



ANNUAL REVIEW 2015

Meridian Behavioral Healthcare
Services affiliation

OASIS expands services to
Wake County

ACT Step Down Program

UNC PAWS

taking steps to recovery

UNC Center for
Excellence in
Community
Mental Health

letter from the director



It has been an exciting year at the Center, and we continue to grow our services to reach more individuals with mental illness and to train mental health professionals around the state.

This year the Center became affiliated with Meridian Behavioral Health Services in Western North Carolina. Diana Perkins, MD, MPH, and her team at UNC's Outreach and Support Intervention Services (OASIS) expanded their services for adolescents and young adults to Wake County and are located on Glenwood Avenue. Our Dartmouth-modeled IPS Supported Employment program, which helps our patients find jobs, continues to be a great success. Matthew Diehl, MSW, from our program, became the state's official IPS Dartmouth trainer and will oversee five new regional trainers in 2016. In the fall, we were honored to have Congressman David Price, from North Carolina's Fourth District, visit us at our Carr Mill offices and at our Farm at Penny Lane in Pittsboro.

In this report, you will read about the Step Down program that Carol VanderZwaag, MD, developed to transition appropriate Assertive Community Treatment (ACT) patients in Orange and Chatham counties to a lower intensity model. You will also read about the puppies at our UNC PAWS' puppy development center; they have become a popular sight around the Triangle and have created a great deal of media coverage for the Center. Finally, more than 200 supporters attended our second annual gala fundraiser that featured writer Pete Earley.

Our success would not be possible without the leadership and support of our Center Advisory Board, our donors, patients, faculty, and staff.

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

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

UNC Center for Excellence in Community Mental Health Leadership and Programs

John Gilmore, MD, Director and Medical Director
of Center

Thava Mahadevan, MS, Director of Operations

Erica Arrington, MD, STEP Medical Director

Edward Binanay, BS, Director of Development and
Community Relations

Alice Lockhart, BA, Director of Communications

Leah Pribac, BBA, Business Officer

Robin Reed, MD, Medical Director, Integrated Care

Elizabeth Rossi, BA, Director of Quality Management

Carol VanderZwaag, MD, Medical Director,
Community Services

Carr Mill STEP (Schizophrenia Treatment Evaluation Program) Community Clinic

Erica Arrington, MD, Interim Medical Director (2015)

Wake STEP Community Clinic

Erica Arrington, MD, Medical Director

Deborah Lawson, LCSW, MSW, LMFT, Director of
Clinical Services

UNC OASIS (Outreach and Support Intervention Services)

Diana Perkins, MD, MPH, Medical Director

Sylvia Saade, PhD, Director

UNC WAKE OASIS

Diana Perkins, MD, MPH, Medical Director

Sylvia Saade, PhD, Director

Shay Alderman, LPC, NCC, Clinical Director

Community Programs

Orange/Chatham ACT Team

Carol VanderZwaag, MD, Medical Director

Kristin Lukasiewicz, MSW, Team Leader

Wake ACT Team

Carrie Brown, MD, Medical Director

Emily Clark, LCSW, MS, CCS, Team Leader

Critical Time Intervention and Hospital Transition

Erica Arrington, MD, Medical Director (2015)

Janice Bainbridge, MSW, LCSW, Team Leader

Community Resource Court

Caroline Ginley, MSW, LCSW, Program Coordinator

Supported Employment

Matthew Diehl, MSW, NC IPS Dartmouth Trainer

Ariel Reynolds, MSW, Team Leader

Recovery Programs

Thava Mahadevan, MS, Director

UNC Farm at Penny Lane

Brushes with Life Arts Program

UNC PAWS

North Carolina Psychiatric Research Center

Fred Jarskog, MD, Director

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

Technical Assistance Programs

UNC Medical Directors' Network

Alice Lockhart, BA, Director of Communications, Program
Manager

UNC ACTT Technical Assistance Center

Lorna Moser, PhD, Director

mission

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

editorial

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funding

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

- Access Care Network, Community Care of North Carolina
- Alliance Behavioral Healthcare
- Cardinal Innovations Healthcare Solutions
- The Duke Endowment
- The Kate B. Reynolds Foundation

- North Carolina Area Health Education Centers
- North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services
- North Carolina Division of Medical Assistance
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- U.S. Department of Housing and Urban Development
- Wake County

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The Center continues to grow

The Center serves individuals with severe mental illness at three clinic locations in Orange, Wake and Chatham counties and provides care for individuals in the community 24/7 through its two highly-regarded Assertive Community Treatment (ACT) Teams. The Center served approximately 1,300 individuals in 34 counties in 2015.

Statewide, the Center provides technical assistance to ACT teams and medical directors in North Carolina's public mental health system through its N.C. ACT Team Technical Assistance Center, a collaboration with the N.C. Division of Mental Health and the N.C. Community Medical Directors' Network, a partnership with North Carolina Area Health Education Centers. The ACT TA Center also provides training and support to other states, including Maryland, Illinois, and Ohio. Additionally, OASIS provides technical assistance around the state.

