

Annual Review 2012

UNC Center for
Excellence in
Community
Mental Health



Growth in the Garden

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Letter from the Director

Change remains the fundamental constant in North Carolina's mental health system. Current changes include the implementation of managed care for Medicaid mental health services, a new emphasis on measuring and financially rewarding good outcomes from the Affordable Care Act, and a focus on community-based care – that resulting from the recent settlement between North Carolina and the U.S. Department of Justice.

Just as the tilling and composting have provided fertile soil for the growth of vegetables in our community garden at The Farm at Penny Lane, the hard work of the UNC Center for Excellence in Community Mental Health's faculty and staff over the past few years is coming to fruition. The Center has experienced enormous growth and is well-positioned to help our local community and communities statewide respond to these changes creatively and efficiently.

Treatment for mental illness works, and progress toward recovery from mental illness is now expected. Good treatment allows people with mental illness to live more rewarding and productive lives than ever before. Good treatment also saves money. Center programs provide a continuum of evidence-based, multidisciplinary care delivered by dedicated and creative clinical teams. Our clinical staff is providing excellent care in multiple settings in our local community. We serve patients in these programs:

Schizophrenia Treatment and Evaluation Program (STEP): Patients with schizophrenia and other serious mental illnesses

Outreach and Support Intervention Services (OASIS): Patients early in their first episodes of psychosis

XDS Community Services: An Assertive Community Treatment (ACT) team and a community support team. Patients who need intensive support to live independently in the community

Community Resource Court: Patients in the criminal justice system

Critical Time Intervention: Patients who are transitioning from institutions to the community

North Carolina Psychiatric Research Center: Patients in an outpatient research clinic

We have two exciting new initiatives that integrate medical and psychiatric care. The Health Home with a community support team treats adult patients with significant psychiatric and chronic medical illness. Another program treats adolescents with chronic medical illness whose severe behavioral issues affect their medical care.

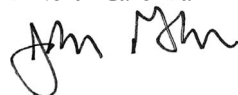
A foundation of the Center's treatment philosophy is recovery from mental illness, and the Center promotes recovery and rehabilitation through its long-standing art program, Brushes with Life, and through newer programs such as the Horticultural Therapy Program at The Farm at Penny Lane.

These state-of-the-art clinical and recovery programs uniquely position the Center to address its mission of providing training and technical assistance to organizations and communities across North Carolina.

One of my favorite quotes is from Thomas Wolfe's short story *Chickamauga*. "The only trouble with knowin' is that you've got to know what knowin's like before you know what knowin' is." Real-world experience is the core of our community technical-assistance training efforts, including training for ACT teams in North Carolina, Group Home Employees Skills Training (GHEST), and the North Carolina Community Medical Directors' Network.

Our expertise is sought nationally. Operations Director Thava Mahadevan, MS, and Community Services Medical Director Carol VanderZwaag, MD, recently consulted with the Illinois Division of Mental Health on ACT teams and supported housing.

The Center is made up of many talented and hardworking people. We are proud of what we have accomplished. We appreciate the support we have received from our friends and partners and look forward to continuing our work to improve mental health care in North Carolina.



John Gilmore, MD

Thad and Alice Eure Distinguished Professor and vice chair of
Research and Scientific Affairs in the UNC Department of Psychiatry



John Gilmore, MD
Director of Center

Mission

The mission of the UNC Center for Excellence in Community Mental Health is to promote the sustained recovery of persons with mental illness in North Carolina through evidence-based and cost-effective treatment, training, research and community education.

Editorial

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Mental Health

For more information,
visit unccmh.org.

About the Cover:

Thava Mahadevan, MS,
director of operations at
the Center, shares plans
for a community garden
at The Farm at Penny
Lane with Al Medlin, a
local pharmacy vendor.

Leadership

*John Gilmore, MD
Director of Center*



*Thava Mahadevan, MS
Director of Operations*



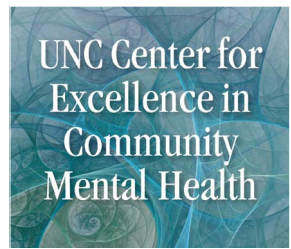
*Carol VanderZwaag, MD
Medical Director,
Community Services*



*Kelly Smedley, RN, MSN, CNS
Clinical Director,
Carr Mill Clinic*

Donate

Life with severe mental illness can be better. Those of us at the UNC Center for Excellence in Community Mental Health believe it can be healthy, rewarding and free of stigma. Help us achieve our vision by making a tax-deductible contribution TODAY.



