



South Central MIRECC Communiqué

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“Closing the efficacy-effectiveness gap”

Editor’s note: The June issue commenced a series of articles focused on “Recovery” and on “recovery oriented services.” Implementing recovery oriented services is a major goal of the President’s New Freedom Commission on Mental Health, as well as a goal of the VA’s Comprehensive Mental Health Strategic Plan. The South Central MIRECC has made promoting recovery oriented services a major educational theme. Below is a description of a MIRECC-sponsored training in psychosocial rehabilitation that was conducted in May.

Training in Recovery and Psychosocial Rehabilitation

Lisa Martone, APN, Central Arkansas Veterans Health Care System, Little Rock

The South Central MIRECC sponsored training in the Recovery Model and Psychosocial Rehabilitation, May 17-19, 2006 in Little Rock, AR. This training was an extension of an intensive training in psychosocial rehabilitation that was conducted in 2004. Seven of the 16 clinicians trained as trainers in that program planned and led the May training. Lisa Martone, APN from CAVHS coordinated the program. Others involved in the planning and training effort included Delores Hendrix-Giles, SW (Houston), Kathy Dohoney, PsyD (Dallas), Wayne Gregory, PhD (Waco, TX), Mike Nichols, Vocational Counselor (Little Rock), Sylvia Ranson, RN (Little Rock), and Craig Rookey, PhD (Little Rock). Kathy Henderson, MD, Manager, VISN 16 Mental Health Product Line, and Michael Kauth, PhD, Co-Director, South Central MIRECC, welcomed participants to the training and discussed the importance of implementing recovery oriented systems of care for veterans who receive mental health services. The keynote speaker for the event was Christine Woods, Consultant for the Psychosocial Rehabilitation and Recovery Programs, VACO.

Twenty-four clinicians from VISN 16, VISN 17, and VISN 9 participated in the training. Facilities in VISN 16 that had not participated in the 2004 training sent clinicians. Every facility in VISN 16 now has staff who are trained in the recovery model and in psychosocial rehabilitation skills. The facilities themselves supported travel for their clinicians.

Content of the training included “Why, How, and When VA Becomes a Recovery-Oriented Mental Health System” (keynote address); Recovery and Psychosocial Rehabilitation (PSR) Models, principles, values, goals, and services; stigma and myths about mental illness; the role of Vocational Rehabilitation in PSR; motivational interviewing; person centered planning and the stages of change; peer support and consumer councils. In these presentations, the Medical Model and the Recovery Model were compared and contrasted. Participants were introduced to the central themes of the Recovery Model—the message of hope, empowerment, and focusing on strengths rather than deficits. It is important for each veteran to be responsible for developing his/her own “recovery plan.” Each recovery plan is individual and depends upon the goals, interests, strengths, and resources of the individual veteran. The role of the provider in this model is to assist the veteran to acquire the skills/knowledge/opportunities necessary to attain those

personal goals. A variety of choices for treatment options is essential. Most presenters noted the need for change in the VA in order to incorporate evidence-based practices consistent with the Recovery Model and PSR. The role of stigma in perpetuating obstacles that persons with mental illness—as well as clinical providers—must overcome in order to reach their goals was also addressed.

PSR skills were modeled by trainers. Trainees gave return demonstrations. Participants were also required to pass a written examination at the conclusion of the training. As a follow up to this training, trainees will meet monthly on conference calls to continue learning about recovery and psychosocial rehabilitation. They are expected to work with their clinical programs and the Mental Health Leadership at their facilities to develop and implement a recovery model of care and psychosocial rehabilitation services in the next year.

For more information about this training, contact me at 501-257-3142 or Lisa.martone@med.va.gov



MIRECC Education Grant Applications for FY07

The South Central MIRECC announced a call for **Clinical Education grant proposals by August 21, 2006**. Attached are the application and a list of previously funded, active projects. The purposes of the grants are to support the development and evaluation of innovative clinical education tools or creative methods for delivering effective mental health care by frontline clinicians. Recipients may be awarded up to \$7,000. To date, 65 grants have been awarded through this program, and a number of fine clinical education tools have been developed. A list of completed, available products can be found at www1.va.gov/scmirecc/page.cfm?pg=12.

