The New York State Office of Mental Health and Dean's Consortium of Schools of Social Work Project for Evidence-Based Practice (EBP) in Mental Health

Seminar in Evidence Based Practices in Mental Health: Master Course Syllabus (Updated 2014)

COURSE DESCRIPTION

This course is aimed at developing the knowledge and skills necessary for working with individuals with a diagnosis of serious mental illness using recovery-oriented, evidence-based practices within the context of a changing service delivery environment. It is designed for MSW students and MSW mental health practitioners. Students will become familiar with evidence-based practices, within a recovery-oriented paradigm, as a general approach to practice as well as specific evidence-based interventions to use for individuals with a diagnosis of serious mental illness. It is assumed that students will have a basic knowledge of serious mental illness as a pre- or co-requisite, however a review will be provided. Students will learn to examine research literature to determine the various levels of support for specific interventions and essential principles for translating research into practice. In addition, they will identify the appropriate treatment outcomes that reflect effective, quality mental health practice. Each evidence-based practice presented will also be examined for its utility with diverse groups. Providing assessment and treatment to a diverse group of individuals with a diagnosis of serious mental illness is the focus of this course and will be discussed in detail.

Prerequisite: Foundation year in MSW program or equivalent.

COURSE OBJECTIVES

At the completion of this course students will be able to:
1. Critically review the research literature to determine the level of evidence that exist for a practice (including distinguishing between evidence-based practice, best practices, and areas with emerging research knowledge).
2. *Translate research, identified in the literature as demonstrating effective treatment outcomes, into practice principles for individuals with a diagnosis of serious mental illness (include the role and measurement of fidelity).*
3. Describe strategies to evaluate and monitor client progress over time in treatment outcomes that are appropriate for specific interventions for individuals with a diagnosis of serious mental illness.
4. Demonstrate a working knowledge of the recovery paradigm as it relates to working with individuals with a diagnosis of serious mental illnesses.
5. Demonstrate an understanding of the value and importance of using self-help strategies with consumers of mental health services.
6. Describe the importance of using evidence-based practices with individuals with a diagnosis of serious mental illness.
7. Discuss for which type of clients the evidence base on a given practice exists.
8. Discuss principles for adapting interventions for use with diverse groups of clients.

9. Describe unique components of assessment and treatment planning that is relevant for each evidence-based practice, client trauma history, and coexisting substance abuse problems for people with serious mental illness.
10. Describe the role of social work values and ethics in evidence-based practice with individuals with a diagnosis of serious mental illness.
11. Describe principles of technology transfer for organizational change in mental health.

READINGS
Required Text and Course Books:
(text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton.
Miller, W., Rollnick, Stephen. (2012). *Motivational Interviewing, Third Edition: Preparing People for Change*. Guilford Press.
Mueser, K. T., Noordsy, D. L., Drake, R. E., & Fox, L. (2003). *Integrated treatment for dual disorders: A guide to effective practice.* New York: Guilford Press.
Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobmeyer, A.C. (2009). *Integrated Behavioral Health in Primary Care: Step by Step Guidance for Assessment and Intervention.* Washington, DC: American Psychological Association.
Adams, N, & Grieder, D. (2005). *Treatment Planning for Person Centered Care.* Amsterdam: Elsevier Press.

Required Books for optional modules (Optional modules are designated by an asterisk * next to the module title)
American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders. (5th edition).* Washington, DC: American Psychiatric Association

CLASS PARTICIPATION
Class sessions will involve a variety of class activities, including discussion and role plays that are essential to learning the course content.

IMPORTANT COURSE RESOURCES
The EBP Project website – includes the course syllabus, fidelity scales, class exercises, participating schools, and project faculty forms:
URL: www.omh.state.ny.us/omhweb/adults/swebp/faculty

Throughout the syllabus, you will see in the resource section of many of the modules: **Center for Practice Innovations (CPI) Resources.**
Web based resources are available in two ways from CPI:
   1.) *A number of videos and other materials are available directly by accessing their website on the internet:* http://www.practiceinnovations.org/
   2.) *Online training modules, course, and webinars are available through the CPI Learning Management System (LMS) which is available to all current EBP Project Award students and any students registered for this course, the **Seminar in Evidence Based Practices in Mental Health. To access the LMS materials, students will need a login and password issued by the Center for Practice Innovation (CPI).** Student will need to contact the course instructor or the EBP Project Faculty Director for this, so directions should be provided.*
Instructions and locations for accessing all CPI resources are provided in the modules under "Resources."
For initial **faculty** registration, please e-mail Lucy Newman at: Lucy.Newman@omh.ny.gov
CPI staff will then contact and guide faculty through obtaining access to trainings for themselves and their students. **Please note: Asterisk (*)** by the module title indicates an

OPTIONAL module. **CC Content** after a reference indicates that the item will satisfy cultural competence or diversity requirements. A list of materials available as electronic attachments is provided at the end of the syllabus; these may be obtained as needed upon request from UBCC.

Section 1.   Changing ideas about mental illness and individuals diagnosed with Serious Mental Illness (SMI)

   A. Epidemiology of Mental Illness and Serious Mental Illness* (Rufina Lee, Hunter College)

Module Objective: Overview of the epidemiology of mental illness and serious mental illness in the United States and throughout the world. Also, highlights that serious mental illness is a policy term for the purposes of estimating state block grant funding, in addition to its use as a clinical standard. * *denotes Optional Module*

Topic Outline:
- What is a mental illness?
- What is serious mental illness (SMI)?
- Prevalence estimates in US and throughout the world

Readings:

(Text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapter 1 – What is Severe Mental Illness?

1. For intro to psychiatric epidemiology**:**

Susser, E., Schwartz, s., Morabia, A., and Bromet, E., (2006) *Psychiatric Epidemiology: Searching for the Causes of Mental Disorders* by. Chapters 1 and 2, Oxford University Press.

2. Most recent prevalence estimates of mental disorders and serious mental illness in the US:

Kessler RC, Chiu WT, Demler O, Walters EE. (2005). Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry,* 62(6):617-627.

3. To provide history and context for the term of "serious mental illness" (SMI) and how it is a specific policy term and measure that was created by Ron Kessler and colleagues for the purposes of giving States a method to measure SMI as required by federal block grants:

Kessler RC, Berglund P, Walters EE. A methodology for estimating the 12 month prevalence of serious mental illness. In: Manderschied RW, Henderson RW, eds. *Mental Health, United States 1998.* Washington, D.C.: US Government Printing Office;1998:99-109.

4. Prevalence estimates of mental disorders throughout the world:

WHO International Consortium in Psychiatric Epidemiology. (2000) Cross-national comparisons of the prevalence of correlate of mental disorders. *Bull World Health Organ*, 78(4): 413–426.

PowerPoint Slides – Introduction to Epidemiology of Mental Illness by Rufina Lee (available as an electronic attachment from UBCC)

B. Recovery (Catherine Dulmus, University at Buffalo)
Module Objective:
- Demonstrate a working knowledge of the recovery paradigm as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Overview of Recovery framework and principles
- Historical context and current trends
- Stigma
- Policy and funding implications
- Evidence supporting the Recovery movement

Readings:

(text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapter 13 – Recovery Perspectives in Evidence Based Practice

Deegan, P. (2003). Discovering recovery. *Psychiatric Rehabilitation Journal 26(4),* 368-376.

Dulmus, C.N. & Nisbet, B. (2013*). Person-centered recovery planner for adults with serious mental illness*. Hoboken, NJ: Wiley. Chapter 1 (pp.2-9). (available as an electronic attachment from UBCC)

Fukui, S., Shimizu, Y., & Rapp, C. (2012). A cross-cultural study of recovery for people with psychiatric disabilities between U.S. and Japan. *Community Mental Health Journal, 48 (6), 804-12.*

President's New Freedom Commission on Mental Health. (2003). *Achieving the Promise: Transforming Mental Health Care in America.* Executive Summary. DHHS Pub. No. SMA-03-3831. Rockville, MD.
Available online at URL:
http://govinfo.library.unt.edu/mentalhealthcommission/reports/FinalReport/downloads/FinalReport.pdf

Spectrum Human Services (2005). *Recovery Standards Manual*. Orchard Park, NY. (available as an electronic attachment from UBCC)

Song, L. & Hsu, S. (2011). The development of the stages of recovery scale for persons with persistent mental illness. *Research on Social Work Practice. Published first online, March 14, 2011; 1049731511402218.*

Resources:
UB SSW Podcast: Episode 23 - Bruce Nisbet, LMSW
Empowerment and Recovery: The Impact of George W. Bush's "President's New Freedom Commission on Mental Health"
URL: http://www.socialwork.buffalo.edu/podcast/episode.asp?ep=23

UB SSW Podcast: Episode 19 – Dr. Michael Hogan
The "President's New Freedom Commission on Mental Health": Promise, Progress and Challenge.
URL: http://www.socialwork.buffalo.edu/podcast/episode.asp?ep=19

PowerPoint slides: Cohen, J. (2005) Recovery Concepts and Models in Mental Health Care Overview and Applications. Presented at Laguna Honda Hospital Clinical Education Conference. (available as an electronic attachment from UBCC)

Additional reading resource:
Corrigan, P. and Lee, E. (2013) Chapter 1: Recovery and Stigma in Jessica Rosenberg, and Samuel Rosenberg's. *Community Mental Health: Challenges for the 21st Century* New York, NY: Routledge Press.

CPI Resources:
Center for Practice Innovations (CPI) website: Voices of Recovery Videos
Start on CPI Home page: URL: http://www.practiceinnovations.org/
Click "Consumers and Families" Tab on toolbar, then "View all Content":
Select from "Voices of Recovery" Videos:

(a) Fulfilling my Dream, Ryan: Recovery story about consumer who had a form of Schizophrenia.
(b) One Door Closes, Another Opens; Tools for Getting Better, Corey: Recovery story about consumer who had Schizoaffective Bipolar Disorder.

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS):
Start on CPI Home page: URL: http://www.practiceinnovations.org/
Select "Enter Learning Community" from the toolbar. (Contact EBP Project Faculty for log-in information/access.)
Select "Learning" (next to "Home" tab) on toolbar, then "Browse for training" on drop down menu and click "FIT" on the left side of the page. Scroll down to find "Recovery and Community Support" also on the left side, and then find:
- FIT Module 24: Philosophy and Perspectives of Recovery (30 min)

C. Person-Centered Practice (Christine Tyrrell, Syracuse University)

Module Objective:
Define and operationalize the key concepts of person centered practices

Topic Outline
- Person Centered Practices embody a capacity view of the person. The focus is on discovering the person's attributes, capacities, preferences, and support needs, from their perspective.
- Collaborative planning involves the person, family, natural supports, and treatment providers so that all care and resources are aligned to the person's goals. Every opportunity is taken to promote the primacy of personal decision making
- Core Values of person-centered work
- Valued social roles and community inclusion
- Discovering what is important to and for the person
- Integrating person centered and evidence based principles

Readings:
Adams, Neal; Grieder, Diane M. (2014). *Treatment planning for person-centered care: Shared decision making for whole health (2nd ed.).* San Diego, CA, US: Elsevier Academic Press, 2014. pp.276, xiv.

