

ANNUAL REVIEW 2016



BWL art by Kwami Jackson and Grayson Bowen

Brushes With Life

Healing and Recovery
With Art

High Fidelity Care

Assertive
Community Treatment
and Individual
Placement
and Support

UNC Center for
Excellence in
Community
Mental Health

letter from the director



We've had an exciting year at the Center. We continue to navigate the ever-changing mental health system to help individuals with serious mental illness in our local communities and to train mental health professionals around the State.

Private fundraising is a critical part of accomplishing our mission, and we are grateful for a \$300,000 donation that will provide three years of funding for the development of a case management program within the Center. We enjoyed a collaborative fundraiser, "Pasta with a Purpose" with our friends from the Foundation of Hope, and our annual "No Limits Gala" was a great success.

In this annual issue, you'll read more about the Center's expanding Institute for Best Practices, headed by Lorna Moser, PhD, which includes training and support for mental health professionals in Assertive Community Treatment (ACT) teams and for supported employment trainers around the State and beyond. Matt Diehl, MSW, directs the supported employment program for the Institute. Carol VanderZwaag, MD, our director of Community Services and a psychiatrist on the Orange-Chatham ACT Team, began a collaboration with the Orange County Detention Center to provide psychiatric treatment for inmates with serious mental illness.

Thank you to our Advisory Board for their dynamic leadership and to our staff, faculty, volunteers and donors for their enthusiastic support.

A handwritten signature in black ink, appearing to read "John Gilmore". The signature is fluid and cursive.

John Gilmore, MD, Director, UNC Center for Excellence in Community Mental Health; Thad and Alice Eure Distinguished Professor and Vice Chair for Research & Scientific Affairs in the Department of Psychiatry

UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH LEADERSHIP AND PROGRAMS

John Gilmore, MD, Director and Medical Director
of Center

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Carr Mill STEP (Schizophrenia Treatment Evaluation Program) Community Clinic

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Robin Reed, MD, Medical Director, Integrated Care

Wake STEP Community Clinic

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UNC WAKE OASIS

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Kristin Lukasiewicz, MSW, Team Leader

Wake ACT Team

Carrie Brown, MD, Medical Director
Emily Clark, LCSW, MS, CCS, Team Leader

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Janice Bainbridge, MSW, LCSW, Team Leader

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Supported Employment Program

Hillary Little, MS, CRC, LPCA, Team Leader

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UNC Farm at Penny Lane

Brushes with Life Arts Program

UNC PAWS

Technical Assistance Programs

Institute for Best Practices

UNC ACTT Technical Assistance
Lorna Moser, PhD, Director

IPS Supported Employment Technical Assistance
Matthew Diehl, MSW, Director

UNC Medical Directors' Network

Alice Lockhart, BA, Director of Communications,
Program Manager

mission

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

editorial

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funding

The Center 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 individuals with mental illness. Current support for Center programs includes private donations and grants from the following:

- Access Care Network, Community Care of North Carolina
- Alliance Behavioral Healthcare
- Cardinal Innovations Healthcare Solutions
- North Carolina Area Health Education Centers
- North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse
- North Carolina Division of Medical Assistance
- North Carolina Division of Vocational Rehabilitation
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Wake County
- Orange County

Affiliations

Meridian Behavioral Health Services

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Center services update

The Center serves individuals with serious mental illness at clinic/program locations in Orange, Wake and Chatham counties and provides care for individuals in the community 24/7 through its two highly regarded Assertive Community Treatment (ACT) Teams. The Center provided 30,000 visits, including Clinics and ACT Team services, to approximately 1,270 individuals in 44 counties in FY 2016.

Statewide, the Center provides technical assistance to ACT teams and supported employment trainers, through its Institute for Best Practices, a collaboration with the North Carolina Division of Mental Health. The Institute also provides ACT training and support to other states, including Illinois, Minnesota, Wisconsin, Kentucky, Virginia, Maryland, and Ohio. Additionally, the Center supports a leadership program for medical directors/psychiatrists in North Carolina's public mental health system through a partnership with North Carolina Area Health Education Centers.

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UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH

John Gilmore, MD, director, Center; vice chair, Research and Scientific Affairs and

Thad and Alice Eure Professor in the Department of Psychiatry

Thava Mahadevan, MS, director, Operations

Edward Binanay, board coordinator and director, Development



Carol VanderZwaag, MD

VanderZwaag provides treatment for inmates at Orange County Detention Center

The Center's Carol VanderZwaag, MD, director of Community Services, a psychiatrist for the Orange-Chatham ACT Team and professor of psychiatry at UNC Psychiatry, began assessing and treating inmates with acute psychiatric needs at the Orange County Detention Center in November as part of an agreement among Orange County, Cardinal Innovations Solutions, and the UNC Center for Excellence in Community Mental Health.