UNC-CH and Meridian Behavioral Healthcare Services in Western North Carolina sign an affiliation agreement

The University of North Carolina at Chapel Hill and Meridian Behavioral Healthcare Services Inc., a private nonprofit in Sylva, signed an affiliation agreement May 1, 2015. John Gilmore, MD, Thad and Alice Eure Professor, vice chair of Research and Scientific Affairs, director and medical director of the UNC Center for Excellence in Community Mental Health in the Department of Psychiatry in the School of Medicine, and Thava Mahadevan, MS, director of operations at the Center, will head this initiative. The Center will provide consultation for program development, training, and assistance with quality improvement and outcomes monitoring.

Meridian has been providing a comprehensive array

of adult and child mental health and substance abuse services in the western counties of North Carolina since 2003 as a private, nonprofit "spin-off" of the then-newly-formed local management entity, now Smoky Mountain Center Managed Care Organization. Meridian provides both outpatient and community-based services in Haywood, Jackson, Macon and Transylvania counties and community-based services in Cherokee, Clay, Graham, Swain and Buncombe counties.

The organizations expect to collaborate on integrated care, medical home development, supported employment, supportive housing, assertive community treatment, critical time intervention and other programs, and will share collected outcomes data for research.

"We will support Meridian's efforts to improve care and outcomes, and we will learn a lot about providing good care in a challenging rural setting," says Gilmore.

ACT pilot Step Down fills a gap

The UNC Chatham Assertive Community Treatment (ACT) team at the Center began a pilot program, in collaboration with Cardinal Innovations Healthcare Solutions in May 2015 to fill an important gap in the community-based treatment of individuals with severe mental illness in Orange and Chatham counties. A Medicaid-funded service, the new Step Down program aids individuals as they transition from the high-intensity treatment of the ACT team to independent office-based care.

ACT teams, composed of integrated teams of mental health professionals, including a psychiatrist, visit individuals with mental illness in various settings, including home, work and the community. Individuals are seen an average of 12 times per month for medication monitoring, symptom monitoring, therapy, and care coordination activities.

“We found that there is a whole group of individuals who are stable enough to receive less-intensive care than what ACT provides, but are not necessarily ready to benefit from office-based treatment,” Carol VanderZwaag MD, director of community services and head of the ACT team, explains.

For some clients, Step Down means a long-term treatment solution, while others may continue to graduate to office-based care. The program’s availability



Dr. VanderZwaag checks her daily calendar.

opens spaces for more clients to be seen by the ACT team.

“This program is designed for individuals that still require community-based care, but only on a more general level,” she says.

The transition to Step Down involves the reduction of client contact from about 12 visits a month to about four. The psychiatrist and team members who worked with an individual under ACT continue to work with the individual under Step Down, maintaining the important care relationships they initially built. Clients who do well in treatment may eventually be graduated to office-based care and more independent treatment.

UNC OASIS expands to Wake County



L-R: Sylvia Saade, PhD, LCSW; Shay Alderman, LPC, NCC; and Diana Perkins, MD, MPH

UNC Wake OASIS will provide services to adolescents ages 16-18 and young adults in Wake County who are experiencing their first episodes of early psychosis (mental illness) or are at risk for developing a psychotic illness.

OASIS is collaborating with the N.C. Division of Mental Health, Developmental Disabilities and Substance Abuse, and Alliance Behavioral Health to expand treatment services to Wake County. The collaboration is funded by a two-year Substance Abuse and Mental Health Services Administration (SAMHSA) contract.

The new clinic is located at 410 Glenwood Ave., Suite 202, in Raleigh. For appointments at Wake OASIS, call 919.962.1401. UNC OASIS is located in Carrboro.

Diana Perkins, MD, MPH, serves as medical director and Sylvia Saade, PhD, LCSW is program director for both locations. Shay Alderman, LPC, NCC, is the clinical director for UNC OASIS Wake.

The Center's second annual fundraising Gala is a success



L-R: Cam Enarson, MD, MBA; David Rubinow, MD, Van Eure; Steve Thanhauser; Shelley Eure Belk; John Gilmore, MD; Thava Mahadevan, MS; and William Roper, MD

The Center's second annual No Limits fundraising gala brought more than 200 friends and supporters to the George Watts Hill Alumni Center on November 12. Aaron Nelson, chairman of the Center's advisory board and president of the Chapel Hill-Carrboro Chamber of Commerce, hosted the program.

Well-known writer and mental health advocate Pete Earley, Pulitzer finalist for his book "Crazy: A Father's Search through America's Mental Health Madness," shared his experiences as a journalist and father seeking recovery for his son, who had been diagnosed with bipolar mental illness.

Following dinner, John Gilmore, MD, director of the Center and Thad and Alice Eure Distinguished

Professor, presented the Center's Community Mental Health Advocacy Awards to the Foundation of Hope family—Shelley Eure Belk, Van Eure, and her husband, Steve Thanhauser. The advocacy awards recognize individuals who have worked tirelessly to lead the community in improving mental health through education and advocacy, and pay tribute to those who have made a difference in the community on behalf of individuals with mental illness, as well as those who have worked to improve awareness of mental health issues.

