

June 4-5, 2007

# Bridging the Gap

Research, Practice and Policy

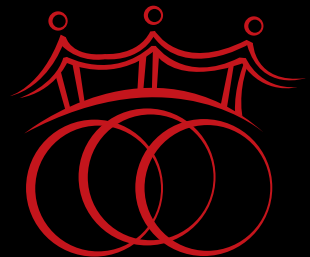
A Symposium on  
Effective Mental Health Treatments  
for Children and Adolescents

June 4-5, 2007

Texas Christian University  
Dee J. Kelly Alumni Center  
2820 Stadium Drive  
Fort Worth, Texas 76109

Sponsored by:  
Mental Health Connection of Tarrant County  
Texas Christian University  
Lena Pope Home, Inc.

For information:  
817-927-5200  
[www.mentalhealthconnection.org](http://www.mentalhealthconnection.org)



Bridging the Gap

How long  
does it take  
for scientific  
data to trickle  
down into  
practice?

17  
YEARS

— Institute of Medicine, 2001 National Academy of Sciences

## Purpose and Vision:

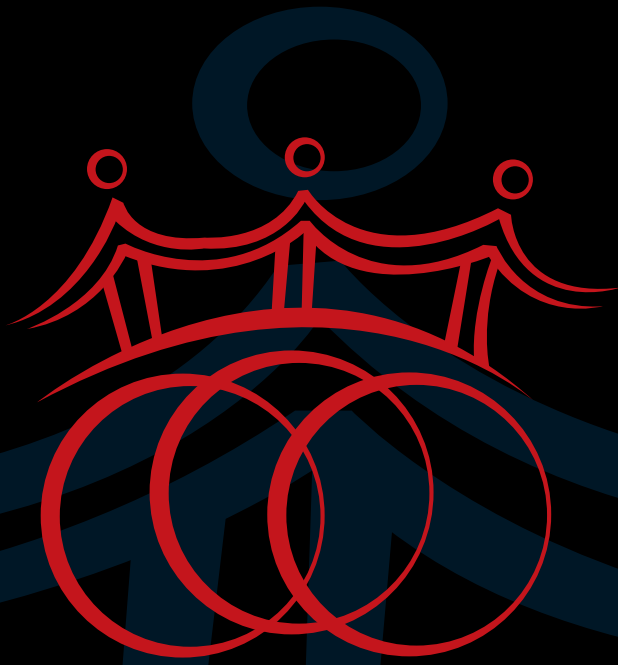
To build a bridge, you must span the gap in your mind before you can lay down the foundation. This symposium is an initial step in a multi-year, multi-disciplinary learning experience focused on connecting the worlds of Research, Policy and Practice for mental health services in Tarrant County. Like islands in the sea, this bridge creates one community, sharing one mind, able to deliver more effective mental health treatments for patients and their families.

“Bridging the Gap” is your opportunity not only to join the conversation, but also take part in affecting the master plan. This plan is a three-tiered approach that will show us where we stand, help us create the architecture, and finally, guide us as we roll up our sleeves as stakeholders and start building.

What do we know?

# RESEARCH

Current research on mental health care  
Building relationships with researchers



## Bridging the Gap

What decisions must we make?

# POLICY

Policy's role in moving research to practice

## Who should attend:

Researchers

Policy Makers/Policy Experts

Agency Executives/Decision Makers

Pediatricians

Other Primary Care Physicians

Faith Leaders/Chaplains

Private Practitioners (psychiatrists, psychologists, etc.)

School Staff/Educators

Direct Service Staff

Supervisors

Parents/Family Members/Consumers of Mental Health Services

College Students

RNs/Nurse Practitioners

Substance Abuse Treatment/Prevention Providers

CEUs will be provided for physicians, nurses, licensed chemical dependency counselors and social workers.

## What do we do?

# PRACTICE

Research in practice settings

The need for more research

Children receive effective interventions

## Symposium Planning Committee:

Lee LeGrice, PhD,  
Planning Committee Chair  
Executive Director of Programs  
Lena Pope Home, Inc.

