



In 2007, Mental Health Connection (MHC) embarked on a five-year plan to create a community of learners to bridge the 17-year gap between research findings and application in the field. The first step was to educate ourselves about evidence-based practices (EBP) for the treatment of mental illness. The second step was to devise ways to analyze what we learned from experts and from our own reading of scientific research. The third step was to implement the EBP's with fidelity to the model. The fourth step is to evaluate our work to ensure maximum positive outcomes for families in a cost effective manner. Building our own local data will provide an invaluable tool for strategic planning and decision making for our community.

By creating opportunities for structured peer-to-peer discussion, MHC learned to:

- evaluate the integrity of research,
- analyze its relevance to our local community,
- recognize the value of fidelity to the research model during implementation,
- build consensus about our community's understanding and value of EBP's
- study the science of implementation,
- identify policy issues that either impede or enhance the goal of narrowing the gap between research, practice and policy.

Great progress has been made during the last two years through annual symposia and other adult learning opportunities.

Here is the story so far...





The First Year.....

JUNE 2007: MHC HOSTED FIRST ANNUAL BRIDGING THE GAP SYMPOSIUM

Chair: Lee LeGrice, Ph.D., Lena Pope Home

Faculty: Carlo DiClemente, Ph.D., professor and chair of the Department of Psychology, The Shriver Center at the University of Maryland-Baltimore County
Sandra Tanenbaum, Ph.D., associate professor of Health Services Management and Policy at The Ohio State University College of Public Health
John Weitz, Ph.D., CEO and professor at the Judge Baker Children's Center, Harvard Medical School
Dean Fixsen, Ph.D., co-director of the National Implementation Research Network at the University of South Florida

POST SYMPOSIUM ACTIVITIES:

Learning Communities

To maximize adult learning styles and provide opportunities for applying the concepts presented at the symposium, Mental Health Connection formed six Learning Communities: Addictions, Internalizing Disorders, Externalizing Disorders, At Risk/Prevention, Pervasive Developmental Disorders and Trauma/PTSD. Each group was asked to meet monthly for six months to:

- Read research on their area of focus
- Discuss relevance and applicability for Tarrant County
- Identify policy issues and barriers to implementation of the practices identified
- Recommend a pilot EBP to be implemented in Tarrant County

ACCOMPLISHMENTS:

Each group had a professional facilitator provided by The Herral Group, along with a volunteer agency champion. Together they helped identify research articles, provide structure for discussion and manage group dynamics. Each Learning Community created a report that included a recommendation for an EBP pilot. All participants were recognized and each was given the opportunity to continue the work by joining an Implementation Team for their pilot project.

Learning Community Reports

Each Learning Community presented its report and recommendation for an EBP pilot to the Mental Health Connection membership. All participants were recognized, and each was given the opportunity to continue the work by joining an Implementation Team for the pilot project.

Volunteer Agency Champions for Learning Communities were:

- Addictions: Jennifer Gilley and John Haenes, Tarrant County Challenge, Inc.
- At Risk/Prevention: Virginia Hoft, Santa Fe Youth Services
- Internalizing Disorders: Rikki Harris, MHMR of Tarrant County
- Externalizing Disorders: Sara Ramirez, Catholic Charities
- Pervasive Developmental Disorders: Richard Garnett, Ph.D., The ARC of Greater Tarrant County
- Trauma/PTSD: Carolyn Hanke, Community Volunteer

RESULTS:

5 Pilot Programs were recommended:

- Addictions – Stay on TRAC, a high school-based alcohol diversion program
- At Risk/Prevention - Cultural Competence training and planning
- Autism – An Autism Resource Center for screening and referral to services
- Internalizing and Externalizing – combined into one implementation team focusing on Cognitive Behavioral Therapy (CBT).
- Trauma/PTSD – Training in Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) and training in TARP (Trauma Assessment and Referral Process)

More than **125** volunteers from **39** agencies, private practitioners, physicians, researchers, faith leaders, family members and policy experts spent over **4,000** hours in preparation and discussion. The value of the time dedicated to the Learning Communities is conservatively estimated at **\$100,000**.



The Second Year.....