Adams, N, & Grieder, D. (2005). *Treatment Planning for Person Centered Care.* Amsterdam: Elsevier Press.

Blessing, C. (2005). Carol Blessing's Pothole Theory or the Collateral Damage of Good Intentions. Unpublished manuscript. (available as an electronic attachment from UBCC)

Davidson, L., Tandora, J., Lawless, M.S., O'Connell, M.J., & Rowe, M. (2008). *A Practical Guide to Recovery Oriented Practice: Tools for Transforming Mental Health Care.* Cary, NC: Oxford University Press.

Davidson, Larry; O'Connell, Maria; Tondora, Janis (2012) *Making sure the person is involved in person-centered care in Serious mental illness: Person-centered*

approaches. Rudnick, Abraham (Ed); Roe, David (Ed); Milton Keynes, United Kingdom: Radcliffe Publishing, pp.342-363, 375

Deegan, P. (1996). Recovery as a journey of the heart. *Psychiatric Rehabilitation Journal, 19(3)*, 91-97.

Kendrick, M. (2000) Some initial thoughts on establishing "Right Relationship' between staff, professionals, service Organizations, and the people they assist. *Queensland Advocacy Incorporated Newsletter*, *Part A and B, March and July*.

URL:http://www.personcenteredplanning.org/Estab%20Right%20Relationships%20 M.Kendrick.pdf

New York State Consumers, Survivors, Patients, and Ex-Patients (2004). *Infusing recovery-based principles into mental health services*, *A white paper*. Commissioned by New York State Office of Mental Health. (available as an electronic attachment from UBCC)

Ragins, Mark (1998). The Four Walls.
URL: http://mhavillage.squarespace.com/storage/04TheFourWalls.pdf

Tondora, J., & Davidson, L (2006). Practice Guidelines for Recovery-Oriented Behavioral Healthcare Prepared for the Connecticut Department of Mental Health and Addiction Services by the Yale University Program for Recovery and Community Health. URL: http://www.ct.gov/dmhas/lib/dmhas/publications/practiceguidelines.pdf

Wilkniss, Sandra; Corrigan, Patrick (2012). Implications of person-centered care for evidence-based practices. In Serious Mental Illness: Person-centered approaches. Rudnick, Abraham (Ed); Roe, David (Ed); Milton Keynes, United Kingdom: Radcliffe Publishing, pp.322-329, 375

Resources:
Video: Kunc, N (2006). A Credo for Support. (Available by search on YouTube)

Additional reading resource:
Dulmus, C. N., Nisbet, B.C. (2013). *Person-Centered Recovery Planner – for Adults with Serious Mental Illness.* NJ, Wiley and Sons.

D.   First Break Intervention Strategies: Early Intervention for First Episode of Psychosis* (Rufina Lee, Hunter College)

Module Objective:
To provide an overview of the international evidence that early intervention for schizophrenia and other primary psychotic disorders can improve clinical, social and occupational functioning for individuals experiencing first episodes of psychosis.
* denotes Optional Module

Readings:
1. Evidence for low doses of antipsychotic medications
Robinson, D.G., Woerner M., Delman H., & Kane J. (2005). Pharmacological treatments for first episode schizophrenia. *Schizophrenia Bulletin*, *31(3),* 705-722.

Sanger, T.M., Lieberman J.A., Tohen M., Grundy S., Beasley C. Jr. & Tollefson G.D. (1999). Olanzapine versus haloperidol treatment in first episode psychosis. *American Journal of Psychiatry*, *156(1),* 79-87.

2. Evidence for cognitive and behavioral psychotherapy
Jackson H., McGorry P., Edwards J., Hulbert C., Henry L., Harrigan S., et al. (2005). A controlled trial of cognitively oriented psychotherapy for early psychosis (COPE) with four-year follow-up readmission data. *Psychological Medicine, 35,* 1295–306.

Lecomte T., Leclerc C., Corbie` re M., Wykes T., Wallace C.J., & Spidel A. (2009). Group cognitive behavior therapy or social skills training for individuals with a recent onset of psychosis? Results of a randomized controlled trial. *Journal of Nervous and Mental Disease, 196*, 866–75.

Wang C., Li Y., Zhao Z., Pan M., Feng Y., Sun F., et al. (2003). Controlled study on long-term effect of cognitive behavior intervention on first episode schizophrenia. *Chinese Mental Health Journal, 17*, 200–2.

3. Evidence for family education and support
Leavey G., Gulamhussein S., Papadopoulous C., Johnson-Sabine E., Blizard B., & King M. (2004). A randomized controlled trial of a brief intervention for families of patients with a first episode of psychosis. *Psychological Medicine, 34*, 423–31.

Zhang M., Wang M., Li J., & Phillips M.R. (1994). Randomised-control trial of family intervention for 78 first-episode male schizophrenic patients. An 18-month study in Suzhou, Jiangsu. *British Journal of Psychiatry, Supplement, 165* (suppl 24), 96–102.

4. Evidence for educational and vocational rehabilitation
Killackey E., Jackson H.J., & McGorry P.D. (2008). Vocational intervention in first-episode psychosis: individual placement and support v. treatment as usual. *British Journal of Psychiatry*, *193(2),* 114-120.

Nuechterlein K.H., Subotnik K.L., Ventura J., Turner L.R., Gitlin M.J., Gretchen-Doorly D., Becker D.R., Drake R.E., Wallace C.J., Liberman R.P. (2013). Successful return to work or school after a first episode of schizophrenia: The UCLA RCT of individual placement and support and workplace fundamentals module training. Manuscript submitted for publication.

5. Evidence for bringing the above components together in to a coordinated specialty care program (CSC)
Craig T., Garety P., Power P., Rahaman N., Colbert S., Fornells-Ambrojo M., & Dunn G. (2004). The Lambeth Early Onset (LEO) Team: randomised controlled trial of the effectiveness of specialized care for early psychosis. *British Medical Journal, 329*, 1067-1071.

Petersen L., Jeppesen P., Thorup A., Abel M.B., Ohlenschlaeger J., Christensen T.O., Krarup G., JØrgensen P., Nordentoft M. (2005). A randomized multicenter trial of integrated versus standard treatment for patients with a first episode of psychotic illness. *British Medical Journal*, *331*, 602-608.

Fowler D., Hodgekins J., Howells L., Millward M., Ivins A., Taylor G., Hackmann C., Hill K., Bishop N., Macmillan I. (2009). Can targeted early intervention improve functional recovery in psychosis? A historical control evaluation of the effectiveness of different models of early intervention service provision in Norfolk 1998–2007. *Early Intervention in Psychiatry*, *3*, 282-288.

Uzenoff S., Penn D., Graham K., Saade S., Smith B., & Perkins D. (2012). Evaluation of a multi-element treatment center for early psychosis in the United States. *Social Psychiatry and Psychiatric Epidemiology*, *47(10),* 1607-1615.

Resources:
For description of the two Recovery After Initial Schizophrenia Episode (RAISE) Coordinated Specialty Care (CSC) interventions in US (including OnTrackNY in New York State) and copies of their manuals:
URL:http://www.nimh.nih.gov/health/topics/schizophrenia/raise/nimh-white-paper-csc-for-fep_147096.pdf

Powerpoint Slides: OnTrackNY: Early Intervention for First Episode Psychosis in New York (available as an electronic attachment from UBCC)

Resources from Center for Practice Innovations (CPI)

1. Center for Practice Innovations (CPI) LMS: **OnTrackNY**
Start on **Home** page at URL: http://www.practiceinnovations.org/
Select **"Learning Community Login**" on toolbar, Login with User ID and Password*, click on box for **OnTrackNY** in the second row of icons, then select "**Start a new Online Training**" and select: **OnTrackNY: Resources for All Team Members,** and scroll down to find:
OTNY SA Webinar 1: Overview of OnTrackNY Team Approach to Substance Use for Young People with FEP and Motivational Interviewing for Young People

2. Start on **Home** page at URL: http://www.practiceinnovations.org/
Select **"Learning Community Login**" on toolbar, Login with User ID and Password*, click on box for **OnTrackNY** in the second row of icons, then "**Click here to see the OnTrackNY Curriculum Guide**" for various readings and resources listed by topic. Many online resources as well, particularly toward the end.

3. Center for Practice Innovations (CPI) Website: Videos
Start on **Home** page at URL: http://www.practiceinnovations.org/
on **Home** page, click "**Consumers**" link on toolbar, then "**View all videos**". Select:
- Turning Points, Ryan: Story about experience with first Psychotic episode
- When My Son Became Ill, Barbara: A Parent's experience with a child when he had his first break
- Advice from a Parent, Linda: A Parent's story of having a child with mental illness
- Learning What Helps, Sherri: Story about first break.

E. Trauma and Serious Mental Illness (Beth Russell, Greater Rochester Collaborative MSW Program)

Topic Outline
- Role of trauma and serious mental illness as an area of emerging research.

- Epidemiology of trauma and severe mental illness.
- Etiology of trauma, post-traumatic stress disorder, and related illnesses in individuals with a diagnosis of serious mental illness.
- Trauma Informed Care- What is it and how does it fit with EBP?
- Implications for service delivery: assessing trauma in individuals with a diagnosis of serious mental illness.

Readings:

Shapiro, Robin (2010). *The trauma treatment handbook: Protocol across the spectrum*. WW. Norton & Co. (Chapters 7, 8, 9).

Butler, L. & Wolf, M. (fall 2009). Trauma-informed care: Trauma as an organizing principle in the provision of mental health and social services. Trauma Psychology Newsletter p. 7-11

Fallot, R. & Harris M. (Winter 2008). Trauma-informed approaches to systems of care. *Trauma Psychology Newsletter*, p 6-7.

Friedman, M. J & Schnurr, P.P. (summer 2008). Treatments for PTSD: Understanding. the evidence - Psychotherapy and Pharmacotherapy. *PTSD Research Quarterly,* l9/3. US dept. of Veterans Affairs.

Gone, J. (2009). A community-based treatment for Native American historical trauma: Prospects for Evidence-Based Practice. *Journal of Consulting and Clinical Psychology, 77*(4), 751-762. **(CC Content)**

Cohen, J. & Mannarino, A. P. (2008). Disseminating and Implementing Trauma-Focused CBT in Community Settings. *Trauma Violence Abuse,* 9. **(CC Content)**

Gray, M. J. Elhai, J. D. & Schmidt, L.O. Trauma Professionals' Attitudes Toward Evidence-Based Practices. *Behavior Modification,* 31, 732. **(CC Content)**

Resources
Supplemental Reading resources:

Breslau, N. (2002). Epidemiologic studies of trauma, post-traumatic stress disorder, and other psychiatric disorders. *Canadian Journal of Psychiatry*, 41(10), 923-929.