Matthew Avila, PhD  
Board President  
Mental Health & Association  
Executive Director  
The Byrne Foundation

David Cross, PhD  
Director of Developmental Research  
Texas Christian University

Jeanne Donovan  
Community Volunteer

Patrick M. Flynn, PhD  
Professor of Psychology &  
Deputy Director  
Institute of Behavioral Research  
Texas Christian University

Susanne Luebke, LCSW  
Director of Training  
Lena Pope Home, Inc.

Anthony T. Machi, MD, FAPA  
Consulting Psychiatrist  
Lena Pope Home, Inc.

Vicki Nejtek, PhD  
Assistant Professor  
Director of Clinical Research for  
Social and Behavioral Sciences  
School of Public Health  
University of North Texas Health  
Science Center

Karyn B. Purvis, PhD  
Director, TCU Institute of  
Child Development  
Texas Christian University

Patsy Thomas, MS  
President  
Mental Health Connection

Angela M. Walston, MS  
Outreach/Program Coordinator,  
TCU Institute of Child Development  
Texas Christian University

Linda R. Wolszon, PhD  
Director, Mental Health Services  
Texas Christian University

Mental Health Connection of Tarrant County is a collaboration of public and private agencies, mental health care providers, patients and caregivers working together to improve the mental health system for all residents of Tarrant County. Its goal is to create a highly networked system of mental health care so there is "no wrong door to the right mental health resources."

Texas Christian University is a major research and teaching university. It ranks in the top 10 percent of American colleges and universities and is listed in *US News and World Report's* America's Best Colleges. Its vision is to be a prominent private university recognized for its global perspective, its diverse and supportive learning community, its commitment to research and creative discovery and its emphasis on leadership development.

Lena Pope Home, Inc., is a private not-for-profit organization serving children, adolescents and families since 1930. The services include therapeutic foster care, alternative education, in-home family preservation and outpatient clinical counseling.

# Symposium Faculty



John R. Weisz

## The Research Perspective

John R. Weisz, PhD, is CEO and professor at the Judge Baker Children's Center, Harvard Medical School. In addition to his role with the Judge Baker Children's Center, Dr. Weisz is director of the Network on Youth Mental Health, which is funded by the MacArthur Foundation. Previously, he was a professor in the Departments of Psychology and Psychiatry and Biobehavioral Sciences at the University of California at Los Angeles. Dr. Weisz's ongoing research focuses on promoting youth mental health through intervention programs in schools and community centers.



Dean L. Fixsen

## The Practice Perspective

Dean L. Fixsen, PhD, is co-director of the National Implementation Research Network at the University of South Florida. He and several of his colleagues developed the internationally acclaimed Family-Teaching Model. Over the past decade, Dr. Fixsen has focused on the science related to implementing evidence-based programs and practices with fidelity and good outcomes for consumers. He most recently published "Implementation Research: A Synthesis of the Literature." This monograph proposes frameworks for understanding effective implementation processes.



Sandra J. Tanenbaum

## The Policy Perspective

Sandra J. Tanenbaum, PhD, is associate professor of Health Services Management and Policy at The Ohio State University College of Public Health. She studies U.S. health policy, including mental health and disability policy, and the role of science in politics. Her articles on evidence-based health care have appeared in the *New England Journal of Medicine*, the *Journal of Health Politics, Policy and Law* and *Health Affairs*.



Carlo DiClemente

## System Transformation

Carlo DiClemente, PhD, is professor and chair of the Department of Psychology, The Shriver Center at the University of Maryland-Baltimore County. He and James Prochaska, PhD, created the "Transtheoretical Model of Change," which identifies a widespread conceptual framework for understanding the process of change. It has greatly influenced clinical practice, program development and research in the field of addiction and mental health. Dr. DiClemente broadens the scope of the stages of change by applying the model to the actual process of organizational and systems transformation.