- UNC Center for Excellence in Community Mental Health (Fund 91901) — General funds utilized at the discretion of the program director for the area of greatest need, which could include community outreach, family support, patient services, clinician education and services development.
- UNC Schizophrenia Memorial Research (Fund 91829) — Funds research into the causes and treatment of schizophrenia.
- OASIS Program (Fund 91810) — Funds the first-episode psychosis treatment program for adolescents and young adults.
- Brushes with Life (STEP Art Gallery) (Fund 91334) — Funds the patient art gallery on the third floor of the Neurosciences Hospital, traveling art shows, and artists' tools and resources.
- The Farm at Penny Lane (Fund 96601) — Funds the development of recovery and rehabilitation programs at the farm in Chatham County.

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Or visit unccmh.org for more information.

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Funding Grants and Partners

The Center for Excellence in Community Mental Health was created in 2009 with a generous three-year grant from The Duke Endowment.

The Center is partnering with a broad group of organizations and government agencies dedicated to improving the care of people with mental illness. Current support for Center programs includes private donations and:

- The Duke Endowment
- The Kate B. Reynolds Foundation
- NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services
- NC Division of Medical Assistance
- Cardinal Innovations Healthcare Solutions
- Access Care Network, Community Care of North Carolina
- U.S. Department of Housing and Urban Development
- North Carolina Area Health Education Centers



Carr Mill Mall

Center expands office space and programs

Strong growth, new programs and expansion in services within the Center have created a need for additional office space at its Carr Mill Mall location in Carrboro. In June the Center leased an additional 3,200 square feet to accommodate this expansion.

The Center's Community Resource Court, along with programs in integrated medicine, wellness, and a community support team has moved to the new office space. The Schizophrenia Treatment and Evaluation Program (STEP) and Outreach and Support Intervention Services (OASIS) clinics have been located at Carr Mill since 2009. The Center now has more than 60 employees.

The Center's other locations include: The Farm at Penny Lane in Chatham County, the North Carolina Psychiatric Research Center on the Dorothea Dix campus in Raleigh and the North Carolina Neurosciences Hospital on Manning Drive in Chapel Hill.

Center takes lead in providing ACT technical assistance for the state

The Center is in the initial stages of creating an Assertive Community Treatment (ACT) Technical Assistance Center in collaboration with the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services. The new program will help North Carolina respond to its recent settlement with the U.S. Department of Justice (DOJ), by developing and implementing an overall plan for using multidisciplinary ACT teams throughout the state. Specifically, the DOJ settlement requires that individuals with severe mental illness have access to ACT teams that are following a nationally recognized model.

ACT teams include psychiatrists, nurses, social workers, substance abuse specialists and other specialists who are helping adult individuals with severe mental illness live in their homes instead of an institution. They provide an array of services, from delivering daily medications to helping individuals find and maintain safe and affordable housing.

With its own well-respected ACT team, UNC comes to the table with a great deal of expertise and will provide training to help develop high-performing ACT

(continued on next page)

TIMELINE

UNC Center for Excellence in Community Mental Health, Department of Psychiatry at the UNC School of Medicine

2009

UNC Center for Excellence in Community Mental Health is created with grant support from The Duke Endowment and includes established programs, Schizophrenia Treatment and Evaluation Program (STEP), Outreach and Support Intervention Services (OASIS), and the Brushes with Life Gallery.

2010

The Center partners with the North Carolina Area Health Education Centers (NC AHEC) to develop the North Carolina Community Medical Directors' Network, which provides support and technical assistance for medical directors/psychiatrists in the newly reorganized public mental health system.

In collaboration with community partners, the Center develops the Group Home Employee Skills Training (GHEST) network and program to train owners, managers, and employees in adult mental health group homes.

The Center, along with other academic departments of psychiatry in North Carolina, participates in Carolina Care North Carolina's (CCNC) NC ACCEPT Pilot program, which reduces medication costs for individuals receiving North Carolina Medicaid.

The Community Psychiatry Fellowship program accepts its first fellow.

teams throughout North Carolina. There are approximately 90 ACT teams in North Carolina.

“We will develop training to make certain that all teams are providing the highest level of integrated care in a community-based setting for these individuals with mental illness,” says Thava Mahadevan, MS, a rehabilitation counselor and director of operations at the Center. “Providing technical assistance for community mental health professionals throughout North Carolina is a major part of the Center’s mission.”

Mahadevan and Lorna Moser, PhD, assistant professor in psychiatry and coordinator of North Carolina Assertive Community Treatment (ACT) Coalition, an affiliate of the Center, are part of a workgroup, which will set the criteria to ensure that the state’s ACT teams’ services conform to a high-level standard of evidence-based care.

