

## Integrated Health Care Grantee Spotlight: People's Community Clinic

When People's Community Clinic Executive Director Regina Rogoff was first hired in 2003, she took the clinic's doctors away from their Austin office to get acquainted.

"I asked them to tell me the one thing they needed that would make the biggest impact on their day-to-day work," said Rogoff. "Help handling their patients' mental health problems was at the top of their list."

So, when the Hogg Foundation for Mental Health launched its Integrated Health Care Initiative in 2005, Rogoff jumped at an opportunity to address her staff's needs.

In April 2006, the Hogg Foundation awarded the Austin clinic \$275,255 over three years to

implement collaborative care, an evidence-based model for detecting and treating mental health problems in primary care settings. The Foundation's support includes extensive technical assistance and funding to cover key staff and supplies. People's leveraged the Hogg Foundation grant to secure additional funds from St. David's Community Health Foundation in Austin, which is paying for patients' psychiatric medications.

Now, one year into the program, People's primary care providers are getting the help they wanted.

Close to 100 patients have been enrolled in the program, and about 30 have already successfully "graduated." Although the program is

still young, People's has already achieved a treatment success rate typically seen in carefully controlled clinical trials.

At the heart of People's flourishing collaborative care program is the Integrated Behavioral Health (IBH) Program team.

Social worker Megan Barnes Zesati is the clinic's care manager and linchpin of the People's team. Trained at The University of Texas at Austin, Ms. Zesati is an experienced licensed clinical social worker, who previously worked in health clinics in Mexico and California.

In her role as care manager, she educates patients about their mental health diagnoses and prescribed care and tracks their response to

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## Applications Sought: Scholarships, Dissertation Award Ima Hogg Scholarships in Mental Health for Social Work Students

A call for applications for the Ima Hogg Scholarships in Mental Health has been issued by the Hogg Foundation for Mental Health. Individuals pursuing a Masters in Social Work (MSW or MSSW) through an accredited Texas graduate program are invited to apply for the five scholarships of \$5,000 each.

These one-year scholarships reflect Miss Ima Hogg's commitment to the education of social workers in mental health and the provision of quality services to the people of Texas.

Successful applicants will demonstrate their intent to pursue a career in mental health service provision upon obtaining their MSW or MSSW credential.

To apply, students must be nominated by the dean or director of their graduate social work program. Each graduate social work program may nominate no more than three applicants for the scholarship. Only Texas graduate social work programs accredited by the

Council on Social Work Education are eligible to nominate applicants.

Applications are due by June 22, 2007. The Foundation will announce the five recipients of the Ima Hogg Scholarships in Mental Health in July 2007. More information about the application process and requirements is posted on the Hogg Foundation's website at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).



Miss Ima (circa 1960)

## Frances Fowler Wallace Dissertation Award Open to UT-Austin Students

The Hogg Foundation for Mental Health invites doctoral candidates at The University of Texas at Austin to apply for the Frances Fowler Wallace Memorial for Mental Health Dissertation Award.

The award is given to provide partial support for one outstanding doctoral student's dissertation research on "the cause and treatment, cure, and prevention of mental disease, mental illness, and mental disorders" as designated by

Mrs. Wallace in her will.

The winning student will receive up to \$1500 to support research-related expenses such as survey mailings, software, participant stipends, and trainings. The awardee is required to present his or her dissertation research to the Foundation.

To apply, students must be in candidacy or must be able to demonstrate that they will be in candidacy by August 31, 2007. Only UT-Austin

students are eligible to apply. Applicants must plan to conduct a rigorous dissertation that advances the donor's wishes to study the causes, prevention, and treatment of mental illnesses.

Applications are due by June 29, 2007. The Foundation will announce the awardee in July 2007.

More information about the application process and requirements is posted on the Foundation's website at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).



# Hogg Journalism Award: Children and Families Share Their Experiences with Mental Illness

Marina Pisano, a reporter for the *San Antonio Express-News*, has won first place in the 2007 James S. Hogg Award for Mental Health Reporting for a three-part series of articles on youths confronting mental illness.

In her March 2006 "Children of Rage and Sorrow" articles, Pisano gives readers a glimpse of the lives of children and their families as they deal with depression, bipolar disorder, attention-deficit/hyperactivity disorder, and schizophrenia.

Pisano's pieces humanize these all-too-prevalent illnesses and cover a range of critical information about their symptoms and treatment.

This is the second time Pisano has placed in this award. Two years ago she took third place for her *Express-News* article "Mind-Body Connection."

Second place was awarded to Jimmy Isaac of the *Longview News Journal* for his December

2006 article, "Where Do Mental Illness, Criminal Justice Intersect?" Incorporating both consumers' first-hand accounts and state and local officials' perspectives, Isaac looks at how barriers to effective treatment can result in people with mental illnesses becoming involved in the criminal justice system.