If you are thinking about submitting a proposal, the **FIRST THING** you should do is to *talk to someone in MIRECC Education about your idea*. MIRECC personnel will help you develop your idea into a proposal that has a good likelihood of being funded. Projects related to promoting recovery-oriented education and services are a funding priority. A recovery orientation takes a holistic, multi-dimensional view of the veteran that includes physical and mental health, spirituality, occupational functioning, social functioning, etc., within a family and within the community. A recovery orientation strives to improve general functioning and promote hope. For more information about recovery, see the national consensus statement on recovery at www.samhsa.gov/. Please contact Dr. Randy Burke (randy.burke@va.med.gov) as soon as possible for assistance with your Clinical Education proposal.

VA Mental Health staff in VISN 16 and VISN 17 are eligible for this award.

MIRECC Research Grand Rounds Begins

The South Central MIRECC begins a **Research Grand Rounds on Monday, July 10, 2006 at 2:00 PM CT**. Thereafter, the Research Grand Rounds will meet on the second Monday of each month at 2:00 PM. The purpose of the program is to increase the knowledge of MIRECC investigators about each others' research interests and expertise. For more information and to express your interest in attending the Research Grand Rounds, please contact Dr. Tom Teasdale at Thomas-teasdale@ouhsc.edu

This series will use a commercial web-based conferencing technology called Web-Ex. The July 10 program is devoted to a tutorial on the use of Web-Ex for attendees, as well as for future presenters. Please contact Dr. Teasdale for information about how to access this system.

Online Resources for Psychiatric Rehabilitation

Compiled by Kathleen Dohoney, PsyD,* VA North Texas Health Care System, Dallas

www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp

The Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Mental Health Services (CMHS) have published six Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices in mental health care. The Kits were developed as one of several SAMHSA/CMHS activities critical to its science-to-services strategy and can be downloaded for free on this website. SAMHSA expects to identify additional practices for future Kits. (The next toolkit may be on the topic of Peer Support). The Kits contain many useful resources, including information sheets for all stakeholder groups, introductory videos, practice demonstration videos, and workbooks and manuals for practitioners. The six toolkits are on the topics of Illness Management, Family Education, Supported Employment, Co-Occurring Disorders, Assertive Community Treatment (ACT), and Medication Management.

www.uspra.org

The United States Psychiatric Rehabilitation Association (USPRA), formerly International Association of Psychosocial Rehabilitation Services (IAPRS), is an organization of psychosocial rehabilitation agencies, practitioners, and interested organizations and individuals dedicated to promoting, supporting and strengthening community-oriented rehabilitation services and resources for persons with psychiatric disabilities. For 30 years and with nearly 1,400 members, USPRA is the leading psychiatric rehabilitation organization in the United States. USPRA provides annual conferences, trainings, announcements, and a process for members to become certified as Psychiatric Rehabilitation practitioners.

The following psychosocial rehabilitation sites were published in the June newsletter:

www.bu.edu/cpr (Boston University's Center for Psychiatric Rehabilitation)

The mission of the Center is to increase knowledge in the field of psychiatric rehabilitation and to apply this body of knowledge to train treatment personnel, to develop effective rehabilitation programs, and to assist in organizing both personnel and programs into efficient and coordinated service delivery systems. This is an excellent source of books, articles, curricula, and training resources.

www.bu.edu/cpr/webcast (Boston University's CPR archived web casts)

BU CPR Internet web casts have been recorded and archived for viewing at any time. These are one-hour programs on topics such as the recovery vision, dual disorders, stages of change, etc.

www.psychrehab.com (Psychiatric Rehabilitation Consultants)

Composed of clinicians and researchers from the UCLA Center for Research on Treatment & Rehabilitation of Psychosis, the mission of PRC is to translate the Center's research results into effective, user-friendly treatment products and services. The PRC is headed by Dr. Robert Liberman. The PRC has produced 9 scientifically-based skills training modules that will help clients learn the skills to achieve their personal goals and function more

effectively in the community. All of the modules use the same techniques to teach the skills, so that all staff can easily and accurately conduct a module, and smoothly transfer their skills as trainers from one module to another.