Grant allows Center to integrate primary and psychiatric care to create Health Home

The integration of primary and psychiatric care has been recognized at national and state levels as a way to provide a better quality of life for persons with severe mental illness – as well as to lower the cost of their overall health care.

Individuals with schizophrenia and other severe mental illnesses have a high rate of chronic medical disease and die an average of 25 years sooner than their non-mentally ill peers. More than 60 percent of the excess deaths are due to chronic medical conditions such as cardiovascular diseases, cancer, diabetes and infections.

“Many don’t have access to primary health care to identify and treat their physical diseases, and mental illness can diminish a person’s capacity to seek and manage their medical care,” says John Gilmore, MD, director of the Center.

An \$850,000 three-year grant from The Duke Endowment awarded in December 2011 is allowing the UNC Center for Excellence in Community Mental Health to create a Health Home, which integrates primary care into its mental health care programs for persons in Orange, Person and Chatham counties. Center psychiatrists also provide psychiatric consultation services in community primary care clinics.

Robin Reed, MD, MPH, is medical director of the Health Home and works closely with Tom Wroth, MD, at Piedmont Health Services. Additionally, she serves as the Center’s link to Carolina Advanced Health.



*Robin Reed, MD, MPH
Medical Director
Health Home*

TIMELINE

UNC Center for Excellence in Community Mental Health, Department of Psychiatry at the UNC School of Medicine

2011

The North Carolina Psychiatric Research Center, formerly the Clinical Research Unit at Dorothea Dix Hospital, becomes affiliated with the Center as an outpatient research clinic.

XDS Inc., a provider of cross-disabilities community-based services, including an ACT team, merges with the Center.

The North Carolina Assertive Community Treatment Coalition joins the Center.

A grant from The Duke Endowment creates a Health Home, integrating mental and physical health into Center programs and providing psychiatric consultation services in community primary care clinics.

2012

The Community Resource Court of Orange and Chatham counties, in collaboration with Judicial Court 15B, becomes a Center program.

With a grant from The Kate B. Reynolds Foundation and in collaboration with the UNC School of Social Work, the Center creates the Critical Time Intervention program, which helps individuals transition from homelessness or institutions to homes in the community.

The Horticulture Therapy program at The Farm at Penny Lane is developed in collaboration with the North Carolina Botanical Garden at UNC.

Multifamily group provides support for patients and families

Outreach and Support Intervention Services (OASIS) was created in 2005 as one of a handful of specialized programs in the United States that focuses on early intervention in psychotic illnesses in adolescents and young adults.

“Recovery typically takes three to five years after onset of symptoms,” according to Sylvia Saade, PhD, LCSW, the program director at OASIS. “We view this period as a critical time for the person and the family, and one when treatment can be most effective at improving recovery and long-term outcomes.”

The first episode of mental illness often starts at key life transition periods — when young adults are preparing to leave for college or starting careers. At this acute stage, sometimes following hospitalization, the individual often returns to the family home for support.

OASIS provides a team approach to care, and the client and the family are part of the team. “The collaborative approach is essential to making the program work,” she says.

Saade has built a strong family program with a focus on an ongoing multifamily group that meets twice monthly. In the group, parents, partners, siblings or any significant persons in the individual’s life share experiences, learn about the illness and how to recognize and support the person through the phases of recovery. A monthly social activity helps clients transition gently back to a normal life.

“The group provides support and a safe place to process their illnesses, share their experiences and discuss coping strategies,” says Saade.

An educational and process group is offered every quarter to new participants in the program. In this group, led by David Penn, PhD, director of psychological services at the Center, young adults are able to share their stories and meet other participants in recovery who have succeeded in managing their illnesses and moving on in life.



David Binanay, BA, a patient and participant in OASIS’ multifamily group established a non-profit foundation Music over Mind Inc. to help spread awareness about healing through music.

Center, UNC School of Social Work collaborate

The Center is collaborating with the UNC School of Social Work to implement a program to assist individuals with mental illness in Orange and Chatham counties to transition from institutions such as prisons, shelters and hospitals to the community. The project began in November 2012.

During critical transition periods, persons with mental illness often have difficulty re-establishing themselves in stable housing with access to needed supports. Critical Time Intervention (CTI) works in two primary ways: by providing emotional and practical support during the critical time of transition and by strengthening the individual’s long-term ties to services, family, friends and the community.