Jennifer Emily of *The Dallas Morning News* received third place for her October 2006 article, "We Talk About Our Memories," which looks at the friendship between two women at North Texas State Hospital in Vernon.

The two women, Andrea Yates and Dena Schlosser, were found not guilty by reason of insanity in the death of their children and ended up as roommates at the hospital. The story looks back on their past mental health issues, where they are now, and their hopes for the future.

Most people report getting their information about mental illness from the news media.

Despite improvements over the past 30

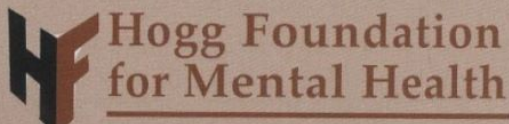
years, many news stories on mental illness are negative or inaccurate. As the public's main source of mental health information, journalists have a unique opportunity to increase the public's knowledge of mental illness and counter stigmatizing attitudes.

Named for former Texas governor and newspaper editor James Stephen Hogg, the award was created by the Hogg Foundation to recognize exemplary journalism that educates the public about mental health and counters negative beliefs about mental illness.

The first-place winner receives \$1,000, the second-place winner receives \$500, and the third-place winner receives \$250. The winning stories are posted on the Hogg Foundation's website at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).



Gov. James S. Hogg



SERVICES, RESEARCH, POLICY & EDUCATION

The *Hogg Foundation News* is a quarterly newsletter of the Hogg Foundation for Mental Health.

The Foundation is an administrative unit of The University of Texas at Austin.

For over 65 years, the Foundation has accomplished its mandate through grantmaking to mental health service, research, public education, and policy projects in the state of Texas.

The Hogg Foundation for Mental Health also fulfills its benefactors' intent by operating its own programs – including mental health services research, public policy analysis, public education, conferences on timely issues, and the Regional Foundation Library – to the benefit and enrichment of organizations and communities statewide.

Information about the Hogg Foundation, including its programs and current initiatives, can be found online at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).

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## Cultural Adaptation Initiative: Therapists Learn New Treatment Strategies

As the Cultural Adaptation Initiative's first year winds down, the five grantee organizations have completed training in their selected mental health treatments and are gaining experience in using them with clients.

The first year of the initiative was focused on training grantees' psychotherapists in approaches to delivering evidence-based practices. Evidence-based practices are treatments that have been shown to yield positive client outcomes in numerous studies across researchers.

Once the therapists master the new treatments, they will begin adapting them to fit their patients' cultural backgrounds. These adaptations are the focus of the Hogg Foundation's initiative.

The grantees chose to focus on a range of evidence-based treatments for adults and children.

Family Service of El Paso, Tropical Texas Behavioral Health (formerly Tropical Texas Center for Mental Health and Mental Retardation) located in Edinburg, and Community Family Centers in Houston sought training in cognitive-behavioral therapy (CBT) to treat depression and anxiety in Latino child, adolescent, and adult clients.

Kevin Stark, Ph.D., professor of school

psychology at The University of Texas at Austin, provided training on using CBT with depressed and anxious children and adolescents.

"Our goal is to teach therapists how to use the different treatment strategies found to be effective in recent research," said Dr. Stark who has been with UT-Austin for over 20 years.

"Much of the information is considered state of the art because it is very new," said Dr. Stark. "The therapists are learning new and different approaches to treatment."

Dr. Stark has provided CBT training to clinicians around the country. He recently worked with New Orleans' mental health organizations to train providers to treat Katrina survivors experiencing distress.

In addition to their child and adolescent CBT training with Dr. Stark, clinicians from Family Service of El Paso and Tropical Texas Behavioral Health trained in CBT to treat



Dr. Kevin Stark

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## People's Community Clinic Provides Mental Health Services From Page 1

treatment. Zesati also provides short-term psychotherapy to a portion of her patients.

"Patients say they feel cared for," says Zesati. She calls them on a weekly basis during the first month of starting a new medication and follows up with them regularly as their treatment continues. Zesati makes sure her patients do not "fall through the cracks." They know she is available to them and can call her for support.

Zesati is aided by Dr. Rick March, an Austin Travis County Mental Health Mental Retardation Center psychiatrist who supervises Zesati and provides consultation to the team. March meets weekly with Zesati to review her caseload and to make recommendations for patients not responding to treatment. Sometimes he sees a particularly challenging patient to clarify a diagnosis or treatment plan. He is also available to People's providers who have questions about their patients' care.

Social worker Jodi Harris helps Zesati with patient assessments and serves as care manager for a small caseload of less severely ill patients. She also sees some patients for counseling.

Director of Social Services Robin Rosell and physician Richard Peavey provide the behind-the-scenes support that allows the team to function so well. Rosell works closely with Zesati and Harris, coordinating the interaction between the clinic's medical staff and the program team. Peavey has played a critical role in building investment in the program among the clinic's numerous providers.