The detention center, located in Hillsborough, houses pre-trial detainees, state-sentenced inmates, and temporary federal prisoners and has nearly 130 beds.

As part of the Orange County Manager's office, the Criminal Justice Resource Office (CJRO) has initiated several efforts to safely reduce overall rates of pretrial detention, with particular focus on those in custody with mental illness and substance use disorders. According to a 2009 study by Steadman et al, 15 percent of male inmates have mental illness, and 31 percent of female inmates.

"Providing timely assessment and treatment along with a recommendation for post-detention services is one way to close the gap in access to mental health care," says VanderZwaag.

"It's not unusual to evaluate individuals who have never had mental health problems identified, but who have spent considerable time in the criminal justice system. Additionally, using the time in detention to provide good continuity of care for individuals already receiving mental health services helps prevent the type of mental health crises that could occur due to lapses in care."

This recent collaboration is the effort of the Criminal Justice Work Group, which was created by Sheriff Charles Blackwood and the district court judge's office in 2014.

With the addition of VanderZwaag, inmates with mental health issues now have access to a full-time clinical social worker, two contract psychologists, and a contract psychiatrist, all of whom work in regular collaboration with the jail medical doctor and nurses, detention officers, and jail administration.



Center receives \$300,000 gift from a donor who wishes to remain anonymous

A donor who wishes to remain anonymous has given \$300,000 to the UNC Center for Excellence in Community Mental Health to fund the development of a case management program within the Center.

"Thanks to this donation, we plan to create a case management team consisting of a full-time, masters-level clinical social worker, and a half-time peer support specialist," said John H. Gilmore, MD, the Center's director. "This team will be focused on providing individuals and their families with the resources and support they need to achieve the fullest recovery possible."

"Case management, the foundation of stable care and recovery in most states, has not been funded by North Carolina for many years. There is growing awareness that this key service needs to be provided in a thoughtful, cost-effective way," said Gilmore, who is Thad & Alice Eure Distinguished Professor and vice chair for Research and Scientific Affairs in the UNC Department of Psychiatry and director of the Center.

"This gift will allow us to not only provide these services to our patients, but also begin to work with our State partners to develop a new service definition for case management that Medicaid would be willing to fund again. This would improve the care and recovery of people with mental illness by making the delivery of case management sustainable for mental health providers across North Carolina."

Institute for Best Practices expands Center's reach

Developed in 2013 with an original focus on Assertive Community Treatment (ACT), the now Institute for Best Practices "Institute" (2016) provides technical assistance (evaluations, consulting, and training) to support the statewide implementation of high-fidelity evidence-based practices (EBPs), including both ACT and Individual Placement and Support (IPS) model of supported employment. CECMH operates two ACT teams and one IPS team, both of high-fidelity, who also assist with technical assistance work.

"Our goal is to help more people with severe mental illness (SMI) get access to high-fidelity care, no matter where they live, by providing consultation, training, and resources to providers who are delivering these services, as well as those managing and financing the services," says Lorna Moser, PhD, director at the Institute, a national expert on ACT and co-author of the Tool for Measurement of ACT (TMACT), a program fidelity

tool used across the United States and internationally.

"Evidence-based practices are those that are well-studied and shown to produce good outcomes. Remarkably, it can take up to 17 years to see these programs broadly implemented and accessible. Our job is to help facilitate implementation following the proven "recipe" for that program, which is what we refer to as "fidelity," she continues.

ACT teams help adults with SMI live in their homes instead of an institution or the streets. Teams are comprised of a team leader, a psychiatrist, nurses, social workers, therapists, and specialists in areas of substance use, employment, and peer services. The IPS model of supported employment is designed to assist persons with SMI in obtaining and keeping competitive employment. Matthew Diehl, MSW, directs the IPS training program at the Institute.

"Helping individuals return to work results in system-level cost savings, and is also associated with improved recovery



Lorna Moser, PhD

outcomes," explains Moser.

An IPS Team is staffed with professionals who work closely with behavioral health providers, employers, and local vocational rehabilitation division staff to assist clients in finding a job or career that fits with their values, preferences, and skills.

With support from the North Carolina Department of Health and Human Services' (DHHS) Transition Community Living Initiative and working in close partnership with DHHS staff, much of the Institute's work is focused on improving practices for the 75 ACT and 36 IPS teams across the State. The Institute's reach also goes beyond North Carolina, working with at least five other states at any given time.



Carrie Brown, MD

Wake County programs receive awards

The Center's Wake County programs, STEP, OASIS and Wake ACT Team, were honored as part of a leadership award that North Carolina Council of Community Programs presented to UNC Health Care on June 20 at the North Raleigh Hilton.

