



Comprehensive Supports

High Fidelity

Community
Inclusion

24/7

Flexible

Independent
Living

Person-Driven

ACT

ASSERTIVE **C**OMMUNITY **T**REATMENT

Grant awarded to study treatment for
individuals with serious mental illness

ANNUAL
REVIEW
2019

UNC Center for Excellence in Community Mental Health



letter from the director

We are pleased to present our Annual Review, which we typically send to you in the spring to highlight our achievements for the previous year. Now, as the days are getting warmer and summer approaches, we are adjusting to a new normal in response to COVID-19. We have worked closely with our colleagues in the UNC Department of Psychiatry and UNC Health during the pandemic. We have quickly adapted to provide telepsychiatry visits for our patients and have collaborated with several community partners to provide food, smartphones for telehealth visits and other critical supplies for our patients. The dedication and creativity of faculty and staff have made our response to COVID-19 very effective.

The Center was founded in 2009, so we celebrated our 10th anniversary, and what a year it was. Samantha Meltzer-Brody, MD, MPH, became chair of the Department in October, and we are grateful for her support and leadership. It was an honor to present our Community Mental Health Advocacy Award to N.C. Representative Verla Insko during our annual gala. The Tiny Homes Village (THV) at the UNC Farm at Penny Lane broke ground in November for a community of 15 homes.

In addition to serving our local community and communities across the state, the Center is also having a national impact. Congratulations to Lorna Moser, PhD, director of our Best Practices Institute, who received a nearly \$500,000 grant from the Laura and John Arnold Foundation for a national study of Assertive Community Treatment (ACT) for individuals with serious mental illness.

As we press on though the uncertainty of the pandemic, I truly appreciate our friends and supporters, especially our advisory board members. Your support has been an important part of our growth over the past 10 years and is critical to our continued success.

Best wishes,

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
Alice Lockhart, BA, Director, Communications
Lorna Moser, PhD, Director, Institute for Best Practices
Elizabeth Rossi, BA, Director, Quality Management, Clinic Manager

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

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

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

Editor: Alice Lockhart, BA, Director of Communications alice_lockhart@med.unc.edu • *Designer:* Jeff Crawford Design
Photography: Samantha South • Brian Stickland Photography © Copyright UNC Center for Excellence in Community Mental Health

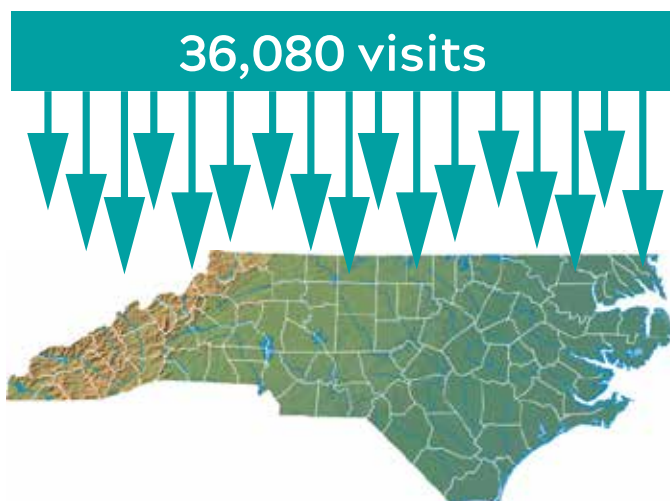
The Center was created in 2009 with a generous three-year grant from The Duke Endowment. The Center is partnering with a broad group of organizations and government agencies dedicated to improving the care of individuals with mental illness. Current support for Center programs includes private donations and grants from the following:

- Access Care Network, Community Care of North Carolina
- Alliance Behavioral Healthcare
- Cardinal Innovations Healthcare Solutions
- Chatham County
- Laura and John Arnold Foundation
- 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

In FY 2019, the Center provided 36,080 visits, including clinics, ACT and other programs, to 1,846 individuals from 42 North Carolina counties at locations in Orange, Chatham and Wake counties.



UNC Center for Excellence in Community Mental Health Advisory Board

- David Page**, CHAIR, Senior Program Manager, SAS
Matthew Gilmore –VICE CHAIR, Data Science Manager, Red Hat
Lee Bowman, Director, Project and Corporate Development, Envirolink
Brianne Brown, PsyD, Clinical Psychologist and Senior Medical Science Liaison, Jansen Scientific Affairs
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Cornell Lamb III, Captain, Carrboro Police Department
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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

UNC Center for Excellence in Community Mental Health

CELEBRATING 10 YEARS OF IMPROVING THE LIVES OF INDIVIDUALS WITH MENTAL ILLNESS IN NORTH CAROLINA



2009-2019

Center receives nearly \$500,000 to study Assertive Comprehensive Treatment for individuals with serious mental illness

The UNC Center for Excellence in Community Mental Health (Center) has been awarded nearly \$500,000 by the Laura and John Arnold Foundation (LJAF) for a national study to look at Assertive Community Treatment (ACT) for individuals with serious mental illness. Lorna Moser, PhD, associate professor in the UNC Department of Psychiatry and director of the Center's Institute for Best Practices, (Institute), is the principal investigator (PI) for the three-year grant.