Briere, J. N. et al. (2006). Principles of trauma therapy: A guide to symptoms, evaluation, and treatment. Sage Publications.

Herman, Judith (1997). *Trauma and recovery*. Basic Books, NY, NY.
    Hopper, Elizabeth, et al. (2010) Shelter from the storm: Trauma-Informed care in homelessness services settings. The Open Health Services and Policy Journal, 2010, 3, 80-100. "OPEN ACCESS."

O'Hanlon, Bill (2011) *Quick steps to resolving trauma.* W.W. Norton & Co., NY.

Morrissey, Jos., et al. (2005). Twelve month outcomes of trauma-informed interventions for women with co-occurring disorders. *Psychiatric Services*, 56 (10) 1213-1222.

Mueser, K. T. et al. (2007). The trauma recovery group: A cognitive-behavioral program for PTSD in persons with SMI. *Community Mental Health Journal,* 43, 281-304.

National Center for Trauma Informed Care (provides link to SAMHSA's Women, Co-occurring Disorders & Violence Study) provides training and technical assistance, and resources. URL: http://www.samhsa.gov/nctic/trauma-interventions

National Center for PTSD: URL: http://www.ptsd.va.gov/ Includes treatment manuals and an online searchable database of trauma articles, called PILOTS.

Substance Abuse and Mental Health Services Administration. TIP 57: Trauma-Informed Care in Behavioral health Services (2013). Includes Manual. Download Digital Version or order hardcopy.
URL: http://store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-health-Services.

Tucker, W. M. (2002). How to include the trauma history in the diagnosis and treatment of psychiatric inpatients. *Psychiatric Quarterly*, 73(2), 135-144.

Webcasts
Gift from Within. Several PTSD webcasts featuring Dr. Frank Ochberg.
URL: http://www.giftfromwithin.org/html/PTSD-Webcasts-for-Trauma-Survivors-Counselors-and-Caregivers.html

UB SSW - Living Proof Podcast Series with related trauma themes.
URL: www.socialwork.buffalo.edu/podcast/.
Titles include:
- #32- Dr. Harold Kudler. Helping veterans and their families succeed: Current research and practice guidelines in managing traumatic stress
- #35 – Dr. Elizabeth Tracy. Social networks and trauma: substance abuse and dual diagnosis among women.
- #38 and 40 – Dr. Mo Yee Lee. Integrating body, mind and spirit social work: Research and practice with female trauma survivors.
- #45 – Dr. Sharon Bowland. Strength and Struggle: Spirituality and recovery from trauma.
- #50 – Dr. Judith Herman. Justice from the victim's perspective.
  video.google.com. PTSD treatment – Dr. Robert Brown

F. DSM 5; Overview of changing views of diagnoses.

Module Objective:
Demonstrate a working knowledge of the DSM 5 diagnostic criteria for schizophrenia, schizoaffective disorder, bipolar disorder, and co-occurring substance-related and addictive disorders, along with the DSM 5 cultural formulation, as they relate to evidence-based social work practice, within the recovery paradigm of the course.

Topic Outline:
- DSM 5 diagnostic criteria for schizophrenia
- DSM 5 diagnostic criteria for bipolar disorder
- DSM 5 diagnostic criteria for major depressive disorder
- DSM 5 diagnostic criteria for substance-related and addictive disorders
- DSM 5 cultural formulation

Suggested Class Exercises:
1. Listen to the New York Times feature below on voices of people with psychiatric disabilities in schizophrenia and discuss how these individuals process having the diagnosis, relating it to the course's recovery paradigm.
2. Read the New York Times article below titled "When My Crazy Father Actually Lost His Mind." Discuss the impact of bipolar disorder on families, in the context of the evidence-based practices taught in this course.

Readings:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders. (5th edition).* Washington, DC: American Psychiatric Association

DSM-5, "Schizophrenia Spectrum and Other Psychotic Disorders," pp. 87-122, especially Schizophrenia, pp. 99-105, and Schizoaffective Disorder, pp. 105-110.

DSM-5, "Bipolar and Related Disorders," pp123-154 and "Depressive Disorders," pp. 155-188; "Substance-related and addictive disorders," pp. 481-589; "Cultural Formulation" pp. 749-761.

Lacasse, J.R. (2014). After DSM-5: A critical mental health research agenda for the 21st century. *Research on Social Work Practice*, *24*(1), pp. 4-10.
DOI: 10.1177/1049731513510048

Probst. B. (2014). The life and death of Axis IV: Caught in the quest for a theory of mental disorder. *Research on Social Work Practice*, *24*(1), pp. 124-131.
DOI: 10.1177/1049731513491326

Wong. S. (2014). A critique of the diagnostic construct schizophrenia. *Research on Social Work Practice 24 (*1), pp.132-141.
DOI: 10.1177/1049731513505152

Resources

NIMH: "Bipolar Disorder."
URL: http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-adults/index.shtml

NIMH: "Schizophrenia."
URL: http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml

New York Times: "Patients' Voices: Schizophrenia."
URL:http://www.nytimes.com/interactive/2010/09/16/health/healthguide/te_schizophrenia.html?hp&_r=0

New York Times Magazine: "When My Crazy Father Actually Lost His Mind."
URL:http://www.nytimes.com/2012/06/24/magazine/when-my-crazy-father-actually-lost-his-mind.html?emc=eta1

UB SSW Podcast **–** Episode #139 - Dr. Robert Keefe and Dr. Barbara Rittner: The Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5): A conversation.
URL:http://www.insocialwork.org/

Section 2. The Context of Serious Mental Illness and Recovery

A. Shared Decision Making and Working with Families* (Ellen Lukens, Columbia University)

Module Objective:
- Demonstrate a working knowledge of shared decision making as it relates to the both those with illness and with the potential involvement of families in the context of the recovery paradigm.
- Demonstrate a working knowledge of the various approaches to working with families in the context of evidence-based practice.

Topic Outline:
- Overview and definition of shared decision making
- Strategies and implications for shared decision making for those with illness
- Strategies and implications for various approaches to working with families
    - Family to family programs
    - Family psycho-education
- Ethical, policy and funding implications
- Shared decision making it relates to strategies for recovery

Class Exercises:
Suggest planning an in-class role play between social worker and individual with illness regarding either a) general issues related to care planning and shared decision making and/or b) possible family involvement in care (for part b. see article by Dixon et al, 2014, cited below).

Required Readings:
(text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapter 18 – Evidence Based Practice for Families of Individuals with Severe mental Illness.

Adams, J.R. & Drake, R.E., 2006. Shared decision-making and evidence-based practice. *Community Mental Health Journal* 42: 87-105.

Cañas, Fernando, Alptekin K., Azorin, J. M., Dubois,V., Emsley, R., Garcia, A. G., Gorwood, P., Haddad P.M., Naber, D., Olivares, J.M., Papadeorgiou, G. & Roca, M.. 2013. Improving treatment adherence in your patients with schizophrenia: The STAY initiative. *Clinical Drug Investigation* 33: 97-107.

Dixon, L., Glynn, S.M., Cohen, A., Drapalski, A.L., Medoff, D., Fang, L.J., Potts, W., & Gioia. 2014. Outcomes of a brief program, REORDER, to promote consumer recovery and family involvement in care. *Psychiatric Services*, 65 (1): 116-120.

Drake, R.E. & Deegan, P.E. 2009. Shared decision making as an ethical imperative. *Psychiatric Services*, 60: 1107.

Elwyn, G., Dehlendorf, C., Epstein, R.M., Marrin, K., White, J. & Frosch, D. L. 2014. Shared decision making and motivational interviewing: Achieving patient-centered care across the spectrum of health care problems. *Annals of Family Medicine* 12: 270-275.

Luckstead, A., McFarlane, W., Downing, D., Dixon, L. & Adams, Curtis. A. 2012. Recent developments in family psychoeducation as an evidence-based practice. *Journal of Marital and Family Therapy*, 38 (1): 101-121.

Lyman, D. R., Braude, L., George, P., Dougherty, R.H., Daniels, A.S. Ghose, S.S., & Delphin-Tittmon, M.E. 2014. Consumer and family psychoeducation: Assessing the evidence. *Psychiatric Services*, 65 (4): 416-428.

Siegel, C., Haughland, G., & Schore, R. 2005. The interface of cultural competency and evidence-based practices. In: R.E. Drake, M.R. Merrens & D.W. Lynde, Eds. Evidence-based mental health practice. Chapter 12, pp. 273-300. New York: W.W. Norton & Company.

Resources:
Additional reading resources:
Brent, Benjamin K. and Anthony J. Guiliano. 2007. Psychotic-spectrum illness and family-based treatments: A case-based illustration of the underuse of family intervention. *Harvard Review of Psychiatry* 15: 161-168.

Cohen, A.N., Drapalski, A.L., Glynn, S.M., Medoff, D., Fang, L.J., & Dixon, L. B. 2013. Preferences for family involvement in care among consumers with serious mental illness. *Psychiatric Services*, 64 (3): 257-263.

Drapalski, A.L., Marshall, T., Seybolt, D., Medoff, D., Peer, J, Leith, J., & Dixon, L. B. 2008. Unmet needs of families of adults with mental illness and preferences regarding family services. *Psychiatric Services*, 59 (6): 655-662.

Murray-Swank, A. & Dixon, L. 2005. Evidence-based practices for families of individuals with severe mental illness. In: R.E. Drake, M.R. Merrens & D.W. Lynde, Eds. Evidence-based mental health practice. Chapter 18, pp. 425-452. New York: W.W. Norton & Company.

Tomita A., Lukens E.P., & Herman D.B. (2014). Mediation analysis of critical time intervention for persons living with serious mental illnesses: Assessing the role of family relations in reducing psychiatric rehospitalization. *Psychiatric Rehabilitation Journal* 37(1):4-10

Videos:
"Pat Deegan on Emancipatory Technologies". Available on Youtube.
URL: http://www.youtube.com/watch?v=lwdohhabCNQ
"Recovery from Mental Disorders: A Lecture by Patricia Deegan". Available on Youtube.
URL: http://www.youtube.com/watch?v=jhK-7DkWaKE

Shared Decision-Making in Mental Health Care: Practice, Research, and Future Di-rections. HHS Publication No. SMA-09-4371. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2010. (online publication)
URL: http://store.samhsa.gov/shin/content/SMA09-4371/SMA09-4371.pdf

CPI Resources:
Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS):
Start on CPI Home page: URL: http://www.practiceinnovations.org/

Select "Learning Community Login" from the toolbar. (If needed, contact EBP Project Faculty for log-in information/access.)
Select "Learning" (next to "Home" tab) on toolbar, then "Browse for training" on drop down menu and click "ACT" on the left side of the page. Scroll down to find the pages for:
- ACT Webinar Slides: Patient-Centered Care and Shared Decision Making

Center for Practice Innovations (CPI) website: Voices of Recovery Videos
Start on CPI Home page: URL: http://www.practiceinnovations.org/
Click "Consumers" Tab on toolbar, then "View All Videos":
Select:
- When I Wanted to Get Sober, Corey: How support group and family helped him recover.
- Dealing with Paranoia, Melissa: Story about how family support helped recovery.
- Advice from a Parent, and Finding Supports: A Parent's Story, Linda: Parent's description of how she helped her son and how she found support.
- Reconnecting with Friends, Patrick: Development of a support network.