* Dr. Dohoney completed the 2004 MIRECC psychosocial rehabilitation training and is a certified trainer. She participated as a trainer in the 2006 training in Little Rock. Dr. Dohoney is Director, Mental Health Rehabilitation Module at the Dallas VA.

8th Annual National Best Practices in Mental Health Conference

Registration is now open for the **8th Annual National Best Practices in Mental Health Conference**, Thursday, September 7, 2006 through Friday, September 8, 2006 at the Downtown Embassy Suites Hotel in Portland, OR. Notable speakers include:

Jonathan Perlin, MD, PhD, Under Secretary for Health
Gordon Mansfield, Deputy Secretary of Veterans Affairs
Joel Kupersmith, MD, PhD Director of Research and Development
Col. Elspeth Cameron Ritchie, MD, Chief Psychiatrist US Army
Col. Charles W. Hoge, MD, PhD, Walter Reed
Ira Katz, MD, PhD, new Deputy Chief Patient Care Services Officer for Mental Health

Registration is limited to 160 attendees. Program description, registration, brochures and instructions to traveler can be found at: vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=22102. The Embassy Suite web site is www.embassysuites.com/en/es/hotels/index.jhtml?ctyhocn=PDXPSES.

In addition, two pre-conferences are scheduled for Wednesday, September 6: VISN Liaison meeting with CO leadership, coordinated by Scott Murray, PhD (vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=22225) and Implementing Recovery Model, coordinated by Mary Jansen, PhD (vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=22226).

For more information, contact Jack Heims, CHE, Director, Mental Health and Neurosciences, Portland VA Medical Center at 503-220-8262 ext 56458 or jack.heims@va.gov

Burroughs Wellcome Fund – 2007 Career Awards for Medical Scientists

The Career Awards for Medical Scientists (CAMS) program by Burroughs Wellcome provides \$700,000 over five years to bridge advanced post-doctoral/fellowship training and the early years of faculty service. During the award period, at least 75% of the awardee's time must be devoted to research-related activities. Eligible candidates should have an M.D., D.D.S., D.V.M., or equivalent clinical degree. The application deadline is October 2, 2006.

If you are interested or know someone who may be interested, review the program announcement www.bwfund.org/brochures/2007%20CAMS%20brochure.pdf, and verify eligibility under both "General Requirements" and "Candidate Eligibility Guidelines." The academic institution will submit nominations. If you qualify, please contact your university Office of Research Administration as soon as possible.

VISN Online Library Adds New Mental Health Resource

Marvett Burns, MLS, IT Specialist
VA Gulf Coast Veterans Health Care System

Looking for a website that provides access to knowledge-based information resources (KBI) from your desktop? Checkout the [VISN 16 Virtual Library Web Page](#)! Any VISN 16 employee using a computer on our network can access a variety of quality KBI resources from their desktops. So, if you are looking for information resources, your answer may be a mouse click away! Some currently available resources are:

- EBSCO Databases-CINAHL, MEDLINE, PsychInfo, and several more
- JCAHO Journals
- Krames on Demand
- MD-Consult
- Micromedex
- Psychiatry Online – **NEW!**
- Stat-Ref
- UptoDate
- Links to online education opportunities-VALO and VA Knowledge Network
- Links to medical libraries' websites

Psychiatry Online, a new addition to the Library, provides online access to *The American Journal of Psychiatry*, *Psychiatric Services*, *Psychosomatics*, *The Journal of Neuropsychiatry & Clinical Neurosciences*, *Academic Psychiatry*, and *Psychiatric News*. Other research and education resources on the Virtual Library include *The Cochrane Library*, *The New England Journal of Medicine*, *PsychInfo*, and *PubMed*.

