

# South Central MIRECC Advisory Board Meeting

Hilton Houston Plaza - Houston, TX

February 4, 2011

- 7:30 am **Continental Breakfast**
- 8:00 am **Introductions**
- 8:15-9:00 am **Greer Sullivan, MD, MSPH**
- Overview of South Central MIRECC
  - Achievements and Challenges
  - Questions for Advisory Board
  - Orientation to today's meeting
- 9:00-9:30 am **Kathy Henderson, MD; Michael Kauth, PhD - Partnership with the Mental Health Product Line (MHPL)**
- Uniform Mental Health Services Handbook Modules (UMHS) for Community-Based Outpatient Clinics (CBOCs)
  - Working with Couples
  - Promoting Telepsychotherapy
  - Traumatic Brain Injury (TBI) Assessment Modules – *Kim Arlinghaus, MD*
- 9:30-10:30 am **John Fortney, PhD - Research**
- Orientation to South Central MIRECC Research
  - Telemedicine
  - Innovations in Cognitive Behavioral Therapy (CBT)
    - Intensive Two Day Treatment - *Ellen Teng, PhD*
    - Spiritual CBT Component – *Melinda Stanley, PhD*
  - Partners in Dementia Care – *Mark Kunik, MD, MPH*
- 10:30 am **Break**
- 10:45-11:15 am **Michael Kauth, PhD - Education Outreach to CBOCs and Education Products**
- CBOC Representatives on the Education Core
  - Dissemination of Education Products
  - MH Community of Practice (COP) – *Tom Teasdale, DrPH*
  - Support and Family Education (SAFE) program for CBOCs – *Michelle Sherman, PhD*
- 11:15-12:00 pm **Patricia Dubbert, PhD - Community Outreach**
- Assisting Communities to Collaborate for Expanded Soldier Support – *JoAnn Kirchner, MD*
  - Community Colleges – *Justin Hunt, MD, MS*
  - Primary Care (PC) Education in the Community – *Tom Teasdale, DrPH*
- 12:00-1:00 pm **Working Lunch**
- Mark Kunik, MD, MPH - Growing Research & Recruitment**
- Staff Recruitment
  - MIRECC Fellows
  - Meet a Fellow – *Salah Qureshi, MD/Chris Johnson, PhD*
- 1:00-1:30 pm **Advisory Board Meets**
- 1:30-2:30 pm **Report from Advisory Board and Discussion**

# MIRECC Advisory Board Meeting

February 4, 2011

8:00am – 3:00pm

Hilton Plaza Hotel

Houston, TX

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## **South Central MIRECC Mission**

To improve access to evidence-based practices in rural and other underserved populations, especially returning war veterans, veterans experiencing natural disasters, and vulnerable elderly populations.

### **Questions for the Advisory Board**

1. How are we doing in terms of balancing service and research missions?
2. How much emphasis should we place on community outreach?
3. How much effort should we invest in building CBOC partnerships?
4. Are our strategies to recruit investigators appropriate?
5. How can we use technology more effectively?
6. How important is evaluation?
7. Should we create a methods core?

## TABLE OF CONTENTS

1	EDUCATION
2	RESEARCH
3	RESEARCH TRAINING
4	CLINICAL CARE
5	ADMINISTRATIVE/SERVICE

## **Education Contents**

1. Clinical Education Products
2. VISN 16 Mental Health Providers Community of Practice Website
3. Guide to VA Mental Health Services for Veterans & Families

*A Therapist's Guide to Brief Cognitive Behavioral Therapy.* The manual is designed to show how CBT can be adapted to brief sessions in medical settings. The manual is not intended to produce competence in CBT but to support existing training and supervision in CBT. Developed by Jeffrey A. Cully, PhD, and Andra L. Teten, PhD; Michael E. DeBakey VA Medical Center.

*Anger Management Patient Handbook and Instructor's Guide.* An 8-session cognitive-behavioral workbook for group treatment. Great for a new group. Developed by Eddy White, LCSW; Fayetteville VA Medical Center.

*Be A Quitter – Just This Once: A Patient's Guide to Stop Smoking.* A patient-guided CD-ROM program that uses the Stages of Change model to identify patients' readiness to stop smoking. Developed by Dona Zanotti, Ph.D.; John Tassej, Ph.D.; Oklahoma City VA Medical Center.

*Coping with Chronic Pain.* A short DVD describing group treatment approach for chronic pain management. Good introduction to pain management. Developed by Jeffrey West, Ph.D.; New Orleans VA Medical Center.

*Community Reinforcement and Family Training – Support and Prevention (CRAFT-SP) manual.* This family education manual is adapted from earlier work on the CRAFT model by Dr. Robert Meyers. The program is designed to aide family members in improving their relationship with the addict/user, while encouraging the individual to seek treatment. Developed by Steven M. Scruggs, Psy.D., Oklahoma City; Robert J. Meyers, PhD, University of New Mexico. Center on Alcoholism, Substance Abuse and Addictions; and Rebecca Kayo, PhD, University of Oklahoma Health Sciences Center.

*Courage Group.* This workbook is the manualization of a 12-week outpatient psychotherapy group for veterans who have experienced sexual trauma (begun in 1995). The workbook focuses on effects of trauma, coping with emotions, self esteem, trust, relationships and intimacy, confrontations and forgiveness, and celebration. Includes handouts. Developed by Dana D. Foley, PhD.; Oklahoma City VA Medical Center.

*Discontinuing Your Medication for Depression patient brochure.* A brief take-home guide for patients who are discontinuing their antidepressants. Content covers withdrawal symptoms and warnings of signs of returning depression. Developed by JoAnn Kirchner, MD; Kathy Henderson, MD; Maga Jackson-Triche, MD; and VISN 16 Mental Health Product Line.

*Gambling Education Workbook.* An 8-session gambling education workbook and resource guide that integrates cognitive-behavioral and 12-step approaches. Great for Substance Abuse Treatment Programs. Developed by Jefferson Parker, Ph.D.; Randy Burke, Ph.D.; Paul Matens, LCSW; and Frances Hill; G.V. "Sonny" Montgomery VA Medical Center, Jackson.

*Helping Dementia Caregivers.* An interactive CD-ROM that illustrates effective behavioral management skills to caregivers through a series of video clips. Useful for self-study or group formats. Developed by Tom Teasdale, DrPH; Michael E. DeBakey VA Medical Center, Houston.

*Hepatitis C and Other Communicable Diseases Posing Threats to Homeless Veterans brochure and DVD.* This brief brochure and DVD provide basic description and prevention information on hepatitis A, B & C, trichomoniasis, chlamydia, gonorrhea, syphilis, pelvic inflammatory disease, genital warts, HIV, genital herpes, pubic lice, West Nile virus, body lice, influenza, TB and others for homeless Veterans. The DVD can be used in a group setting and is accompanied by a review and quiz. Developed by Estella Morris, Ph.D., LCSW; H. Lynn Hemphill, LCSW; Central Arkansas Veterans Healthcare System, Little Rock.

*Insomnia: Difficulty Falling Asleep or Staying Asleep, and Quality of Sleep brochure.* A brief overview of causes of insomnia and tips for sleeping better. Includes a sleep log. Developed by JoAnn Kirchner, MD; Kathy Henderson, MD; and VISN 16 Mental Health Product Line.

*Making the Invisible Visible: Clinical Guide for Recognizing Traumatic Brain Injury in Veterans.* Graphically powerful staff brochure designed to increase clinician awareness about and screening for traumatic brain injury in returning veterans. Screening questions and "next step" recommendations included. Developed by Kimberly A. Arlinghaus, MD; Helene K. Henson, MD; Stephanie Sneed, MD; and Janet Hickey, MD; Michael E. DeBakey VA Medical Center, Houston.

*Managing Disruptive Behavior in Dementia Patients: A training tool for clinical nurse assistants.* An instructional CD-ROM that models ineffective, effective, and preventive behavioral management skills to long-term care nursing staff through a series of video clips with actors. Developed by Tom Teasdale, Dr.PH; Michael E. DeBakey VA Medical Center.

*MAPS: A Guide to Managing Adult Psychiatric Symptoms for Family Members and Friends.* This caregiver support packet is designed to be provided to family members of Veterans who are diagnosed with a mental illness, especially family members who cannot attend support / psychoeducational groups at the VA. Content information describes various mental illnesses and addresses caregiver stress. The packet is provided as a pdf file so that selected pages, or the entire packet, may be printed as needed. Developed by Kristen H. Sorocco, Ph.D.; Thomas Teasdale, Dr.PH.; and Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center.

*OEF/OIF Post-Deployment Connection for Returning Veterans Webpage.* Web pages designed to inform returning soldiers of VA benefits and services and how to access them. Content provided by VISN 16 OEF/OIF coordinators. Developed by Deleene S. Menefee, PhD, Janine Shaw, PhD, Sara (Su) Bailey, PhD, & Fern Taylor (Houston). These pages are now managed by the South Central Network (VISN 16) and can be found at <http://www.visn16.va.gov/services/freedom.asp>

*Operation Enduring Families: A Support and Education Program for Returning Iraq and Afghanistan Veterans and Their Families manual.* A 5-session psychoeducational class for returning Iraq and Afghanistan war veterans and their families. Topics include deployment and its impact on the family; parenting tips; communication skills; coping with depression, PTSD, and anger; and reconnecting as a family. The manual also includes promotional materials, leader's guide, and participant handouts. Developed by Ursula B. Bowling, PsyD; Alan Doerman, PsyD; and Michelle Sherman, PhD; Oklahoma City VA Medical Center, OKC.

