

ANNUAL REVIEW 2018



HELPING HOMELESS INDIVIDUALS THRIVE IN THE COMMUNITY

Center team receives grant to assist homeless individuals



UNC Center for
Excellence in
Community
Mental Health



letter from the director

There are many changes coming to the public mental health system with the privatization of Medicaid in North Carolina, including an emphasis on containing costs and improving outcomes and a growing interest in the so-called “social determinants of health.” It turns out that traditional medical and psychiatric care is responsible for approximately 20 percent of overall health outcomes; the other 80 percent is due to things like health behaviors (not smoking or using alcohol/drugs, physical activity), employment, housing, transportation, access to healthy food, pollution and toxins in the environment, exposure to trauma and violence, and loneliness and social isolation. At the Center, we have known that these non-medical factors are critical for recovery from mental illness and quality of life issues. We have worked hard to integrate quality psychiatric care with innovative approaches that address these social determinants of health.

As highlighted in our Annual Review for 2018, the Center’s exceptionally creative and dedicated staff continue to bring novel approaches that are addressing social determinants of health and wellness. The Center’s Operations Director, Thava Mahadevan, continues to inspire us all with his energy and ideas!

The new HomeLink program, funded with a \$2.4 million federal grant, will provide comprehensive care and support to help maintain stable housing. HomeLink grew out of a case management program initially funded by an anonymous gift to the Center and is an excellent example of how gifts can be leveraged to create important and impactful new programs. We also highlight the Foundation of Hope’s support of the UNC Wellness on Wheels mobile clinic, which will bring expanded health and wellness services to those we serve in Wake County.

I want to thank our faculty and staff, our Advisory Board and all of our supporters for making a real difference and improving lives across North Carolina.

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, Center
Thava Mahadevan, MS, LCAS, Director, Operations
Austin Hall, MD, Medical Director, Center
Edward Binanay, BS, Director, Development
Alice Lockhart, BA, Director, Communications
Lorna Moser, PhD, Director, Institute for Best Practices
Elizabeth Rossi, BA, Director, Quality Management, Clinic Manager

Clinics

STEP (Schizophrenia Treatment and Evaluation Program) Community Clinic at Carr Mill

Austin Hall, MD, Medical Director, Center

STEP Clinic at Vilcom Center

John Gilmore, MD, Center Director

Community Comprehensive Mental Health Clinic at Carr Mill

Austin Hall, MD, Medical Director, Center

Integrated Primary and Behavioral Health Care Clinic at Carr Mill

Austin Hall, MD, Medical Director

Wake STEP Community Clinic

Shannon Wallace, LCSW, LCA, Director, Clinical Services

WAKE Encompass

Claudia Driver, LMFT, LCAS, Clinical Director

North Carolina Psychiatric Research Center

Fred Jarskog, MD, Director
Gary Cuddeback, PhD, MPH, Director, Community Outcomes Research and Evaluation Center

Community Programs

Orange/Chatham ACT Team

Kristin Lukasiewicz, MSW, Team Leader

Wake ACT Team

Emily Clark, LCSW, MS, CCS, Team Leader

Case Management Program

Janice Bainbridge, MSW, LCSW, Team Leader

Community Resource Court

Caroline Ginley, MSW, LCSW, Program Manager

HomeLink

Janice Bainbridge, MSW, CCS, Team Leader
Thava Mahadevan, MS, LCAS

IPS Supported Employment Program

Hillary Little, MS, Team Leader

Recovery Programs

UNC Farm at Penny Lane Brushes with Life Arts Program

UNC PAWS

Thava Mahadevan, MS, LCAS, Director

Technical Assistance Programs

Institute for Best Practices

UNC ACTT Technical Assistance
Lorna Moser, PhD, Director

IPS Supported Employment Technical Assistance

Matthew Diehl, MSW, Director

N.C. Community Psychiatrists' Leadership Network

Alice Lockhart, BA, Director, 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)
- Orange County
- Wake County
- U.S. Social Security Administration

Affiliations

Meridian Behavioral Health Services

UNC Center for Excellence in Community Mental Health Advisory Board

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Lori Taylor, CFP; Senior Vice President and Wealth Management Advisor, Fifth Third Bank

UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH

John Gilmore, MD, Center Director; Vice Chair, Research and Scientific Affairs and Thad and Alice Eure Professor in the Department of Psychiatry