The Virtual Library does not replace your local medical library but rather complements its wealth of services and resources. VISN 16 employees have access to all formats of KBI resources through their medical center libraries, so utilize this wonderful service. **If you have questions or comments about any KBI resources, please contact your medical librarian.**

To help employees use the Virtual Library resources more effectively, the VISN 16 Librarians Group will be providing “Virtual Library Tips.”

Tip #1-EBSCO Databases. [Click here to learn and earn 30 minutes of education hours](#)



New Publications from MIRECC Investigators

Below is a partial list of publications by MIRECC investigators from December 2005 to June 2006. MIRECC investigators are in bold. For more information about an article, please contact the lead MIRECC investigator directly.

Blevins, D., & Werth, J.L. (2006). End-of-life issues for LGBT older adults. In D. Kimmel, T. Rose & S. David (Eds.), *Lesbian, gay, bisexual, and transgendered aging: research and clinical perspectives* (pp. 206-226). New York: Columbia University Press.

- Bogart, L., Fremont, A.M., Young, A.S., Pantoja, P., Chinman, M., Morton, S., Koegel, P., **Sullivan, G.**, & Kanouse, D.E. (2006). Patterns of HIV care for patients with serious mental illness. *AIDS Patient Care & STDs*, 20, 175-82.
- Chen, H., Vega, R., **Kirchner, J.E.**, Maxwell, J., & Levkoff, S.E. (2006). Quality management in evidence-based service programs. In S.E. Levkoff, H. Chen, J.E. Fisher, J. McIntyre (Eds), *Evidence-Based Behavioral Health Practices for Older Adults: A Guide to Implementation* (pp. 37-65). New York: Springer.
- Carithers, T., **Dubbert, P.M.**, Crook, E., Davy, B., Wyatt, S.B., Bogel, M.L., et al. (2005). Dietary assessment African Americans: Methods used in the Jackson Heart Study. *Ethnicity & Disease*, 15(4 Suppl 6), S6-49-55.
- Craske, M.G., Roy-Byrne, P.P., Stein, M., Bystritsky, A., **Sullivan, G.**, Hazlett-Stevens, H., & Sherbourne, C. (2006). CBT intensity and outcome for panic disorder in a primary care setting. *Behavior Therapy*, 37(2), 112-119.
- Dubbert, P.**, Carithers, T., Ainsworth, B., Taylor, H., Wilson, G., & Wyatt, S. (2005). Physical activity assessment methods in the Jackson Heart Study. *Ethnicity & Disease*, 15(4 Suppl 6), S6-56-61.
- Edlund, M.**, Belin, T., Tang, L., Liao, D., & Unutzer, J. (2005). Comparison of psychiatrists' and other physicians' assessments of their ability to deliver high-quality care. *Psychiatric Services*, 56(3), 308-314.
- Edlund, M.**, & Harris, K. (2006). Perceived effectiveness of medications among mental health service users with and without alcohol dependence. *Psychiatric Services*, 57(5), 692-699.
- Edlund, M.**, Unutzer, J., & **Curran, G.** (2006). Perceived need for alcohol, drug, and mental health treatment. *Social Psychiatry & Psychiatric Epidemiology*, 41(6), 480-487.
- Ferguson, C.J., **Stanley, M.**, Soucheck, J., & **Kunik, M.E.** (2006). The utility of somatic symptoms as indicators of depression and anxiety in military veterans with chronic obstructive pulmonary disease. *Depress Anxiety*, 23(1), 42-49.
- Fortney, J.C.**, **Pyne, J.M.**, **Edlund, M.J.**, Robinson, D.E., **Mittal, D.**, & **Henderson, K.L.** (2006). Design and implementation of the Telemedicine-Enhanced Antidepressant Management Study. *General Hospital Psychiatry*, 28(1), 18-26.
- Harman, J., **Edlund, M.**, **Fortney, J.**, & Kallas, H. (2005). The influence of comorbid chronic medical conditions on the adequacy of depression care for older Americans. *Journal of the American Geriatrics Society*, 53(12), 2178-2183.
- Harris, K., & **Edlund, M.** (2005). Use of mental health care and substance abuse treatment among adults with co-occurring disorders. *Psychiatric Services*, 56(8), 954-959.
- Hebert, R., Lehmann, D., **Tan, G.**, Travis, F., & Arenander, A. (2005). Enhanced EEG Alpha synchronization during transcendental meditations: implications for cortical integration theory. *Signal Processing*, 85(11), 2213-2232.