*Playing It Safer Workbook.* A 4-session behavioral skills-based group program to reduce HIV sexual risk. Good for Substance Abuse Treatment Programs. Developed by Dana Ross, PhD, MPH; and Randy S. Burke, PhD; G.V. "Sonny" Montgomery VA Medical Center, Jackson.

Preparing Veterans for Group Psychotherapy. A 25 minute DVD for veterans that features veterans discussing their experiences in group psychotherapy and how this treatment has been helpful. This is a good orientation to group therapy. Developed by Pamela C. Fischer, PhD; Richard Carothers, PhD; Oklahoma City VA Medical Center, OKC.

PTSD Sleep Therapy Group manual. This 6-session treatment protocol includes education, behavioral, and cognitive strategies for sleep problems related to PTSD in an individual or group setting. Both a therapist manual and patient workbook. Developed by Karin E. Thompson, Ph.D.; C. Laurel Franklin, Ph.D.; Karen Hubbard, Ph.D.; Memphis and New Orleans VA Medical Centers.

Quitting It All: Tobacco Cessation for Chemical Dependence and Dual Diagnosis Treatment Programs. A 90-minute, single-session program to address nicotine dependence. Includes workbook, facilitator's guide, and relaxation tape. Developed Theodore V. Cooper, Ph.D.; Randy S. Burke, Ph.D.; G.V. "Sonny" Montgomery VA Medical Center, Jackson.

Recovery: A Journey of Healing and Transformation. This 48-minute DVD was developed to introduce the recovery model to veterans with mental illness, family members and significant others, and medical center staff. The program illustrates the dimensions of recovery through veteran-consumer testimonials and a simulated community meeting. Additional online resources are identified in the credits. This project was produced by mental health staff and veteran consumers at 4 medical centers (Houston, Biloxi, Dallas, Little Rock). Developed by Quang (Charlie) X. Nguyen, PhD and many others.

Relaxation Enhancement Therapist Manual / Stress-for-Less Patient Manual. This is a step-by-step guide for teaching relaxation skills using breathing control, muscle relaxation, and guided imagery in a group format. Relaxation logs and instructions for audio recording personal relaxation tapes are included. Developed by C. Laurel Franklin, PhD; Shelia Corrigan, PhD; Stephanie Repasky, PsyD; Karin E. Thompson, PhD; Madeline Uddo, PhD; & Jessica Walton, MS; Southeast Louisiana Veterans Health Care System, New Orleans.

Resilience to Trauma. This three part DVD depicts World War II ex-Prisoners of War describing their internment experiences and life after captivity. This visually engaging program is intended to communicate to veterans of all eras and to the general public that people can and do cope after horrific events. Developed by Wright Williams, PhD; Michael E. DeBakey VA Medical Center, Houston.

SAFE Program Manual-Revised. An 18-session workshop and resource guide for educating families of veterans with chronic mental illness. Very helpful if starting family services for first time. Developed by Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center. Also available for downloading at [w3.ouhsc.edu/safeprogram](http://w3.ouhsc.edu/safeprogram)

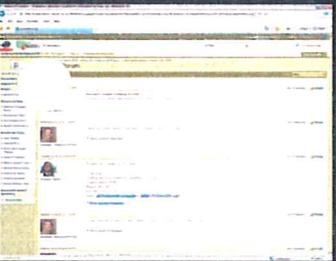
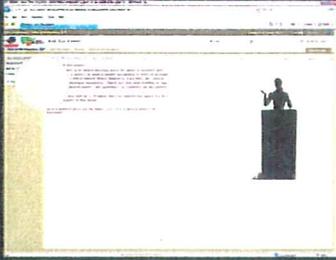
*New!* An Appendix on implementing the SAFE Program in a Rural Area or VA Community Based Outpatient Clinic (CBOC) is now available.

Treating Chronic Pain in Substance Abusing Patients: An Interactive Primer. A comprehensive, interactive CD primer on managing chronic pain in substance abusing patients, including medication pocket guides and assessment and intervention resources. Developed by Gabriel Tan, Ph.D.; Deacon Staggs, MD; Serena Chu, Ph.D.; Bilal F. Shanti, MD; Quang (Charlie) Nguyen, Ph.D.; Jaime Rhudy, Ph.D.; Rebecca Kayo, Ph.D.; Mobeen N. Choudhri, MD; John Ramirez; Michael E. DeBakey VA Medical Center, Houston.

*Us and Them: The Experience of Mental Health Stigma.* This PowerPoint program on CD and manual provides a facilitator-guided presentation for a medical center staff to challenge their beliefs about mental illness and promote greater sensitivity. Developed by Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center, OKC.

*Veterans Helping Veterans: Key Insights for PTSD Recovery.* A 23-minute audio CD to promote treatment involvement and adherence via testimonials by combat veterans in PTSD treatment. Very moving. Developed by Kathleen O. Reyntjens, Ph.D.; Leslie Root, Ph.D.; Gulf Coast VA Healthcare System, VA Medical Center, Gulfport.

*New! Veteran Parenting Toolkit.* Five sets of age-specific parenting materials for young Veteran parents and their partner. Available at [www.ouhsc.edu/vetparenting/](http://www.ouhsc.edu/vetparenting/) Developed by Michelle Sherman, Ph.D.; Ursula B. Bowling, Psy.D.; Jeffrey Anderson, Ph.D.; Karen Wyche, Ph.D.; Oklahoma City VA Medical Center.



# Check out the new VISN 16 Mental Health Providers Community of Practice website!

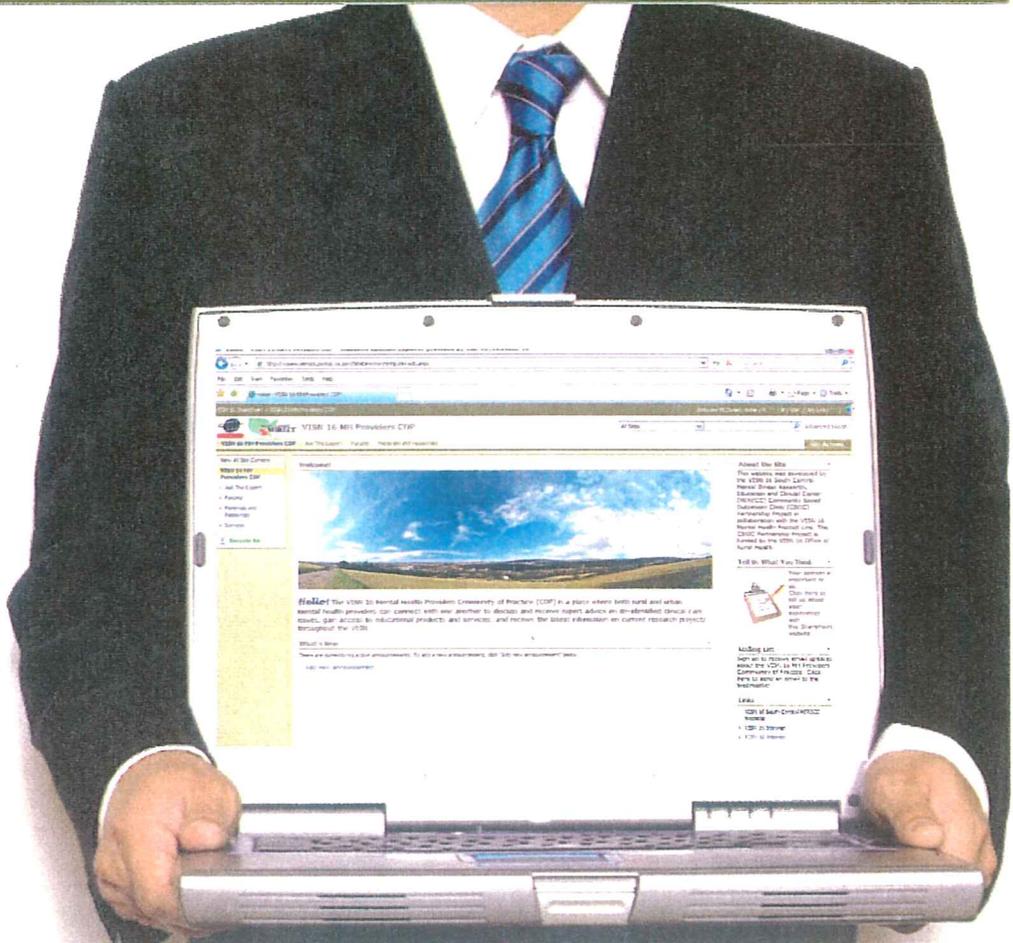
Visit

[http://vaww.visn16.portal.va.gov/  
SiteDirectory/mhp/default.aspx](http://vaww.visn16.portal.va.gov/SiteDirectory/mhp/default.aspx)

to:

- Connect to VISN 16 mental health providers;
- Use online forums to discuss de-identified clinical care issues;
- Access educational products and distance learning modules;
- Find the latest information on VISN 16 education and research projects;
- Register to win educational incentives including pocket guides, books and videos.