B. Peers and peer support* (Eric Hardiman, University at Albany)
Module Objective:
- Demonstrate an understanding of the use Demonstrate an understanding of the value and importance of promoting peer support strategies for consumers of mental health services.

Topic Outline:
- Overview of peer support framework and guiding principles
- Historical context and current trends
- Mechanisms for consumer-provided services and peer support
- Evidence supporting the use of peer support as a mental health intervention
- Collaboration between traditional providers and peer support organizations
- Workforce issues and other challenges to implementing peer support

Readings:
Blanch, A., Filson, B., & Penny, D. (2012). Engaging Women in Trauma-Informed Peer Support: A Guidebook. NCTIC Center for Mental Health Services. (pp. to be assigned in class). Available online: URL: http://www.nasmhpd.org/sites/default/files/PeerEngagementGuide_Color_REVISED _10_2012.pdf

Bluebird, G. (2009). History of the consumer/survivor movement. Available online: URL: http://www.power2u.org/downloads/HistoryOfTheConsumerMovement.pdf

Hardiman, E.R., Theriot, M.T., & Hodges, J.Q. (2005). Evidence-based practice in mental health: Implications and challenges for consumer-run programs. *Best Practices in Mental Health*, 1(1): 105-122.

Mead, S., Hilton, D., & Curtis, L. (2001). Peer support: A theoretical perspective. *Psychiatric Rehabilitation Journal. 25*(2):134-141.

Miyamoto, Y. & Sono, T. (2012). Lessons from peer support among individuals with mental health difficulties: A review of the literature. *Clinical Practice & Epidemiology in Mental Health, 8:* 22-29.

Repper, J., & Carter, T. (2011). A review of the literature on peer support in mental health services. *Journal of Mental Health, 20*(4): 392-411.

Walker, G. & Bryant, W. (2013). Peer support in adult mental health services: A metasynthesis of qualitative findings. *Psychiatric Rehabilitation Journal, 36*(1): 28-34.

Resources:
Additional reading resources:
Davidson, L., Chinman, M., Sells, D., & Rowe, M. (2006). Peer Support Among Adults With Serious Mental Illness: A Report From the Field. *Schizophrenia Bulletin, 32*(3): 443-450.

Hardiman, E.R. & Jaffee, E.M. (2008). Outreach and peer-delivered mental health services in New York City following September 11, 2001. *Psychiatric Rehabilitation Journal, Vol 32*(2): 117-123.

Lucksted, Alicia, McNulty, Kathryn, Brayboy, Lorener, Forbes, Courtney (2009). Initial Evaluation of the Peer-to-Peer Program. *Psychiatric Services 2009 60*(2): 250-253.

Schmidt, L.T., Gill, K.J., Pratt, C.W., & Solomon, P. (2008). Comparison of service outcomes of case management teams with and without a consumer provider. *American Journal of Psychiatric Rehabilitation,11*: 310–329.

SEE ME SCOTLAND – an innovative program of awareness raising and local and national activities that challenge the discrimination associated with mental ill-health. Site includes numerous resources on stigma, public education, community involvement, peer support, etc.URL: http://seemescotland.org/

National Empowerment Center - a consumer/survivor/ex-patient-run organization that promotes a message of recovery, empowerment, hope and healing to people with lived experience with mental health issues, trauma, and and/or extreme states. Site includes articles, videos, information, and a variety of other resources.
URL: http://www.power2u.org/

National Mental Health Consumers' Self-Help Clearinghouse – a peer-run national technical assistance center, featuring resources, publications, training materials, etc.
URL: http://www.mhselfhelp.org/

New York Association of Psychiatric Rehabilitation Services - a statewide coalition of people who use and/or provide recovery oriented community based mental health services
URL: http://www.nyaprs.org/

Mental Health Empowerment Project – a peer-run not-for-profit corporation organized in 1988 to develop and strengthen self-help and mutual support/recovery activities throughout the United States.
URL: http://www.mhepinc.org/

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury (2011) – Best Practices Identified for Peer Support Programs. White paper compiling current best practices in peer support for veterans. Available online free:

URL:
http://www.dcoe.mil/content/Navigation/Documents/Best_Practices_Identified_for_Peer_Su
pport_Programs_Jan_2011.pdf

Strength of Us - an online community designed to empower young adults through resource sharing and peer support and to build connections for those navigating the unique challenges and opportunities in the transition-age years.
URL: http://strengthofus.org/

Star Center – one of the five National Technical Assistance Centers funded by SAMHSA to support mental health systems transformation. The purpose of the overall program is to provide technical assistance that facilitates the restructuring of the mental health system by promoting recovery and consumer directed approaches.
URL: http://www.consumerstar.org/

The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities - information and resources about community participation and community integration for individuals with psychiatric disabilities. Includes journal articles, toolkits and monographs, and exemplary program descriptions focusing on key issues including peer support.

New York State Office of Mental Health – OCA (Office of Consumer Affairs) –
Slides from webinar on the Peer Certification Process in New York State:
URL: http://www.omh.ny.gov/omhweb/consumer_affairs/events/docs/aps-webinar.pdf

Slides from webinar on the Academy of Peer Services in New York State:
URL: http://www.omh.ny.gov/omhweb/consumer_affairs/events/docs/aps-webinar.pdf

Video Links:
'See Me' – I'm a Supporter (short video about mental health issues and the impact of support from family, friends & community).
URL: https://www.youtube.com/watch?v=nqQHDxPtILk

Peer Perspectives: Promoting Recovery through Peer Support (Canadian Mental Health Association
URL: https://www.youtube.com/watch?v=bDW6znQB76E

Peer-Run Crisis Respite Programs: An Introduction
URL: https://www.youtube.com/watch?v=PZ8fWIf-Cdw

Shery Mead (interview): Intentional Peer Support
URL: https://www.youtube.com/watch?v=gaICFMffzQA

Peer Recovery Support: Leveraging Personal Experience in Helping Others (University of California Television/UCTV)
URL: https://www.youtube.com/watch?v=4zcRXzVjaOM

Mental Health Peer Support Champions, Uganda 2013
URL: https://www.youtube.com/watch?v=d40zY0sEJLY

Peer Support Bereavement Groups for Adults
URL: http://www.youtube.com/watch?v=sLZW0vJO_II&feature=share&list=PL3R09T1c_0-
0WFUGxzOBbPPNVecWB1KXK&index=5

Inspiration Through Empathy: Peer Support
URL: https://www.youtube.com/watch?v=bkF6bV6NIH4&index=8&list=PL3R09T1c_0-0WFUGxzOBbPPNVecWB1KXK

Self-Help Alliance – Peer Support
URL: https://www.youtube.com/watch?v=us4G5LOjLek&index=34&list=PL3R09T1c_0-0WFUGxzOBbPPNVecWB1KXK

Peer Support and Wellness Center (Georgia) – A Documentary
URL: https://www.youtube.com/watch?v=HDgZyZ9Z2GA&list=PL3R09T1c_0-0WFUGxzOBbPPNVecWB1KXK&index=39

Wounded: The Battle Back Home – Family/Peer Support
URL: https://www.youtube.com/watch?v=HYShBk4d1XU

Center for Practice Innovations (CPI) website: Videos
On the CPI Home page: URL: http://www.practiceinnovations.org/
Click "Consumers" Tab on toolbar, then "View All Videos":
Select:
        (a) One Door Closes, Another Door Opens: Experience with peer support.
        (b) Knowing What It's Like, William: Experience with peer staff.

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS):
Start on CPI Home page: URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar. (If needed, contact EBP Project Faculty for log-in information/access.)
Select "ACT" icon on the left side of the second row.
Select "Watch an archived webinar or webinar series", then select "Practitioner Skills and Competence" and "Archived Peer Specialist Webinar"
Within this section you will find:
- Peer Specialist Module: ACT: Peer Specialists: ACT and Beyond (2013)

C. Homelessness (Eric Hardiman, University at Albany)

Module Objective:
Demonstrate a working knowledge of the primary evidence-based interventions addressing the intersection of mental health and homelessness.

Topic Outline:
- Overview of approaches to homelessness and housing
- History of Federal responses to homelessness
  - Stewart B. McKinney Homeless Assistance Act
  - US Interagency Council on Homelessness
- Mental health and homelessness
- Overview of interventions and their published evidence
  - Housing First
  - CTI (Critical Time Intervention)
Readings:

Blue-Howells, J., McGuire, J., & Nakashima, J. (2008). Co-location of health care services for homeless veterans: A case study of innovation in program implementation. *Social Work in Health Care*, *47(3), 219-231.*

Dixon, L., Goldberg, R., Iannone, V., Lucksted, A., Brown, C., Kreyenbuhl, J., et al. (2009). Use of a critical time intervention to promote continuity of care after psychiatric inpatient hospitalization. *Psychiatric Services, 60*: 451-458.

Herman, D.B. (2013). Transitional support for adults with severe mental illness: Critical Time Intervention and its roots in Assertive Community Treatment. *Research on Social Work Practice.*

Herman, D.; Conover, S.; Felix, A.; Nakagawa, A.; Mills, D. (2007). Critical Time Intervention: An Empirically Supported Model for Preventing Homelessness in High Risk Groups. The Journal of Primary Prevention, 28, 295-312.

Montgomery, A.E.; Metraux, S.; and Culhane, D. (2013). Rethinking Homelessness Prevention among Persons with Serious Mental Illness. *Social Issues and Policy Review, 7(1),* 58-82.