Thava Mahadevan, MS, LCAS, Operations Director

Edward Binanay, Development Director

36,300

visits provided in FY 2018, including clinics, ACT, and other programs

1730
patients received services

states served by the Center's Institute for Best Practices, including North Carolina



number of North Carolina counties served at locations in Orange, Chatham, and Wake counties



Community Psychiatrists Leadership Network, a collaboration with N.C. AHEC, serving community psychiatrists



UNC Farm at Penny Lane houses the Center's innovative recovery programs



A \$2.4M SAMHSA grant will boost the Center's efforts to address housing and comprehensive behavioral health care

One of five homeless individuals has serious mental illness. A \$2.4M grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) will provide comprehensive behavioral (mental health) care and other services for individuals living with serious mental illnesses who are experiencing or who are at risk for homelessness.

Project HomeLink will serve 600 individuals in Orange and Chatham counties. Thava Mahadevan, MS, LCAS, director of operations at the Center and the recovery programs at the UNC Farm at Penny Lane, is principal investigator for the five-year grant.

"Individuals with serious mental illness need assistance in managing both their physical and mental health care and day-to-day living," said Mahadevan. "Along with securing and maintaining housing, there is a tremendous need for them to receive evidence-based (latest scientific practices) behavioral (mental health and substance abuse) and physical health care."

The HomeLink team, led by

Janice Bainbridge, MSW, LCSW, team leader for the Center's Case Management program, will focus on individuals who are: chronically homeless; living in assisted living facilities who are at risk of becoming homeless; transitioning from institutional settings; receiving assertive community treatment or outpatient services. The team will assist participants in finding stable and affordable housing and will teach them independent living skills as well as manage health care needs. They will also link participants to other resources for health care, insurance, Medicaid, and mainstream benefits such as Supplemental Social Security Income, Social Security Disability Insurance, and Temporary Assistance

for Needy Families.

Antoine Bailliard, PhD, associate professor, UNC Division of Occupational Therapy in the Department of Allied Health Sciences, will integrate occupational therapy into the comprehensive services provided. Gary Cuddeback, PhD, MPH, MSW, director of the Center's Community Outcomes Research and Evaluation (COREC), associate professor, UNC School of Social Work and Psychiatry, will direct evaluation and data collection.

The grant will also provide training (internships) opportunities for UNC's nursing, social work, clinical rehabilitation, counseling and rehabilitation, occupational therapy and psychology students.

WAKE OASIS changes name to **Wake Encompass**

Wake OASIS became UNC Wake Encompass in June. A specialty clinic for adolescents and young adults, Wake Encompass will remain at the same address, 3010 Falstaff Rd. in Raleigh, and is housed with the Center's ACT (Assertive Community Treatment) Team, the Wake STEP Clinic, and the North Carolina Psychiatric Research Center (NCPRC).

The Wake Encompass clinic serves adolescents ages 16-18 and young adults in Wake County who are experiencing a recent onset episode of early psychosis (mental illness). Research indicates that adolescents and young adults who receive comprehensive treatment during their first episode of psychosis have better treatment outcomes and are less likely to become disabled.

For referrals, check out the Web at wakeencompass.org or call 919.445.0401.



The Center is expanding its mobile health clinic through a collaboration with the **Foundation of Hope**

The Center and the UNC School of Nursing will collaborate with the Foundation of Hope to expand the Center's mobile clinic, UNC Wellness on Wheels (W.O.W) program, will provide services two days a week to individuals with serious mental health challenges who live in Wake County. The Foundation has committed \$65,500 for the one-year pilot program.

"Wellness on Wheels is an innovative

dynamic approach to providing comprehensive integrated care (medical and mental health care) for individuals with serious mental health and addictive disorders," said Thava Mahadevan, MS, LCAS, director of operations at the Center.

Collaborators hope the clinic will become a model for other potential mobile health clinics across North Carolina and beyond.

The mobile clinic's integrated health team will provide mental health care management, recovery/rehabilitation service as well as basic preventive primary care and wellness education during visits. After an initial start-up with the Center's Wake STEP patients, the clinic will expand services to additional patients living in Wake County. Mahadevan and his colleagues expect to serve 500 patients during the first year of operation.

Peer support, a path to recovery



"Have you ever felt hopeless? I have," said Jeff Neer, LCSWA, LCAS, CPSS, (shown left) a co-occurring disorders specialist on the Wake ACT Team.