Questions? Contact the Webmaster at  
[Ashley.McDaniel@va.gov](mailto:Ashley.McDaniel@va.gov)



This website was developed by the VISN 16 South Central MIRECC CBOC Partnership Project in collaboration with the VISN 16 Mental Health Product Line and funding from the VISN 16 Office of Rural Health

## **Research Contents**

1. MIRECC Pilot Studies
2. External and Internal Grant Funding
3. Collaborative grants/projects
4. Publications

Site	Investigator/Title	Amount	Yr funded
<b>FY09</b>			
HOU	Mary E. Long, Ph.D. <i>Imagery Rescripting for Posttraumatic Nightmares in Rural OEF/OIF Veterans with PTSD</i>	38,479	1/9/2009
HOU	Tam Dao, PhD  <i>Developing a Pre-Operation Depression / Anxiety Manual for Rural / Underserved Populations Undergoing a Coronary Artery Bypass Operation</i>	40,834	4/9/2009
BLX	Scott Cardin, PhD  <i>Pilot Assessment of Rural Veterans' Belief System and Factors Leading to Treatment Barriers for Rurally Living Veterans at the VAGCVHCS</i>	49,846	10/6/2009

<b>FY10</b>			
NOL	Laurel Franklin, PhD  <i>Comparing telemedicine to in person delivery of cognitive behavioral therapy for trauma-related insomnia in rural veterans.</i>	20,400	2/13/2010
NOL	John Hunter, PhD <i>Assessed effectiveness of Telehealth-Delivered "Prolonged Exposure" with Rurally-Located Veterans: A Randomized Pilot Study</i>	73,796	3/19/2010
HOU	Mary R. Newsome, PhD <i>Remote Cognitive Rehabilitation and Web-based Intervention in Rural Veterans with Comorbid PTSD and Mild TBI: A Feasibility Study</i>	55,882	9/30/2010
HOU	Aanand Naik, MD  <i>Behavioral Coaching for Rural Veterans with Diabetes and Depression</i>	58,850	7/8/2010
LIT	Joy Pemberton, PhD <i>Parent-Child Interaction Therapy in the VA System: A Needs and Barriers Assessment</i>	30,015	8/12/2010

Site	Investigator/Title	Amount	Yr funded
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**FY11**

HOU	Ellen Teng, Ph.D. <i>"Using Smart Phone Technology as a Platform for Delivering Mental Health Care to Rural Veterans"</i>	47,742	12/14/2010
HOU	Michael Mallen, Ph.D. <i>"Using a Telephone Intervention with Rural Veterans with Dementia and Pain and their Caregivers: A Pilot Study"</i>	32,541	12/14/2010
LIT	Teri D. Davis, Ph.D. <i>"Improving the Engagement of Women Veterans in Mental Health Care: A Study of Racial Differences in Barriers to Care"</i>	36,600	12/14/2010

**Table 1: Internal VISN 16 Research Collaboration (Collaborations across SC MIRECC Sites)**

Project Name	Collaborating Sites	PI
Hurricane Database Project	<ul style="list-style-type: none"> <li>• New Orleans (Constans, Deitch)</li> <li>• Little Rock (Sullivan, Davis, Han)</li> </ul>	Joseph Constans, PhD (New Orleans)
Improving Obesity in Veterans with Mental Illness	<ul style="list-style-type: none"> <li>• Jackson VAMC (Evans)</li> </ul>	Patricia Dubbert, PhD (Little Rock)
VISN 16 PTSD Warehouse	<ul style="list-style-type: none"> <li>• Houston (Kunik, Qureshi, Peterson, Yu)</li> <li>• Little Rock (Pyne, Kimbrell, Hudson)</li> </ul>	Mark Kunik, MD (Houston)
Rural Culture and Help Seeking	<ul style="list-style-type: none"> <li>• Houston (Teal, Timmons)</li> <li>• New Orleans (Shervington)</li> <li>• Oklahoma City (Wyche)</li> <li>• Little Rock (Sullivan, Fischer, Curran, Deen, Fortney)</li> </ul>	Ellen Fischer, PhD (Little Rock)
Telemedicine Outreach for Post Traumatic Stress in CBOC	<ul style="list-style-type: none"> <li>• Shreveport (Robinson)</li> <li>• Little Rock (Fortney, Kimbrell)</li> </ul>	John Fortney, PhD (Little Rock)
Implementing Telemedicine-Based Collaborative Care for MDD in Contract CBOC's	<ul style="list-style-type: none"> <li>• VISN 16 (Enderle)</li> </ul>	John Fortney, PhD (Little Rock)
Identification of and at-risk Interventions for Pre-Deployment Psychophysiological Predictors of Post-Deployment Mental Health Outcomes	<ul style="list-style-type: none"> <li>• New Orleans (Constans)</li> <li>• Little Rock (Pyne)</li> </ul>	Jeff Pyne, MD (Little Rock)

Project Name	Collaborating Sites	PI
<p>Perspectives on Enhancing Family Involvement in Treatment of PTSD</p> <p>REACH Project</p>	<ul style="list-style-type: none"> <li>• Oklahoma City (Sherman, Bowling)</li> <li>• Little Rock (Fischer, Pyne, Owen)</li> <li>• Oklahoma City (Sherman, Trash, Doerman)</li> <li>• Little Rock (Fischer, Owen)</li> </ul>	<p>Michelle Sherman, PhD (Oklahoma City)</p> <p>Michelle Sherman, PhD (Oklahoma City)</p>
<p>Understanding Provider Decision Making</p>	<ul style="list-style-type: none"> <li>• Little Rock (Sullivan, Mittal)</li> <li>• Houston (Helmer, Marsh)</li> <li>• Biloxi (Cardin)</li> <li>• Oklahoma City (Sherman)</li> <li>• Jackson (Epler)</li> </ul>	<p>Greer Sullivan, MD (Little Rock)</p>
<p>Development of a Measure of Rural Culture</p>	<ul style="list-style-type: none"> <li>• Houston (Teal)</li> <li>• Little Rock (Blevins, Sullivan)</li> </ul>	<p>Cayla Teal, PhD (Houston)</p>

**Table 2: External Research Collaboration (Collaborations External to SC MIRECC)**

Project Name	External Collaborator(s)	SC MIRECC Collaborator(s)
Hurricane Database Project	<ul style="list-style-type: none"> <li>• Centers for Disease Control (Teten)</li> <li>• University of New Orleans (Deitch)</li> <li>• VA Boston (Vasterling)</li> </ul>	Joseph Constans, PhD (New Orleans)
Behavioral Activation Therapy for Rural Veterans with Diabetes and Depression	<ul style="list-style-type: none"> <li>• Baylor College of Medicine (Naik)</li> <li>• Appalachian State University (Jameson)</li> </ul>	Jeff Cully, PhD (Houston)
Test of an Intervention to Improve Retention in HIV Care After Hospitalization	<ul style="list-style-type: none"> <li>• Baylor College of Medicine &amp; Harris County Hospital District (Giordano)</li> </ul>	Jeff Cully, PhD (Houston)
Systems Approach to Exercise Promotion for Prostate Cancer Patients	<ul style="list-style-type: none"> <li>• Brown University (Pinto)</li> </ul>	Patricia Dubbert, PhD (Little Rock)
Predicting Implementation From Organizational Readiness to Change	<ul style="list-style-type: none"> <li>• Hines Illinois VAMC (Hogan)</li> <li>• Minneapolis VAMC (Hagedorn)</li> </ul>	Patricia Dubbert, PhD (Little Rock)
Hypertension Education and Treatment (HEAT) Partnership	<ul style="list-style-type: none"> <li>• University of Mississippi Medical Center and Jackson-Hinds Comprehensive Health Care Center</li> </ul>	Patricia Dubbert, PhD (Little Rock)
Rural Culture and Help Seeking	<ul style="list-style-type: none"> <li>• University of Arkansas for Medical Sciences School of Public Health (Borders, McSweeney)</li> <li>• University of Michigan (Duran)</li> <li>• White River Junction Vermont (Wallace)</li> <li>• RAND (Tanielian)</li> <li>• University of Kentucky (Schoenberg)</li> </ul>	Ellen Fischer, PhD (Little Rock)

Project Name	External Collaborator(s)	SC MIRECC Collaborator(s)
Telemedicine Outreach for Post Traumatic Stress in CBOC	<ul style="list-style-type: none"> <li>• VISN 22 (Ofero)</li> <li>• VISN 16 CBOCs</li> </ul>	John Fortney, PhD (Little Rock)
Multilevel of Analysis of American Indian Mental Health, Illness and Service Use	<ul style="list-style-type: none"> <li>• University of Colorado Denver (Kaufman)</li> </ul>	John Fortney, PhD (Little Rock)
Implementing Telemedicine-Based Collaborative Care for MDD in Contract CBOC's	<ul style="list-style-type: none"> <li>• VISN 22(McDougall)</li> <li>• VISN 16 CBOCs</li> </ul>	John Fortney, PhD (Little Rock)
Mechanisms of Changing Beliefs about Treatment for Alcohol Use Disorders	<ul style="list-style-type: none"> <li>• Dartmouth (Stecker)</li> </ul>	John Fortney, PhD (Little Rock)
A Spinal Cord Injury Vocational Integration Program: Implementation and Outcomes	<ul style="list-style-type: none"> <li>• Michael E. DeBaakey VAMC (Holmes)</li> </ul>	Anthony Kerrigan, PhD (Houston)
The John M. Eisenberg Center for Clinical Decisions and Communications Sciences	<ul style="list-style-type: none"> <li>• Baylor University (Fordis)</li> </ul>	Mark Kunik, MD (Houston)
VISN 16 PTSD Warehouse	<ul style="list-style-type: none"> <li>• VISN 7 MIRECC (Magruder)</li> </ul>	Mark Kunik, MD (Houston)
Neural and Behavioral Sequelae of Blast-Related Traumatic Brain Injury	<ul style="list-style-type: none"> <li>• Michael E. DeBaakey VAMC &amp; Baylor University (Levin, Kent, Scheibel, Chu, Hopewell, Newsome, Henson, Wilde)</li> </ul>	Mary Newsome, PhD (Houston)
Rehabilitation Research and Training Center on Developing Strategies to Foster Community Integration and Participation for Individuals with Traumatic Brain Injury	<ul style="list-style-type: none"> <li>• Baylor College of Medicine &amp; TIRR Memorial Hermann (Sander and Sherer)</li> </ul>	Nicholas Pastorek, PhD (Houston)
Hepatitis C Implementation of Translating Initiatives for Depression into Effective Solutions (HEP-TIDES)	<ul style="list-style-type: none"> <li>• St. Louis VAMC (Kanwal)</li> </ul>	Jeff Pyne, MD (Little Rock)