OCTOBER 2008: HOSTED SECOND ANNUAL BRIDGING THE GAP SYMPOSIUM

Co-Chairs: Lee LeGrice, Ph.D., Lena Pope Home
Wayne Carson, Ph.D., All Church Home for Children

Faculty: Carlo DiClemente, Ph.D., director of the HABITS (Health and Addictive Behaviors: Investigating Trans-theoretical Solutions) Lab at the University of Maryland-Baltimore County
Bruce Chorpita, Ph.D., co-chair of the Task Force for Empirical Basis to Services within the Child and Adolescent Mental Health Division, Hawaii Department of Health
Steven López, Ph.D., professor of psychology and social work at the University of Southern California in Los Angeles
Steve Aos, assistant director of the Washington State Institute for Public Policy
Delbert Elliott, Ph.D., executive director of The Center for the Study and Prevention of Violence at the University of Colorado at Boulder

POST SYMPOSIUM ACTIVITIES:

Planning for Implementation

Each team was asked to develop a comprehensive plan for implementing its pilot in the community.

Plans were to include:

- Identification of national experts to provide the training for their EBP as well as ongoing coaching and consultation
- Social marketing strategies to educate the community about each pilot
- Identification of a research professional to design and conduct an evaluation of each pilot

ACCOMPLISHMENTS:

Implementation Teams Formed:

Volunteer Champions for each Implementation Team were:

- Stay on TRAC: Greg Sumpter, Tarrant County Juvenile Services
- Cultural Competence: Virginia Hoft, Santa Fe Youth Services
- Autism: Lena Zettler, Cook Children's Medical Center and Jennifer Johnson, The Art Station
- TF- CBT: Carolyn Hanke
- Cognitive Behavioral Therapy: Monica Kintigh, Ph.D., TCU

RESULTS

4 of 5 Pilots Are in the Process of Implementation:

Stay on TRAC

- Keller ISD has agreed to establish Stay on TRAC in its four high school campuses during school year 2009-2010.
- A brochure was created and produced to educate families about the program.
- Tarrant Youth Recovery Council, Lena Pope Home, Santa Fe Youth Services and All Church Home will provide, **as in-kind services**, screening, assessment, case management, in-home and school-based services for children and their families.
- MHMR of Tarrant County Evaluation and Outcomes Division will conduct the evaluation study.

Cultural Competence:

- Gloria Morrow, Ph.D., is providing training in the California Brief Multicultural Competency Scale to 36 MHC member agency executives and 37 practitioners. Agencies will develop strategic plans for cultural competence. A group of trainers will be identified and the training will be utilized throughout a five-county area
- MHMR of Tarrant County Evaluation and Outcomes Division will provide evaluation for this initiative

Autism

- Cook Children's Physician Network has agreed to reimburse its 250+ physicians who screen for autism at 18 or 24 months.
- UNT Health Science Center interns will collect data for evaluation

RESULTS CONTINUED

Trauma:

- 54 individuals from 13 agencies, two hospitals and one private practitioner have been trained and coached in TF-CBT by Susana Rivera, Ph.D. Dr. Rivera also provided adaptations of the training for Hispanic communities and groups.
- Anthony Mannarino, Ph.D., co-developer of TF-CBT from Allegheny County Medical Center, conducted a workshop for practitioners and continues to mentor our community through implementation.
- Molly Lopez, Ph.D., University of Texas at Austin, is conducting a comprehensive evaluation as part of a national study on 75 Tarrant County children ages 8 to 18 who have been receiving TF-CBT.
- Sam Shore, Project Director of the Texas Mental Health Transformation Project funded by SAMHSA, has played a key role in directing an estimated \$250,000 to Tarrant County for implementation of this pilot program.
- As a result, we recognize a significant need for improving our intake and referral processes within our system of care.



Year Three.....

2009 – HOSTED THIRD ANNUAL BRIDGING THE GAP SYMPOSIUM

Co-Chairs: Kirstin Painter, Ph.D., Director of Evaluation and Outcomes Division, MHMR Tarrant County and Assistant Professor, Texas Women's University
The Honorable Mark Shelton, M.D., Cook Children's Physician Network and Texas State House of Representatives

Faculty: Janice L. Cooper, Ph.D., Interim Director, National Center for Children in Poverty, Washington, D.C.
Peter S. Jensen, M.D., President, CEO, Founder of REACH Institute, New York City, New York
Allison Metz, Ph.D., psychologist and scientist, National Implementation Research Network, University of North Carolina at Chapel Hill
Bruce Perry, M.D., Ph.D., Senior Fellow, the The Child Trauma Academy, Houston, Texas
Kelli King-Jackson, Texas Director of Outreach, Children's Defense Fund, Houston, Texas

POST SYMPOSIUM ACTIVITIES:

The Best is Yet to Come. What's Next?

- Continue implementation of pilot projects
- Form Journal Clubs to study the literature so we can:

Keep Tarrant County Current, Knowledgeable and Innovative



How Are We Doing It?