The IBH Program has had a big impact in treating the "whole" patient at the clinic. Like most busy primary care clinics, People's has struggled to address patients' mental health needs while managing their multiple health problems all within the typical "7-minute" doc-

tor's appointment.

"With the IBH Program, patients have the opportunity to talk with a mental health professional about their issue, get more feedback about options for treatment, and, when therapy is initiated, have someone to more closely monitor their progress," says Peavey. "The backup provision of psychiatric evaluation for more difficult cases is also enormously helpful."



People's Community Clinic Integrated Behavioral Health Program team. Pictured from left to right are (front) Jodi Harris, Maggie Taylor, Robin Rosell, Megan Barnes Zesati, (back) Richard Peavey, and Rick March.

All of this makes the care for the patient more comprehensive and more human.

"It's a relief for the practitioner to know that the patient has someone checking in with them and who can sound the alert if there's a problem," said Peavey.

Rosell says the technical assistance provided by the Hogg Foundation has been particularly important in their success to date. The technical assistance includes a web-based patient database that the team uses to track patients enrolled in the program. It also includes expert training and consultation from a group of University of Washington psychiatrists who originated the collaborative care model.

In September 2006, University of Washington psychiatry faculty provided People's and the other Hogg Foundation

grantees with initial training in the model. Since then, the grantees have had regular consultation with the faculty. Dr. Wayne Katon, one of the founders of collaborative care, has been among the consultants working closely with the People's team. He and his UW colleagues have been impressed by People's progress, calling them a "model program" in collaborative care.

Rosell cites their patients' positive outcomes as one sign of the program's success to date, but sees the program's impact manifested in other ways.

"The providers are paying more attention to mental health issues now," says Rosell. "Not only are they more comfortable prescribing psychiatric medications, they are more comfortable prescribing those medications at the necessary levels."

"The need for mental health expertise has long been recognized at the clinic," says Rosell, who has worked at People's for over 10 years. "The program has supported the primary care

providers in dealing with mental health issues and created true integrated health care."

As the People's team looks to Year 2 of the program, their main concern is finding ways to manage the high demand for mental health services. They are looking at creative ways to see more patients, such as using social work interns and group approaches to treatment. They are also investigating community partnerships, like their current arrangement with Jewish Family Services, that can increase the treatment options available to their patients.

Founded in 1970 by a group of volunteer doctors and nurses, People's Community Clinic is Austin's only independent clinic offering comprehensive health and wellness care to improve the health of uninsured or underinsured Central Texas families.

## Report Highlights Austin's Progress in Becoming a Mentally Healthy Community

The Austin Mayor's Mental Health Task Force Monitoring Committee has released its second annual report on the city's coordinated efforts to become a national model of a mentally healthy community.

In 2004, the Hogg Foundation collaborated with the Austin Travis County Mental Health Mental Retardation (ATCMHMR) Center and Austin Mayor Will Wynn to create the task force in order to develop recommendations for improving Austin's overall mental health. Following the release of the task force's report in 2005, its Monitoring Committee was charged with making annual progress reports to the mayor over a five-year period.

The Monitoring Committee is a subcommittee of the ATCMHMR

Center Board of Directors. Hogg Foundation Associate Director Lynda Frost serves as a member of the committee.

The second annual report highlights important steps taken over the past year toward a mentally healthy Austin. Particularly strong gains were made in the areas of developing a comprehensive housing plan for people with behavioral health issues, mapping the city's behavioral health delivery system, creating evidence-based indicators for tracking the community's progress, and addressing the interface of criminal justice and behavioral health systems in the area.

To read the Monitoring Committee's second annual report, visit [www.mmhtfmc.org/publications/AnnualReport2006.pdf](http://www.mmhtfmc.org/publications/AnnualReport2006.pdf).



## The HF Book Shelf: Some Recommended Readings on Workforce

*Program Officer Debbie Berndt is leading the Foundation's planning efforts for its Workforce Development Initiative. We asked her to share with us some of the most informative articles and reports she has run across in her work.*

Recently, I wrote a briefing paper about the Texas mental health workforce, which is posted on the Foundation's website. For that project, I read numerous reports and articles that provided valuable context for our planning. Here is a selection of some readings that I found particularly useful.

The publications of the **Annapolis Coalition on the Behavioral Health Workforce** are seminal. In early 2007, the Coalition published a national action agenda, "An Action Plan for Behavioral Health Workforce Development." The action plan summarizes the findings from their two-year investigation into national workforce issues and outlines specific goals and strategies to address critical workforce concerns.

Leading up to the action plan's publication, the Annapolis Coalition produced a series of articles in 2002, 2004, and 2005 on the behavioral health workforce training, education, and competency development. The articles appeared in several special issues of the journal, *Administration and Policy in Mental Health*.

