

South Central MIRECC Communiqué

A publication of the Mental Illness Research, Education, and Clinical Center

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“Closing the efficacy-effectiveness gap”

Director’s Desk:

CLOSING OUT THE YEAR, MIRECC REVIEW IN 2005 & HOLIDAY WISHES

Michael R. Kauth, Ph.D., Co-Director for Education

It’s difficult to believe that 2004 is almost over! For me, the end of a year is a time for review. We accomplished so much this year, and yet I feel like we are just getting started. We had an inspiring retreat in March in Little Rock on creating effective educational interventions. The PTSD conference in July was another huge success with record attendance. We also had many excellent web-based presentations this year in the *Bringing Science to Practice* series. I appreciate everyone who helped make these programs possible, and there were many. We also funded several innovative pilot research grants and established investigator awards and supported training opportunities for junior investigators, Fellows, and psychiatry residents. (We will announce funded FY05 clinical education grants next month). And, we also conducted an intensive training in psychosocial rehabilitation with clinicians in VISN 16 and VISN 17 facilities. The six-month post-training assessment begins this month.

One thing that we did not happen this year as anticipated was our renewal review. The reviews for MIRECCs in VISN 3, 16, and 21 have been rescheduled for June 8-9, 2005 in New Orleans, LA. In preparation for this review, we will contact many of you who participated in MIRECC programs and activities to document program outcomes and individual productivity. Thank you in advance for your help with these requests. MIRECCs in VISNs 1, 20, and 22 were reviewed in December 2003 and have been renewed.

Finally, at this time of year, I am also reminded of family and friends. I want to wish our many MIRECC friends and colleagues happy and safe holidays! I look forward to working with you all in 2005.



Kudos to MIRECC Affiliates

Gabriel Tan, Ph.D., at the Michael E. DeBakey VA Medical Center, Houston, has been awarded a diplomate (Specialty Board Certification) in Clinical Health Psychology by the American Board of Professional Psychology (ABPP).

John J. Spollen III, M.D., at the Central Arkansas Veterans Healthcare System, Little Rock, has been named the Department of Psychiatry’s Vice Chair for Education at the University of Arkansas for Medical Sciences. Dr. Spollen currently serves as Chief of the Mental Health Clinic at the VA.

Looking for Clinical Tools for Your Practice?

Below is a list of available clinical education tools produced by the South Central MIRECC. Please note that several **NEW** products have been added. To request a product, send an email to Allen.thomas3@med.va.gov

Age-Competency Assessment. Survey of mental health professionals in VA Network 16 regarding competency to address the mental health needs of older veterans. The project is described in Molinari, V., Kier, F.J., & Kunik, M.E. (2001). Obtaining age-related mental health competency: What is needed? *Educational Gerontology, 28*, 1-10.

Age-Specific Role Competency Curriculum for Substance Abuse Treatment Staff. Large canvas bag packed with in-service and self-study training materials on age role competencies to meet JCAHO and CARF standards. Developed by Jefferson D. Parker, Ph.D.; Catherine Shaw, Psy.D.; Evelina Ward, RN; G.V. "Sonny" Montgomery VA Medical Center, Jackson.

Anger Management Patient Handbook and Instructor's Guide. An 8-session cognitive-behavioral workbook for group treatment. Great for a new group. Developed by Eddy White, LCSW; Fayetteville VA Medical Center.

Coping with Chronic Pain. A short video describing group treatment approach for chronic pain management. Good introduction to pain management. Developed by Jeffrey West, Ph.D.; New Orleans VA Medical Center.

NEW! *Day Treatment Center Newsletters: Togetherness, Acceptance & Respect.* A collection of eight psychoeducational newsletters for veterans with chronic mental illness, including schizophrenia and related disorders. Developed by Quang (Charlie) Nguyen, PhD; Ellen Flood, LCSW; Cynthia Andrus, RN, MSN; Jennie Hall, MD; Carol Beckwith, RN; Jocelyn Ulanday, MD; Audrey Dawkins-Oliver, LCSW; Diana Willis, PA-C; Michael E. DeBakey VA Medical Center, Houston.

Gambling Education Workbook. An 8-session gambling education workbook and resource guide that integrates cognitive-behavioral and 12-step approaches. Great for Substance Abuse Treatment Programs. Developed by Jefferson Parker, Ph.D.; Randy Burke, Ph.D.; Paul Matens, LCSW; and Frances Hill; G.V. "Sonny" Montgomery VA Medical Center, Jackson.

Guidelines for Monitoring Antipsychotic Side-Effects. Pocket brochures provide basic information for monitoring antipsychotic side-effects. Includes a PowerPoint presentation on CD that describes the project with facility-specific baseline monitoring data. Developed by Teresa Hudson, Pharm.D.; Kathy Henderson, M.D.; Central Arkansas Healthcare System VA Medical Center, North Little Rock.

