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“Closing the efficacy-effectiveness gap”

FY07 Clinical Educators Grants Awarded

The South Central MIRECC awarded five Clinical Educators Grants for 2007, totaling nearly \$20,000. Nine proposals were reviewed by members of the Education Core and content experts. Proposals were evaluated on their relevance to the MIRECC mission, innovation, clinical relevance, exportability, and appropriateness of the budget and the evaluation plan. All applicants received extensive feedback about their project, and five applicants were asked to revise and resubmit proposals. All five revised proposals were approved for funding.

The five funded proposals encompassed five facilities and 14 clinicians. Two projects were funded in New Orleans. One project was funded in Houston, Jackson, and Oklahoma City. In addition, three projects involved collaborations across two sites. The two New Orleans projects were collaborations with the Memphis VA (VISN 9), and the Oklahoma City project also involved Houston.

The five funded projects are listed below. Congratulations to the awardees!

Sara Allison, MD, and George Castillo, LCSW (Houston). *Vet to Vet Peer Educator Program: Initiation of Groups and Evaluation of Educational Materials.*

The applicants will initiate a Vet to Vet peer support program and evaluate the utility of current Vet-to-Vet program materials, which consist of three large workbooks and supplemental materials. Veteran group participants and mental health professionals will evaluate the program materials, with the goal of identifying a single workbook or set of materials that are more manageable for veterans and less expensive. Moe Armstrong will be a consultant.

Alison C. McLeish, PhD, and Randy Burke, PhD (Jackson). *Self-Guided Tobacco Cessation Program for Veterans.*

In phase I of this project, applicants will update current tobacco cessation program materials and adapt them into a self-guided audio program for a web-based product or a CD-ROM. Materials will be reviewed by content experts. A future proposal, phase II, will evaluate the efficacy of these materials.

Laurel Franklin, PhD (New Orleans); Karin Thompson, PhD; Madeline Uddo, PhD; Thomas Kirchberg, PhD; and Norman VonButtler, MD. *Cognitive Behavioral Treatment for Reducing Sleep Programs in Patients with PTSD-related Insomnia.*

The applicants will adapt a cognitive behavioral treatment for insomnia (Morin & Epsie, 2003) to address the PTSD-related problems of hyperarousal and hypervigilance in promoting wakefulness. The six-session protocol includes exercises for reducing hypervigilant behaviors and thoughts, as well as relaxation practice. Dr. Kenneth Lichstein, University of Alabama, will be a consultant.

Sheila Corrigan, PhD (New Orleans); Jeffrey A. West, PhD; and Mordeci Potash, MD. *Opioid Education for Patients in Treatment for Chronic Pain.*

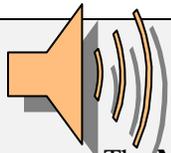
The applicants will produce a self-guided CD-ROM/DVD version of their current chronic pain management groups. Most pain patients in these groups are also seen in Mental Health. In addition, handout materials will be digitalized. A video discussion will address the relationship between mood and pain, better communication with the treatment provider, strategies for managing pain, opioid education, tolerance, and addiction. Gary McGarrity, PharmD (Baton Rouge CBOC) and Robin Mack, PharmD (Jackson) will be consultants.

Ursula B. Bowling, PsyD; and Michelle Sherman, PhD (Oklahoma City); Ashley Campbell, PhD; and Stacey Holmes, PhD (Houston). *Operation Enduring Families: A Support and Education Program for Returning Iraq and Afghanistan Veterans and Their Families.*

The applicants will develop a 10-session manual for educating returning veterans and family members about combat-related stress and its effect on the family. Manual content will include discussion about dealing with anger, managing depression, improving communication, creating a low stress environment, and substance abuse. Much of the material has already been developed, but needs to be compiled, copyedited, and formatted. Content experts will review the content and presentation of materials.

Thanks to the reviewers who generously donated their time to make this program a success. The reviewers for FY07 included Sue Bailey, PhD, Randy Burke, PhD, Joseph Constans, PhD, Sheila Corrigan, PhD, Melanie Goldman, MSW, Kathy Henderson, MD, Michael Kauth, PhD, Anthony Kerrigan, PhD, Lisa Martone, APN, Snigdha Mukherjee, PhD, Richard Owen, MD, Jefferson Parker, PhD, Michelle Sherman, PhD, Gabriel Tan, PhD, and Thomas Teasdale, DrPH. Also, thanks to Greer Sullivan, MD, MSPH, for her continued commitment to the program and to Ms. Debbie Hadsel for her efficient administrative support.