Newman, S.; Goldman, H. (2008). Putting housing first, making housing last: Housing policy for persons with severe mental illness. *American Journal of Psychiatry, 165(10), 1242–1248.*

Padgett, D.K.; Gulcur, L.; Tsemberis, S. (2006). Housing first services for people who are homeless with co-occurring serious mental illness and substance abuse. *Research on Social Work Practice, 16, 74 – 83.*

Stefancic, A.; Tsemberis, S. (2007). Housing First for Long-Term Shelter Dwellers with Psychiatric Disabilities in a Suburban County: A Four- Year Study of Housing Access and Retention. *Journal of Primary Prevention, 28, 265-279.*

Tomita, A., Herman, D. (2012) The impact of critical time intervention in reducing psychiatric re-hospitalization after hospital discharge. *Psychiatric Services, 63:935-937.*

Resources:
Corporation for Supportive Housing. URL: http://www.csh.org/

The Supportive Housing Network of New York. URL: http://shnny.org/

Critical Time Intervention. URL: http://www.criticaltime.org/

History of the McKinney Act:
URL: http://education.wm.edu/centers/hope/resources/mckinneyact/

United States Interagency Council on Homelessness:
URL: http://usich.gov/

Culhane, D.P., Metraux, S., & Hadley, T. (2002). Public Service Reductions Associated with Placement of Homeless Persons with Severe Mental Illness in Supportive Housing. *Housing Policy Debate, 13*(1): 107-163. Available online:

URL: http://shnny.org/uploads/The_Culhane_Report.pdf

Gallup, Inc. (2007). Homelessness in America: Americans' Perceptions, Attitudes and Knowledge. General Population Survey & City Surveys.
Available online at this URL: http://shnny.org/uploads/2007_Gallup_Poll.pdf

Houghton, T. (2001). *A History of the New York/New York Agreement to House Homeless Mentally Ill Individuals*.
Available online at this URL: http://shnny.org/uploads/NY-NY_Agreement_History_2001.pdf

Moore, T.L., (2006). *Estimated cost savings following enrollment in the Community Engagement Program: Findings from a pilot study of homeless dually diagnosed adults.* Portland, OR: Central City Concern.
Available online at this URL: http://shnny.org/uploads/Supportive_Housing_in_Oregon.pdf

Road to Recovery: Client Experiences in Supportive Housing. Centre for Addiction and Mental Health, 2012.
Available online at this URL: http://shnny.org/uploads/Road-to-Recovery.pdf

U.S. Department of Housing and Urban Development (2006). *Predicting Staying In or Leaving Permanent Supportive Housing That Serves People with Serious Mental Illness.*
Available online at this URL: http://shnny.org/uploads/Staying_in_or_Leaving.pdf

Section 3.   Established and Emerging Evidence Based Treatments

A. Introduction to Evidence-based Practice and Evaluating Evidence (G. Lawrence Farmer, Fordham University)

Module Goals/Purpose:
- To provide students with an understanding of the importance of using evidence-based practices with individuals with a diagnosis of serious mental illness.
- To provide students with an understanding of the different sources of evidences that can be used to support the evidence-based practice decision making process.
- To provide students with information about the criteria used to evaluate the quality of evidence used to inform the evidence-based practice decision making process.

Module Learning Objective:
To develop students' ability to distinguish, appraise, and integrate multiple sources of knowledge in their engagement in an evidence-based practice decision making process.

Topic Outline:

Overview of Evidence-Based Practice
- What is Evidence Based Practice
- Serious Mental Illness, Recovery and Evidence-Based Practice
- Ethical issues in Evidence-Based Practice

Evaluating Evidence
- Evidence in the Context of Social Work Practice
- The Nature of Evidence
- Evaluating the Evidence

Readings:

(Text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2005). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapters 3, 7, 9 and 10

Dixon, L. B., Schwartz, E. C. (2013) Editorial - Fifty years of progress in community mental health in the US: the growth of evidence based practices. *Epidemiology and Psychiatric Science, Cambridge University Press.* doi:1017/S2045796013000620

Thyer, B.A. (2007). Evidence-based social work: An overview. In B.A. Thyer and J.S. Wodarski (Eds.), *Social work in mental health: An evidence-based approach* (pp. 1-25). Hoboken, NJ: Wiley.

Mullen, E. J. (2014). Evidence-based knowledge in the context of social practice. *Scandinavian Journal of Public Health, 42*(13, Suppl), 59-73. doi: 10.1177/1403494813516714

Gould, N. (2010). Integrating Qualitative Evidence in Practice Guideline Development: Meeting the Challenge of Evidence-based Practice for Social Work. *Qualitative Social Work, 9*(1), 93-109. doi: 10.1177/1473325009355623

Haight, W. L. (2010). The Multiple Roles of Applied Social Science Research in Evidence-Informed Practice. *Social Work, 55*(2), 101-103.

Epstein, I. (2011). Reconciling Evidence-based Practice, Evidence-informed Practice, and Practice-based Research: The Role of Clinical Data-Mining. *Social Work, 56*(3), 284-288.

Dowling, M., & Rickwood, D. (2013). Online Counseling and Therapy for Mental Health Problems: A Systematic Review of Individual Synchronous Interventions Using Chat. *Journal of Technology in Human Services, 31*(1), 1-21. doi: 10.1080/15228835.2012.728508

Hansen, H. F. (2014). Organisation of evidence-based knowledge production: evidence hierarchies and evidence typologies. *Scandinavian Journal of Public Health, 42*(13 Suppl), 11-17. doi: 10.1177/1403494813516715

Jarvholm, B., & Bohlin, I. (2014). Evidence-based evaluation of information: the centrality and limitations of systematic reviews. *Scandinavian Journal of Public Health, 42*(13 Suppl), 3-10. doi: 10.1177/1403494813516713

Reinhardt, J. P. (2010). Research methods in evidence-based practice: Understanding the evidence. *Generations, 34*(1), 36-42.

Supplemental Resources

Video: Inside Outside: Building a meaningful life after the hospital. Pat Deegan, PhD, 2004, 50 min. Video available online: search by title using Google or other search engine.

Blog - Evidence-based clinical improvement, critical appraisal & medical decision-making help. Available online at this URL: http://delfini.org/blog/?p=416

Lansing Community College Library – Evidence Based Practice Resources
Available online at this URL: http://libguides.lcc.edu/content.php?pid=280891&sid=2313384

National Center for Biotechnology Information - A Framework to Facilitate the Use of Systematic Reviews and Meta-Analyses in the Design of Primary Research Studies [Internet]- Available online at this URL: http://www.ncbi.nlm.nih.gov/books/NBK83626/

Power Point Slides:
Barber, J., Baus, S., Gambrill, E., Gibbs, L., and Shlonsky, A. Practical Experience Teaching Evidence-Based Practice (available as an electronic attachment)

Shipe, S., (2006) Searching for the best available evidence. (available as an electronic attachment).

Cohen, J. (2005). Recovery Concepts and Models (see PowerPoint Slides for 1B)
B. Motivational Interviewing* (Juan Pena, Hunter College)

Module Objective:
Demonstrate a working knowledge of the Motivational Interviewing (MI) framework and develop MI skills related to engagement, focusing, evoking, and planning.

Topic Outline:
- Overview of MI framework and principles
- MI Engagement Skills
- MI Focusing Skills
- MI Evoking Skills
- MI Planning Skills

Suggested Class Exercises / Assignment: Motivational Interview Role-Play
Techniques and principles from Motivational Interviewing will be taught and practiced as part of a skills lab. Students will perform two role-plays during the semester to allow for adequate development of skills via practice and feedback from instructor and classmates. The role-plays will be approximately seven minutes long per student. As part of this role play students will be expected to: 1) effectively use an opening statement, 2) determine the problem area of focus for session (counselor must be directive), 3) assess tasks to be focused on, 4) demonstrate proper use of active listening, empathy, authenticity, and pacing, 5) use MI techniques to elicit change or confidence talk, 6) use MI techniques to respond to resistance, 7) avoid techniques that are not consistent with MI principles or spirit, and 8) execute MI techniques with professional demeanor and finesse.

Readings:
Miller, W., Rollnick, Stephen. (2012). *Motivational Interviewing, Third Edition: Preparing People for Change*. Guilford Press.

Swanson, A. J., Pantalon, M. V, & Cohen, K. R. (1999). Motivational interviewing and treatment adherence among psychiatric and dually diagnosed patients. *The Journal of Nervous and Mental Disease*, *187*(10), 630–635.

Related assignments:
Case Study and Related Questions - see case study attachment and related questions in PowerPoint for this module.

Resources:
Power Point slides: Motivational Interviewing Conceptual Framework, Submitted by Juan Pena, Hunter College, for MI Module. (available as an electronic attachment.)

Motivational Interviewing Training DVD:
Miller, W.R., Moyers, T.B., and Rollnick, S.R., (2013) Motivational Interviewing: Helping People Change, 3rd edition.
Available at this URL: https://www.changecompanies.net/motivational_interviewing.php
Motivational Interviewing (MI) Series - Professional Training Series (1998) - Miller and Rollnick - DVD Series (2 disks) or 6 Individual video tapes for each section a – f listed below:

      a. Intro to MI – 41 min
      b. Phase 1: opening strategies part 1 (39 min) – part 2 (51 Minutes)
      c. Handling resistance – 62 min.
      d. Feedback and information exchange – 55 min.
      e. MI in medical settings – 48 min.
      f. Phase 2: Moving towards action – 37 min.

(Available through OMH/Dean's Consortium EBP Project Audio-Visual Repository at University at Buffalo/ UBCC.)

C. Cognitive Based approaches* (Lucy Newman, New York State Office of Mental Health)

Course Objective:
Demonstrate a working knowledge of the recovery paradigm as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Overview of Cognitive Approaches
  - Review of Cognitive Theory and Cognitive Behavioral Theory
  - Historical context
  - Review of CBT Models:
    - Beck
    - DBT
    - Cognitive remediation
- Evidence for use of Cognitive Approaches for people diagnosed with SMI
  - Schizophrenia
  - Psychosis
  - Co-occurring Disorders
  - Depression

Class Exercise:

CBT exercise: Have class review the handout: "15 Styles of Distorted Thinking" which identifies common cognitive distortions (available as an electronic attachment).
Normalizing: Ask them to identify any of these that they have either experienced themselves or have examples of someone else experiencing.

Challenges: Have them or someone else take a shot at reframing or restating the examples in the positive (as counter thoughts).
[Can also be done in small groups or dyads/triads.]

Readings:

Kuyken, Willem and Beck, Aaron T., (2007). Chapter 2: Cognitive Therapy in Chris Freeman and Mick Power (Eds.), *Handbook of Evidence-Based Psychotherapies: A Guide for Research and Practice* (pp.15-39). John Wiley and Sons, Ltd., West Sussex, England.

Emmelkamp, P.M.G., Vedel, E., and Kamphuis, J.H. (2007) Chapter 4. Behaviour Therapy in Chris Freeman and Mick Power (Eds.), *Handbook of Evidence-Based Psychotherapies: A Guide for Research and Practice* (pp.15-39). John Wiley and Sons, Ltd., West Sussex, England.

Dimeff, L. and Koerner, K., (2007) Ch. 1: An Overview of Dialectical Behavior Therapy (DBT) in Linda Dimeff and Kelly Koerner (Eds.), *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings.* New York: Guilford Press

Hunter**,** Sarah B., Paddock, Susan M., Zhou, Annie, Watkins, Katherine E., Hepner, Kimberly A. (2013) Do Client Attributes Moderate the Effectiveness of a Group Cognitive Behavioral Therapy for Depression in Addiction Treatment? *Journal of Behavioral Health Services & Research,* 2013. 57–70. **(CC content)**

Roe, David; Hasson-Ohayon, Ilanit; Mashiach-Eizenberg, Michal; Derhy, Oren; Lysaker, Paul H.; Yanos, Philip T. (2014) Narrative Enhancement and Cognitive Therapy (NECT) Effectiveness: A Quasi-Experimental Study. *Journal Of Clinical Psychology*, Vol. 70(4), 303–312.