In 2005, the **Institute of Medicine** issued its report "Improving the Quality of Health Care for Mental and Substance Use Conditions." This comprehensive report provides a helpful overview of national workforce supply and deficiencies in professional and continuing education.

The **Western Interstate Commission for Higher Education Mental Health Program** is an excellent source on rural mental health. WICHE issues Workforce Briefs on occupational trends in WICHE states. On their website, you will also find information on their workforce initiatives in Alaska, Idaho, and South Dakota. These resources are invaluable for anyone interested in the mental health workforce.

To understand the range of Texas mental health workforce issues, I found the **Texas Department of State Health Service's** publication "Highlights: The Supply of Mental Health Professionals in Texas – 2005"

### Links to Reports and Articles

- ◆ Annapolis Coalition on the Behavioral Health Workforce  
[www.annapoliscoalition.org](http://www.annapoliscoalition.org)  
*Administration and Policy in Mental Health* special issues on Annapolis Coalition's work [www.springerlink.com/link.asp?id=105700](http://www.springerlink.com/link.asp?id=105700)  
• 2002, Vol.29, Nos. 4 & 5 • 2004, Vol. 32, No. 2 • 2005, Vol. 32, Nos. 5 & 6
- ◆ California Social Work Education Center's Mental Health Initiative  
<http://calswec.berkeley.edu/indexMH.html>
- ◆ California Workforce Initiative's "The Mental Health Workforce: Who's Meeting California's Needs?" [www.futurehealth.ucsf.edu/pdf\\_files/MH-report.pdf](http://www.futurehealth.ucsf.edu/pdf_files/MH-report.pdf)
- ◆ Institute of Medicine's "Improving the Quality of Health Care for Mental and Substance Use Conditions" [www.nap.edu/catalog.php?record\\_id=11470](http://www.nap.edu/catalog.php?record_id=11470)
- ◆ Western Interstate Commission for Higher Education Mental Health Program  
[www.wiche.edu/mentalhealth](http://www.wiche.edu/mentalhealth)  
• WICHE Workforce Briefs [www.wiche.edu/Workforce](http://www.wiche.edu/Workforce)
- ◆ Texas Department of State Health Services' "Highlights: The Supply of Mental Health Professionals in Texas – 2005"  
[www.dshs.state.tx.us/chs/hprc/MHhigh05.pdf](http://www.dshs.state.tx.us/chs/hprc/MHhigh05.pdf)

very useful. It offers a thorough overview of the Texas workforce supply and distribution.

I have also gone outside Texas to look at other states' workforce efforts. California's work has been particularly interesting. The **California Workforce Initiative's** 2003 report, "The Mental Health Workforce: Who's Meeting California's Needs?" offers in-depth supply and demand analyses. Also, the **California Social Work Education Center's** Mental Health Initiative provides a wealth of information on local implementation initiatives. Good reading!

## 80th Texas Legislative Session Wraps Up

With the 80th Texas Legislative Session's close on May 28, Governor Rick Perry now has until June 17 to sign or veto bills passed by the Legislature. This summer, Hogg Foundation Associate Director Lynda Frost and Program Officer Debbie Berndt will work with Mental Health Policy and Law Clerk Melissa Cook to review and analyze newly passed legislation and reforms that impact mental health. The Foundation will publish a summary of their work in its biennial publication, *Legislative Update*.

Some of the critical issues debated by Texas lawmakers this session that will be addressed in the *Legislative Update* include

increased funding for crisis services in the public mental health system, restoration of the Children's Health Insurance Program, reforms to the Medicaid program, insurance coverage of mental disorders, and improvements in the juvenile justice system.

Funding for the public mental health system to increase the state's capacity to provide critical emergency crisis services was a major budget issue considered by lawmakers this session. The Texas Department of State Health Services requested over \$82 million as an exceptional item to begin developing a comprehensive system of mental health crisis and cri-

sis prevention services desperately needed in communities throughout the state. Lack of adequate funding for mental health crisis services has resulted in increased emergency room visits, increased population levels in jails and juvenile detention centers, and in the overuse of law enforcement officers to transport people with mental illness, sometimes hundreds of miles, to a state hospital.

Increasing enrollment in the Children's Health Insurance Program (CHIP) was a major priority for many legislators. Cuts made to the program in 2003 resulted in a drop in CHIP

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Latino adults with depression and anxiety.

Monica Basco, Ph.D., assistant professor of psychology at The University of Texas at Arlington, provided training to therapists in a CBT model for adults.

Dr. Basco has extensive CBT training experience and was hired by The State of Texas in February 2004 to provide CBT training to therapists in all community mental health centers. She continues to provide training and supervision to a range of groups.

