions
» IPS Supported Employment for Transition Age Youth: Helping Youth with Serious Mental Health Conditions to Access Jobs, Education and Careers
» What Do You Know About Serving Southeast Asian Immigrants & Refugees? Here Are 5 Tips!
» Working from Home During the COVID-19 Pandemic: Tips and Strategies to Maintain Productivity & Connectedness
» Maintaining Your Emotional Wellness During COVID-19
» Finishing College Classes During COVID-19
» Coronavirus Economic Stimulus Payments: Who Gets It, How, & Impact on Other Benefits
» 5 Tips to Treating Women with Perinatal Depression
» Parents Chime In: Our Self-Care Strategies While Supporting Loved Ones with Mental Health Conditions During a Pandemic
» You Got This: Taking a Leadership Role in Your IEP Meeting
» I’ve Got My Crew: Inviting Community Partners to Your IEP Meeting

Webinars

» Moving from Trauma-Informed to Trauma-Responsive Care Through Training, Referral and Treatment for Youth and Families – Jessica L. Griffin and Zlatina Kostova
» Re-Conceptualizing & Boosting Engagement for Young Adults with Serious Mental Health Needs in Community-Based Services – Vanessa Klodnick
» Increasing Therapy Usability for Deaf Sign Language Users – Melissa Anderson and Alex Wilkins
» **Supporting College Students with Mental Health Conditions in the Wake of COVID-19** – Michelle Mullen

» **Are You a College Student with a Mental Health Condition? Managing the Wake of COVID: Strategies & Tools to Finish Your Semester** – Michelle Mullen

» **Supporting College Students with Mental Health Conditions on Campus: Information Session on HYPE on Campus** – Michelle Mullen

» **Supporting Youth Vocational Goals with Mental Health and Vocational Rehabilitation Collaboration: Implications for the Present** - Maryann Davis, Nancy Koroloff and Anwyn Gatesy-Davis

**ASL Videos**

» **Increasing Therapy Usability for Deaf Sign Language Users** ASL only

» **Working from Home During the COVID-19 Pandemic: Tips and Strategies to Maintain Productivity & Connectedness**

» **Maintaining Your Emotional Wellness During COVID-19**

» **Coronavirus Economic Stimulus Payments: Who Gets It, How, & Impact on Other Benefits**


School, Transitions to Adulthood Center for Research and Lebanon, NH: IPS Employment Center, Rockville Institute.


**Byatt, N.,** Biebel, K., Debordes-Jackson, G., & Friedman, L. (2020). 5 tips to treating women with perinatal depression. *Psychiatry Information in Brief, 17*(9), 1149. Retrieved from [https://escholarship.umassmed.edu/pib/vol17/iss9/1](https://escholarship.umassmed.edu/pib/vol17/iss9/1)


Geller, J. L., & Abi Zeid Daou, M. (2020, April 7). Patients with SMI in the age of


**Larkin, C.** (2019). What is different about suicidology? Unique ethical and methodological issues associated with research on suicidal behavior. In D. De
Leo & V. Poštuvan (Eds.), *Reducing the toll of suicide: Resources for communities, groups, and individuals* (pp. 205-216). Boston, MA: Hogrefe Publishing.


Moore Simas, T. A., Brenckle, L., Sankaran, P., Masters, G. A., Person, S., Weinreb,


Transitions to Adulthood Center for Research. (2019). For families or caregivers: Self-Care is putting on your oxygen mask first. Psychiatry Information in Brief, 16(2), 1135. Retrieved from https://escholarship.umassmed.edu/pib/vol16/iss2/1


Trivedi, M., Patel, J., Hoque, S., Mizrahi, R., Biebel, K., Phipatanakul, W., . . . Pbert, L. (2019). Alignment of stakeholder agendas to facilitate the adoption of school-
supervised asthma therapy. *Pediatric Pulmonology*. Advance online publication.


*Publications by our Boston University Center for Psychiatric Rehabilitation Collaborators not counted in iSPARC publication counts.*