NEW! *Health Promotion Materials for PTSD Veterans.* A resource manual and series of PowerPoint presentations developed to be used in conjunction with a group intervention to focus on disease processes and problems common in the PTSD veteran population. Developed by Cynthia Helwig, N.P.; Leslie Root, Ph.D.; Gulf Coast VA Healthcare System, VA Medical Center, Gulfport.

Helping Dementia Caregivers. An interactive CD-ROM that illustrates effective behavioral management skills to caregivers through a series of video clips. Useful for self-study or group formats. Developed by Tom Teasdale, Dr.PH; Michael E. DeBakey VA Medical Center, Houston.

HIV Medication Adherence Intervention. A report on the effect of various strategies (pillboxes, reminders, etc) to improve HIV medication adherence. Developed by Michael Kauth, Ph.D.; and Trevor Hart, B.A.; New Orleans VA Medical Center.

Keeping the Mind & Body Well. A 28-minute videotape and brochure to promote disease prevention and wellness among veterans. Wonderful for waiting rooms. Developed by Mertis Scott, MSN, CFNP; G.V. “Sonny” Montgomery VA Medical Center, Jackson.

Managing Disruptive Behavior in Dementia Patients: A Training Tool for Clinical Nurse Assistants. An instructional CD-ROM that models ineffective, effective, and preventive behavioral management skills to long-term care nursing staff through a series of video clips with actors. Developed by Tom Teasdale, Dr.PH; Michael E. DeBakey VA Medical Center.

Messing with Your Habit: A Tobacco Use Reduction Program. A patient-guided CD-ROM program that uses the Stages of Change model to identify patients’ their readiness to stop smoking. Developed by Dona Zanotti, Ph.D.; John Tassej, Ph.D.; Oklahoma City VA Medical Center. Also available at <http://w3.ouhsc.edu/besmokefree/>

NEW! *Music Therapy Directed Relaxation Training.* Workbook or CD with instructions and resources for teaching relaxation techniques with music. Audio CDs not included. Developed by Sherill Cross, RMT, M.Ed.; Wayne Gregory, Ph.D.; Nancy Hadsell, Ph.D.; MT-BC; Alan Kahn, M.S., M.Ed., CRC; and Lou Ann Kramer, M.S., RN, CS; Waco, TX.

Playing It Safer Workbook. A 4-session behavioral skills-based group program to reduce HIV sexual risk. Good for Substance Abuse Treatment Programs. Developed by Dana Ross, Ph.D., MPH; and Randy S. Burke, Ph.D.; G.V. “Sonny” Montgomery VA Medical Center, Jackson.

PTSD Families Matter. A 29-minute videotape for veterans with PTSD and their families. Great as introduction to PTSD programs or to send home with veterans. Developed by Pamela Abrams, LCSW; Tom Freeman, M.D.; Central Arkansas Healthcare System VA Medical Center, North Little Rock.

Quitting It All: Tobacco Cessation for Chemical Dependence and Dual Diagnosis Treatment Programs. A 90-minute, single-session program to address nicotine dependence. Includes workbook, facilitator’s guide, and relaxation tape. Developed Theodore V. Cooper, Ph.D.; Randy S. Burke, Ph.D.; G.V. “Sonny” Montgomery VA Medical Center, Jackson.

SAFE Program Manual-Revised. An 18-session workshop and resource guide for educating families of veterans with chronic mental illness. Very helpful if starting family services for first time. Developed by Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center. Also available for downloading at w3.ouhsc.edu/safeprogram

NEW! *Treating Chronic Pain in Substance Abusing Patients: An Interactive Primer.* A comprehensive, interactive primer on managing chronic pain in substance abusing patients, including medication pocket guides and assessment and intervention resources. Developed by Gabriel Tan, Ph.D.; Deacon Staggs, MD; Serena Chu, Ph.D.; Bilal F. Shanti, MD; Quang (Charlie) Nguyen, Ph.D.; Jaime Rhudy, Ph.D.; Rebecca Kayo, Ph.D.; Mobeen N. Choudhri, MD; John Ramirez; Michael E. DeBakey VA Medical Center, Houston.

Us and Them: The Experience of Mental Health Stigma. This PowerPoint program on CD and manual provides a facilitator-guided presentation for a medical center staff to challenge their beliefs about mental illness and promote greater sensitivity. Developed by Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center.

Veterans Helping Veterans: Key Insights for PTSD Recovery. A 23-minute audio CD to promote treatment involvement and adherence via testimonials by combat veterans in PTSD treatment. Very moving. Developed by Kathleen O. Reyntjens, Ph.D.; Leslie Root, Ph.D.; Gulf Coast VA Healthcare System, VA Medical Center, Gulfport.

Videotapes from conferences:

NEW! *A Stress Reaction Model: From Stress to PTSD.* Presentation from MIRECC PTSD conference: *Living in the Age of Trauma: Impact on Children and Adults* by Matthew J. Friedman, MD, Executive Director, National Centers for PTSD, White River Junction, Vermont. January 17, 2003. CD-ROM (72 min.). Continuing Education Credit will be awarded for this program through September 20, 2005.