"Establishing the current state of Assertive Community Treatment (ACT) implementation in the U.S." will be the first comprehensive national ACT study. ACT teams, comprised of a multidisciplinary staff from psychiatry, social work, and other specialists, provide 24/7 treatment for individuals with serious mental illness in a community or home setting.

Researchers expect this study to fill a large knowledge gap in not only the availability of ACT nationally, but the extent to which it is offered with higher fidelity (e.g., quality, adherence to the model's ingredients). ACT and similar models (forensic assertive community treatment, FACT) are an important part of the crisis response system, helping divert people from more institutional settings.

"There's been greater attention nationally to implementing ACT, which is exciting," Moser said. "Similarly, there are so many questions we need to answer to be smart about implementation efforts. It's not just a question of access, it's also about quality. Availability of a supportive policy, adequate funding, and access to alternative services likely impact good



Lorna Moser, PhD

faith efforts to implement ACT."

"We hope to generate valuable descriptive data on the state of ACT implementation across the U.S. to guide current and future efforts to make smarter use of (sadly) limited resources in community mental health," Moser said. "We believe study results will be useful to policy-makers and funders, but also providers and mental health services researchers."

The research team includes co-investigators Gary Cuddeback, PhD, MSW, MPH, professor, UNC School of Social Work and director of the Center's Community Outcomes Research and Evaluation, Maria Monroe-DeVita, PhD, associate professor at the University of Washington-Seattle, co-director of the Northwest Mental Health Technology Transfer Center (MHTTC), and co-developer of TMACT, Lynette Studer, PhD, MSW, assistant professor, University of Wisconsin-Madison, and Victoria Jeffries, MPH, a research associate at the Center.

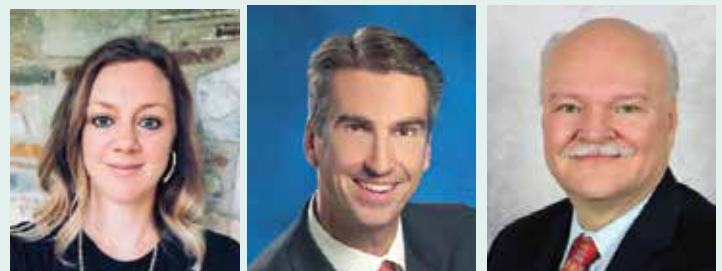
The Center has two-high fidelity ACT teams.

Center welcomes three new advisory board members

The Center welcomes to its advisory board: Brianne Brown, PsyD, a clinical psychologist and senior medical science liaison for neuroscience medical affairs at Janssen Scientific Affairs; David Pope, a senior manager at SAS and a team leader of data scientists and technical architects who enable customers to gain value from implementing analytics in domestic energy industries, and Curtis Massey, JD, a senior assistant attorney with the Durham County Attorney's Office. David Pope currently serves as chair.

"It is a pleasure to welcome Brianne, David and Curtis to our advisory board," said John Gilmore, MD, director of the Center.

The Board supports the mission of the Center by advising



Brianne Brown, PsyD, David Pope, and Curtis Massey, JD

and assisting in the development of its overall strategy. Board members will serve as advocates for the Center to increase its visibility, internally and externally, and assist in fundraising.



Ninth annual N.C. Community Psychiatrists Leadership Symposium features Carrie Brown

The Center presented “2020: A look at North Carolina’s Transition to Medicaid Managed Care” May 3 at the UNC Friday Center. John Gilmore, MD, director of the UNC Center for Excellence in Community Mental Health, welcomed community psychiatrists and other leaders from around the State. He recognized North Carolina AHEC’s Alan Brown and Hugh Tilson for their support and contributions to the network.

Carrie Brown, MD, MPH, the chief medical officer for Behavioral Health & IDD for North Carolina’s Department of Health and Human Services opened the symposium with an update and overview of the transition to Medicaid Managed Care.

The leadership program is a collaboration with North Carolina AHEC.



Groundbreaking Tiny Homes

The Center, in collaboration with the UNC School of Social Work, the nonprofit organization Cross Disability Services (XDS Inc.) and other community partners broke ground November 15 for the Tiny Homes Village (THV) at the UNC Farm at Penny Lane. The Village will provide housing for veterans and other individuals who have serious mental illness. Earlier in the fall, the Oak Foundation awarded a \$1 million grant to THV for infrastructure costs and the construction of three homes on the site. The Center’s John Gilmore, MD, Thava Mahadevan, MS, LCAS, and Advisory Board Member Lee Bowen participated in the groundbreaking.

Center provides resources to assist clients during the pandemic

In response to COVID-19, the Center has developed additional resources to assist its clinic and community-based clients. From free meals to prepaid smartphones, clients have access to food, telepsychiatry, and virtual group activities:



Telemedicine Clients received a prepaid smartphone with unlimited data for six months, which allows them to easily communicate with Center staff and prevents visits to a busy emergency room. They can also participate in remote wellness activities such as WRAP groups

Heat and Eat Meals Collaborations with local restaurants and other groups provide nutritious heat-and-eat meals, delivered by Center team members, allowing clients to avoid crowded food pantries and soup kitchens. The Farm at Penny Lane provides fresh fruits and vegetables, when available.