Stirman, Shannon Wiltsey; Miller, Christopher J.; Toder, Katherine; Calloway, Amber; Beck, Aaron T.; Evans, Arthur C.; Crits-Christoph, Paul. (2012) Perspectives on Cognitive Therapy Training within Community Mental Health Settings: Implications for Clinician Satisfaction and Skill Development. *Depression Research and Treatment.* Volume 2012, Article ID 391084, 11 pages.

Turner, David T., Mark Van der Gaag, Mark., Karyotaki, Eirini., Cuijpers, Pim. (2014) Psychological Interventions for Psychosis: A Meta-Analysis of Comparative Outcome Studies. *American Journal of Psychiatry* 2014; 171:523–538.

Galletly, C. and Rigby, A. (2013). An Overview of Cognitive Remediation Therapy for People with Severe Mental Illness. *ISRN Rehabilitation.* p1-6, 6p.

Eack, Shaun M., (2012) Cognitive Remediation: A New Generation of Psychosocial Interventions for People with Schizophrenia. *Social Work* Jul 2012, Vol. 57 Issue 3, p235-246.
DOI: 10.1093/sw/sws008.

Resources:
Resources from **Center for Practice Innovations (CPI)**

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS):
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar (If needed, contact EBP Project Faculty for log-in information/access.) and login using your CPI LMS username and password.
Select "FIT" in the second row of icons. Click on "Start a new training" and select "Cognitive Behavioral Therapy/Social Skills training which includes:
    1. FIT Module 19: CBT for Coping Skills and Problem-Solving
    2. FIT Module 20: CBT for Treating Anxiety, Depression, and Trauma-Related Problems

2. Center for Practice Innovations (CPI) website: **Archived Webinar – Practitioner Skills and Competencies**
Use same steps as above to login and go to **FIT** Training page. Select "Watch an archived webinar or webinar series." Select "CBT" under "Practitioner Skills and Competencies."
Scroll down to "**Cognitive-Behavioral Therapy**(**CBT): The Functional Analysis Webinar Series for Practitioners"** – this has a Curriculum icon for of stacked books to the left.

3. CPI Resources:
Center for Practice Innovations (CPI) website: Voices of Recovery Videos
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Click "Consumers" on toolbar, then "View all Videos":
Select the following videos:
    (a) Dealing with Paranoia, Melissa: Description of coping skills that helped her with paranoid thoughts. (page 4)
    (b) Managing My Anger, Tina: Experience of using coping skills to manage anger. (page 4)
    (c) Getting Active, Patrick: Description of different activities one can do to remain active. (page 3)

Powerpoint Slide Lectures
Smyth, N. J. (2004) Core Principles of Cognitive Behavior Therapy
Smyth, N. J. (2004?) Untitled – Lecture on Behavior Therapy.
(Both available as electronic attachments)

Book
Living with Voices: 50 stories of recovery edited by M. Romme, S. Escher, J. Dillon, D. Corstens, & M. Morris.
"This book demonstrates that it is entirely possible to overcome problems with hearing voices and to take back control of one's life. It shows a path to recovery by addressing the main problems voice hearers describe – the threats, the feelings of powerlessness, the anxiety of being mad – and helps them to find their way back to their emotions and spirituality and to realizing their dreams." Many of those who recovered did so outside the mental health system, often networking together with other voice hearers to develop new perspectives and approaches, including the novel notion of engaging the voices with love instead of rejection.

Web Resources and Articles
What is DBT? URL**:** http://behavioraltech.org/resources/whatisdbt.cfm

Intervoice: URL: http://www.intervoiceonline.org/ is the website of an "international community for voice hearing."

Recovery from "Schizophrenia" at URL: http://recoveryfromschizophrenia.org is a blog by Ron Unger, a Clinical Social Worker with lived experience. He posts information he comes across: thoughts, theories, whatever. Subjects might include the nature of psychosis, why alternatives to relying on medications are needed, and specific psychosocial alternatives like cognitive therapy.
Webpage of specific handouts on CBT for Psychosis handouts - URL:
http://recoveryfromschizophrenia.org/cbt-for-psychosis-trauma-psychosis-handouts/

D. Wellness Self-Management* (Beth Russell, Greater Rochester Collaborative MSW Program)

Module Objective:
Demonstrate a working knowledge of Wellness Management as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Overview of Wellness Recovery framework and principles
- Historical context and current trends
- Role of Wellness Management in Recovery Paradigm
- Policy and funding implications
- Evidence supporting Wellness Management
- Role of Wellness Management and how it applies to interventions

Readings:
(Text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapter 17: Illness management and recovery

Färdig, R., Lewander, T. , Melin, L., Folke, F.,& Fredriksson, A. (2011). A randomized controlled trial of the illness management and recovery program for persons with schizophrenia. *Psychiatric Services*, *62*, 606-612.

Hasson-Ohayon, I., Roes, D., & Kravetz, S. (2008). The psychometric properties of the Illness Management and Recovery scale: Client and clinician versions. *Psychiatry Research, 160*, 228-235.

Hasson-Ohayon, I., Roe, D. & Kravetz, S. (2007). Randomized controlled trial of the effectiveness of the illness management and recovery program. *Psychiatric Services, 58*(11).

Jenkins J.H. & Carpenter-Song E. (2005). The new paradigm of recovery from schizophrenia: Cultural conundrums of improvement without cure. *Cult Med Psychiatry, 29,* 379-413

McGuire, A.B., Bonfils, K.A., Kukla, M., Myers, L., & Salyers, M. P. (2013). Measuring participation in an evidence-based practice: illness management and recovery group attendance. *Psychiatry Research, 10*(3): 684-689.

Roe, D. Hasson-Ohayon, I., Salyers, M.P. & Kravetz, S. (2009). A one-year follow-up of Illness Management and recovery: Participants' accounts of its impact and uniqueness. *Psychiatric Rehabilitation Journal*, *32*, 285-291.

Salerno, A., Margolies, P., Cleek, A., Pollock, M., Gopalan, G., & Jackson, C. (2011). Wellness Self-Management: An adaptation of the Illness Management and recovery practice in New York State. Psychiatric Services, 62(5): 456-458.

Resources:
Mary Ellen Copeland's website for WRAP - URL: http://www.mentalhealthrecovery.com/
Has articles, videos, etc.

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS): **Wellness Self-Management Modules**
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar. (If needed, contact EBP Project Faculty for log-in information/access.)
Select "WSM" Icon in center of second row of icons, for the links for the Wellness Self-Management curriculum, training and resource library.

Center for Practice Innovations (CPI) webpage for the Group Leaders Quick Guide to Conducting **Wellness Self-Management (WSM) Groups:**
URL:http://practiceinnovations.org/Portals/0/WSMLibrary/WSMGroupleadersquickguide_V20130730.pdf?ver=2015-10-16-103741-310

Suggested Assignment:
WSM+ Workbook
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Products" from the toolbar. Select Center for Practice Innovations (CPI) WSM+ Workbook PDF Download and follow instructions for download. It will take you to a purchase page but you will not be charged if you have CPI LMS access.

There are 57 worksheets in this workbook. You are to complete one of the three sections of this book (Approximately 20 of the worksheets). Create a case study of a person with a severe and persistent mental illness. You will use this perspective to complete this workbook. You want to think about all the person's different environments, social and work networks, family, symptoms of MI, likes/ dislikes, goals, etc. These worksheets are to be turned in to your professor in paper format. In addition, you are to write a three-page reflection paper, utilizing additional academic sources on how, why, when you would use this with a client with serious and persistent mental illness. You must discuss the research on WSM as well as how you would address fidelity to the model.

E.   Supported Employment * (Lucy Newman, New York State Office of Mental Health)

Module Objectives:
- Describe the importance of using evidence-based practices with individuals with a diagnosis of serious mental illness.
- Discuss for which type of clients the evidence base on a given practice exists.
- Discuss principles for adapting interventions for use with diverse groups of clients.

- Describe unique components of assessment and treatment planning that is relevant for each evidence-based practice, client trauma history, and coexisting substance abuse problems for people with serious mental illness.

Topic Outline: Supported Employment
- The importance of work for those diagnosed with a serious mental illness
  - Integrated employment as a life-role goal vs. sheltered work or work training
- Historical context: evolution of vocational rehabilitation approaches
  - Impact of cultural/gender differences in VR system population
  - Impact of contextual factors: socio-economic, geographic
- Individual Placement and Support (IPS) model of supported employment: the evidence-based practice
  - Review of the evidence
  - Principles of IPS
    - Difference between IPS and other SE models
  - Core practitioner skills
- The role of the social worker in providing vocational support to clients in competitive employment
- Implications for social work practice.

Suggested Class Exercises:
1. Select a section out of the Employment Resource Book (can download at CPI website under IPS). A suggested topic is "My decision to work" pp. 17-21. Have students complete this on their own and then discuss their experience of doing it, what was difficult for them to complete, and what their answers were for specific sections such as "Why do you want to work?" "Pro's and Con's" and any questions they answered "Yes" in "How Culture might affect your decisions about working". How might the answers be different for persons (or a specific person) person diagnosed with serious mental illness? This discussion can be done as a class group in small classes or can be in dyads, triads or small groups in larger classes.

2. Other possible sections to use as exercises and a basis for discussion: "Disclosure and deciding what to say about my background" pp. 100–105. "Interview Tips" - Role-play preparing someone for an interview using one or more of these.

Readings:
(Text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2005). *Evidence-based mental health practice: A textbook.* Chapter 16. Supported Employment New York: W.W. Norton

Bond, G.R., Drake, R.E., and Becker, D.R. (2008). An update on randomized controlled trials of evidence-based supported employment. *Psychiatric Rehabilitation Journal, 31,* 280-290.

Drake, Robert E., Bond, Gary R., and Becker, Deborah R., (2012) Individual Placement and Support: An Evidence-Based Approach to Supported Employment. Print ISBN-13: 9780199734016. Published to *Oxford Scholarship Online*: January 2013. DOI: 10.1093/acprof:oso/9780199734016.001.0001

Haslett, William R., Drake, Robert E., Bond, Gary R., Becker, Deborah R., and McHugo, Gregory J. (2011) Individual Placement and Support: Does Rurality Matter? *American Journal of Psychiatric Rehabilitation*, 14: 237–244.

Luciano A., Drake, R.E., Bond, G.R., Becker, D.R., Carpenter-Song, E., Lord, S., Swarbrick, P. and Swanson, S., (2013) Evidence-based supported employment for people with severe mental illness: Past,current, and future research. *Journal of Vocational Rehabilitation,* 40, 1-13.