NEW! *Traumatic Grief Treatment: An Overview.* Presentation from MIRECC PTSD conference: *Living in the Age of Trauma: Impact on Children and Adults* by M. Katherine Shear, MD, University of Pittsburgh School of Medicine. January 17, 2003. CD-ROM (63 min.) Continuing Education Credit will be awarded for this program through September 20, 2005.

NEW! *Treatment of Nightmares and Insomnia Related PTSD.* Presentation from MIRECC PTSD conference: *Living in the Age of Trauma: Impact on Children and Adults* by Murray A. Raskind, MD, Professor and Vice-Chair, Dept. of Psychiatry and Behavioral Sciences, University of Washington School of Medicine. January 17, 2003. CD-ROM (50 min.). Continuing Education Credit will be awarded for this program through September 20, 2005.



Research Fellowship Available with the MIRECC

The South Central Mental Illness Research, Education, & Clinical Center (MIRECC) and the Department of Veterans Affairs offers a two-year post-residency specialized training program in advanced psychiatry. This program accepts applications for one position each year at the Michael E. DeBakey Veterans Affairs Medical Center in Houston, TX. Application deadline is February 1, but applications are reviewed as received and an applicant may be selected prior to this date.

This program aims to train psychiatrists to become outstanding clinical researchers in high priority areas of mental health, combining individualized mentored research and clinical training with a state-of-the-art curriculum that emphasizes research methods, statistics, epidemiology, mental health systems, quality improvement methods, education, and service delivery. Opportunities exist for research fellowships with focuses in neuroimaging, mental health services research, geropsychiatry, and psychopharmacology. Fellows devote 75% time to research and educational activities and 25% to clinical training in collaboration with their mentors.

Applicants must have completed ACGME accredited residency training, be board eligible / certified, and have an active unrestricted U.S. license to practice. International medical graduates must have a current VISA and an ECFMG certificate that is valid indefinitely. Applicants on a J-1 VISA must also have current ECFMG sponsorship. Stipends for trainees will be based on previously completed ACGME accredited residency training. All fellows will receive a \$5,000 start-up fund to support a research project and additional travel funds to present findings at a scientific conference.

Please contact **Mark E. Kunik, MD, MPH** at 713-794-8639 or email mkunik@bcm.tmc.edu if you would like further information or if you would like to discuss applying for this fellowship. We appreciate your interest!

Guest Editor for January Issue

Allen Thomas, Ph.D., will be Guest Editor of the January 2005 issue of the *SC MIRECC Communiqué*. Please send items of interest to Dr. Thomas at Allen.thomas3@med.va.gov.

Tools for Tobacco Cessation from EES

The Employee Education System (EES) in collaboration with the Offices of Quality and Performance (OQP) and Patient Care Services, Pharmacy Benefits Management-Medical Advisory Panel (PBM-MAP), and the Department of Defense (DoD) is pleased to provide key point cards, pocket guides and summaries of guideline modules for the management of tobacco use. These provider materials were developed to assist VA clinicians in all healthcare settings who are implementing the VA/DoD Clinical Practice Guideline (CPG) for Management of Tobacco Use. The materials provide a quick reference to important information needed to help patients stop using tobacco. The tools are small and portable. A full description of the tools is available at the web links below:

Key point card: http://vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=18925

Pocket guide: http://vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=18927

Summary of the guideline: http://vaww.sites.lrn.va.gov/vacatalog/cu_detail.asp?id=18925

To receive hard copies of the key point cards and pocket guide, ask your facility education contact to order the products you need. To find out who your facility education contact is, click on the link below: <http://vaww.ees.lrn.va.gov/apps/contacts/contactlist.asp>

Announcements

Publications, presentations and new grants since May 2004 will be printed in the February 2005 issue. MIRECC Affiliates and staff, please send these items to Michael.kauth@med.va.gov

There will be no MIRECC web presentation in December. The monthly *Bringing Science to Practice* presentations will resume in January.



December Conference Calls
1-800-767-1750

- 6—Education Core, 2:00 PM CT, *cancelled; reviewing grants on a separate call*
- 6—Schizophrenia Team, 3:00 PM CT, *cancelled*
- 8—Neuroimaging Group, 9:00 AM CT, *cancelled*
- 14—Families Team, 1:00 PM CT, access code 42035#
- 14—Directors Call, 3:00 PM CT, access code 19356#
- 15—Program Assistants, 2:00 PM CT, access code 43593#
- 20—Disorder Team Leaders, 2:00 PM CT, access code 20143#
- 21—Substance Abuse Team, General, 1:00 PM CT, access code 23400#
- 27—PRECEP Call, 11:00 AM CT, access code 39004#
- 28—Directors Call, 3:00 PM CT, access code 19356#

The next issue of the *South Central MIRECC Communiqué* will be published January 3, 2005. Deadline for submission of items to the January newsletter is December 28. Urgent items may be submitted for publication in the *Communiqué Newsflash* at any time. Email items to the Guest Editor, Allen Thomas, Ph.D., at Allen.Thomas3@med.va.gov or FAX to (504) 585-2954.

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

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

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