For more information about the Clinical Educators Grant Program, contact Dr. Randy Burke at (601) 362-4471, x1152 or Randy.Burke@med.va.gov. For a list of available education products please visit the South Central MIRECC website at www.va.gov/scmirecc.



Web-based Presentation on Traumatic Brain Injury

The MIRECC *Bringing Science to Practice* web-based conference series presents **Kimberly A. Arlinghaus, MD**, on “**Making the Invisible Visible: How to Recognize Traumatic Brain Injury in Veterans,**” **January 18, 2007 at noon CT**. Dr. Arlinghaus will discuss common causes of traumatic brain injury in veterans, screening for TBI in a clinical setting, and a patient informational brochure on TBI that she and others developed with a MIRECC Clinical Educators grant. Dr. Arlinghaus is an Associate Professor of Psychiatry and Physical Medicine and Rehabilitation at Baylor College of Medicine, also serving as the Mental Health Care Line Deputy Executive at the Michael E. DeBakey VA Medical Center. One of her areas of expertise is the recognition and management of traumatic brain injury about which she lectures on local, regional, national, and international levels. Dr. Arlinghaus is also first-author of a chapter on neuropsychiatric assessment in the 2005 *Textbook of Traumatic Brain Injury*, published by the American Psychiatric Press.

The PowerPoint slides for Dr. Arlinghaus’s presentation can be downloaded from a VA-networked computer at <http://vaww.visn16.med.va.gov/mirecc.htm> beginning January 17. The live audioconference can be accessed January 18 at **1-800-767-1750, access code 45566#**. This presentation is accredited for 1.0 hour of discipline-specific continuing education by the VA Employee Education System.

For additional information about this series, contact Randy.burke@med.va.gov

Online Resources for Psychiatric Rehabilitation

Compiled by Kathleen Dohoney, PsyD, VA North Texas Health Care System, Dallas, and Lisa Martone, APN, Central Arkansas Veterans Health Care System, Little Rock

www.copelandcenter.com Mary Ellen Copeland's Center for Wellness and Recovery

Mary Ellen Copeland is an author, educator, and mental health recovery advocate. Her work is based on her on-going study of the day-to-day coping strategies of people who experience psychiatric symptoms and how people have become well and stayed well. She undertook these studies out of frustration in dealing with her own recurring symptoms. She has achieved long term wellness and stability by using many of the coping strategies that she learned while writing her books. The Center provides activities to enhance the wellness and recovery of individuals, groups, care providers, organizations, and systems. It provides training seminars, a correspondence course, speakers and consultation on all aspects of mental health recovery. The Center also publishes a Mental Health Recovery newsletter that is free and available quarterly. Ms. Copeland and the Center are probably most well-known for the development of WRAP (Wellness Recovery Action Plan™) a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP materials (books, pamphlets, videos, CD's) are available for purchase.

www.dbsalliance.org Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) is the nation's leading consumer-directed organization, focusing on the most prevalent mental illnesses: depression and bipolar disorder. The organization fosters an understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in a language that the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments, and discover a cure. Their updated website offers "Wellness Tools" that can help people communicate better with their doctor, keep track of symptoms and moods, and record progress in their own recovery. DBSA also offers training services, an [Advocacy Center](#), a Live Chat and Discussion Board, a DBSA Store, and a [Learn About Mood Disorders](#) site that provides a wealth of information regarding depression and bipolar disorder, as well as helpful tools for screening, a downloadable library of DBSA brochures, and information on national initiatives. Note: Although sponsored by DBSA, the Peer-to-Peer Resource Center is located at www.peersupport.org.



New Grants, Publications, and Presentations in the March Issue

The March issue of the *South Central MIRECC Communiqué* will feature new grant awards, publications, and presentations by MIRECC investigators since May 2006. Please send updates to the editor by February 19 to meet the March issue deadline.



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Priscilla L. Stephenson, MSLIS, MSEd, AHIP
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January Conference Calls 1-800-767-1750

- 1—Education Core, 2:00 PM CT, *cancelled*
- 8—Research Rounds, 2:00 PM CT, *cancelled*
- 9—Directors Call, 3:30 PM CT, access code 19356#
- 12—PSR Group Call, 1:30 PM CT, access code 85388#
- 17—Program Assistants, 2:00 PM CT, access code 43593#
- 23—Directors Call, 3:30 PM CT, access code 19356#
- 25—National MIRECC Recovery Interest Group, access code 22233#

The next issue of the *South Central MIRECC Communiqué* will be published February 5, 2007. Deadline for submission of items to the February newsletter is January 29. 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.

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

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

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