Project Name	External Collaborator(s)	SC MIRECC Collaborator(s)
Measuring Quality Adjusted Life Years in Children with Autism Spectrum Disorders	<ul style="list-style-type: none"> <li>University of Arkansas for Medical Sciences School of Public Health (Tilford)</li> </ul>	Jeff Pyne, MD (Little Rock)
Identification of and at-risk Interventions for Pre-Deployment Psychophysiological Predictors of Post-Deployment Mental Health Outcomes	<ul style="list-style-type: none"> <li>Virginia National Guard (CPT Gibson)</li> </ul>	Jeff Pyne, MD (Little Rock)
Cost-Effectiveness of Reducing Drug Treatment Barriers	<ul style="list-style-type: none"> <li>Wright State University (Rapp)</li> </ul>	Jeff Pyne, MD (Little Rock)
HIV Translating Initiatives for Depression into Effective Solutions	<ul style="list-style-type: none"> <li>HIV/Hep C QUERI (Asch and Gifford)</li> </ul>	Jeff Pyne, MD (Little Rock)
Patient-Centered Medication Adherence Intervention for Schizophrenia	<ul style="list-style-type: none"> <li>University of Arkansas for Medical Sciences College of Nursing Little Rock (McSweeney)</li> </ul>	Jeff Pyne, MD (Little Rock)
Couples Therapy for PTSD in OEF/OIF Veterans	<ul style="list-style-type: none"> <li>VISN 22 MIRECC (Glynn)</li> </ul>	Fredrick Sautter, PhD (New Orleans)
Perspectives on Enhancing Family Involvement in Treatment of PTSD	<ul style="list-style-type: none"> <li>VISN 5 MIRECC (Dixon)</li> <li>VISN 6 MIRECC (Fairbank)</li> <li>VISN 22 MIRECC (Glynn)</li> </ul>	Michelle Sherman, PhD (Oklahoma City)
REACH Project	<ul style="list-style-type: none"> <li>VISN 5 MIRECC (Dixon)</li> <li>Maine Medical Center (McFarlane)</li> </ul>	Michelle Sherman, PhD (Oklahoma City)
The Child & Family Research Training & Education Program	<ul style="list-style-type: none"> <li>University of Oklahoma Dept of Psychiatry</li> </ul>	Michelle Sherman, PhD (Oklahoma City)
Integrating Care Coordination Home Telehealth in Rural Oklahoma: A Pilot Study	<ul style="list-style-type: none"> <li>Oklahoma VAMC Geriatrics and Extended Care (Mason)</li> </ul>	Kristen Sorocco, PhD (Oklahoma City)

Project Name	External Collaborator(s)	SC MIRECC Collaborator(s)
Partnering to Provide Mental Health Care Education to Rural Providers of Veterans	<ul style="list-style-type: none"> <li>• Oklahoma Geriatric Education Center (OkGEC)</li> <li>• VISN 16 GRECC (Chernoff)</li> </ul>	Kristen Socorro, PhD (Oklahoma City)
Treating Depression in African American Elders: A Community-Academic Partnership	<ul style="list-style-type: none"> <li>• John Hopkins (Gitlin)</li> </ul>	Melinda Stanley, PhD (Houston)
CALM: Improving Primary Care Outcomes	<ul style="list-style-type: none"> <li>• University of Washington (Roy-Byrne)</li> <li>• University of California, Los Angeles (Craske)</li> <li>• UC Davis Health System (Stein)</li> <li>• RAND (Sherbourne)</li> </ul>	Greer Sullivan, MD (Little Rock)
Neurofibromatosis 1 in Old Age: International Interdisciplinary Analysis of the Issues	<ul style="list-style-type: none"> <li>• DoD (Muvihill)</li> </ul>	Tom Teasdale, DrPH (Oklahoma City)
A Randomized Controlled Study of Mind Body Skills Groups for Treatment of War-Zone Stress in Military and Veteran Populations	<ul style="list-style-type: none"> <li>• Georgetown Medical School (Gordon and Staples)</li> </ul>	Madeline Uddo, PhD (New Orleans)

**Table 3: VISN 16 Technology Projects**

<b>Project/ Grant Name</b>	<b>Brief Description</b>	<b>PI/Co-PI</b>
Community of Practice (COP)	A social networking site for V16 clinicians. The site offers opportunities for clinicians to dialogue with one another about challenging clinical cases, collaborate on research projects, learn from "Ask the Expert" topic forums, and find education resources to facilitate optimal care of veterans.	Tom Teasdale, DrPH (Oklahoma City) Ashley McDaniel (Little Rock)
Development of an Intranet-Based Cognitive Behavioral Therapy Training Program	Development of an internet-based training program for CBT in the medically ill. This project will transform a traditional workshop approach to CBT into an online training using audio and video enhanced PowerPoint slides.	Jeff Cully, PhD (Houston)
Web-based Couples Training	Development and testing of a web-based working with couples training in VISN 16. This interactive, multi-media content uses Articulate.	Michael Kauth, PhD (Houston)
Telepsychotherapy	Development and conducting training to promote telepsychotherapy in VISN 16 using the Telemental Health system. This project focuses on addressing clinicians' discomfort with the medium and providing implementation support. This training uses live videoconferencing.	Michael Kauth, PhD (Houston)
Partners in Dementia Care (PDC)	PDC uses telephone based care coordination for dementia patients and their caregivers. It incorporates web-based treatment plan shared between VA and non VA entity.	Mark Kunik, MD (Houston)
CBT for Depression	Development and testing of an online training manual-- CBT for depression for SUD counselors. This manual is based on the current BRIGHT manual developed by RAND.	Geoff Curran, PhD (Little Rock)
Telemedicine Outreach for PTSD (TOP) Study	The TOP study uses interactive video to provide psychiatric consultations and cognitive process therapy to veterans at CBOCs.	John Fortney, PhD (Little Rock)

<p>Adjunctive Biofeedback Interactions for OEF/OIF PTSD</p>	<p>Examines the feasibility, acceptance, and effect size of the StressEraser as an adjunct therapy for rural VA patients with PTSD seeking services from CBOCs in rural AR communities. The StressEraser is a handheld device that can provide biofeedback treatment between in-person or televideo mental health visits.</p>	<p>Tim Kimbrell, MD (Little Rock)</p>
<p>Psychophysiological Reactivity to Identify and Treat Veterans at Risk for PTSD</p>	<p>Developing and testing the use of psychophysiological reactivity to identify and treat OIF/OEF veterans at risks for worsening PTSD symptoms or treatment resistant PTSD symptoms. This will inform questions about the utility and acceptability of various psychophysiological measures to identify and monitor combat related PTSD using virtual reality (VR) as a simulated stressor to measure physiologic reactivity.</p>	<p>Jeffery Pyne, MD (Little Rock)</p>
<p>Identification of and At-Risk Interventions for Pre-Deployment Psychophysiological Predictors of Post-Deployment Mental Health Outcomes</p>	<p>Objectives: 1) develop and test pre-deployment objective predictors of post-deployment PTSD outcomes 2) develop and test early post-deployment objective predictors of 12-month post-deployment PTSD outcomes, and 3) adapt and test two pre-deployment combat resiliency training interventions: a) heart rate variability biofeedback and b) cognitive bias modification training compared to a no intervention control group. This resiliency training is loaded on iTouch devices (breath pacing and cognitive bias training).</p>	<p>Jeffery Pyne, MD (Little Rock)</p>
<p>Coordinated Anxiety Learning and Management (CALM)</p>	<p>CALM examines a collaborative approach to treating anxiety within primary care settings by adding a care-manager to the clinic staff. Patients who qualify, and choose to take part in the study, have a choice between two effective treatments for anxiety – computer assisted cognitive behavioral therapy, medication, or both.</p>	<p>Greer Sullivan, MD (Little Rock)</p>

<p>OI&amp;T Innovation Project: Outcomes-based Prescribing</p>	<p>To build a small-area prototype of a comparative effectiveness tool using Vista EHR data. Analysis of secondary datasets (HINTS, CPS) is used to examine predictors and patterns of Internet use among veterans and non-urban users.</p>	<p>John Crilly, PhD (New Orleans)</p>
<p>Couples Therapy for PTSD</p>	<p>Adapt sections of a manualized couple's therapy for PTSD for use over the telephone.</p>	<p>Fred Sautter, PhD (New Orleans)</p>
<p>Integrating Care Coordination Home Telehealth (CCHT) and Home Based Primary Care (HBPC) in Rural Oklahoma: A Pilot Study</p>	<p>Project is designed to add CCHT services to the HBPC Program as an innovative way to expand the coverage of HBPC to more rural areas while becoming more efficient with the HBPC resources.</p>	<p>Kristen Sorocco, PhD (Oklahoma City)</p>
<p>Alzheimer's Association grant</p>	<p>To examine the feasibility and effectiveness of using AttentiveCare (secure software designed to allow symptom monitoring and interactive video capabilities) to provide rural caregivers access to educational programs offered by the Alzheimer's Association.</p>	<p>Kristen Sorocco, PhD (Oklahoma City)</p>

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### In Press

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Blevins D, Farmer MS, Edlund C, Sullivan G, Kirchner J (In Press) Collaborative research between clinicians and researchers: Barriers and facilitators in the VA Clinical Partnership Program. *Implementation Science*.