Two Cultural Adaptation grantees have pursued training in other evidence-based treatments that have elements in common with CBT.

DePelchin Children's Center in Houston chose Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) to treat their Latino child clients. TF-CBT is a variation of CBT that was developed for children who have experienced a traumatic event. The therapist teaches children and their parents skills for handling stress and intense emotions. The therapist also focuses on the traumatic event that the child experienced, helping the child process his or her thoughts and feelings about the event.

Lena Pope Home, Inc., in Fort Worth selected the Defiant Child model to serve African-American children and their families. Targeting Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder, the Defiant Child model includes individual and joint sessions with children and their parents and focuses on modifying children's problematic behaviors. Parent training in managing their child's behavior is a critical piece of the treatment.

In Year 2 of the Cultural Adaptation Initiative, grantees will use their experience with the evidence-based treatments they chose to determine how the treatments need to be modified to reflect the cultures of their client populations.

To learn more about the Cultural Adaptation Initiative, please visit the Hogg Foundation's website at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).



Dr. Monica Basco

### **What is Cognitive-Behavioral Therapy?**

Cognitive-Behavioral Therapy (CBT) is a psychotherapy approach that is grounded in the theory that problematic thought patterns cause the emotional distress that underlies disorders like depression and anxiety.

The treatment focuses on training people to become aware of their maladaptive thought patterns and develop healthier ways of thinking.

There are many types of maladaptive thinking patterns that can lead to distress. For example, in catastrophizing, a person will magnify small negative events into dire, global assessments of one's life. So, having gotten a "C" on a test, a college student may think to herself, "I fail at everything. I'm a loser and will never get anywhere in life," even though she is on the dean's list. This type of unhealthy thinking can lead to depression and

other mental health problems.

The idea behind CBT is that people can learn to identify these patterns as they happen, make room to challenge them, and substitute healthier thoughts. With CBT training, the student who got a "C" on her test would catch herself making that harsh, unrealistic judgment and say to herself, "I did worse on this test than I would have liked, but in general I do very well in school. I'll talk to the professor and plan to study harder next time."

The "behavioral" part of CBT can take different forms. In depression, therapists may work with clients to increase their involvement in positive activities, such as exercise or going out with friends. Depression typically leads people to withdraw from pleasurable activities, so therapists use these positive activities to help "activate" depressed clients.

For anxiety, therapists may teach clients behavioral techniques for controlling the bodily cues of anxiety like rapid heart rate. For example, clients may learn relaxation and breathing techniques to regulate their breathing and slow their heart rate when they are feeling stressed.

Numerous studies have documented the effectiveness of CBT in treating depression and anxiety. However, most of those studies used client samples in which populations of color were poorly represented. While less is known about using CBT specifically with populations of color, the research that is available suggests that it is also effective with those groups.

## **American YouthWorks Students in Austin Benefit from RFL Workshops**

Students from American YouthWorks in Austin participate in a college funding workshop at the Regional Foundation Library (RFL) several times during the year. Library Outreach Specialist Ellen Moutos-Lee facilitates these workshops by providing information on scholarships, grants, and internships for higher education to high school students.

Workshops are scheduled each semester for American YouthWorks, a fully accredited public high school chartered in 1996 for youth ages 16 to 21. American YouthWorks, part of the AmeriCorp National Volunteer Service Programs, focuses on education and job skills for its pre-collegiate and college level students.

A diverse group of participants attend the workshops. Many are high school students completing their diploma requirements who may be the first in their family to attend college.

AmeriCorp participants are out of school and in job training through American YouthWorks Community service programs.

"For many of the students, this may be their first attempt at researching for higher education funding. We guide them through the process and introduce them to the various financial resources," said Moutos-Lee.

Students seeking funding for undergraduate support, vocational education support, and travel support utilize the Regional Foundation Library's resources to find information about foundations that provide financial assistance for individuals. In addition, participants are encouraged to look at other potential funding sources such as business and professional associations.

Students receive worksheets to help them write budgets and essays that are often



Ellen Moutos-Lee, Library Outreach Specialist, shows students a listing of various scholarships available in the printed directories.

required as part of the application process. The RFL provides access to print directories as well as online resources. A copy machine and printers are available to the students at no charge.



## HF Staff in the News

### *Davis to Serve on Advisory Council*

Executive Director Dr. King Davis has been appointed to serve as a member of the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services National Advisory Council. It is a three-year term starting on June 30, 2007.

### *Frost to Chair State Bar Committee*

Lynda E. Frost, Associate Director for Mental Health Policy and Law, has been appointed Chair of the Disability Issues Committee of the State Bar of Texas. The Committee's mission is to study the concerns of Texas lawyers with disabilities, as well as clients and members of the public, and make recommendations to the Board of Directors of the State Bar of Texas.