Resources to support the Bridging the Gap activities are as diverse as the work and the individuals who have done the work:

- In-kind support (Staff time, Professional expertise, meeting space, materials, etc.) = PRICELESS
- Sid Richardson Foundation Grant
- Texas Mental Health Transformation
- Hand in Hand, a SAMSHA-funded System of Care cooperative agreement

Mental Health Connection is about change, about transforming a mental health system, about making a difference in the lives of children and adults with mental illnesses and their families. We are on our way!

Margaret Mead must have been thinking of Tarrant County when she said:

*“A small group of thoughtful people could change the world.
Indeed, it’s the only thing that ever has.”*

Thanks to some of the thoughtful (and generous) people who are working to change the world in Tarrant County. Following is a list of individuals who have participated in symposium planning committees, learning communities, and/or implementation teams. We apologize if anyone is inadvertently omitted.

Kevin Aceves	Early Childhood Intervention	Diana Davis	Alliance for Children
Gary Acrey	Tarrant County Juvenile Services	Pamela Davis	Community Solutions
Sean Allen, Ph.D.	Hand in Hand	Kathryn Denkowski, Ph.D.	Private Practice
Mona Alvi, M.D.	MHMR of Tarrant County	Danna Diaz	Fort Worth ISD
Jennifer Anderson	Community Solutions	Jeanne Donovan	Community Volunteer
Karen Anisman	Texas Christian University	Robin Drake	The Excel Center
David Ansley	Tarrant County Juvenile Services	Daryl Dulaney	Volunteers of America
Matthew Avila, Ph.D.	Mental Health Association	Dale Edmiaston	Fort Worth ISD
Paul Baganz	Easter Seals	Dawn Edwards	Lena Pope Home, Inc.
Sandy Baker	The Women’s Center	Michael Ellison, Ph.D.	Texas Wesleyan University
Joan Barcellona	Parent	Josie Espinosa	The Parenting Center
Kay Barkin	Mental Health Connection/Hand in Hand	Vina Espinosa	Fort Worth ISD
Kent Bass	Catholic Charities	Joanna Estep	Save Haven of Tarrant County
Faith Baylor	The Womens Center	Jennifer Farnum, Ph.D.	Tarrant County Juvenile Services
Barbara Becker-Jonaitis	MHMR of Tarrant County	Maria Field	Save Haven of Tarrant County
Kim Benefield	Alliance for Children	Margaret Fields	MHMR of Tarrant County
Beena Benny	The Parenting Center	Jan Finch	The Parenting Center
Lisa Benton	Community Solutions	Vidalina Flores	Fort Worth ISD
Ricki Bickle	MHMR of Tarrant County	Patrick Flynn, Ph.D.	Texas Christian University
Kristen Bierschenk	Lena Pope Home, Inc	Gerry Foster	State of Texas
Jenny Black	Lena Pope Home, Inc.	Bobbie Garcia	Child Study Center
Cid Bladecki	Santa Fe Youth Services	Gaby Garcia	Private Practice
Robin Blake	The Excel Center	Lydia Garcia	Santa Fe Youth Services
Marianna Bond	Parent	Susan Garnett	MHMR of Tarrant County
Stephanie Books	Fort Worth ISD	Richard Garnett, Ph.D.	The ARC of Greater Tarrant County
Steve Braun	Tarrant County Access	Holly Garrett	Lena Pope Home, Inc.
Lou Brewer	Tarrant County Public Health Department	Nora Garza	Safe Haven of Tarrant County
Sharon Brook	The Women’s Center	Trevor Gates	MHMR of Tarrant County
Calvin Brooks	Child Study Center	Stephanie Geis	JPS Health Network
Barbara Brown	Fort Worth ISD	Ed George	Texas Health Harris Methodist Fort Worth
Kathryn Brown	MHMR of Tarrant County	Jen Gibbons	Alliance for Children
Stephanie Brown	Fort Worth ISD	Cheryl Gierkey	The Excel Center
Angela Bryant-Cruz	Santa Fe Youth Services	Jennifer Gilley	Tarrant County Challenge
Joseph Burkett, M.D.	MHMR of Tarrant County	Meghan Glover	Early Childhood Intervention
Shannon Burnett	The Child Study Center	Nancy Gonzales	Lena Pope Home, Inc.
Lacey Burrell	Fort Worth ISD	Michele Gortney	Early Childhood Intervention
Debby Butler	Tarrant County Juvenile Services	James Greenstone, Ed.D., J.D.	Private Practice
Deborah Caddy	The Women’s Center	Carrie Greer	DFW Center for Autism
Debbie Cain	Santa Fe Youth Services	Estrella Griggs	Santa Fe Youth Services
Melinda Cantu	Fort Worth ISD	John Haenes	Tarrant County Challenge
Erin Carlson, MPH, DrPHc	UNT Health Science Center	Nancy Hagan	Alliance for Children
Wayne Carson, Ph.D.	All Church Home for Children	Carolyn Hanke	Community Volunteer
Angela Ceglar	Santa Fe Youth Services	Stevie Hansen	MHMR of Tarrant County
Pat Cheong	United Way of Tarrant County	Harriet Harral, Ph.D.	The Harral Group
Cissy Childs	UNT Health Science Center	Rikki Harris	MHMR of Tarrant County
Christina Chou	The Art Station	Dena Hart	Catholic Charities
Elizabeth Cintron	Save Haven of Tarrant County	Tammy Heinz	Mental Health Association
Margaret Cohenour	Lena Pope Home, Inc.	David Helton	MHMR of Tarrant County
Melanie Colson	Alliance for Children	Charity Henry	Alliance for Children
Lindsey Connell	Cook Childrens Medical Center	Mike Herndon	All Church Home for Children
Kristen Conner	The Excel Center	Shaun Hill	MHMR of Tarrant County
Carley Copeland		Barney Hisanaga	The Parenting Center
Andy Crim	UNT Health Science Center	Virginia Hoft	Santa Fe Youth Services
David Cross, Ph.D.	Texas Christian University	James Holcomb	The Harral Group
Ellen Crowl	The Harral Group	Paula Hood	All Church Home for Children
Carolyn Cruse		Laurie Hooper	Tarrant County Juvenile Services
DesAnGES Cruser, Ph.D.	UNT Health Science Center	Peeler Howell	Rep. Mark Shelton’s Office
Jamie Curry	The Parenting Center	Rosalyn Hubbard	Child Protective Services
Laura Daggs	Private Practice Occupational Therapist	Hollis Hutchison	All Church Home for Children
Nick Damon	Lena Pope Home, Inc.	Christine Jaimez	Catholic Charities
Jena Darling	Lena Pope Home, Inc.	Jennifer Johnson	The Art Station