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Kramer T, Pyne J, Kimbrell T, Savary P, Smith J, Jegley S (In Press) Clinician Perceptions of Virtual Reality to Assess and Treat Returning Veterans. *Psychiatric Services*.

Liu CF, Chapko MK, Bryson CL, Burgess JF, Fortney JC, Perkins MW, Sharp ND, Maciejewski M (In Press) Use of Outpatient Care in VA and Medicare among Veterans Receiving Primary Care in Community-based and Hospital Outpatient Clinics. *Hlth Serv Res*.

Manguno-Mire G, Sautter FJ, Johnson JE, Myers L, Bryan F, Nenov N, Ross R, Bissette G, O'Neill P (In Press) Cortisol response to dexamethasone in PTSD patients with psychotic symptoms. *Am J Psychiatry*.

Mattox R, McSweeney J, Sullivan G, Ivory J (In Press) Qualitative analysis: Clergy portrayal of anxiety in televised sermons, *Health Communication and Faith Communities*, Hampton Press.

Mittal D, Fortney JC, Pyne JM, Edlund ME, Wetherell JL (In Press) Predictors of persistence of comorbid generalized anxiety disorder among veterans with major depression. *Journal of Clinical Psychiatry*.

Paukert AL, Stanley MA (In Press) The roles of social support and self-efficacy in physical health's impact on depressive and anxious symptoms among older adults. *J Clin Psychol Med Settings*.

Pfefferbaum B, Houston B, Sherman MD, Melosn A (In Press) Children of national guard troops deployed in the global war on terrorism. *Journal of Loss and Trauma*.

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Qureshi S, Long ME, Bradshaw MR, Pyne JM, Magruder KM, Kimbrell T, Hudson TJ, Jawaid A, Schulz PE, Kunik ME (In Press) Does PTSD impair cognition beyond the effect of trauma? *The Journal of Neuropsychiatry and Clinical Neurosciences*.

Reeves RR, Parker JD, Burke RS (In Press) Unrecognized physical illness prompting psychiatric admission. *Annals of Clinical Psychiatry*

Schrimsher GW, O'Bryant SE, Parker JD & Burke RS (In Press) The relation between race and cognistat performance in males seeking substance use disorder treatment. *Journal of Clinical and Experimental Neuropsychology*.

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Tai-Seale M, Kunik M, Shepherd A, Kirchner J (In Press) A Case Study of Early Experience with Implementation of Collaborative Care in the VA. Population Health Management.

### Book/Book Chapters

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Martin JA & Sherman MD (in press) Understanding the effects of military life and deployment on couples and families. In D. Snyder & C. Monson (eds), Couple-based interventions for military and veteran families: Promoting individual and relationship well-being. New York: Guilford.

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Jameson JP, Cully JA Cognitive behavioral therapy for older adults in the primary care setting.  
Sorocco, KH & Lauderdale, S(Eds.) Implementing CBT for Older Adults: Innovations Across Care Settings. Springer Publishing, NY in press, 2010.

**MIRECC Research Fellows:**

<b>Site</b>	<b>Fellow</b>	<b>School</b>	<b>Research Interest</b>	<b>MENTOR(S)</b>
HOU	<b>Crystal Clark, MD (2010-2012)</b>	<b>University of Louisville</b> Crestwood, KY	Mood disorders as it relates to women's reproductive health; PTSD in women who are victims of sexual assault and domestic violence	Sanjay Mathew & Mark Kunik
LIT	<b>Teri Davis, PhD (2009-2011)</b>	<b>Jackson State University</b> Jackson, MS	MH seeking behavior in AA veterans; Women	Greer Sullivan
LIT	<b>Tiffany Haynes, PhD (2010-2012)</b>	<b>University of Michigan</b> Ann Arbor, MI	MH utilization among AA; Religious beliefs affect AA attitudes towards MH treatment	Greer Sullivan
HOU	<b>Juliette Mott, PhD (2010-2012)</b>	<b>University of Missouri</b> Saint Louis, MO	Psychotherapies for PTSD	Mindi Stanley, Ellen Teng & Jeff Cully
LIT	<b>Angie Waliski, PhD (2009-2011)</b>	<b>University of Arkansas</b> Fayetteville, AR	School based interventions for children experiencing combat related parental deployment	JoAnn Kirchner

January 2011

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Representing

Chaplain Core

Social Work Group Leader CBOCs  
& MH Clinic at Little Rock VAMC

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## MIRECC-MHPL Consumer Advisory Board Cont.

### Mission

Advise the South Central VA Health Care Network (VISN 16) Mental Illness Research, Education, and Clinical Center (MIRECC) and the Mental Health Product Line (MHPL) regarding development of educational programs and improvement of clinical services to benefit Veterans and educate Veterans, consumers, and their families about MIRECC and MHPL accomplishments.

### Membership

The Board will have 15 members and include representation from the following areas: Veteran Organizations, Consumers, VISN Leaders, VAMC Managers, Front Line Providers, NAMI and Public Health Leadership.

### Structure and Procedures

The Board meets monthly; One meeting may be a face to face meeting during the MIRECC Retreat, with the rest conducted via videoconferencing (V-Created on 4/28/2005 10:40:00 AMTel) or by conference calls.

The Project Coordinator for MIRECC along with the Chairperson of the CAB will facilitate and convene meetings. The Associate Directors for Education and for Improving Clinical Services, South Central MIRECC, and the Manager, Mental Health Product Line (MHPL), will assist the Coordinator as necessary.

Meetings will consist of brief reports from the MIRECC and the MHPL about current educational activities and programs, clinical services, and research. The MIRECC and MHPL will discuss priorities for the next year. The CAB will provide feedback and suggest programs or areas of research for further development.

Board members serve for a period of two (2) years with staggered terms. The MIRECC leadership and MHPL Network manager appoints a Chair for a two (2) year term. The Chair develops a brief written summary of Board comments and recommendations on a quarterly basis and submits the report to the Co-Director for Education and for Improving Clinical Services, South Central MIRECC, and the Manager, Mental Health Product Line.

Updated 1.21.11

## **Administrative/Service Contents**

1. Reports to OMHS
  - VISN 16 SC MIRECC collaborative efforts with academic medical centers
  - SC MIRECC VISN 16 Research Projects Translated into Advancements in Clinical Care
  - SC MIRECC VISN 16 OEF/OIF Activities
  
2. National Service Activities

## **VISN 16 South Central MIRECC collaborative efforts with academic medical centers**

The South Central Mental Illness Research, Education and Clinical Center (SC MIRECC) is located in VISN 16, comprising all or parts of 8 states. VISN 16 is unique in its geographic expanse and disaster prone coastal areas, as well as its high rural residency among Veterans, high proportion of ethnic minorities, high physical and mental illness burdens, low income per capita, and low percent of college graduates. The SC MIRECC theme is "To improve access to evidence-based practices in rural and other underserved populations, especially returning war Veterans, Veterans experience natural disasters, and vulnerable elderly Veterans." The SC MIRECC has four active sites (VA medical centers) and five academic affiliates. The SC MIRECC maintains close partnerships with its affiliates. University-affiliated investigators are actively engaged in research on Veterans and in training and education with the MIRECC, which is largely conducted at the VA or in the community. The SC MIRECC provides clinical services to Veterans in the context of approved research protocols. Much of the work with the SC MIRECC focuses on stigma, outreach, evidence-based interventions, and services to family members and caregivers.

Selected MIRECC-Affiliate externally funded research collaborations:

- Increasing PTSD treatment engagement among returning Iraq and Afghanistan Veterans (VA-University of Arkansas for Medical Sciences).
- Expanding telemedicine outreach for treating PTSD in rural VA community clinics (VA-University of Arkansas for Medical Sciences).
- Incorporating patient centered medication adherence interventions (VA-University of Arkansas for Medical Sciences).
- Partnering with dementia care givers to prevent aggression in Veteran patients (VA-Baylor College of Medicine).
- Evaluating strategies to enhance implementation of VA primary care mental health programs (VA-University of Arkansas for Medical Sciences).
- Identifying psychophysiological predictors of post-deployment mental health outcomes and interventions to reduce risk (VA-University of Arkansas for Medical Sciences).
- Employing cognitive behavioral therapy (CBT) for anxiety in dementia patients (VA-Baylor College of Medicine).
- The effectiveness of brief intensive psychotherapy for panic disorder on comorbid PTSD (VA-Baylor College of Medicine).
- The effectiveness of cognitive behavioral therapy (CBT) in Primary Care for late-life generalized anxiety disorder (VA-Baylor College of Medicine).
- Incorporating religion and spirituality into cognitive behavioral therapy (CBT) for anxious and depressed older adults (VA-Baylor College of Medicine).
- The effectiveness of training substance abuse counselors in cognitive behavioral therapy (CBT) for depression (VA-University of Arkansas for Medical Sciences).
- Understanding providers' stigmatization of serious mental illness among Veterans (VA-University of Arkansas for Medical Sciences).