### *Integrated Health Care Focus of Conference Session*

On June 29, Program Officer Dr. Laurie Alexander will lead a session on approaches to integrating physical and mental health care at the 22nd Annual Texas Community Mental Health and Mental Retardation Centers Staff and Trustee Training Conference in Houston.

### *Alexander Participates in National Dialogue on Integrated Health Care*

Dr. Laurie Alexander will take part in a colloquium of national leaders in collaborative care June on 14-16 in Dearborn, MI. Sponsored by the Washtenaw Community Health Organization, the event will focus on building a national learning community for collaborative care.

### *Frost, Cook Present at Conference*

Dr. Lynda E. Frost and Melissa Cook, Mental Health Policy and Law Clerk, presented "Promoting safer practices for children, adolescents, and adults with mental illness" at the 13th Annual South Texas Family Support Conference in Corpus Christi on June 7.

### *Program Officer Promotes IHC*

In May 2007, Dr. Laurie Alexander presented information from the Foundation's Integrated Health Care Initiative grant program to two community groups. On May 14 in San Antonio, she met with the Texas Health Funders' Consortium, and on May 31 she provided a Continuing Medical Education program to primary care providers in the Tyler area.

### *Berndt Presents on Workforce Issues*

Debbie Berndt, program officer, gave a presentation on Texas mental health workforce issues to the Texas Association of Social Work Deans and Directors on April 13 in San Antonio, as well as the Texas Statewide Health Coordinating Council on April 19, 2007 in Austin.

### *Cook Discusses Filed Legislation*

Melissa Cook, Mental Health Policy and Law Clerk, participated in the March 20 monthly meeting of the Austin Travis County Mental Health Jail Diversion Committee. There she updated the committee on legislation filed during the Texas 80th legislative session that may have an impact on mental health and jail diversion issues.

## *Bumpass Recognized for 15 Years of Service*

Maria Bumpass, Senior Administrative Associate at the Hogg Foundation for Mental Health, was recognized for 15 years of service to The University of Texas at Austin as part of the University's Staff Service Awards Program in May. She has been employed at the Hogg Foundation since August 1991, when she was hired as an office assistant/receptionist.

Over the years, Maria was promoted to administrative assistant, then administrative associate, and has held her current position providing support for the associate director for over six years. She has provided administrative support to other areas of the Foundation including assisting the fiscal officer, the office manager, the Regional Foundation Library, several program officers, and the executive director.

Prior to joining the Hogg Foundation, Maria held several positions in various fields, including clerical support at the Department of Public Safety, research services for an abstract and land title company, and managing properties for a property management company. She also had her own property management business for several years. When not at the Foundation, Maria spends time with family and friends and enjoys gardening. And she always has a home project in the works.

## *Students Selected for Summer Law Internships*

The Hogg Foundation welcomes three law students who will intern with Foundation staff this summer. The Summer Law Internship is designed to deepen first-year and second-year law students' knowledge and understanding of mental health policy and law. The law interns will work with staff on a variety of policy and law projects, including the *Legislative Update* publication which provides an overview and analysis of mental health-related legislation passed in the previous Texas legislative session.

Sarah Bellinger has completed her first year at William & Mary School of Law in Virginia. Before starting law school, Bellinger worked as a social worker, providing

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## *Doctoral Students to Research Projects*

This summer, two doctoral students from The University of Texas at Austin's School of Social Work will work on research projects with Hogg Foundation Executive Director King Davis.

Carrie Elliott will spend the summer developing a dissertation proposal on the limited availability of mental health services at Historically Black Colleges and Universities. Elliott received her Masters in Social Work degree from the University of South Carolina and her Master of Arts degree in African Studies from Ohio State University.

Amanda Barczyk will conduct research on the Civil Rights of Institutionalized Persons Act, which was enacted in 1997 to protect the rights of people in institutions like psychiatric hospitals. Barczyk received her Masters in Social Work degree from the University of Pennsylvania.

## *Young Resigns from the Hogg Foundation*

After six years of service to the Hogg Foundation, Program Officer Carolyn Young resigned at the end of March. In her role as program officer, Young was responsible for reviewing grant applications, overseeing grant projects, and working with grantees. Most recently, she served as project leader for the Foundation's Cultural Adaptation Initiative.

Among her numerous accomplishments at the Foundation, Young provided leadership for both the twelfth and fourteenth Robert Lee Sutherland Seminars. In 2002, the twelfth seminar brought together community teams to develop plans to address the needs of juvenile offenders with mental illness. In 2006, the fourteenth seminar focused on how to modify and use evidence-based practices to provide treatments that are consistent with the cultures of diverse populations. Young worked at the Texas Education Agency in Austin for over 12 years prior to her work at the Foundation.



enrollment from 507,259 that year to 291,530 in 2006. This session, legislators sought to reinstate longer coverage periods, loosen eligibility requirements, and remove the 60-day waiting period to enroll in the program.