- Kilbourne, A.M., Pincus, H.A., Schutte, K., **Kirchner, J.E.**, Hass, G.L., & Yano, E.M. (2006). Management of mental disorders in VA primary care practices. *Administration and Policy in Mental Health*, 33(2), 208-214.
- Lombardo, E., **Tan, G.**, Jensen, M., & Anderson, K. (2005). Anger management style and associations with self-efficacy and pain in male veterans. *Journal of Pain*, 6(11), 765-770.
- Payne, T.J., Wyatt, S.B., Mosley, T.H., **Dubbert, P.M.**, Guterrez-Mohammed, M.L., Calvin, R.L., et al. (2005). Sociocultural methods in the Jackson Heart Study: conceptual and descriptive overview. *Ethnicity & Disease*, 15(4 Suppl 6), S6-38-48.
- Sautter, F.J., Lyons, J., Manguno-Mire, G., Han, X., Perry, D., Sherman, M.D., Myers, L., Sullivan, G.** (2006). Predictors of partner engagement in PTSD treatment. *Journal of Psychopathology and Behavior Assessment*, 28(2), 123-130.
- Sullivan, M., Edlund, M., Steffick, D., & Unutzer, J.** (2005). Regular use of prescribed opioids: Association with common psychiatric disorders. *Pain*, 119(1-3), 95-103.
- Tan, G., Nguyen, Q., Cardin, S., & Jensen, M.** (2006). Validating the use of two-item measures of pain beliefs and coping strategies for a veteran population. *Journal of Pain*, 7(4), 252-260.
- Vasterling, J.J., & Bremner, J.** (2006). The impact of the 1991 Gulf War on the mind and brain: Findings from neuropsychological and neuroimaging research. *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*, 361(1468), 593-604.
- Vasterling, J.J., Proctor, S.P., Amoroso, P., Kane, R., Gackstetter, R., Ryan, M.A.K., Friedman, M.J.** (2006). The Neurocognition Deployment Health Study: A prospective cohort study of Army Soldiers. *Military Medicine*, 171(3), 253-260.



July Conference Calls 1-800-767-1750

- 3—Education Core, 2:00 PM CT, access code 16821#
- 3—Access Group, 2:00 PM CT, access code 97738#
- 7—PSR Group Call, noon CT, access code 85388#
- 11—Directors Call, 3:30 PM CT, access code 19356#
- 19—Program Assistants, 1:00 PM CT, access code 43593#
- 25—Directors Call, 3:30 PM CT, access code 19356#
- 28—PSR Group Call, noon CT, access code 85388#

The next issue of the *South Central MIRECC Communiqué* will be published August 7, 2006. Deadline for submission of items to the August newsletter is August 1. Urgent items may be submitted for publication in the *Communiqué Newsflash* at any time. Email items to the Editor, Michael R. Kauth, Ph.D., at Michael.Kauth@med.va.gov or FAX to (504) 617-6453.

South Central MIRECC Internet site: www.va.gov/scmirecc/

SC MIRECC intranet site: yaww.visn16.med.va.gov/mirecc.htm

National MIRECC Internet site: www.mirecc.med.va.gov