Food Pantry A centralized pantry at Penny Lane, provides non-perishable food and other essential items including, personal hygiene products. Clinicians deliver items to at-risk clients.

The Farm Online Wellness Wednesday provides a collection of weekly group-based activities that include affordable cooking, social wellness skills and yoga. With the community garden closed, horticulture therapy clients who have received a vegetable plant at their residence use it as a model for discussing therapeutic topics.

For information contact thava@unc.edu.

Samantha Meltzer-Brody named Chair



Samantha Meltzer-Brody, MD, MPH, Ray M. Hayworth and Family Distinguished Professor of Mood and Anxiety Disorder in the UNC Department of Psychiatry, was appointed Assad Meymandi Distinguished Professor and chair of the department, effective October 1.

Among her many accomplishments, she founded Taking Care of Our Own, a resource for physician well-being and burnout prevention. Meltzer-Brody was instrumental in UNC Health and the UNC School of Medicine's adoption of the Quadruple Aim, and is the executive medical director of the UNC Well-Being Program. A recipient of numerous awards, she recently received the Oliver Max Gardner award, the highest honor the University of North Carolina System confers on faculty.



Melinda Asbury named medical director for the Wake ACT team

Melinda "Mindy" Asbury, MD, PhD, was named assistant professor in psychiatry and medical director for the Wake

ACT Team in 2019. She specializes in the treatment of individuals with serious mental illness and brings expertise in intensive community-based interventions, first episode psychosis and integrated care. She also works with psychiatry and family medicine residents who are training with the Wake ACT team.

Prior to her residency training at Duke University Medical School, Asbury received her medical degree and a doctorate in biomedical sciences with an emphasis in neuropharmacology from the Joan C. Edwards School of Medicine at Marshall University. She uses her expertise in neuropsychopharmacology in combination with evidence-based cognitive intervention as her primary treatment modalities.

Asbury is also involved in several research studies at the Center's North Carolina Psychiatric Research Center, and she continues to collaborate at Duke Medical Center and Durham VA Medical Center with her research focused on optimizing the provision of palliative and hospice care for individuals with serious mental illness.

Twenty-sixth annual STEP Symposium focuses on social determinants of mental health and recovery



L-R: Thava Mahadevan, MS, LCAS, Lorna Moser, PhD, Mark Salzer, PhD, Antoine Bailliard, PhD, and Janice Bainbridge, LCSW

More than 100 patients, families and mental health professionals from around the state gathered April 6 at the UNC Friday Center to learn about community factors and other social determinants of health, including housing, transportation, food security, employment and social connectedness, which play a significant role in health, wellness and recovery for individuals with serious mental illness. John Gilmore, MD, the Center's director, Eure Professor, and vice chair, Research and Scientific Affairs, hosted the half-day event. Mark Salzer, PhD, professor of social and behavioral sciences, Temple University College of Public Health; director, Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, presented the keynote, "Life in the community like everyone else: Community inclusion as a medical necessity."



Thava Mahadevan receives an inaugural Ann & Gerry Akland Person of Passion Award at Wake County NAMI

Thava Mahadevan, MS, LCAS, director of operations at the UNC

Center for Excellence in Community Mental Health, received an inaugural Ann & Gerry Akland Person of Passion Award at NAMI Wake County's 33rd Celebration of Courage Award at the community leaders at the PNC Arena, April 26, 2019.

The award recognize the contributions of individuals who are working towards erasing stigma and advocating for the rights of those living with a mental illness. Nominees must be a person of passion, must perform their acts with love and compassion with the goal of improving the lives of the clients they serve.



SCHOOL OF MEDICINE
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unccmh.org

Hope Grows Here celebrates the Center's Sixth Annual No Limits Gala



John Gilmore, MD, and Rep. Verla Insko


More than 120 Center friends and supporters celebrated the evening with a new format that included a wandering dinner,

live music by Souljam, and a silent auction. Michael Williams, chair of the Center's Advisory Board, hosted the evening.

John Gilmore, MD, director of the Center, welcomed guests and introduced Samantha Meltzer-Brody, MD, MPH, the new chair of UNC Psychiatry, who delivered remarks.

Gilmore presented the Center's Community Mental Health Advocacy Award to Representative Verla Insko. The award is given annually to a community leader who supports the community in improving mental health through education and advocacy.

Gala sponsors included: Gold Sponsor, Kalos Golf, Participating Sponsors: Ron Blackwell, Cardinal Innovations, Rep. Verla Insko, Hugh McGregor and Lianne MacGregor, Old Vineyard Behavioral Healthcare, and the Shared Visions Foundation.

 **to donate** <https://give.unc.edu/donate?p=mfmh&s=MEDFOT20RHRU39>