Nov 30th, 1:30 PM - 2:45 PM

Breakout Session: "Dissemination: Challenges and Successes in Working with Communities"

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Dissemination: Challenges and Successes in Working with Communities

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Clinical Associate Professor of Psychiatry, UMMS; Chief Medical Officer, Community Healthlink
Dissemination of Research Findings

Mental Health Agency Research Network (MHARN)

Core Priorities:

Mindfulness and Health
Carlos M. Henriquez and Fernando de Jesus

Mindfulness can be defined as paying attention to one’s inner and outer experiences in an accepting and non-judgmental way. This practice has been shown to have various benefits, including reduced symptoms of anxiety and depression, improved quality of life, and increased emotional well-being. Mindfulness has been incorporated into various mental health interventions, including cognitive-behavioral therapy, dialectical behavior therapy, and acceptance and commitment therapy. Mindfulness-based interventions have been found to be beneficial for a range of psychological and physical conditions such as anxiety and depression, chronic pain, and other chronic medical conditions.
Dissemination of Research Findings
Mental Health Agency Research Network (MHARN)

- Conferences
  - UMMS Public Sector
  - USPRA
  - NAMI
  - DMH Research Centers Conference
  - ABH Conferences

- Grand Rounds
- UMMS Provider Community
- DMH Listserv (1,661 members)
- Social Media (480 Likes)
Knowledge Translation: Engagement & Collaboration with Community Agencies
Mental Health Agency Research Network (MHARN)

Outcomes of DBT programs for adolescents and their families
Evaluation of risk data for program improvement & QA
Collaborate on grant writing, research project implementation, etc.

Genesis & UMass secured funding from Legacy’s Innovative Grants Program to develop & tailor tobacco-cessation strategies
Addressing Dissemination/Engagement Goals

1. Determine the needs of the community/agency
2. Form partnerships with members of the community/agencies
3. Designate Resources (Fiscal/Personnel)
4. Share research findings with various groups (e.g. consumers, providers, and other stakeholders)
5. Self Evaluate/Continuous Quality Improvement (CQI)
1. Determine the needs of the community/agency

- Attending Community Meetings (e.g. CHL Meetings)
- Meeting with staff development personnel at CHL, DMH/WRCH
- Engaging community partners to assess needs for information and training on research findings and evidence-based practices
- Consulting with community agencies on:
  - developing and conceptualizing outcomes,
  - working with data
  - monitoring initiatives
2. Form partnerships with members of the community/agencies
3. Designate Resources (Fiscal/Personnel)

Designate Resources: Fiscal

- Personnel time/skills
- Communication and outreach
- Planning/preparing products
- Attending conferences
Collaborative Community Research: Science to Service Examples

Research Question/Goal

- Can Motivational Interviewing (MI) improve Treatment Retention of Transition Age Youth (TAY; ages 17-25)?

Collaboration

- UMass CMHSR (PI: Maryann Davis) collaborates with CHL on grant writing/ secures NIH funding for a pilot to test MI as a treatment retention intervention

Engagement

- Research Team trains & supervises CHL clinicians in MI
- Clinicians refer patients to study

Disseminate Findings to Community

- CMHSR write & disseminate Research in the Works
- Research conference presentations*
- Research team submitted journal article
Collaborative Community Research: Service to Science Examples

Research Question/Goal:
- Do adolescents admitted to the MYR Program show significant changes from admission to discharge?
- Are there important differences between the adolescents who return to the program compared to adolescents who do not return?

Collaboration:
- CHL (Marie Hobart & Dan Melle) collaborate with UMMS/Assumption (Len Doerfler), and CMHSR (Bill Fisher) to analyze SOCRATES data routinely collected at CHL on MYR clients

Engagement:
- Project discussion/conceptualization takes place during CHL Research Coordination meeting (UMass/CMHSR, CHL, Assumption attendees)

Disseminate Findings to Community:
- Project team presents findings at conferences*

*Disclaimer: The asterisk indicates a note or clarification about the content.
Can a community Mental Health Center integrate primary health care and wellness services to improve overall health status of clients?

