

Brown School



Dear Colleagues,

We hope everyone is doing well and getting ready for the summer. This will be our last CMHSR newsletter of this academic year. We will back in September.

Take care.

Leopoldo J. Cabassa and Byron J. Powell Co-Directors, Center for Mental Health Services Research Brown School at Washington University in St. Louis

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CMHSR News

CMHSR Monthly Seminar

Digital Health Interventions for Depression and Diabetes in Underserved Populations May 26th, 2021 | 4:00 p.m. – 5:00 p.m. CST

Dr. Aguilera will present as a part of the CMHSR Monthly Seminar Series. Adrian Aguilera, Ph.D., is an Associate Professor in the School of Social Welfare at UC Berkeley and the Department of Psychiatry at UC San Francisco. At UC Berkeley, Dr. Aguilera directs the Digital Health Equity and Access Lab (dHEAL), the Latinx Center of Excellence (LCOE) and at UCSF, he directs the Latino Mental Health Research Program (LMHRP). Dr. Aguilera's research is focused on developing and testing technology-based interventions to address health disparities in low-income and vulnerable populations.

Register here!

Publications and Presentations

Lynch, D. A., Stefancic, A., Cabassa, L. J., & Medalia, A. (2021). Client, clinician, and administrator factors associated with the successful acceptance of a telehealth comprehensive recovery service: A mixed methods study. *Psychiatry Research*, 300. https://doi.org/10.1016/j.psychres.2021.113871

The coronavirus disease 2019 SARS-CoV-2 (COVID-19) crisis and subsequent social distancing recommendations resulted in increased use of telehealth within recovery-oriented behavioral health services (RS). This program evaluation of a group-based RS used mixed methods to better understand

the multiple factors that contributed to successful telehealth conversion. Within this clinic serving middle to high socioeconomic status (SES) clients, clinicians and clients alike found the virtual group-based RS to be feasible and acceptable while in-person treatment was not an option.

Lengnick-Hall, R., Stadnick, N. A., Dickson, K. S., Moullin, J. C., & Aarons, G. A. (2021). Forms and functions of bridging factors: Specifying the dynamic links between outer and inner contexts during implementation and sustainment. Implementation Science, 16(34). https://doi.org/10.1186/s13012-021-01099-y

Bridging factors are relational ties, formal arrangements, and processes that connect outer system and inner organizational contexts. The authors aim to advance bridging factor research by identifying relevant dimensions and exemplifying these dimensions through illustrative case studies. Bridging factors are described in many implementation models and studies, but without explicit reference or investigation. The authors present specific recommendations for a bridging factors research agenda.

Powell, B. J. & Sprang, G. (2020). 2020 Implementation summit webinar [webinar]. NCTSN Implementation Summit 2020, virtual. https://www.nctsn.org/resources/2020-NCTSN-implementation-summit-webinar

During this 50-minute opening session, Byron J. Powell, PhD, LCSW presents on *Opportunities to Improve Implementation in the National Child Traumatic Stress Network*, and the NCTSN's Ginny Sprang shares opening plenary remarks, *The Whole is Greater Than the Sum of Its Parts*. Targeted small group discussions specific to the perspectives of agency leaders, trainers, and developers that culminate in initial ideas and recommendations from each group are also highlighted during this webinar.

Dickson, K. S., Glass, J. E., Barnett, M. L., Graham, A. K., Powell, B. J., & Stadnick, N. A. (2021). *Journal of Clinical and Translational Science*, 1-21. doi: 10.1017/cts.2021.776

This special communication highlights the value of peer mentoring by describing a case study of an early career implementation science peer mentoring group. The authors delineate their curriculum and structure; support and processes; products and outcomes. The authors highlight important group member characteristics to consider during group formation and continuation. The case study highlights strategies to foster peer-mentoring groups that provide a generalizable blueprint and opportunity for improved outcomes for early career professionals.

Medalia, A., Saperstein, A. M., Stefancic, A., Meyler, S., Styke, S., Qian, M., Liu, J., & Cabassa, L. J. (2021). Feasibility and acceptability of remotely accessed cognitive remediation for schizophrenia in public health settings. *Psychiatric Research* [E-Pub Ahead of Print]

Cognitive remediation (CR) is an evidence-based therapy used to improve cognition in people with schizophrenia. However, it often requires multiple in-person clinic sessions per week, which can limit scalability. This mixed methods study examined the feasibility and acceptability of a hybrid approach, which allowed for half the sessions to be conducted remotely as homework, without the clinician present.

CMHSR YouTube

Find our YouTube channel here with recordings from our monthly CMHSR seminar series.

Workshops & Conferences

Climate Change and Health Seminar Series

May 4th, 2021 | 11:00 AM CST

Dr. Michelle Bell will discuss her work on weather, heat waves, and health, as well as the research, education, and policy translation needed going forward in the context of climate change.

Register here!

Center for Methods in Implementation and Prevention Science (CMIPS) Global Mental Health Promotion (GMHP) Seminar Series

May 19th, 2021 | 12:00 p.m. CST

Dr. Echezona Edozie Ezeanolue presents in this series by the Center for Methods in Implementation and Prevention Science (CMIPS) at the Yale School of Public Health. Dr. Ezeanolue is a professor of Pediatrics and Epidemiology at University of Nevada, Las Vegas.