If passed, these measures would help restore enrollment to pre-2003 levels and ensure that more children receive needed physical and mental health treatment.

Legislators also worked to improve health care by reforming the state Medicaid program. Proposed changes would cut the costs of the program by reducing medical problems through the promotion of healthier lifestyles and discouraging emergency room visits when other options are available.

The reforms would also allow federal dollars to be used to help Medicaid recipients obtain private health coverage. These changes would affect the many individuals with mental



illnesses who currently receive treatment through the Medicaid program.

Although efforts to create parity in health insurance coverage for mental disorders have seen little success in past Texas legislative sessions, legislators this session proposed bills that would require insurance providers already offering some form of coverage for mental health to make that coverage equal to that offered for physical health. There would be no mandate for those plans not already covering mental health to begin doing so.

On the national level, the U.S. Congress is currently considering the Mental Health Parity Act of 2007, which calls for an expansion of the existing 1996 federal law prohibiting employers and health plans from inflicting treatment and other financial limits on mental health benefits unless the limits apply to all other medical con-

ditions.

Another major issue during this session was the alleged sexual abuse occurring within the Texas Youth Commission (TYC) and the lack of agency response.

Lawmakers considered sweeping reforms to TYC, including increased funding for local juvenile probation services aimed at decreasing the number of youth commitments to TYC. In 2006, 41% of all juveniles committed to TYC were identified as having serious mental health problems.

Juveniles with mental illness may have difficulties successfully meeting probation and parole requirements in their community without access to proper services. According to TYC data, almost half of all the commitments made to TYC are for probation revocations.

Increased funding for local juvenile probation services may assist juveniles in successfully completing probation in their community by providing them with needed services, including mental health treatment.

For updates on the Foundation's analysis of mental health related legislative activity visit: [www.hogg.utexas.edu/session80.html](http://www.hogg.utexas.edu/session80.html)

## Are the Kids Alright? VHS Videos Available from the Hogg Foundation

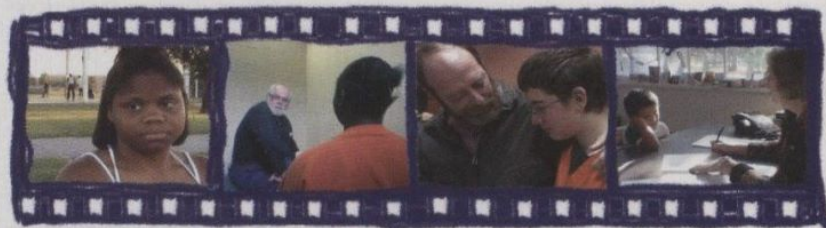
A limited number of copies of the 2004 award-winning documentary, *Are the Kids Alright? Stories of Children's Mental Health in Texas*, are available on VHS tapes from the Hogg Foundation.

Chronicling the difficulties facing Texas children with mental illnesses, the film was the first statewide television documentary in Texas to address issues surrounding children's mental health care.

Award-winning documentarians Karen Bernstein and Ellen Spiro of Austin produced the hour-long film, which was broadcast on

the majority of public television stations across the state in June 2004 and again in April 2005. It was the product of nearly two years of research and interviews conducted to understand the multifaceted issues and tough decisions confronting the state's mental health system.

The film also represented an extraordinary level of collaboration and innovative partnership among Mobilus Media; the Hogg Foundation for Mental Health; The University of Texas at Austin's



## Are the Kids Alright?

Department of Radio, Television and Film; HoustonPBS; the Houston Endowment; and the Austin Film Society.

The narrative of *Are the Kids Alright?* unfolds through the stories of children, parents, thera-

pists, and judges who confront the issues of children with mental illnesses on a daily basis.

Free copies of the VHS video are available by emailing the Hogg Foundation at [hogg-communications@austin.utexas.edu](mailto:hogg-communications@austin.utexas.edu).

## Interns to Assist with Policy and Law Projects at Foundation

From Page 6

ing case management and therapy to children and adolescents. She received her Bachelor of Arts and Masters in Social Work degrees from Tulane University in Louisiana.

Vanessa Russell-Evans has completed her first year at the University of Houston Law Center. In addition to law school, she is

also working on a Masters in Public Health at The University of Texas School of Public Health in Houston. Russell-Evans has previous public policy experience gained through an internship at the Children at Risk, Public Policy and Law Center in Houston and through her work at a law firm and on political campaigns. She

received her Bachelor of Journalism and Bachelor of Arts in Government from The University of Texas at Austin.

Chidi Umez has completed her second year at the Thurgood Marshall School of Law at Texas Southern University in Houston. As a legislative aide during the 80th Texas legislative session, she

assisted with researching and preparing bills, writing analyses, and tracking bills through the committee process. Umez has also worked as a student research assistant and a judicial intern. She received her Bachelor of Arts in English from the University of Houston.