Natalie Juarez	The Parenting Center	Wesley Rangel	The Excel Center
Erin Kauffman	Lena Pope Home	Uma Rao, M.D.	UT Southwestern Medical Center
Deborah Kendrick	Child Study Center	Erin Remington	Tarrant County Juvenile Services
Barbara Kenney	Texas Health Harris Methodist Springwood	Angie Reyes	All Church Home for Children
Scott Kessel	Keller ISD	Kristen Rice	Texas Christian University
Monica Kintigh, Ph.D.	Texas Christian University	Mayra Rivas	Santa Fe Youth Services
Danica Knight	Texas Christian University	Marilyn Roberts	Alliance for Children
E. Brooke Knox	Mental Health Association	Derek Robertson	AIDS Outreach Center
Steven Kopor	MHMR of Tarrant County	Vanessa Sabler	Santa Fe Youth Services
Mollie Kutcha, R.N.	Cook Childrens Medical Center	Linda Sailing	All Church Home for Children
Todd Landry	Lena Pope Home, Inc.	Zeba Salim	MHMR of Tarrant County
Lee LeGrice, Ph.D.	Mental Health Association	Lisa Salinas	Lena Pope Home
Rachel Leshner	TCI Alcohol & Drug Education	Lisa Salinas	Lena Pope Home
Stacey Lewis	Lena Pope Home, Inc.	Terry Sambrano	Fort Worth ISD
Ashley Lind	Safe Haven	Judy Saunders	The Women's Center
Molly Lopez	Texas Department of State Health Services	Maria Scannapieco, Ph.D.	University of Texas at Arlington
Claire Loranger	MHMR of Tarrant County	Alan Schonborn	All Church Home for Children
Leslie Lovett, M.S.W., L.C.S.W.	Texas Christian University	Carmen Sepulveda-Hernandez	Alliance for Children
Susanne Luebke, L.C.S.W.	Lena Pope Home, Inc.	Theresa Shaw	Alliance for Children
Anthony Machi, M.D.	Lena Pope Home, Inc.	The Honorable Mark Shelton, M.D.	Texas House of Representatives
Bernice Mack	Tarrant County Juvenile Services	Sam Shore	Texas Department of State Health Services
Ira Mackey	Lena Pope Home, Inc.	Dacey Smith	The Excel Center
Keirschen Maize	Cook Childrens Medical Center	Jacklyn Smith	Lena Pope Home, Inc
Cecilia Marez	Safe Haven of Tarrant County	Jessie Smith	JPS Health Network
Judy Martinez	Catholic Charities	Mary Anne Smith	MHMR of Tarrant County
Allison Mason	JPS Health Network	Sonia Smoak	Lena Pope Home, Inc
Joyce Mauk, M.D.	Child Study Center	Erin Snell	Lena Pope Home, Inc
Bill May	XTO Employee Assitance Program	Diane Snow, Ph.D.	University of Texas at Arlington
Kelly Mays	Parent	Laura Soto	Fort Worth ISD
Barbara McElroy	Brite Seminary	Jamie Souders	Hand in Hand
Pam McFadden	UNT Health Science Center	Debbie Spooontz	Tarrant County Juvenile Services
Holly McFarland	Tarrant County Challenge	Stacy Starks	Cook Childrens Medical Center
Scott McKinney	Child Protective Services	Maureen Stolz	Mental Health Association
Shellie McMillan	Alliance for Children	Carla Storey	All Church Home for Children
Becka Meier	The Womens Center	Laura Strack	The Women's Center