Supported by a Kate B. Reynolds Charitable Trust grant, CTI, an evidence-based practice program, focuses on services such as housing, access to psychiatric and medical care, and substance abuse treatment; independent living skills; money management; and access to benefits.

The three-year \$567,257 grant was awarded to Barbara “Bebe” Smith, LCSW, then clinic director and assistant professor of psychiatry at the Center for Excellence and co-investigator Gary Cuddeback, PhD, MPH, assistant professor of social work in the School of Social Work. Smith is currently assistant professor of social work and psychiatry at the UNC School of Social Work.

Contact Bebe Smith, LCSW, at bebe_smith@unc.edu, or Gary Cuddeback, PhD, MPH, at gcuddeba@email.unc.edu.

GHEST offers specialized training for providers in group homes

As part of the Center’s education mission to train mental health caregivers around the State, Training Coordinator Selden Holt, MSW, LCSW, and others recently presented the Group Home Employee Skills Training (GHEST) program for managers and owners of adult mental health homes in Alamance County. Cardinal Innovations Healthcare Solutions sponsored the training.

The 18-hour curriculum provides specialized training by building empathy and dispelling the myths and misconceptions of mental illness. GHEST focuses on improving quality of care in residential settings by teaching new ideas and skills for providers to use in treating individuals with severe mental illness.

GHEST is a collaboration between the Center and NAMI, DHSR, Alberta Professional Services, the UNC School of Social Work and other community partners.

Community Resource Court joins the Center

Individuals diagnosed with mental disorders who become involved with the criminal courts in Orange or Chatham county sometimes have the option to receive treatment in lieu of serving jail or probation time when they participate in the Community Resource Court (CRC).

The 12-year-old Community Resource Court Program of Orange and Chatham counties joined the UNC Center for Excellence in Community Mental Health in the spring and collaborates with Judicial District 15B. Clinical staff are housed at the Center.

For defendants to qualify to participate in CRC, a district attorney in Judicial District 15B determines if the individual’s criminal charges fit the program’s criteria of working with nonviolent individuals. The CRC clinician at the Center evaluates the client’s mental health issues and advises the district attorney on the recommendation for treatment.

Once approved, these defendants follow treatment plans in community-based mental health organizations in Orange and Chatham counties and follow-up regularly with the CRC program and the court system. Last year (2011) 84 individuals participated in the program. Caroline Ginley, MSW, program coordinator, can be reached at caroline_ginley@med.unc.edu.

Brushes with Life Gallery celebrates spring opening reception

Art, music and dance welcomed 80 guests on May 22 when Brushes with Life: Art, Artists, and Mental Illness (BWL) unveiled its spring exhibit. An expanded program began in the lobby of the UNC Neurosciences Hospital and continued in the gallery on the third floor in the UNC Department of Psychiatry.

Providing a venue for artists recovering from mental illness to exhibit their work, BWL features visual art, poetry, film and music to help artists find healing and move toward recovery. The program features individuals from UNC's treatment programs as well as other community programs.

Created in December 2000, Brushes with Life helps create an environment that shows that individuals with serious mental illness, such as schizophrenia, can be creative, perceptive and productive. For information, contact Julie Pace, gallery director, at jpace@unch.unc.edu.



"Send all your Pressing Issues to God" by David

Community fellow Annie Kelly, MD

Community fellow Annie Kelly, MD's introduction to psychiatry came when she worked with her mother during the summer breaks of her undergraduate studies. Her mother, a therapist, works as an Assertive Community Treatment (ACT) team leader in Helena, Mont.

"My first job was to take patients to their appointments, deliver medications to their homes, take them to do laundry, buy groceries and sometimes just to get a cup of coffee," says Kelly. "It was an extremely gratifying experience."

She worked as a psychosocial rehabilitation specialist and therapeutic aid in a mental health center for a year after college, then entered the University of Washington School of Medicine. She received her medical degree in 2009.

Last year as a fourth-year UNC Psychiatry resident, she was accepted into the Center's budding fellowship program.

As a fellow, Kelly continues to see patients from her residency program and works in various primary and mental health care settings, including UNC's ACT team.

"I really enjoy working with Dr. VanderZwaag [Carol VanderZwaag, MD, community medical director and ACT psychiatrist] and providing direct patient care in the community," she continues.

Kelly also has had opportunities to look at patient care from a systems perspective. Last year at El Futuro, she was involved in writing a successful grant proposal to address gaps in mental health care delivery for Latinos in North Carolina. She is currently working closely with El Futuro leadership coordinating implementation efforts.