## The University of Texas at Austin

Hogg Foundation for Mental Health

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### The Hogg Foundation's Vision

*We envision a Texas that leads the nation in promoting mental health and recovery from mental illness, supporting all Texans in achieving their potential.*

## SUBSCRIBE TO HOGG FOUNDATION NEWS

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**HF News** is a free quarterly newsletter of the Hogg Foundation for Mental Health. It provides updates on the Foundation's grant programs and sponsored events and highlights news of interest to the Texas mental health community.

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**HF News**  
Hogg Foundation for Mental Health  
Vol. 42, No. 4  
SERVICES, RESEARCH, POLICY, AND EDUCATION  
December 2006

*"To Develop a Broad Mental Health Program of Great Benefit to the People of Texas"*  
—Miss Lou Hogg

### Hogg Foundation Supports Texas Agencies Taking the Lead in Reducing Seclusion and Restraint

Twenty-nine private and state agencies from across Texas demonstrated a strong commitment to reducing and eliminating their use of seclusion and restraint by sending leadership teams to a free training institute sponsored by the Hogg Foundation.

Ms. Kevin Ann Huckshorn, RN, MSW, of the National Association of State Mental Health Program Directors' National Coordinating Center to Reduce and Eliminate the Use of Seclusion and Restraint, led the institute, which was held in San Antonio on September 20-22.

With support from the Substance Abuse and Mental Health Services Administration, Ms. Huckshorn has developed "Creating Violence Free and Coercion Free Mental Health Treatment Environments for the Reduction of Seclusion and Restraint." Her training team leads workshops around the country to help organizations modify their use of seclusion and restraint.

Leadership teams participating in the institute reflected a diverse group of key personnel including higher-level executives, mental health professionals, training specialists, and direct care staff.

The institute covered a wealth of practical information on instituting agency culture change around seclusion and restraint. It also included a panel that featured mental health consumers and family members discussing eye-opening experiences of being subjected to seclusion and restraint.

Following these sessions, the leadership teams met individually to begin drafting a facility seclusion and restraint reduction plan.

During the institute, representatives of the Texas Department of Aging and Disability Services, Texas Department of Family Protective Services, Texas Department of State Health Services, and Texas Juvenile Probation Commission also met to identify common issues and to share strategies for incorporating best practices detailed in the Behavioral Management Workgroup report into their agency regulations as directed by SB 325. (A link to the Behavioral Management Workgroup report is available on the Hogg Foundation website.) Contributing to

See Seclusion & Restraint, Page 5

### Foundation Seeks Applications: Fellowship, Journalism Award

#### Moore Postdoctoral Fellowship for Sociologists

Individuals with a doctorate in sociology are invited to apply for the Harry E. and Bernice M. Moore Postdoctoral Fellowship at the Hogg Foundation for Mental Health. The fellow will hold a joint appointment with the Foundation and the Department of Sociology at The University of Texas at Austin.

This full-time fellowship reflects Dr. Harry E. Moore's concern for and sociological contributions to the study of the human experience in crisis. The Moore Fellow will conduct a research project on the mental health impact of crises, such as natural disasters, military conflicts, interpersonal violence, and other traumatic events. Preference will be given to candidates who propose to study Hurricanes Katrina and Rita's aftermath in Texas.

Throughout the fellowship period, the fellow will present his or her research to the Foundation, the Sociology Department, and the larger community. The fellow will also be expected to publish and present his or her research in scholarly publications and conferences.

Applicants must have a Ph.D. in Sociology or must be able to demonstrate that they will defend their dissertation and obtain their doctorate prior to August 31, 2007. Applicants must have a strong research background. Applicants with a track record in research on the sociology of mental health are preferred. However, applicants with a background in related areas who are interested in developing research expertise in mental health are also eligible.

The fellow will receive \$45,000 a year plus benefits. Funding for a second year is contingent upon satisfactory progress on the research project in the first year.

The deadline for applications is January 10, 2007. Application instructions are posted online at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).

#### James S. Hogg Award for Mental Health Reporting

Reporters from across Texas are encouraged to submit entries for the Third Annual James S. Hogg Award for Mental Health Reporting sponsored by the Hogg Foundation for Mental Health.

The Mental Health Reporting Award recognizes exemplary journalism that educates the people of Texas on issues related to mental health and counters negative beliefs about mental illness. Entries must have been published or aired by a Texas news media outlet between Jan. 1, 2006, and Dec. 31, 2006. The deadline for submissions is Feb. 15, 2007.

Entries will be judged on mental health content, consumer perspectives, educational value, respectful representation, and quality. Winning entries will be

See Journalism Award, Page 7

THE UNIVERSITY OF TEXAS AT AUSTIN