A survivor of childhood trauma, Neer developed an anxiety disorder, and he eventually found himself dealing with a devastating substance use disorder.

"I can relate to losing all hope that my life would ever get any better."

"Things got so bad that I found myself unable to accept the help offered from my loved ones, and truly believed that the world would be a better place without me around anymore."

Neer said he was fortunate. He connected with a group of individuals who had survived similar challenges, and they gave him hope for recovery and a better quality of life.

He also found a career path in peer support that focused on using his recovery to support other individuals experiencing the same pain that he had survived.

"Peer support is, simply, one person with lived experience and demonstrated recovery from a mental illness and/or substance use disorder, providing encouragement and support to another person struggling with similar challenges," said Neer.

Within the Center, there are five additional peer support specialists who use their experiences to help Center clients rebuild their confidence and to establish meaningful lives.

Austin Hall, MD, named Center Medical Director



Austin Hall, MD, associate professor, medical director of the STEP and Integrated Care clinics at Carr Mill and ACT Psychiatrist, was named medical director for the Center in April 2018. He will oversee the clinical aspect and management of all the Center clinics and related programs in Chapel Hill-Carrboro as well as

Wake and Chatham counties.

Dr. Hall joined the Center in March 2015 to work with the UNC Chatham Orange Assertive Community Treatment (ACT) Team and became medical director in 2016 for the Schizophrenia Treatment and Evaluation (STEP) Clinic at Carr Mill.

Prior to joining the Center, Dr. Hall worked in community mental health for 12 years at Easter Seals UCP of North Carolina, where he worked on ACT teams and in outpatient clinics in both urban and rural settings.

Dr. Hall received his undergraduate degree from Princeton University and his medical degree from the University of Kansas School of Medicine. He completed a residency and chief residency in general psychiatry at UNC School of Medicine in 2004. Dr. Hall also has a certification in psychiatry from the American Board of Psychiatry and Neurology as well as certification in addiction medicine from the American Board of Addiction Medicine.



Daniel Weinberger, MD; John Gilmore, MD, and Lisa Dixon MD, MPH

Twenty-fifth Annual STEP Symposium focuses on advances in the neurosciences and treatment of schizophrenia

Nearly 100 patients, families and mental health professionals learned about the advances in neurosciences and treatment of schizophrenia at the celebration of the 25th anniversary of the STEP Symposium, April 14, 2018, at the UNC William and Ida Friday Center.

The Symposium featured Lisa Dixon MD, MPH, and Daniel Weinberger, MD.

Dixon is a professor of psychiatry and director, Division of Behavioral Health Services, Columbia University Medical Center; director, Center for Practice Innovations (CPI), New York State Psychiatric Institute.

Weinberger is a professor of psychiatry, neurology, neuroscience, Johns Hopkins University School of Medicine and The Institute of Genetic Medicine, and director and CEO, Lieber Institute for Brain Development.

Center presents Eighth Annual N.C. Community Psychiatrists' Leadership Symposium

Community Psychiatrists from around the State met at the UNC William and Ida Friday Center, May 19, for the Eighth Annual N.C. Community Psychiatrists' Network Symposium to learn about "preparing for changes in the public mental health system." Dave Richard, deputy director, division of Medical Assistance, North Carolina Department of Health and Human Services, gave the keynote, "How North Carolina is moving forward with improving health for people with mental health needs." The Symposium is a collaboration with N.C. A.H.E.C.



Dave Richard and John Gilmore, MD



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DEPARTMENT of PSYCHIATRY


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Fifth Annual No Limits Gala is great success

L to R: Ed Binanay; John Gilmore, MD; Joanne McGill-Ackerman; Leslie Nelson-Bernier; and Thava Mahadevan, MS, LCAS

Friends and supporters of the Center celebrated the Center's Fifth Annual No Limits Gala Nov. 1, 2018 at the George Watts Hill Center on the UNC campus. Guests enjoyed dinner, music and silent and live auctions. North Carolina native and UNC Alumna Joanne McGill-Ackerman received the Center's Community Mental Health Advocacy Award that is presented annually to an individual who is a community leader and supports the community in improving mental health through education and advocacy. She has also provided substantial financial support for the Center's recovery programs.

 **to donate** <https://www.med.unc.edu/psych/cecmh/about-us/how-to-give>