"We are thrilled with the large turnout and grateful for the continued support from our donors, staff, advisory board, friends and sponsors," says Gilmore.

The gala netted more than \$27,500 for Center programs.



Warren Newton, MD, MPH

Warren Newton featured at Fifth Annual Medical Directors' Network Symposium

Warren Newton, MD, MPH, director of North Carolina Area Health Education Centers (NC AHEC) and chair, UNC Department of Family Medicine, opened the program on May 30, 2015, for the Fifth Annual Medical Directors' Network Symposium, discussing "Building Behavioral Health into New Systems of Care."

The Symposium, "Leadership and Management: The Medical Director's Role in Communicating and Supervising," was held at the George Watts Hill Alumni Center on the UNC-CH campus. Medical directors and psychiatrists from Critical Access Behavioral Health Agencies (CABHAs), Comprehensive Community Clinics (CCCs) and Managed Care Organizations (MCOs), as well as psychiatrists from Community Care North Carolina (CCNC) and Assertive Community Treatment (ACT) teams from around the state attended the event.

Other sessions included, "Leading through Empowerment and Motivation," "A Look at the Role of Quality Supervision in Evidence-based Care," and "How Medical Directors and their Chief Executive Officers Communicate."

John Gilmore, MD, director of the Center, is director of the Network. The N.C. Community Medical Directors' Network is a collaboration with NCAHEC.



TONEY relaxes in a wagon.

Puppies arrive at Penny Lane for socialization

In January 2015, puppies arrived at the UNC Farm at Penny Lane in Pittsboro and quickly became a hit. Who could resist those puppies at the Center's new puppy development center?

The UNC Center for Excellence in Community Mental Health partners with paws4people, a Wilmington nonprofit organization, nationally known for training assistance dogs, to prepare the puppies for their new roles as assistance dogs. The puppies are often named for a deceased or injured veteran.

Puppies between the ages of 6 and 16 weeks arrive at Penny Lane and spend about 10 weeks in a socialization phase as part of the UNC PAWS program.

"Clients from the Center, students, seniors and other community members accompany the puppies on community outings to meet people of all ages and desensitize them with sights and sounds they may encounter as a service dog," explains Sunny Westerman, program coordinator for UNC PAWS.

After socialization training in Orange, Chatham and Wake counties, puppies go to one of five prisons in West Virginia, where they are trained by inmates for about a year. Puppies live with the inmates, learn about 100 commands, and are then ready to choose the individual for whom they'll become an assistance dog. Later, the assistance-dogs-in-training pair with veterans and other clients with disabilities.

UNC PAWS also has a shelter-to-pet program.

Dog Parade Art Exhibit opens at Chapel Hill Public Library

The Dog Parade Art Exhibit, created by the Center's Brushes with Life Arts program artists, officially opened for a one-week show at the Chapel Hill Public Library on November 13. More than 30 people attended the opening reception.

The traveling exhibit, co-sponsored by UNC PAWS and the UNC Brushes with Life Arts Program at the UNC Center for Excellence in Community Mental Health, is modeled on the successful Chicago Cow Parade and UNC's CowParade North Carolina. Dogs were chosen as the subject of this exhibit, instead of cows, to honor the Center's UNC PAWS dog-training program.

The Dog Parade fundraiser featured 10 dogs and a fire hydrant, all three-dimensional sculptures painted with unique designs by Brushes with Life artists. With mentoring from local artists, each Brushes With Life artist created a specific design and named their work.

The exhibit stopped at University Place, N.C. Children's Hospital, and other points around the Triangle. Proceeds from an online auction will benefit the Brushes with Life Arts Program and UNC PAWS.

Contact grayson_bowen@med.unc.edu for additional information about the exhibit or Brushes with Life Arts program.



UNC
SCHOOL OF MEDICINE



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Community Mental Health
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Annual STEP Symposium focuses on new recovery approaches for early psychosis



Speakers L-R: John Gilmore, MD, Tori Toles, RN, Nina Fierro, MSW, LCSW, Diana Perkins, MD, MPH, Karen Graham, MD, Thava Mahadevan, MS (Not pictured David Penn, PhD)

Nearly 100 patients, families and mental health professionals learned about new recovery approaches for early psychosis at the 22nd Annual STEP Symposium on April 18, 2015, at the Paul J. Rizzo Conference Center at Meadowmont in Chapel Hill. Diana Perkins, MD, MPH, professor, department of psychiatry, and medical director, Outreach and Support Intervention Services

(OASIS), and other OASIS staff and faculty presented "Beyond Dopamine: New Approaches to Recovery from Early Psychosis."

John Gilmore, MD, Thad and Alice Eure Professor, vice chair, Research and Scientific Affairs, department of psychiatry, and director of the Center, hosted the program.