- Measuring cultural barriers to mental health care for rural Veterans (VA-Baylor College of Medicine).
- Evaluating the use and abuse of prescription opioids among Iraq and Afghanistan Veterans (VA-University of Arkansas for Medical Sciences).

Selected MIRECC-Affiliate education collaborations:

- Training mental health providers in assessment of traumatic brain injury (TBI) in returning Iraq and Afghanistan veterans (VA-Baylor College of Medicine).
- A guide to managing adult Veteran psychiatric symptoms for family members and friends (VA-University of Oklahoma School of Medicine).
- A parenting toolkit for Veterans, families, and mental health providers (VA-University of Oklahoma School of Medicine).
- A web-based cognitive behavioral therapy (CBT) training program rural mental health providers (VA-Baylor College of Medicine).
- A community intervention to support returning soldiers through establishment of Veterans' courts, training clergy in counseling Veterans, and training community college personnel in counseling Veterans (VA-University of Arkansas for Medical Sciences).
- Partnering to provide mental health education to rural health care providers of Veterans (VA-University of Oklahoma School of Medicine).

South Central MIRECC (VISN 16)  
Research Projects Translated into Advancements in Clinical Care

The South Central MIRECC is continuing its mission to improve care for rural and other underserved Veterans. Based at five anchor sites (Houston, Jackson, Little Rock, Oklahoma City, and New Orleans) we serve the entire Network.

### **VISN 16 MIRECC Research Projects Translated into Advancements in Clinical Care**

#### **Telemedicine-Based Collaborative Care**

Telemedicine services are a necessity in VA Networks with rural populations. Many rural primary care practices lack on-site mental health specialists. The intervention is an adaptation of the collaborative care model for rural VA primary care practices using telemedicine technologies including telephone, interactive video, Internet, and electronic medical records. In the collaborative care approach to depression treatment, primary care providers work in conjunction with a depression care team that consists of nonphysicians (e.g., nurses, pharmacists) and mental health specialists (e.g., psychologists, psychiatrists). Intervention participants experienced a more than 50% improvement in depressive symptoms compared to controls. Results suggest that telemedicine-based collaborative care is effective.

<http://nrepp.samhsa.gov/ViewIntervention.aspx?id=127>

**Contact:** John Fortney, Ph.D., [John.Fortney@va.gov](mailto:John.Fortney@va.gov), 501-257-1726

#### **Primary Care Mental Health (PCMH) Program**

VISN 16 was one of the first networks to apply for and receive funding for integrating Primary Care and Mental Health. The VISN 16 proposal was a partnership with the Mental Health Product Line and South Central MIRECC. An integrated Primary Care-Mental Health program was implemented at all 10 VA Medical Centers including eight clinics located at the main medical centers and five at the community based outpatient clinics. Three models of integrated programs were tested: co-located collaborative care, care management, and a blended model that combined elements of the other two. The integrated clinics resulted in fewer referrals to specialty Mental Health care. The co-located collaborative care model performed somewhat better. However, one model is unlikely to meet the needs of every facility. A blended model has some advantages over the other two models.

**Publication:** **Kirchner JE**, Edlund C, Henderson K, Daily L, Parker LE, **Fortney JC**: Using a multi-level approach to implement PCMH. *Families, Systems and Health*, Vol. 28, No. 2, 161–174, 2010.

**Contact:** JoAnn Kirchner, M.D., [JoAnn.Kirchner@va.gov](mailto:JoAnn.Kirchner@va.gov), 501-257-1719



## South Central (VISN 16) MIRECC OEF/OIF Activities

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**Director:** Greer Sullivan, M.D.; [gsullivan@uams.edu](mailto:gsullivan@uams.edu)  
**Web site address:** <http://www.mirecc.va.gov/visn16/>

**Center theme:** *To improve access to evidence-based practices in rural and other underserved populations, especially returning war Veterans, Veterans experiencing natural disasters, and vulnerable elderly Veterans.*

The South Central Mental Illness Research, Education, and Clinical Center (MIRECC) is one of 10 funded MIRECCs. The South Central MIRECC is a network-wide Center in Veterans Integrated Service Network (VISN) 16. The main office for the South Central MIRECC is in Little Rock, AR; however, administrative sites are also located in Jackson, Houston, New Orleans, and Oklahoma City.

### OEF/OIF Research Projects

- Project title:** *Development of a Program to Increase Treatment Engagement in OEF/OIF Veterans and their Spouses*
- Project description:** The primary goal of this project is the development of couple-based interventions to engage OEF/OIF Veterans and their spouses into family mental health treatment, and to learn more about those factors that play a role in family treatment engagement in OEF/OIF Veterans and their cohabitating partners. This project is designed to fill the gap that currently exists between evidence-based PTSD and family services and access to those evidence-based practices. This information will improve future programs to facilitate treatment engagement in OEF/OIF Veterans and their spouses.
- Contact:** Fred Sautter, Ph.D., [Sautter.Frederic@va.gov](mailto:Sautter.Frederic@va.gov)
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- Project title:** *Intensive Two-Day Treatment for Post-Deployment Military Personnel with Panic Disorder*
- Project description:** Estimates indicate that 6-7% of newly returning Veterans experience panic disorder, an anxiety disorder involving recurring episodes of sudden and rapidly intensifying fear accompanied by a number of cardiac, respiratory, neurologic, gastrointestinal, and cognitive symptoms. Existing behavioral treatments for panic disorder are highly effective but require substantial time commitments from Veterans. Standard treatment delivery methods do not fit well with the needs of returning service members who face multiple and competing demands involving family, work, and school. Thus, it is important to develop innovative ways of delivering existing anxiety treatments that remain

empirically sound. The purpose of this study was to test the delivery of an intensive weekend intervention for Veterans with panic disorder in an open trial.

**Contact:** Ellen J. Teng, Ph.D., [Ellen.Teng@va.gov](mailto:Ellen.Teng@va.gov)

**Project title:** *Adjunctive Biofeedback Intervention for OEF/OIF PTSD*

**Project description:** This pilot examines the feasibility, acceptance, and effect size of the StressEraser as an adjunct therapy for rural VA patients with PTSD seeking services from CBOCs in rural AR communities. The StressEraser is a handheld device that can provide biofeedback treatment between in-person or televideo mental health visits. Specific aims are to 1) examine the feasibility and acceptability of using the StressEraser biofeedback intervention as an adjunct treatment for PTSD and 2) estimate the effect size of the intervention as an adjunct treatment for PTSD.

**Contact:** Timothy Kimbrell, M.D., [Timothy.Kimbrell@va.gov](mailto:Timothy.Kimbrell@va.gov)

**Project title:** *Evaluation of Life Guard - A Community-Based Workshop for Veterans*

**Project description:** This is a multi-site study for returning OIF/OEF returnees to examine whether the intervention has a positive effect on soldiers' lives. It provides education and preventative health training to the target population in their local communities and identifies those requiring more intensive training. The program conducts interactive workshops that promote healthy functioning and will assess behavioral outcomes of the educational workshops. The educational workshops will use skills adapted from Acceptance and Commitment Therapy (ACT).

**Contact:** Vince Roca, Ph.D., [John.Roca@va.gov](mailto:John.Roca@va.gov)

**Project title:** *Exploring OIF/OEF Veteran Partner Abuse: Feasibility, Prevalence, Incidence, and Cohort Differences*

**Project description:** This study examines the characteristics that affect participation of OIF/OEF Veterans in research, to establish the rate of recruitment, to establish which methods of recruitment are most effective for this cohort, and to understand willingness to respond to questions about socially undesirable behaviors such as partner abuse and substance use. Studies with Vietnam Veterans suggest rates of partner abuse are higher among Veterans seeking treatment for a mental illness, but the prevalence and incidence among treatment-seeking OIF/OEF Veterans is not known.

**Contact:** Andra Teten, PhD, [ATeten@cdc.gov](mailto:ATeten@cdc.gov)

**Project title:** *Forgiveness-Based Writing to Prevent PTSD in OIF/OEF Veterans and Other Public Sector Patients*

**Project description:** This project develops a brief intervention that will meet the needs of rural and other underserved patients, and to evaluate its feasibility, acceptability and potential effectiveness in both VAMC and civilian community clinic settings. Specific aims are to: 1) develop a self-managed forgiveness-based writing intervention with sub-threshold

PTSD symptoms based on existing expressive-writing protocols and with input from expert consultants; 2) evaluate the intervention in an open trial with 10 OIF/OEF Veterans and 10 public sector patients; and 3) establish relationships with CBOCs in rural settings to create groundwork for subsequent trials with rural Veterans.

**Contact:** Catherine Romero, Ph.D., [RomeroC@bcm.edu](mailto:RomeroC@bcm.edu)

**Project title:** *The Children of Deployed Military Service Personnel*

**Project description:** This exploratory pilot study will provide preliminary data on the effects of deployment on the children of military personnel and establish the feasibility of conducting a larger, more comprehensive assessment of these children. The aims are to: 1) identify the reactions of children to the deployment of a parent and the factors that influence their reactions; 2) describe the burden experienced by children that occurs from caring for the emotional needs of the non-deployed parent or other family members as a result of the stress associated with the deployed parent's absence; 3) uncover the relationship between media coverage of the Global War on Terrorism and children's emotional adaptation; and 4) identify services available to children and families of deployed service members, basic information about service utilization, and barriers to using these services.