CHL & CMHSR collaborate on grant writing/secure funding for SAMHSA PBHCI grant
CHL & UMMHC collaborate to develop & implement the program
UMMS faculty/staff conduct evaluation study

Organizational change of the Community Mental Health Center.

Dr. Hobart and CMHSR/MHARN write & disseminates Research in the Works
CHL implementation team presents at conferences (American Psychiatric Association 64th Institute on Psychiatric Services)
Challenges Encountered

- Engagement of persons with lived experience
- Networking and establishing contacts
- Gaining recognition: UMMS departments and faculty/FB/Twitter/Email list
- Getting the information out while it is still new
- Working with researchers interested in having their products disseminated through CMHSR
- Scheduling meetings and working with other community agencies
Questions?

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University of Massachusetts Medical School
55 Lake Avenue North
Worcester, MA 01655
Phone 508-856-5498
**CMHSR Overview - Vision**

**Vision** - to make available to all individuals living with mental health challenges, their families and providers, the best psychosocial research available to help them lead happy and productive lives.
Mission - to facilitate the development and improvement of enlightened public health policies and services by providing innovative and recovery-informed research, training, and technical assistance to DMH and service providers nationwide.
CMHSR Dissemination Focused Entities

- MHARN
- MHE&YOU Advisory Council
- Transitions RTC
2. Form partnerships with members of the community/agencies

Community Agencies

- CHL
- The Bridge
- ServiceNet
- Clubhouses (e.g. Genesis)
Forming partnerships with

Internal UMMS/UMMHC

- UMMS Faculty - learning their areas of expertise for presentations & products (they won’t come to us)
- Academic Interest Groups - for presentations & products
- Developing relationships with contacts & knowing arenas for dissemination (e.g. eScholarship, Conquering Diseases Clinical Research Center)
- Other centers within Psychiatry (e.g. CANDI)
- Career Development and Research Office (CDRO)
Forming partnerships with:

Other state, community and non-profit agencies:
(grant writing and funding)

- Massachusetts NAMI
  - Peer support model of jail diversion

- DMH, DOC, DPH and DYS
  - “Jail Diversion Across the Continuum: Opportunity for Reflection and Planning.” A joint effort to develop a new collaborative to enhance jail diversion policies and planning for persons with co-occurring mental health and substance use disorders.

- UMMS and MA Department of Mental Health
  - Shared decision making regarding medication reduction
  - Community reentry for women leaving prison
  - WRCH - Assessing Major Mental Health System Change: An Evaluation of Process and Outcomes at the Massachusetts Department of Mental Health Worcester Recovery Center & Hospital

- CHL and UMMS Collaboration
  - Grant Proposal: Closing the Gap on Health Care Disparities
  - MISSION - Diversion & Recovery for Traumatized Veterans
Designating Resources: Personnel

- Developing concise and appealing products
- Web-based dissemination to connect with audience, other agencies, and communities through social media
- Planning and preparing presentations for and attending conferences/seminars (e.g. attended 9 conferences in 2012; coordinating CEU talks for agencies)
- Tracking dissemination efforts
Tangible Dissemination Results

- Psychiatry Information in Brief (eScholarship)
- Website and Social Media Campaign
- Stigma Fighting Video Campaign
- Conferences (Local, State, National)
- E-mail lists
4. Share research findings with:

Persons with lived experience, families, friends, providers, etc.

- **Online:**
  - CMHSR Websites
  - Facebook
  - Twitter
  - Listserv/email list

- **In Person**
  - Conferences (for persons with lived experience)
  - Leaving paper copies at communities/agencies
5. Self Evaluate/ (CQI)

- Track efforts (e.g. construct a Database and continuously update)
- Seek feedback to inform future products/responsiveness to audience needs
- Evaluate dissemination results and determine how to move forward