# Symposium Agenda

## Monday, June 4, 2007

- 7:30 Continental Breakfast, Check-In  
8:00 Welcome and Symposium Overview  
8:15 Creating a Framework for Change - Carlo DiClemente, PhD
- 8:30 **What do we know?**  
What are the most effective practices available for children's and adolescents' mental health?  
John Weisz, PhD
- 10:10 **What decisions must we make?**  
What is the role of public policy in implementing research findings at the practice level?  
Sandra J. Tanenbaum, PhD
- 11:40 Lunch and Discussion: Steps to Change, Carlo DiClemente, PhD
- 1:00 **How do we do it?**  
How can the research be effectively implemented at the practice level?  
Dean L. Fixsen, PhD
- 2:20 Closing Comments – Carlo DiClemente, PhD  
2:30 Adjourn

## Tuesday, June 5, 2007

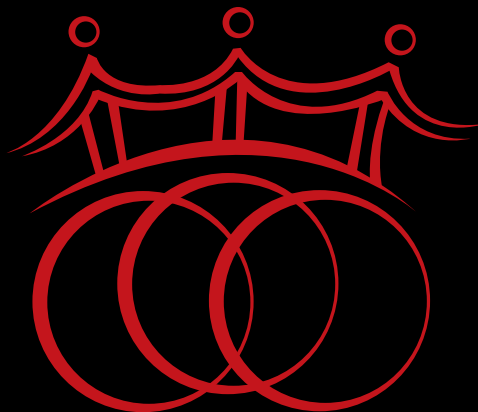
- 7:30 Continental Breakfast
- 8:00 **What can we expect?**  
What is the process of change?  
Carlo DiClemente, PhD
- 9:30 **Tarrant County Today and the Vision for Tomorrow**  
Results of TCU Community Readiness Assessment  
Evidence-Based Practice Matrix Developed by Community Solutions of Fort Worth  
Results of University of North Texas Health Science Center Study on Co-occurring Mental Illness and Substance Abuse
- 11:15 **Any Questions?**  
Panel Discussion with Symposium Faculty
- 12:15 Closing Comments  
12:30 Adjourn

## Where We Stand

Prior to the Symposium, Texas Christian University and Community Solutions of Fort Worth are conducting community assessments designed to determine the willingness of the community to adopt evidence-based practices, as well as the evidence-based practices that are currently available in Tarrant County. The results will provide a baseline assessment, allowing for measurement of progress in the years to come.

TCU is addressing the readiness of Tarrant County to incorporate the latest evidence-based practices into current programs. David Cross, PhD, director of developmental research at TCU, and Angie Watson, program/outreach coordinator of the TCU Institute of Child Development, are conducting "The Community Readiness Model: Research to Practice." The interview subjects include practitioners who provide mental health services.

Community Solutions is assessing which evidence-based practices and programs are currently being implemented and the target population they are serving. Vicki Warren, clinical director, and Lisa Benton, technical assistance coordinator, are leading the study for Community Solutions by conducting in-person interviews with area agencies that provide mental health services for children and adolescents. The sample includes both members and non-members of Mental Health Connection. This assessment will establish a comprehensive matrix of evidence-based practices applicable to the Tarrant County System of Care.



# General Information

## Registration Deadline and Fees

Mental Health Connection Members	\$75
Non-members	\$100
Students	\$30

Registration deadline: May 25, 2007

Only checks or cash can be accepted. Checks should be made payable to Mental Health Connection.

Space is limited, so early registration is recommended.

## Registration Confirmation

All registrations will be confirmed by mail, e-mail or phone.

## Cancellations and Refunds

Individuals submitting written cancellations by May 25 will receive a refund of the registration fee less a \$25 administrative fee. Registrations may be transferred between individuals, but notification must be submitted to Mental Health Connection by June 1 via fax at 817-927-2007, email at [pthomas@mentalhealthconnection.org](mailto:pthomas@mentalhealthconnection.org) or mail: Mental Health Connection, 3131 Sanguinet, Fort Worth, TX 76107. For additional information, call 817-927-5200.

If written notification of cancellation is received after May 25, refunds will be issued at the discretion of the conference sponsors.

## Scholarships and Stipends

Limited financial support will be available for students, parents and family members of those with a mental illness. To apply for a scholarship or stipend, call 817-927-5200.

## Continuing Education Credits

CEUs will be provided for physicians, and nurses, LPC, LMFT, LCDC and social workers by Cook Children's Medical Center, Tarrant County Challenge and the University of Texas at Arlington.