"I find that I really enjoy – and believe I have an aptitude for, helping to translate big-picture goals of the grant to day-to-day attainable system change."



Annie Kelly, MD

Symposium highlights medical director's management and leadership role

The UNC Center for Excellence in Community Mental Health presented its Second Annual Medical Directors' Network Symposium, "Leadership and Management: The Dual Role of the Medical Director," at the UNC Friday Center for Continuing Education on June 9. Nearly 100 medical directors from Critical Access Behavioral Health Agencies (CABHAs) and Managed Care Organizations (MCOs), Carolina Care North Carolina (CCNC) psychiatrists and other medical health professionals from around the state attended. Tom Sibert, MD, MBA, CCO, Wake Forest Baptist Health System, presented the keynote address on medical leadership and management.

"We are committed to providing technical assistance and support for psychiatrists as they assume leadership roles in the public mental health system," says John Gilmore, MD, director of the UNC Center for Excellence in Community Mental Health.

The program was a collaboration of the North Carolina Area Health Education Center (NC AHEC), the North Carolina Psychiatric Association, and NC Division of Mental Health, Development Disabilities and Substances Abuse Services.

The North Carolina Community Mental Health Medical Directors' Network was formed in 2010 through a partnership between the Center and NC AHEC. The network offers professional development and technical support for medical directors in North Carolina's public mental health system. Contact Alice Lockhart at mdnetwork@med.unc.edu for information.

Pilot project designed to help overcome barriers to clozapine use

In 2011 the Center began a pilot project designed to overcome barriers to clozapine use. It is estimated that up to 20–30 percent of people with psychosis could benefit from clozapine, yet only two percent of individuals with psychotic disorders receive the medication.

Clozapine, an antipsychotic medication, has repeatedly been shown to be beneficial when other anti-psychotic medications were not effective. However, some individuals taking clozapine develop agranulocytosis, which reduces white blood cells, lowering the body's ability to fight infection. Blood tests to monitor white blood cell production are required as part of the treatment. It is thought that the blood-monitoring requirement and other side effects are a significant barrier to clozapine use.

Since the start of the project, many more patients have had the opportunity to receive clozapine at the Center's Schizophrenia Treatment and Evaluation Program (STEP). "STEP is currently the largest clozapine-prescribing clinic in the state of North Carolina, with approximately 100 patients now being treated with the medication," says Brian Sheitman, MD, professor at UNC Psychiatry, medical director, Wakebrook Project, attending psychiatrist, STEP Clinic and consulting psychiatrist at CCNC.

The Center is committed to continuing to make clozapine treatment available to patients who would benefit from it. The goal of the project is to learn from the local experience and to develop programs to help providers state-wide to use clozapine treatment for patients whom it would help.

The collaborative effort includes a unique blend of public/private entities, including the Center for Excellence staff, the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services and Cardinal Innovations, the Medicaid behavioral health managed-care agency.



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L to R: Volunteers Michelle Morehouse, Greta Lee and Center staff member David Rhyne, LCSW-A, with great assistance from Rocky, prepare the fall beds of the community garden at Penny Lane.

Connecting to the Community

Horticulture Therapy Program developed at The Farm at Penny Lane

The UNC Center for Excellence in Community Mental Health and the North Carolina Botanical Garden at UNC are collaborating to develop a new horticulture therapy program that includes a working community garden for individuals with mental illness. Participants will be patients/clients of UNC, as well as other organizations in the area.

“Horticulture therapy utilizes plants and gardening activities to meet the therapeutic or rehabilitative goals of its participants,” says Thava Mahadevan, MS. “The focus is to maximize social, cognitive, physical and psychological functioning and to enhance general health and wellness of the individual.”

In launching the program, a cadre of 70 volunteers from UNC and the community created 14 winter-garden beds. Sally Haskett, BA, MLA, horticultural therapist, and Jane Saiers, PhD, from the North Carolina Botanical Garden designed and organized the plants in the garden. The community garden will provide a place for individuals in the horticulture therapy program to learn about gardening and food – and participate in gardening, socializing and exercising. Food from the garden will be distributed to needy individuals in the community.

As the program develops, horticulture therapy participants will meet weekly at The Farm at Penny Lane. Mahadevan and Piper Meyer, PhD, research assistant professor in the UNC Department of Psychology, are leading the project.

The program will operate out of The Farm at Penny Lane, a 40-acre property located in Pittsboro, N. C., six miles from the UNC Chapel Hill campus. The property is the former home of XDS Inc., which merged with UNC Center for Excellence in Community Mental Health in 2011.