



# MIRECC Matters

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## Hub Site for the Psychosocial Rehabilitation Fellowship Program at the Annual USPRA Conference

*Rebecca Pasillas, PhD, Sophia Autrey, MPH, & Richard Goldberg, PhD*

The Hub Site for the VA Interprofessional Fellowship Program in Psychosocial Rehabilitation and Recovery (PSR Hub Site), which is embedded in the VISN 5 MIRECC, participated at this year's Annual U.S. Psychiatric Rehabilitation Association (USPRA) Conference held in Boise, Idaho. The 35<sup>th</sup> Annual USPRA Conference took place on June 14-17, 2010, and PSR Hub Site staff was in attendance for various activities and presentations.

Sophia Autrey, MPH, VISN 5 MIRECC Program Evaluator, presented a workshop teaching evaluation methodologies used for transforming a Psychosocial Recovery Rehabilitation Center (PRRC). Ms. Autrey's workshop described the programmatic evaluation strategies implemented at the Baltimore and Perry Point VA Medical Centers, part of the VA Maryland Healthcare System, as examples of developing effective program evaluation plans that focus on providing recovery-oriented services. Attendees left the workshop with the skills necessary to understand key evaluation concepts when assessing a program, to identify various objectives necessary to effectively evaluate a PRRC, to develop a logic model to use for programmatic impact, and to understand the do's and don'ts when developing a PRRC evaluation plan. Ms. Autrey's workshop was well attended, and she noted that many attendees expressed the value of learning various evaluation methodologies in order to assist their program or agency transformation efforts into providing more recovery-oriented services.

Richard Goldberg, PhD, James Lickel, PhD, Sophia Autrey, MPH, and Alicia Lucksted, PhD, presented on the outcomes of the Wellness Recovery Action Planning (WRAP) workshop for Veterans with mental illness. Their presentation was one of over fifteen posters presented at this year's Veterans Affairs (VA) Innovation Fair. The VA Innovation Fair is a medium for presenters to promote novel ideas and programs that are advancing psychosocial rehabilitation and recovery services for Veterans. The VISN 5 MIRECC co-sponsored this year's event.

As it has been the tradition for the past three years, the PSR Hub Site coordinated a dinner/mixer for staff and fellows from the Interprofessional Fellowship Programs in Psychosocial Rehabilitation and Recovery (PSR) that attended the USPRA conference. This year, over 20 staff and fellows from four of the seven PSR Fellowship sites, including Hub Site staff, attended the dinner/mixer at a local Boise restaurant. The evening was a success as it provided staff and fellows an opportunity to meet, network, and share their fellowship year experiences.

Finally, on a related and significant note, Dr. Goldberg, Director of the PSR Hub Site, co-edited the Spring 2010 special issue of *Psychiatric Rehabilitation Journal*, which is sponsored by USPRA and by the Center for Psychiatric Rehabilitation at Boston University. The special issue focused on psychosocial rehabilitation and recovery in the VA mental health care system. The issue included articles on the benefits of integrating Vet-to-Vet peer

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## Hub Site at USPRA

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education programming in mental health services, on implementing Peer Support Technicians in clinical programs, on a Veteran's journey to recovery, and on various VA recovery-oriented services and programming, including the VA Interprofessional Fellowship Program in Psychosocial Rehabilitation and Recovery.

*The PSR Hub Site was established in the summer of 2007 to help coordinate education, training and recruitment efforts across the funded Interprofessional Fellowship Programs in Psychosocial Rehabilitation and Recovery and to serve as official liaison between sites and the Office of Mental Health Services and the Office of Academic Affiliations. Seven VA healthcare sites participate in the PSR fellowship program. For more information on the VA Interprofessional Fellowship Program in Psychosocial Rehabilitation and Recovery, click [HERE](#).*

*For more information on USPRA, click [HERE](#).*

## Another Successful VA Social Skills Training for Serious Mental Illness Workshop!

*Matthew Wiley, MPH*

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On August 10-11, 2010, the VA Capitol Health Care Network (VISN 5) MIRECC hosted the 11th overall VA Social Skills Training (SST) workshop in Linthicum, MD. Thirty-one VA clinicians attended the two-day workshop and learned how to conduct Social Skills Training groups. Equipped with the knowledge gained from the workshop, clinicians will return to their respective sites, implement SST groups, and further develop their skills in leading SST groups. Each clinician was assigned a designated VA-SST consultant, and, for six months, consultants will provide ongoing support and guidance

through group teleconference consultation as well as individual feedback sessions.

In addition to the main workshop, the SST program also completed its 4th overall Train-the-Trainer installment at the August workshop. Three Master Trainers were trained as experts in SST, and they will serve as local and regional resources by providing training and consultation in SST for their particular VISN. A total of eighteen VA-SST Master Trainers have been trained to date. All in all, the August workshop was well regarded by the trainees in attendance.