## Learning Communities – Breaking New Ground

Following the symposium, representatives from all areas of the mental health care system will be selected to serve on six Learning Communities that will take the next step. Each group will meet for two hours once a month for six months. Meeting dates and times will be determined at the discretion of each group, except for the required orientation meeting on June 5. Each group will have a professional facilitator to manage meetings, as well as local and national researchers with expertise in each focus area to serve as coaches/consultants throughout the six months of their work.

### Learning Communities will:

- Review research reports
- Summarize evidence-based practices for specific mental health diagnoses
- Identify the connection of the evidence to the needs of Tarrant County
- Identify barriers to effective implementation, including policy issues
- Identify strategies to bridge the gaps between research, practice and policy
- Suggest strategies for keeping the knowledge current and widely shared among physicians, mental health care providers and consumers
- Come to consensus on the value and relevance of the research for Tarrant County
- Create a community-wide implementation and action plan for researchers, practitioners and policy makers
- Provide written reports of their work

## June 5th, 7- 8:30 p.m. Community Meeting:

How Bridging the Gaps between Research, Practice and Policy Can Benefit Children and Their Families

Karyn Purvis, PhD, David Cross, PhD, and Lee LeGrice, PhD, will lead a discussion on:

- Results of the symposium
- Goals that Tarrant County has in place for improvements in mental health treatment for children, adolescents and families
- Ways to access knowledge
- Ways to use knowledge to become active participants and advocates in developing and implementing the treatment plan for children

### Community Meeting Speakers



David Cross, PhD is the director of developmental research at TCU and a professor of child development. Karyn Purvis, PhD, is director of The Institute of Child Development at TCU. During their ten years of collaboration, they have developed a research-based intervention and gathered eight years worth of data that have been used to empower parents and their children. Both are personally interested in the topic. David spent most of his childhood in foster homes, and Karyn has served as a foster parent for many at-risk children.



Lee LeGrice, PhD, is executive director of Programs for Lena Pope Home, Inc., in Fort Worth, Texas. She is currently leading the agency in identifying and implementing evidence-based practices across all programs. Dr. LeGrice received a Master's degree and PhD in Social Work at the University of Texas at Arlington.

# Registration Form

Deadline: May 25, 2007

Salutation  Mr.  Ms.  Mrs.  Dr.  Other \_\_\_\_\_  
First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_  
Name as it should appear on nametag \_\_\_\_\_  
Title/Position \_\_\_\_\_  
Organization/Agency \_\_\_\_\_

## Mailing Address

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
Alternate Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Amount Enclosed  
\_\_\_\_\_ Mental Health Connection member at \$75 \_\_\_\_\_ Non-member at \$100 \_\_\_\_\_ Student at \$30

For membership information, please go to [www.mentalhealthconnection.org](http://www.mentalhealthconnection.org)

\_\_\_\_\_ I will need a CEU Certificate for  Physician  LCDC  Nurse  Social Worker  
 LPC  LMFT

Please check the box next to the category that best describes your involvement in mental health care.

- Researcher
- Policy Maker/Policy Expert
- Agency Executive/Decision Maker
- Pediatrician or Other Primary Care Physician
- Faith Leader/Chaplain
- Private Practitioner (psychiatrist, psychologist, etc.)
- School Staff/Educator
- Direct Service Staff
- Supervisor
- Parent/Family Member/Consumer of Mental Health Services
- College Student
- RN/Nurse Practitioner
- Substance Abuse Treatment/Prevention Provider
- Other \_\_\_\_\_

\_\_\_\_\_ Please check if you are interested in participating as part of a Learning Community for six months.

Please indicate the time frame you are available and your area of expertise/interest:

June-November 2007

- Internalizing Disorders (Depression, anxiety, bipolar)
- Externalizing Disorders (Oppositional Defiant Disorder, Conduct Disorder, Attention Deficit Hyperactivity Disorder)
- Addictions (Substance abuse, alcoholism, eating disorders, etc.)

December 2007-May 2008

- At-Risk/Prevention (Public health issues, infant mental health)
- Pervasive Developmental Disorders (Autism, Aspergers's Spectrum Disorders)
- Trauma/Post Traumatic Stress Disorder

Mail registration form and appropriate registration fee to:

Mental Health Connection  
3131 Sanguinet  
Fort Worth, Texas 76107