**Contact:** Betty Pfefferbaum, M.D., J.D., [Betty-Pfefferbaum@ouhsc.edu](mailto:Betty-Pfefferbaum@ouhsc.edu);  
Michelle D. Sherman, Ph.D., [Michelle-Sherman@ouhsc.edu](mailto:Michelle-Sherman@ouhsc.edu)

**Project Title:** *ACCESS: Assisting Communities to Collaborate for Expanded Soldier Support*

**Project Description:** This project aimed to create, implement and evaluate programs that enhance access to MH and substance use care for returning OIF/OEF Veterans through community collaborations, stakeholder education/training, and use of technology. The project focused on three stakeholder groups who typically act as community early responders: the criminal justice system (Veterans Treatment Court), community college personnel, and clergy. The project trained clergy and educators and worked with the AR Judicial System to establish a Veteran's Drug Court, based on the Tulsa model, which is located in Lonoke County, AR.

**Contact:** JoAnn Kirchner, M.D., [JoAnn.Kirchner@va.gov](mailto:JoAnn.Kirchner@va.gov)

### OEF/OIF Educational Projects

**Project title:** *Operation Enduring Families: A Support and Education Program for Returning Iraq and Afghanistan Veterans and Their Families Manual*

**Project description:** This 5-session psychoeducational class targets returning Iraq and Afghanistan war Veterans and their families. Topics include deployment and its impact on the family; parenting tips; communication skills; coping with depression, PTSD, and anger; and reconnecting as a family. The manual also includes promotional materials, leader's guide, and participant handouts. Developed by Ursula B. Bowling, PsyD; Alan Doerman, PsyD; and Michelle

**Contact:** Sherman, PhD; Oklahoma City VA Medical Center.  
Michael Kauth, Ph.D., [Michael.Kauth@va.gov](mailto:Michael.Kauth@va.gov)

**Project title:** *Online Working with Couples Training for Mental Health Clinicians*  
**Project description:** This online training platform in how to work therapeutically with couples was developed at the request of Mental Health Directors and CBOC frontline clinicians, and follows two face-to-face training workshops. The online platform will make the training more widely accessible to VA clinicians, especially in remote locations. The training content was developed by Michelle Sherman, Ph.D., and Ursula Bowling, Psy.D., at the Oklahoma City VAMC, with consultation from content experts.  
**Contact:** Michael Kauth, Ph.D., [Michael.Kauth@va.gov](mailto:Michael.Kauth@va.gov)

**Project title:** *Parenting Toolkit: New Challenges and New Opportunities for our Veterans, Families, and Mental Health Providers*  
**Project description:** Providers working with returning Veterans are being asked increasingly often to help with parenting issues. This project develops an exportable educational toolkit that will give age appropriate (0-16 years) information for service members and their families on a range of parenting topics. Our toolkit will also have companion informational material for providers to discuss and teach specific issues to the Veterans' family members. Our goal is to arm frontline providers with developmentally appropriate educational information on parenting and to provide this easily accessible guidance to our Veterans and their family members in their regularly scheduled appointments. Materials can be found at [www.ouhsc.edu/vetparenting/](http://www.ouhsc.edu/vetparenting/).  
**Contact:** Michelle Sherman, Ph.D., [Michelle.Sherman@va.gov](mailto:Michelle.Sherman@va.gov)

**Project title:** *Assessment of Traumatic Brain Injury in OEF/OIF Veterans*  
**Project description:** This project develops educational materials for VA clinicians to assist with the diagnosis of a history of mild TBI. The educational materials will include a video that provides general information about TBI (definitions, epidemiology, classification, sequelae, prognosis, etc) and a sample TBI interview depicting a neuropsychologist evaluating a "mock Veteran patient". The key aspects of TBI Assessment will be organized along cognitive, emotional, behavioral, physical, and social domains. This structured interview will delineate the elements necessary to establish a history of mTBI, recognition of comorbidities, and the most likely etiology of current symptoms. A pocket guide for mental health clinicians will also be produced to facilitate rapid clinical evaluation of potential TBI-related problems.  
**Contact:** Kimberly A. Arlinghaus, M.D., [Kimberly.Arlinghaus@va.gov](mailto:Kimberly.Arlinghaus@va.gov)

**Project title:** *The Guide to VA Mental Health Services for Veterans and Families*  
**Project description:** This brochure is a shorter, simplified version of the UMHS handbook. This brochure is intended for Veterans, Veteran family members, members of a Veterans Service Organization, or members of another

group interested in VA mental health care to learn what mental health services their local or regional VA health care facility has pledged to provide to Veterans. The brochure outlines the guiding principles of mental health care and then explains how to find mental health care in different treatment settings where the VA offers mental health care. It provides information about the types of treatments available for the most common mental health problems of Veterans and describes the special programs offered for particular groups of Veterans such as women, Veterans or older Veterans. The Appendix shows the mental health services VA hospitals and clinics are required to provide, and the glossary defines common VA mental health terms.

**Contact:** Michael Kauth, Ph.D., [Michael.Kauth@va.gov](mailto:Michael.Kauth@va.gov)

**Project title:** *Preparing Veterans for Group Psychotherapy DVD*

**Project description:** This 25-minute DVD depicts Veterans discussing their initial reluctance and eventual successful experience in group therapy. The Veterans note how therapy has benefited them. The program also notes important aspects of group therapy in contrast with individual treatment. Developed by Dr. Fischer at the Oklahoma City VA Medical Center.

**Contact:** Michael Kauth, Ph.D. [Michael.kauth@va.gov](mailto:Michael.kauth@va.gov)

**Project title:** *Adapting the Support And Family Education (SAFE) Program to the Needs and Preferences of Rural CBOC Providers, Veterans and Families*

**Project description:** The VA has nationally rolled out the SAFE Program, a family education program about mental illness/PTSD. SAFE was developed in an urban setting for delivery by psychologists. We are conducting key informant interviews and focus groups to identify the needs and preferences for family services of rural Veterans, families, and mid-level providers. This information will guide the modification of SAFE for rural Veterans. Developed by Michelle Sherman, Ph.D.; Oklahoma City VA Medical Center.

**Contact:** Michael Kauth, Ph.D., [Michael.Kauth@va.gov](mailto:Michael.Kauth@va.gov)

**Project title:** *Community Reinforcement and Family Training – Support and Prevention (CRAFT-SP) Manual for Substance Abuse*

**Project description:** This family education manual is adapted from earlier work on the CRAFT model by Dr. Robert Meyers. The program is designed to aide family members in improving their relationship with the substance user, while encouraging the individual to seek treatment. Developed by Steven M. Scruggs, Psy.D., Oklahoma City; Robert J. Meyers, Ph.D., University of New Mexico. Center on Alcoholism, Substance Abuse and Addictions; and Rebecca Kayo, Ph.D., University of Oklahoma Health Sciences Center.

**Contact:** Michael Kauth, Ph.D., [Michael.Kauth@va.gov](mailto:Michael.Kauth@va.gov)

**Selected Publications on OEF/OIF Topics**

Benge, J.F., **Pastorek, N.J.**, & Thornton, G.M. (2009). Post-concussive Symptoms in OEF/OIF Veterans: Factor Structure and Impact of Post-Traumatic Stress. *Rehabilitation Psychology*, 54 (3), 270-278.

**Bowling, U.B., & Sherman, M.D.** (2008). Welcoming them home: Supporting soldiers and their families in navigating the tasks of reintegration. *Professional Psychology: Research and Practice*, 39(4), 451-458.

Houston JB, **Pfefferbaum B, Sherman MD**, Melson A, Jeon-Slaughter H, Brand M, Jarman Y. (2009). Children of deployed National Guard troops: Perceptions of parental deployment to Operation Iraqi Freedom. *Psychiatric Annals*, 39(8), 805-811.

**Manguno-Mire G, Sautter F, Lyons J**, Myers L, **Perry D, Sherman M**, Glynn S, **Sullivan G.** (2007). Psychological distress and burden among female partners of combat Veterans with PTSD. *Journal of Nervous and Mental Disease*, 195, 144-151.

**Sautter FJ**, Glynn S, **Thompson KE, Franklin L, Han X.** (2009). A couple-based approach to the reduction of PTSD avoidance symptoms: Preliminary findings. *Journal of Marital and Family Therapy*, 35(3), 200-207.

**Sherman MD, Fischer EP, Bowling UB**, Dixon LB, Ridener L, Harrison D. (2009). A new engagement strategy in a VA-based family psychoeducation program. *Psychiatric Services*, 60, 254-257.

**Sherman, M. D.**, Zanotti, D. K., & Jones, D. E. (2005). Key elements in couples therapy with Veterans with combat-related posttraumatic stress disorder. *Professional Psychology: Research and Practice*, 36(6), 626-633.

Stecker T, **Fortney J**, Hamilton F, and Sherbourne CD (2010) Engagement in Mental Health Treatment among Veterans Returning from Iraq, *Patient Preferences and Adherence*, 4:45-49

**Teten, A. L., Sherman, M. D., & Han, X.** (2009). Violence between therapy-seeking Veterans and their partners: Prevalence and characteristics of nonviolent, mutually violent, and one-sided violent couples. *Journal of Interpersonal Violence*, 24(1), 111-127.

**Tan, G.**, Fink, B., Dao, T. K., Hebert, R., Farmer, L. S., Sanders, A., **Pastorek, N.**, & Gervitz, R. (2009). Associations among pain, mTBI, and heart rate variability in Veterans of Operation Enduring and Iraqi Freedom: A pilot study. *Pain Medicine*, 10(7), 1237-1245.