(Pick one:)
Capella, M.E. (2002) Inequities in the VR system: Do they still exist? *Rehabilitation Counseling Bulletin*; 45,143-153 **(CC content).**
Or
Olney, M.F., and Kennedy, J. (2002) Racial disparities in VR use and job placement rates for adults with disabilities. *Rehabilitation Counseling Bulletin*; 4, 177-185. **(CC content).**

Related assignments:
Have students find and interview a potential employer of their choosing. It can be someone they know, have worked for, or a HR administrator or manager in a small business or commercial setting such as a retail store or a supermarket.

Provide student with a script or a series of interview questions such as:
Have you ever employed a person that you knew was diagnosed with a serious mental illness? If yes, then what was that experience like? Ask them to describe what success or failures occurred. If no, ask them to consider whether they would be willing to do so and what barriers do they think prevents this, and what supports would help them consider this.

After the interview, have the student process record the experience for a short paper, or write a short synopsis of the interview and their reaction to it. Can also be used for a class discussion.

Resources:
Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS): Individual Placement and Support (IPS) Modules
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar. (If needed, contact EBP Project Faculty for log-in information/access.)
Select **"IPS"** Icon in center of second row of icons, for the links for the Individual Placement and Support curriculum, training and resources.

IPS training – CPI Online training modules: select "Start a new online training" and review these classes:
> 1.) Introduction to the Individual Placement and Support (IPS) Model of Supported Employment (45 min)
> 2.) Job Development (45 min)

ACT and IPS: Training – CPI Online training modules: select "ACT" icon on Home page, then "Start a new online training" and select "Vocational Specialist" (pink tab):
Click on "ACT and IPS: Approach to Supported Employment, Parts 1-3 (3 videos)"

Workbook: Employment Resource Book

Employment Resource Book can be bought or downloaded free as a PDF from Products link on Home page. You will need to proceed as though you are purchasing it but the PDF will appear with zeros as purchase price.

CPI Resources:
Center for Practice Innovations (CPI) website: Voices of Recovery Videos
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Click "Consumers" on toolbar, then "View all Videos":
Select the following video:
- Working, Melissa: Speaks about process of getting job and the challenges overcame to keep this job.

InSocialWork® Podcast Series
UB SSW Podcast - Episode 29 Dr. David Biegel: Facilitators and Barriers to Supported Employment for Individuals with Co-Occurring Disorders
URL: http://www.socialwork.buffalo.edu/podcast/episode.asp?ep=29

Video: Working wonders through supported employment – introducing IPS Supported employment
URL: http://dartmed.dartmouth.edu/spring10/html/working_wonders_we/

Durgin, J. (2010) Working wonders. *Dartmouth Medicine, Spring 2010*. Online article accompanies above video.
URL: http://dartmed.dartmouth.edu/spring10/pdf/working_wonders.pdf

SAMHSA's supported employment tool kit (free PDF downloads)
URL: http://store.samhsa.gov/product/SMA08-4365

Notes on additional resources:
- CPI has extensive online materials for IPS so the readings have been reduced to encourage their use.
- CPI also has slides available for use on some IPS topics.
- The two readings with cultural diversity content are roughly equivalent, so reading both is probably not necessary. Both studies collapse racial minorities into 4 classification groups.
  - The Olney and Kennedy article focuses on racial disparities in service utilization and employment outcomes in a population of adults with disabilities who receive vocational rehabilitation (VR) services.
  - The Capella article focuses on whether there are differences for racial minorities and women in acceptance rates, employment outcomes and quality of closures in the state-federal VR system, for the whole VR service population.

F.   Integrated Treatment for Co-Occurring Disorders* (Carmela Pirich, Binghamton University)

Module Objective:
Demonstrate a working knowledge of integrated dual disorder treatment as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Screening and assessment tools in the public domain
- Understanding substance use disorders and changes in the DSM-V

- Traditional substance use disorder treatment and the integration of recovery oriented/strengths based treatment
- Substances of abuse and the opiate epidemic
- Effective approaches/challenges in providing integrated dual disorder treatment
- Developing an integrated recovery plan
- Coordination of care and collaboration
- Organizational context of implementing and providing integrated dual disorder treatment
- Assessing capability

Suggested Class Exercises:
- Case studies
- Use of the Dual Diagnosis Capability In Addiction Treatment (DDCAT) instrument to assess organizational capacity. DDCAT Toolkit can be found at this URL: https://www.centerforebp.case.edu/resources/tools/ddcat-toolkit

Readings:
(Text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-Based Mental Health Practice: A Textbook.* New York: W.W. Norton. Chapter 15: Integrated Dual-Disorder Treatment.

Mueser, K. T., Noordsy, D. L., Drake, R. E., & Fox, L. (2003). *Integrated treatment for dual disorders: A guide to effective practice.* New York: Guilford Press.

Steenrold, S. (2009) A functional guide to the evidence-based movement in the substance abuse treatment field." *Journal of Social Work Practice in the Addiction,* 9(4) 353-365. DOI: 10.1080/15332560903195808.

Bonham, C.A, Sommerfeld, D., Willging, C. and Gregory Aarons. (2014) Organizational Factors Influencing Implementation of Evidence-Based Practices for Integrated Treatment in Behavioral Health Agencies. *Psychiatry Journal* 2014. 10.1155/2014/802983.

Carvajal, S.C, Young, R.S., (2009) "Culturally-based substance abuse treatment for American Indians/Alaskan Natives and Latinos." *Journal of Ethnicity in Substance Abuse,* 8:3, 207-222. DOI: 10.80/15332640903110427.

Steenrold, S. (2009) "A functional guide to the evidence-based practice movement in the substance abuse treatment field." *Journal of Social Work Practice in the Addictions,* 9(4) 353-365. DOI: 10.1080/15332560903195808.

Related assignments:
Using the New York State Clinical Records Initiative (NYSCRI) forms students will complete a comprehensive assessment, substance use assessment, and mental status addendum. Forms, manual and additional information about NYSCRI can be found at this URL: https://www.omh.ny.gov/omhweb/nyscri/

Resources:
Substance Abuse Treatment for Persons with Co-Occurring Disorders (SAMSHA) TIP 42: available in digital format as a free PDF download at this URL: http://store.samhsa.gov/product/TIP-42-Substance-Abuse-Treatment-for-Persons-With-Co-Occurring-Disorders/SMA13-3992

Video series: Integrated Dual Disorder Treatment (Dartmouth) – 14 videos
URL: http:www.youtube.com/view_play_list?p=85C1E36206E17BB3

Resources from Center for Practice Innovations (CPI) Center for Practice Innovations (CPI) website:
Videos:
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Click "Consumers" on toolbar, then "View all Videos":
Select the following videos:
- Integrated Treatment Helped Me, Thomas: How integrated treatment contributed to his recovery process.
- When I Wanted to Get Sober, Corey: How using drugs and drinking perpetuated his mental illness.
- Managing My Recovery, William: Speaks about how he used to self-medicate with drugs and alcohol, and how that just perpetuated his problems
- Clearing My Mind, Tina: Story about how marijuana affected her mental health.

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS): Focus on Integrated Treatment (FIT) Modules
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar. (If needed, contact EBP Project Faculty for log-in information/access.)
Select **"FIT"** icon in second row of icons, for the links for the Focus on Integrated Treatment curriculum, training and resources.

Click on "Start a new online training" and select "Leadership Skills to find:
- FIT Module 02: Leadership Skills: Implementing Co-Occurring Disorders (COD) Treatment (30 min)

Click on "Start a new online training" and select "Medication/Medical" to find:
- Fit Module 29: Medication /Medical: Understanding the Use of Medications for Clients with COD (30 min)

4.   **The Organizational Context for Services**

A. Integrated Care Delivery Systems (Ellen Tuchman, New York University)
Week 1
Module Objective:
To introduce social work students to integrated behavioral health systems as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Introduction to Integrated Healthcare and the Culture of Health
- Integration models and continuum of integration
- Evidence for integration
- Multidisciplinary practice
- The medical model and the different languages of healthcare
- Payment models and ramifications to social work practice

- Facilitators and barriers to integrated healthcare

Readings:
Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobmeyer, A.C. (2009). *Integrated Behavioral Health in Primary Care: Step by Step Guidance for Assessment and Intervention.* Washington, DC: American Psychological Association.

Dall, A. (2011). Integrated Primary Care and Behavioral Health Services: Can the Model Succeed? A literature review on models, evidence-based practices and lessons learned for community clinics and health centers, and county specialty mental health programs. Retrieved November 28, 2017 from http://www.ibhpartners.org/wp-content/uploads/2015/12/lit-review-integrated-care-final.pdf

Goldstein, M.G., Whitlock, E.P., & DePue, J. (2004). Multiple behavioral risk factor interventions in primary care: Summary of the research evidence. *American Journal of Preventive Medicine*, 27 (Suppl. 2), 61-79.

Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobmeyer, A.C. (2009). *Integrated Behavioral Health in Primary Care: Step by Step Guidance for Assessment and Intervention.* Washington, DC: American Psychological Association. Pages 3-7, 65-72, 113-123.

Pomerantz, A.S., Corson, J.A. & Detzer, M.J. (2009). The challenge of integrated care for mental health: Leaving the 50 minute hour behind and other sacred things. *J Clin Psychol Med Settings,* 16, 40-46.

Thielke, S., Vannoy, S., & Unutzer, J. (2007). Integrating mental health and primary care. *Primary Care: Clinics in Office Practice*, 34, 571–592.

Related assignments:
Medication Scenario - John is your client. He is a single white male 59 years old. He suffers from chronic pain and has been diagnosed with Major Depressive Disorder. The medication prescribed for John is Cymbalta, which is quite expensive. John currently is not covered by health insurance. Conduct an online search to investigate indigent medication programs available and identify one program that could be used to assist your client. Write a two-page summary describing the medication assistance program that best suits John's needs. Briefly discuss the various assistance programs that you explored and what you have learned from this activity.

Resources:
YouTube video: Cultural Competency for Healthcare Providers
URL: http://www.youtube.com/watch?v=dNLtAj0wy6I

Week 2
Medical, Psychiatric, and Substance Abuse Integrated Models
Module Objective:
To introduce social work students to medical, psychiatric and substance abuse integrated behavioral health models as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Common Behavioral Health Conditions in Primary Care

- Importance of integrated behavioral health services in primary care
- 5 A's model for integrated behavioral healthcare
- Depression epidemiology, facts, and integrated care model for depression (IMPACT)
- Medication and Integrated Healthcare – Medication Management
- Screening, Brief Intervention, Referral to Treatment (SBIRT)

Readings:
(text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2007). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapter 19 – Medications

Deegan, P. and Drake, R.E. (2006) Shared decision making and medication management in the recovery process. *Psychiatric Services*, 57(11), 1636-1639.

Madras, B. K., Compton, W. M., Avula, D. et al., (2009). Screening, brief interventions, referral to treatment (SBIRT) for illicit drug and alcohol use at multiple healthcare sites: Comparison at intake and six months later. *Drug and Alcohol Dependence,* 99, 280-295.