Bill Menchaca	Tarrant County	Jennifer Sublett	The Art Station
April Mitchell	Senator Kim Brimer's Office	Greg Sumpter	Tarrant County Juvenile Services
Rosalyn Mondragon	Fort Worth ISD	Jorene Swift	Broadway Baptist Church
Kenny Morgan	Lena Pope Home, Inc	Patricia Sylve	MHMR of Tarrant County
Michelle Morgan	FW Police-Victim Assistance	Janell Taylor	MHMR of Tarrant County
Michelle Morgan	FW Police-Victim Assistance	Patsy Thomas	Mental Health Connection
Christie Mosley	A Home With Heart	Cynthia Thompson	The Parenting Center
Sonya Mosley	Lena Pope Home, Inc	Tiffany Thornton	The Excel Center
Carolyn Murley	Tarrant County Juvenile Services	Bill Thrash	Fort Worth Talks
Marilyn Nappier	Fort Worth ISD	Ayda Torres	Alliance for Children
Vicki Nejteck, Ph.D.	UNT Health Science Center	Heidi Tournoux-Hanshaw	The Art Station
Kristin Nethers	Fort Worth ISD	Kathleen Trello-Rochelle, M.D.	MHMR of Tarrant County
Stephanie Norton	Hand in Hand	Miriam G. Valdovinos, Ph.D.	Tarrant County Juvenile Services
Jane Null	The Women's Center	Hallie Valentine	The Parenting Center
Sherre Olivier	Alliance for Children	David VanHook	Tarrant County Juvenile Services
Monica Olson	Lena Pope Home, Inc	Wayne Vaughn	Lena Pope Home, Inc
Helen Ortega	Alliance for Children	Carlela Vogel	The Harral Group
Toby Owen	All Church Home for Children	Aileen Wainwright	Cook Childrens Medical Center
Kirstin Painter, Ph.D	Texas Woman's University/MHMR	Angela M. Walston	Texas Christian University
Jennifer Pankow	Texas Christian University	Cynthia Ward	Care Options
Camille Patterson, Ph.D.	MHMR of Tarrant County	Vicki Warren	Fort Worth ISD
Marcy Paul	YWCA	Marcene Weatherall	Keller ISD
LuAnn Pelletier	Tarrant County Juvenile Services	Kelly Webb	The Excel Center
Patricia Perez	Safe Haven of Tarrant County	Grace White, R.N.	MHMR of Tarrant County
Barbara Perry	MHMR of Tarrant County	Rachel Wilkes	Austin College
Kristin Phillips	Lena Pope Home, Inc	Tracey Williams	The Parenting Center
Wendy Pittman	Cook Childrens Medical Center	Beth Williams-Ewing	The Women's Center
Crystal Poulton	Santa Fe Youth Services	Kelly Willis	Tarrant County
Deepak Prabhakar, M.D., M.P.H.	UNT Health Science Center	Linda Wolszon, Ph.D.	Texas Christian University
Sherri Chapel Pratt	The Women's Center	David Woody, Ph.D.	Catholic Charities
Socorro Preciado	Lena Pope Home, Inc	Auyama Wright	Catholic Charities
Carolyn Presnall	Cook Childrens Medical Center	William Wright	Catholic Charities
Karyn B. Purvis, Ph.D.	Texas Christian University	Wayne Young	JPS Health Network
Vanessa Quach	Santa Fe Youth Services	Patricia Zamarripa	Fort Worth ISD
Linda Ragsdale	Mental Health Association	Lena Zettler	Cook Childrens Medical Center
Sara Ramirez	Catholic Charities	Kathy Jo Ziegler	Lena Pope Home, Inc
Shari Ramos	MHMR of Tarrant County		