Additionally, UNC Wake Assertive Community Treatment (ACT) Team's Primary Care Integration program and Alliance Behavioral Healthcare received a Program of Excellence Award for care integration. A collaboration among Alliance Behavioral Healthcare, the UNC Wake ACT Team program and UNC Health Care, the program is designed to ensure that individuals with severe and persistent mental illness are able to have their physical health care needs monitored and when possible addressed by the medical staff on the Wake ACT Team. The awards were presented by the North Carolina Council of Community Mental Health, Developmental Disabilities, and Substance Abuse Programs on Dec. 8, 2016, at a reception during the annual Conference and Exhibition in Pinchurst, N.C.

Carrie Brown, MD, associate professor and psychiatrist for the Wake ACT team accepted the awards.

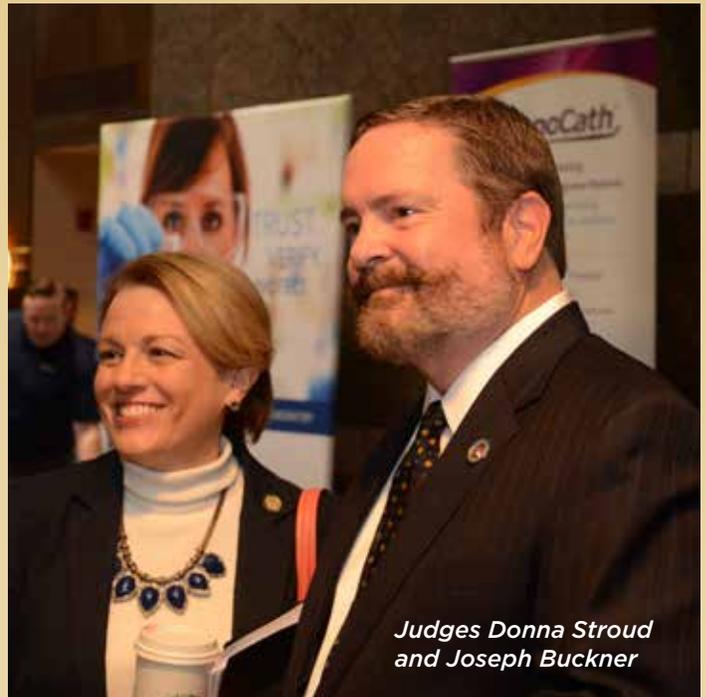
ANNUAL SYMPOSIUMS

The annual Step Symposium focuses on mental health and the criminal justice system

The 23rd Annual STEP Symposium, “Mental health and the criminal justice system: Mental health courts and other initiatives” held April 30, 2016 at the UNC William and Ida Friday Center for Continuing Education, attracted more than 100 participants from around the State. John Gilmore, MD, hosted the event

The honorable Donna Stroud, judge on the North Carolina Court of Appeals, led the program with “A report from the Governor’s Task Force on Mental Health and Substance Use.”

The annual STEP Symposium offers mental health professionals, advocates, individuals and families living with schizophrenia a learning opportunity focused on innovative treatment and approaches.



Judges Donna Stroud and Joseph Buckner

Sixth Annual Medical Directors’ Symposium features NCDHHS Deputy

Medical directors from around the State met at the UNC William and Ida Friday Center, May 21, 2016 for the Sixth Annual Medical Directors’ Network Symposium to learn about changes in North Carolina’s public mental health system and to hear from other experts about management and best practices for clinical topics. Medical directors from Managed Care Organizations (MCOs), Community Care North Carolina (CCNC), former CABHAs and Comprehensive Community Clinics (CCCs) attended the one-day program.

Keynote speaker Randall Williams, MD, FACOG, then-deputy secretary in the North Carolina Department of Health and Human Services and director of Public Health, updated the audience on health care that will impact psychiatrists in North Carolina. The Medical Directors’ Network is a Center collaboration with North Carolina Area Health Educations Centers.

Medical Directors



L-R John Gilmore, MD, Randall Williams, MD, FACOG, and Ureh “Nenna” Lekwauwa, MD



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Brushes with Life Arts Program presents spring exhibit and opening reception



In its 16th year of providing a venue for artists recovering from mental illness to exhibit their work, Brushes with Life unveiled its new exhibit Sept. 13, 2016 at an opening reception from 5:30–7:00 p.m. in the lobby of the North Carolina Neurosciences Hospital. Art is displayed as part of the Brushes with Life Gallery on the third floor and in the hospital lobby. Twenty-four artists participated in the exhibition opening, including three new ones. The program uses art to help artists find healing and move towards recovery. Program Coordinator Grayson Bowen, MFA, teaches art classes for patients/clients at the Carr Mill STEP clinic as well as Wake STEP.