**Tan, G.**, Fink, B., Hebert, R., Dao, T.K., Sanders, A., Farmer, L.S., **Pastorek, N.**, & Gervitz, R. (2009). Autonomic dysregulation among Veterans of Operation Enduring and Iraqi Freedom: a pilot study. *Pain Medicine*, 10 (17), 1237-1235.

**Teten, A. L.**, Schumacher, J. A., Taft, C. T., **Stanley, M. A.**, Kent, T. A., **Bailey, S. D., Dunn, N. J.**, & White, D. L. (2010). Intimate partner aggression perpetrated and sustained by male Afghanistan, Iraq and Vietnam Veterans with and without posttraumatic stress disorder. *Journal of Interpersonal Violence*, 25(9), 1612-1630.

**Selected Funded Grants by MIRECC Investigators on OEF/OIF Topics**

**Title of Project:** Perspectives on Enhancing Family Involvement in Treatment for PTSD  
**PI:** Ellen Fischer, Ph.D.  
**Funding Source:** VA HSR&D  
**Start Date:** 4/01/09  
**End Date:** 3/30/11  
**Total Awarded:** \$329,500

**Title of Project:** Increasing PTSD Treatment Engagement among Returning OEF/OIF Veterans  
**PI:** John Fortney, Ph.D.  
**Funding Source:** NIMH  
**Start Date:** 6/15/09  
**End Date:** 6/30/14  
**Total Awarded:** \$60,000

**Title of Project:** Use and Abuse of Prescription Opioids Among OEF/OIF Veterans  
**PI:** Teresa Hudson, Pharm.D.  
**Funding Source:** NIDA  
**Start Date:** 8/01/10  
**End Date:** 7/31/14  
**Total Awarded:** \$1,192,132

**Title of Project:** Identification of and at-risk Interventions for Pre-Deployment Psychophysiologic Predictors of Post-Deployment Mental Health Outcomes  
**PI:** Jeff Pyne, M.D.  
**Funding Source:** DoD  
**Start Date:** 9/01/08  
**End Date:** 8/31/12  
**Total Awarded:** \$1,612,258

**Title of Project:** Psychophysiological Reactivity to Identify and Treat Veterans at Risk for PTSD  
**PI:** Jeff Pyne, M.D.  
**Funding Source:** VA CSR&D  
**Start Date:** 4/01/07  
**End Date:** 3/31/11  
**Total Awarded:** \$480,000

**Title of Project:** Couples Therapy for PTSD in OEF/OIF Veterans  
**PI:** Fred Sautter, Ph.D.  
**Funding Source:** VA Merit Review  
**Start Date:** 1/01/09  
**End Date:** 7/31/12  
**Total Awarded:** \$750,000

**Title of Project:** Exposure Therapy for Veterans with PTSD and Panic Attacks  
**PI:** Ellen Teng, Ph.D.  
**Funding Source:** VA CSR&D  
**Start Date:** 7/01/10  
**End Date:** 12/31/15  
**Total Awarded:** \$966,600

**Title of Project:** A Randomized Controlled Study of Mind-Body Skills Groups for Treatment of War-Zone Stress in Military and Veteran Populations  
**PI:** Madeline Uddo, Ph.D.  
**Funding Source:** DoD  
**Start Date:** 1/01/08  
**End Date:** 9/30/11  
**Total Awarded:** \$411,000

## Editorial Board List

Name	Journal	Specific Role	Site
oath	Journal of Behavioral Health Services & Research	Editorial Board	Little Rock
Curran	Journal of Drug Issues	Editorial Board Assoc. Editor	Little Rock
Dubbert	Editorial Board, Psychological Services	Editorial Board	Little Rock
Owen	Veterans Health System Journal	Editorial Board	Little Rock
Sullivan	Schizophrenia Bulletin	Editorial Board	Little Rock
Sullivan	The Journal of Mental Health Policy and Economics	Editorial Board	Little Rock
Burke	The Journal of Behavioral Health Services & Research	Review Board	Jackson
Franklin	Journal of Trauma Dissociation	Editorial Board	New Orleans
Franklin	Journal of Psychological Trauma	Editorial Board	New Orleans
Hunter	Residential Treatment of Children and Youth	Editorial Board	New Orleans
Hunter	Review of Aggression and Violent Behavior	Editorial Board	New Orleans
Manguno-Mire	Journal of Trauma Dissociation	Editorial Board	New Orleans
Manguno-Mire	Journal of Psychological Trauma	Editorial Board	New Orleans
Sautter	Journal of Psychopathology and Behavioral Assessment	Editorial Board	New Orleans
Jddo	Journal of Traumatic Stress	Editorial Board Member	New Orleans
Jddo	Journal of Psychopathology and Behavioral Assessment	Editorial Board Member	New Orleans
Graham	Social Services and Medicine	Editorial Board Assoc. Editor	Houston
Graham	Journal of General Internal Medicine	Editorial Board Assoc. Editor	Houston
Graham	Psychiatric Services	Editorial Board Assoc. Editor	Houston
Griffin	Journal of Molecular Neuroscience	Editorial Board	Houston
Kauth	International Journal of Sexual Health	Editorial Board Assoc. Editor	Houston
Kauth	Electronic Journal of Human Sexuality	Editorial Board	Houston
Kosten	American Journal of Drug and Alcohol Abuse	Editor in Chief	Houston
Kosten	American Journal on Addiction	Associat Editor	Houston
Kosten	Substance Abuse, Guilford Press	Editor in Chief	Houston
Kosten	Clinical Advances in the Treatment of Psychiatric Disorders	Associat Editor	Houston
Kosten	American Journal of Psychiatry	Editorial Board Assoc. Editor	Houston
Kosten	Drug and Alcohol Dependence	Editorial Board Assoc. Editor	Houston
Kosten	Journal of Nervous and Mental Disease	Editorial Board Assoc. Editor	Houston
Kosten	Journal of Studies on Alcohol	Editorial Board Assoc. Editor	Houston

## Editorial Board List

Name	Journal	Specific Role	Site
Kosten	Brain Pharmacology	Editorial Board Assoc. Editor	Houston
Kosten	Neuropharmacology	Editorial Board Assoc. Editor	Houston
Kosten	Science & Practice Perspectives	Editorial Board Assoc. Editor	Houston
Levin	The Clinical Neuropsychologist	Editorial Board	Houston
Levin	Cortex	Editorial Board	Houston
Levin	Developmental Neuropsychology	Editorial Board	Houston
Levin	Journal of Neurotrauma	Editorial Board	Houston
Levin	Journal of International Neuropsychological Society	Editorial Board	Houston
Naik	Medical Encounter, Ethics Section Editor (The Quarterly Journal of the American Academy on Communication in Healthcare	Associate Editor	Houston
Stanley	Behavior Therapy	Editorial Board Assoc. Editor	Houston
Stanley	Cognitive and Behavioral Practice	Associat Editor	Houston
Stanley	Journal of Psychopathology and Behavioral Assessment	Editorial Board Assoc. Editor	Houston
Tai-Seale	Health Services Research	Editorial Board Assoc. Editor	Houston
Tan	Psychological Services	Editorial Board	Houston
Willson	Advance for Nurses	Editorial Board Assoc. Editor	Houston
Teasdale	Reynolds/ADGAP Portal of Geriatric Online Education (Past)	Associat Editor	Oklahoma City
Wyche	American Journal of Orthopsychiatry	Assoc Editor	Oklahoma City
Wyche	Journal of Women and Social Work	Editorial Board	Oklahoma City
Wyche	Sex Roles	Editorial Board	Oklahoma City
Wyche	Journal of Moral Education	Editorial Board	Oklahoma City
Wyche	American Psychological Association, Psychology of Women Quarterly	Editorial Board	Oklahoma City
Vasterling	Journal of the International Neuropsychological Society	Editorial Board Assoc. Editor	Boston

**Professional Memberships**

<b>Name</b>	<b>Organization</b>	<b>Role</b>	<b>Site</b>
Cully	VA National Psychotherapy Training Initiative in CBT	Advisory Board	Houston
Kauth	Midcontinent Region, Society for the Scientific Study of Sexuality	Rep to BOD	Houston
Kauth	VA National Center for PTSD	Education Advisory	Houston
Kent	American Heart Association Brain 1 Review Group	Chair	Houston
Kent	American Heart Association Brain 3 Review Group	Co-Chair	Houston
Fortney	Congressionally Mandated VA Demonstration Project for Contracting Mental Health Care in Underserved Areas	Evaluator	Little Rock
Henderson	SCVAHCN Mental Health Advisory Council	Chair	Little Rock
Pyne	CDMRP PTSD/TBI Clinical	Advisory Board	Little Rock
Sherman	American Psychological Association's Presidential Task Force On Military Deployment Services for Youth, Families and Service Members	Co-Chair	Oklahoma City
Sorrocco	Association for Behavior and Cognitive Therapy, Special Interest Group Leader for Behavior Therapy and Aging	Membership Chair	Oklahoma City
Teasdale	Gerontological Society of America: Research, Education & Practice Committee	Chair	Oklahoma City
Teasdale	National Association of Geriatric Education Centers - Membership Committee	Chair	Oklahoma City
Teasdale	National Association for Geriatric Education	Board Member	Oklahoma City
Vasterling	International, Society for Traumatic Stress Studies - Biology/Physiology Special Interest Group	Co-Chair	Boston