## Congratulations!

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**Richard Goldberg, PhD,** received a "Lifetime Achievement Award" from the GLBT subcommittee of the U.S. Psychiatric Rehabilitation Association (USPRA) on June 2010. The award was presented at the 35th Annual USPRA Conference in Boise, Idaho.

## Farewell and Good Luck

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**Joe Hassell, Ph.D.,** leaves the MIRECC for a postdoctoral position with the Interprofessional Fellowship Program in Psychosocial Rehabilitation and Recovery Oriented Services at the VA San Diego Healthcare System. Joe began working with the MIRECC in July 2007 as a predoctoral psychology intern to fulfill his internship research project requirements. After completing his internship, Joe stayed on board with MIRECC as an informal postdoctoral fellow. He was an assessor and clinician on multiple MIRECC studies at the Baltimore and Washington D.C. VA Medical Centers. Joe completed his dissertation, which focused on the outcomes from the Points Incentive Program (PIP), a MIRECC program, in 2009. Along with other MIRECC/University of MD staff, he recently submitted a manuscript for publication based on the results of the PIP.

**Kiara Vogel, M.S.,** recently left the MIRECC to attend the Graduate Institute of Clinical Psychology at Widener University in Chester, PA. Kiara joined the MIRECC as a data manager and research assistant in 2008. She was responsible for a number of studies run by investigators for the Center for Behavior Treatment of Schizophrenia and Division of Services Research and was primarily responsible for recruitment and management of MIRECC studies at the Perry Point VA Medical Center.

## Upcoming Events

### MONTHLY SGA CONSULTATION SEMINAR

First Thursday of every month: September 2 and October 7, 2010

1:00 - 2:00 PM

MIRECC conference room, 6th floor, Suite 6A

or call 1-800-767-1750, code 79846

Psychopharmacology Case Conference: All VISN Clinicians are invited to attend this conference and to bring questions about a difficult or challenging psychopharmacology case. Note that the topic of the conference has been expanded from a focus only on metabolic side effects of antipsychotic medications to include all areas of psychopharmacology. The MIRECC Case Conference facilitators are Robert Buchanan, MD, MIRECC investigator and Professor of Psychiatry at the UMB School of Medicine; Julie Kreyenbuhl, PharmD, PhD, MIRECC investigator and Associate Professor in the UMB Department of Psychiatry; Neil Sandson, MD, inpatient attending psychiatrist in the VAMHCS and MIRECC staff member.

### RECOVERY-ORIENTED SMALL GRANTS PROGRAM

Application Deadlines for 2010: 1st of March, June, September, & December

Small Grant Amount: \$300-\$5000

The VISN 5 MIRECC offers a small grant mechanism to fund recovery-oriented clinical and educational innovations in response to the VA's Action Agenda to transform VA mental health services to a recovery model. This program especially encourages (but is not limited to) proposals such as: creating, adopting, launching or expanding recovery-oriented clinical or self-help projects, new programs to educate staff, Veterans, and/or family members of Veterans about mental health recovery models, or specific recovery-oriented services/programs. For more information or to receive an application, please contact:

Alicia Lucksted, PhD

MIRECC Recovery Coordinator

410-706-3244

[Alicia.Lucksted@va.gov](mailto:Alicia.Lucksted@va.gov)

### "MENTAL ILLNESS: STIGMA AND THE FAMILY" CONFERENCE

October 9th, 2010

8:30am - 12:00pm

Baltimore VA Medical Center Auditorium

This interactive, half-day conference is for Veterans with serious mental illness and their families. The conference will focus on mental illness stigma that families may experience in the community, as well as, within the family. Presenters Alicia Lucksted, PhD, and Amy Drapalski, PhD, will speak on the topic of stigma, and a panel of Veterans and family members will discuss their personal experiences related to stigma. Lunch will follow for Veterans and family members. For more information, please contact:

Cindy Clark, RN, C

410-605-7000 ext. 7298

[Cynthia.Clark2@va.gov](mailto:Cynthia.Clark2@va.gov)

### VA SOCIAL SKILLS TRAINING FOR SERIOUS MENTAL ILLNESS

March/April 2011

Baltimore, MD

The VISN 5 MIRECC is training staff on the delivery of Social Skills Training for Veterans with schizophrenia and other serious mental illness (schizoaffective, bipolar, and treatment refractory depression). This is a national initiative being led by the Office of Mental Health Services. Individuals in all VISNs are invited to participate. For this training initiative, only clinicians working with Veterans with SMI (as defined above) are asked to apply. Please direct all questions and application requests, including upcoming workshop dates, to:

Matthew Wiley, MPH

VA Social Skills Training Program Coordinator

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**MIRECC MATTERS**

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