Register here!

Training

The Training Institute for Dissemination and Implementation Research in Cancer (TIDIRC) OpenAccess

In the facilitated course, trainees move through the online modules after establishing a D&I research project idea. Each module consists of viewing videos, completing readings, and responding to assignment questions to build up their project idea. Trainees then workshop their proposed projects by incorporating knowledge gained from each of the online sections. After completion of the six modules, trainees are then able to workshop their proposed project incorporating knowledge gained from each of the online sections.

Access here!

What We're Reading

Roth, K. B. & Szlyk, H. S. (2020). Hotline use in the United States: Results from the collaborative psychiatric epidemiology surveys. *Administration and Policy in Mental Health*, 48, 564 – 578. https://doi.org/10.1007/s10488-020-01089-0

This study provides the first national estimates of crisis hotline usage in the U.S. Hotlines are more likely to be used by certain sociodemographic subgroups, but these differences may be due to differing psychiatric history and service use patterns. Efforts should be made to ensure that crisis hotlines are being utilized by other marginalized populations at high risk of suicide or overdose amidst the current public health crises in the U.S., such as racial/ethnic minorities or youth.

Miller, C. J., Barnett, M. L., Baumann, A. A., Gutner, C. A., & Wiltsey-Stirman, S. (2021). The FRAME-IS: A framework for documenting modifications to implementation strategies in healthcare. *Implementation Science*, *16*(36). https://doi.org/10.1186/s13012-021-01105-3

In this paper, the authors therefore describe the development of a new framework for documenting modifications to implementation strategies. They provide an example of application of the FRAME-IS to an implementation project and provide guidance on how it may be used in future work. To fill this gap, the FRAME-IS is meant to be a flexible, practical tool for documenting modifications to implementation strategies. Its use may help illuminate the pivotal processes and mechanisms by which implementation strategies exert their effects.

Hoagwood, K. E., Gardner, W., & Kelleher, K. J. (2021). Promoting children's mental, emotional, and behavioral (MEB) health in all public systems, post-COVID-19. *Administration and Policy in Mental Health and Mental Health Services Research*, 48, 379 – 387. https://doi.org/10.1007/s10488-021-01125-7

A collective and coordinated national economic and social reconstruction effort aimed at shoring up services to promote children's MEB, like the Marshall Plan that helped rebuild Europe post-World War II, has been proposed to buttress against the expected retrenchment. The plan prioritizes children's well-being as a social objective. The authors propose strategically reconstructing the public safety-net systems serving youth, including early education, maternal and child health, child welfare, corrections, and mental health. This paper offers a complementary set of suggestions for the four non-mental health systems mentioned above by recommending actionable steps based on scientific evidence to support improved services for children at risk for MEB problems.

Bunger, A. C., Choi, M. S., MacDowell, H., & Gregoire, T. (2020). Competition among mental health organizations: Environmental drivers and strategic responses. *Administration and Policy in Mental Health Services Research*, 48, 393 – 407. https://doi.org/10.1007/s10488-020-01079-2

To inform future studies about the impact of policy and system reforms on mental health organizations and service delivery, this qualitative study explores (1) resources for which organizations compete most intensively, (2) drivers of competition, and (3) leaders' strategic organizational responses. Consistent with theory on competition, mental health organizations compete and respond in ways that might improve services. However, the goals of privatization may have been unrealized because of minimal competition for funding and clients, and intense competition may undermine quality.

Balasuriya, L., Jorgensen, S., & Swartz, M. S. (2021). Prevention in the era of COVID-19 and the role of behavioral health care teams. *Psychiatric Services*, 72(4), 369. https://doi.org/10.1176/appi.ps.72401

The authors examine data from the 2015–2018 National Survey on Drug Use and Health and demonstrate that patients with serious mental illness have a higher prevalence of most health conditions associated with severe COVID-19. Behavioral health providers are in a prime position to expand psychoeducation to include concrete COVID-19 prevention strategies. Frequent contact and rapport with patients often make behavioral health care members some of the most well-poised health care workers to assist in these critical discussions on prevention. As the pandemic continues to

disproportionately affect the most vulnerable populations, we must seize the opportunity to prevent disease whenever possible and work alongside our patients and communities to promote health.

Ferrell, E. L., Russin, S. E., & Grant, J. T. (2020). On being a client with posttraumatic stress disorder: Interactions with treatment providers and institutional barriers. *Journal of Community Psychology*, 48(3), 791 – 805. https://doi.org/10.1002/jcop.22359

This study analyzed anonymous posts among an online community of individuals with PTSD. Results indicated that individuals with PTSD desire greater clarity about expectations for treatment, collaboration toward treatment goals, open discussion of client-therapist boundaries, and increased validation among therapists in response to trauma disclosure. Individuals with PTSD also reported multiple systemic issues that were barriers to treatment including a lack of available services in their area, being placed on a waitlist for long periods of time, the cost of treatment as a financial burden, and poor crisis response in emergency rooms. Findings indicated areas of growth for treatment providers which will help inform future treatment studies in improving care and treatment adherence among individuals with PTSD.