Prins, A., Ouimette, P., Kimerling, R., et al. (2003). Primary Care PTSD Screen (PC-PTSD). Retrieved April 11, 2013 from http://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp
Whitlock, E.P., Polen, M.R., Green, C.A., Orleans, C.T., & Klein, J. (2004). Behavioral counseling interventions in primary care to reduce risky harmful alcohol use by adults: A summary of the evidence for the U.S. preventive services task force. *Annals of Internal Medicine*, 140, 558-569.

Whitlock, E.P., Orleans, C.T., Pender, N., & Allen, J. (2002). Evaluating primary care behavioral counseling interventions: An evidence based approach. *American Journal of Preventive Medicine*, 22, 267-284.

Resources:
The Agency for Healthcare Research and Quality (AHRQ) Academy for Integrating Behavioral Health and Primary Care: URL: https://integrationacademy.ahrq.gov/

B.   Assertive Community Treatment (ACT)* (Richard Morgan, Stony Brook University)

Module Objective:
Demonstrate a working knowledge of the Assertive Community Treatment (ACT) program as it relates to working with individuals with a diagnosis of serious mental illnesses.

Topic Outline:
- Overview of ACT framework and principles
- Historical context and current trends
- Policy and funding implications
- Evidence supporting ACT as a treatment program for individuals with SMI

Required Readings:
(text) Drake, R. E., Merrens, M.R., & Lynde, D.W. (2005). *Evidence-based mental health practice: A textbook.* New York: W.W. Norton. Chapters 2, 4, and 14.

Rosenberg, J. & Rosenberg, S. (2013). *Community mental health: Challenges for the 21st century.* New York: Routledge Press. Chapters 13.

Burns, T. (2010). The rise and fall of assertive community treatment? *International Review of Psychiatry* 22 (2): 130-137.

Dixon, L. (2000). Assertive Community Treatment; Twenty-five years of gold *Psychiatric Services*, 51(6), 759-765.

O'Hara, A. (2007). Housing for People With Mental Illness: Update of a Report to the President's New Freedom Commission. *Psychiatric Services, 58*(7), 907-913.

Lehman, A. F., Dixon, L. B., Kernan, E. DeForge, B. R., & Postrado, L. T. (1997). A randomized trial of assertive community treatment for homeless persons with severe mental illness*. Archives of General Psychiatry*, 54, 1038-1043.

Phillips ,S.D., Burns, B.J., Edgar, E.R., Mueser, K.T., Linkins, K.W., Rosenheck, R.A., Drake, R.E., McDonel Herr, E.C. (2001) Moving Assertive Community Treatment Into Standard Practice. P*sychiatric Services, 52*(6), 771-779.

Tam, C., & Law, S. (2007). Best Practices: A Systematic Approach to the Management of Patients Who Refuse Medications in an Assertive Community Treatment Team Setting*. Psychiatric Services*, 58(4),457-459.

Suggested assignments:
1. Field visit to an ACT team meeting or accompany an ACT team member on a field visit.
2. Have students access the Cochrane Database for the most recent RCT evidence on ACT.

Class Exercises: See Rosenberg, J. & Rosenberg, S. (2013). *Community Mental Health: Challenges for the 21st Century.* New York: Routledge Press, p. 210 for suggested Discussion Questions and for a Group Project suggestion involving the film *Hospital Without Walls.*

Resources:
Video:
Burns, B. J., (Executive Producer), Swartz, M. S. (Executive Producer), & Harron, B. (Producer & Director). (1994). *Hospital Without Walls [*Motion Picture]. Durham, NC: Division of Social and Community Psychiatry, Department of Psychiatry, Duke University Medical Center. (available by request from UBCC)

Center for Practice Innovations (CPI) Online Training - Learning Management System (LMS):
Start on CPI Home page at URL: http://www.practiceinnovations.org/
Select "Learning Community Login" from the toolbar (If needed, contact EBP Project Faculty for log-in information/access.) and login using your CPI LMS username and password.
Select "ACT" on the left side of the second row of icons, then "Browse for Training" in the blue square on the bottom right side of page. Scroll down to find "Engagement and Outreach" and then select:
- Online Class for ACT: Engaging Consumers in Assertive Community Treatment (1 hr.)

CD-ROM:
SAMHSA Evidence Based Practice Kit: Assertive Community Treatment (ACT) CD-ROM.
US Department of Health and Human Services Administration, Center for Mental Health
Services URL: www.samhsa.gov
Contains PowerPoints, articles about the history and evidence, training materials and other
resources.
Available through OMH/Dean's Consortium EBP Project Audio-Visual Repository at
University at Buffalo/ UBCC.

Additional reading resources:
The following are supplemental readings that can be used as suggested readings or
resources for this module:

Beach, C., Dykema, L., Applebaum, P.S., Deng, L., Leckman-Westin, E., Manuel, J. I.,
     McReynolds, L., Finnerty, M. T. (2013). Forensic and Non-Forensic Clients in
     Assertive Community Treatment: A Longitudinal Study. *Psychiatric Services* 64 (5):
     437-444.

Burns, T. (2010). The rise and fall of assertive community treatment? *International
     Review of Psychiatry* 22 (2): 130-137.

Carton, M. D., Young, M. S., Kelly, K. M. (2010). Changes in Sources and Perceived
     Quality of Social Supports Among Formerly Homeless Persons Receiving Assertive
     Community Treatment Services. *Community Mental Health Journal 46*: 156-163.

Chow, W., Law, S., Andermann, L., Yang, J., Leszcz, M., Wong, J., Sadavoy, J. (2010).
     Multi-Family Psycho-Education Group for Assertive Community Treatment Clients
     and Families of Culturally Diverse Background: A Pilot Study. *Community Mental
     Health Journal 46*: 364-371.

Coldwell, C. M., Bender, W. S. (2007). The Effectiveness of Assertive Community
     Treatment for Homeless Populations with Severe Mental Illness: A Meta-Analysis.
     American Journal of Psychiatry 164: 393-399.

Essock, S. M., Frisman, L. K., Kontos, N. J. (1998). Cost-Effectiveness of Assertive
     Community Treatment Teams. *American Journal of Orthopsychiatry* 68 (2): 179-
     190.

Killaspy, H., Bebbington, P., Blizard, R., Johnson, S., Nolan, F., Pilling, S., King, M. (2006).
     The React Study: Randomized Evaluation of Assertive Community Treatment in
     North London. *British Medical Journal* 332 (7545): 815-818.

Kortrijk, H. E., Mulder, C. L., van der Gaag, M., Wiersma, D. (2012). Symptomatic and
     Functional Remission and its Associations with Quality of Life in Patients with
     Psychotic Disorder in Assertive Community Treatment Teams. *Comprehensive
     Psychiatry* 53: 1174-1180.

Law, S. (2007). The Role of a Clinical Director in Developing an Innovative Assertive
     Community Treatment Team Targeting Ethno-racial Minority Patients. *Psychiatric
     Quarterly 78*: 183-192.

McCoy, M. L., Roberts, D. L., Hanrahan, P., Clay, R., Luchins, D. J. (2004). Jail Linkage Assertive Community Treatment Services for Individuals with Mental Illnesses. *Psychiatric Rehabilitation Journal* 27 (3): 243-250.

Manuel, J. I., Applebaum, P. S., Le Melle, S. M., Mancini, A. D., Huz, S., Stellato, C. B., Finnerty, M. T. (2013). Use of Intervention Strategies by Assertive Community Treatment Teams to Promote Patients' Engagement. *Psychiatric Services* 64 (6): 579-585.

Salyers, M. P., Tsemberis, S. (2007). ACT and Recovery: Integrating Evidence-Based Practice and Recovery Orientation on Assertive Community Treatment Teams. *Community Mental Health Journal* 43 (6): 619-641.

Shetty, A. (2010). Assertive Community Treatment Teams. *The British Journal of Psychiatry* 196: 77-78.

Slade, E. P., McCarthy, J. F., Valenstein, M., Visnic, S., Dixon, L. B. (2013). Cost Savings from Assertive Community Treatment Services in an Era of Declining Psychiatric Inpatient Use. *Health Services Research* 48 (1): 195-217.

Smith, R. J., Jennings, J. L., Cimino, A. (2010). Forensic Continuum of Care with Assertive Community Treatment (ACT) for Persons Recovering from Co-Occurring Disabilities: Long-Term Outcomes. *Psychiatric Rehabilitation Journal* 33(3): 207-218.

Sono, T., Oshima, I., Ito, J., Nishio, M., Suzuki, Y., Horiuchi, K., Niekawa, N., Ogawa, M., Setoya, Y., Tsukada, K. (2012). Family Support in Assertive Community Treatment: An Analysis of Client Outcomes. *Community Mental Health Journal* 48: 463-470.

Stobbe, J., Wierdsma, A. I., Kok, R. M., Kroon, H., Roosenshoon, B., Depla, M., Mulder, C. L. (2014). The effectiveness of assertive community treatment for elderly patients with severe mental illness: a randomized controlled trial. *BMC Psychiatry* 14 (42): 1-9.

Thogersen, M. H., Morthorst, B., Nordentoft, M. (2010). Perceptions of Coercion in the Community: A Qualitative Study of Patients in a Danish Assertive Community Treatment Team. *Psychiatric Quarterly* 81: 35-47.

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List of electronic attachments available via OMH/Dean's Consortium EBP Project Coordinating Center at University at Buffalo (UBCC)

1A: Epidemiological Research about MI - Power Point Slides: Evidence-based Practice for Adults with SMI: Mental Illness and Serious Mental Illness (Rufina Lee)

1B: Recovery -
Manual: Spectrum Recovery Manual
Power Point Slides: Recovery Concepts and Models, (Cohen)

1C: Person-Centered Practice – Unpublished Manuscript: Carol Blessing's Pothole Theory

1D: First Break Intervention strategies - Power Point Slides: OnTrack NY Early Interventions (Rufina Lee)

1F: DSM 5; Overview of changing views of diagnose - Power Point Slides: Schizophrenia and Bipolar Disorders in DSM5 (Patricia Joyce)

3A: EBPs and evaluating evidence -
Power Point Slides: Searching for the Best Evidence (Shipe, 2006)

Power Point Slides: Assessing the Evidence (Bauer, et al.)
Power Point Slides: Recovery Concepts and Models, (Cohen). See 1B

3B: Motivational Interviewing -
        Handout: Case Management Assignment
        Handout: Case Management Assignment Questions
        Power Point Slides: Motivational Interviewing Conceptual Framework (Pena)

3C: Cognitive Based approaches -
        Handout: 15 Styles of Distorted Thinking (Beck)
        Power Point Slides: Core principles of CBT (N. Smyth)

3E: Supported Employment -
        Article: Luciano, A., et al. Supported Employment for People with SMI.
        Manual: Employment Resource Book