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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Core Priorities: Dissemination of Research Findings

Mental Health Agency Research Network (MHARN)

Mindfulness and Health

Crossing the Divide: Programs that Bridge Child & Adult Mental Health Services

Mindfulness and Health

Mindfulness can be defined as paying attention in a non-judgmental way to the present moment experience in an open-minded manner (Kabat-Zinn, 1990). Mindfulness-based stress reduction (MBSR) has been replicated around the world and helped spark the growing popularity of mindfulness practices.

Most of the time we are immersed in a constant stream of inner experiences without being aware of it, or, at least, not fully aware of it (Kabat-Zinn, 2013). Mindfulness is the practice of being present, aware, and open to the present moment. It involves paying attention to the present moment without judgment or distraction.

Mindfulness practices are used in various contexts and in a variety of ways. They include meditation, yoga, and other mindfulness-based stress reduction (MBSR) approaches. MBSR has been found to be effective in reducing stress, anxiety, and depression.

Although mindfulness practice may seem to involve only the mind, it involves the entire body, as the brain and the body are interconnected. Mindfulness has been shown to have a number of benefits on physical and mental health.

References:

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

- Internal UMMS/UMMHC
- Communities/Agencies
- Other State Departments

OUR STAKEHOLDERS
3. Designate Resources (Fiscal/Personnel)

Designate Resources: Fiscal

- Personnel time/skills
- Communication and outreach
- Planning/preparing products
- Attending conferences
**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*

Research
Collaboration
Engagement
Disseminate Findings to Community
Collaborative Community Research: Service to Science Examples

Research Question/Goal
- Can a community Mental Health Center integrate primary health care and wellness services to improve overall health status of clients?

Collaboration
- 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

Engagement
- Organizational change of the Community Mental Health Center.

Disseminate Findings to Community
- 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
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www.umassmed.edu/cmhs
Questions?

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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/respondiveness to audience needs
- Evaluate dissemination results and determine how to move forward