

## Recovery and Cultural Competence Unique Components of New Hawai'i Center for Evidence-Based Practice

Hawai'i's new Center for Evidence-Based Practice (CEBP) anticipates being operational in the third quarter of 2003. AMHD and its partners (see the column *From the Chief* on page 2 for more information about the CEBP) have made a strong commitment to support evidence-based practices that will be both recovery-focused and delivered in a culturally competent manner. The CEBP will implement that commitment.

Recovery-based treatment instills hope for people with severe mental illness by building on the strengths of the individual and his or her community. Recovery also means that persons with mental illness are actively involved in the direction of their own treatment and throughout the system of care. A representative from the newly established Office of Consumer Affairs will participate as a voting member in the governance of the CEBP. This will help promote recovery and a consumer-focused point of view.

A representative from the Office of Multicultural Services (OMS) will also participate as a voting member in the governance of the CEBP. Cultural Competence is defined as a set of congruent practices, skills, attitudes, and policies that come together in a system, institution, or agency to enable effective mental health treatment within the context of cultural diversity. A recent report by the Surgeon General discussing cultural competence indicates tremendous disparity in access, availability, and utilization of mental health services by racially and ethnically diverse populations <http://www.mentalhealth.org/cre/biblio3.asp>. Increasing the cultural competence of Hawai'i's public mental health system will enable clinicians to more effectively engage, treat, and support members of different racial and ethnic populations who are mentally ill. Participation by the OMS in the CEBP will help ensure that Evidence-Based Practices are developed within a culturally competent framework.

Dr. Deborah Altschul, an expert in the field of Cultural Competence, and Eva Kishimoto, Coordinator for the CEBP, are the interim heads of the Office of Multicultural Services. They are actively recruiting community input in order to develop an advisory committee that will be influential in the selection of a director for the Office of Multicultural Services.

Eva Kishimoto, CEBP Coordinator, AMHD commented "Given Hawai'i's rich ethnic and cultural diversity, we have an exciting opportunity to create evidence based practices that are culturally sensitive, and to share those practices with the rest of the country."

Equal membership and participation in the CEBP by all the partners, AMHD, Department of Psychology, John A Burns School of Medicine Department of Psychiatry, U.H. School of Nursing, U.H. School of Social Work, as well as the Office of Consumer Affairs and the Office of Multicultural Services, will ensure that the design and implementation of evidence based practices will meet the needs of Hawai'i's multi-cultural consumer population.



**"I am thrilled to see the AMHD take the initiative to integrate the four core disciplines for the purpose of collaboration on education and practice in public mental health. It is imperative that faculty and students, as well as consumers and staff work together to insure quality services for those suffering from serious mental illness."**

**– Charla Trotter, Faculty  
School of Nursing**

**"The University of Hawai'i School of Social Work enthusiastically supports the Center for Evidence-Based Practice, an initiative with the potential to provide culturally competent, effective interventions and services to our consumers, their families, and communities. We are eager to partner with allied disciplines in supporting and enhancing the emotional and physical well being of the people of Hawai'i through consumer/family, community/state, and interdisciplinary collaboration. In this effort, we recognize and underscore the importance of seeking and developing resources necessary to accomplish agreed upon goals."**

**– Paula Morelli, Faculty  
School of Social Work**

## From the Chief...

The Adult Mental Health Division (AMHD) and the University of Hawai'i (UH) have had a long history of working together in an effort to improve services for persons with severe and persistent mental illness (SPMI). These efforts have been formalized through separate contracts between AMHD and the UH School of Nursing, Department of Psychiatry in the John Burns School of Medicine, the Department of Psychology in the College of Social Sciences, and the School of Social Work. Each of these projects have generally been independent from each other. Notable exceptions are the IMUA Project, a partnership between the Department of Psychiatry and Nursing School to improve rural mental health services on the Big Island, and the Hawai'i State Hospital Psychosocial Rehabilitation program that involved the Department of Psychology and the School of Social Work. With the release of the court ordered *Omnibus Plan*, we have the opportunity to encourage more interdisciplinary, coordinated, collaborative projects between AMHD and the University.

The AMHD has been working in collaboration with UH Nursing, Psychology, Psychiatry and Social Work to establish a Center for Evidence-Based Practice (CEBP). The CEBP is not a physical site. Rather, it is an interdisciplinary consortium that is organizationally attached to the AMHD Medical Director and coordinated by Eva Kishimoto. It is dedicated to improving the lives of Hawai'i's people who suffer from SPMI by ensuring the availability of six (6) EBPs in a way that maintains model fidelity, promotes individual recovery, and is culturally informed, sensitive and responsive.

The development and implementation of Evidence-Based Practices (EBPs) throughout an integrated adult mental health service system is a requirement of the *Omnibus Plan*. The 1999 Surgeon General's Report on Mental Health highlighted six (6) EBPs that have been proven to produce significant results for persons with SPMI, but have not been consistently implemented by public mental health systems.

The six (6) EBPs are:

- 1) Integrated mental illness and substance abuse treatment,
- 2) Supported employment,
- 3) Medication algorithms,
- 4) Illness self-management (or what is currently being referred to as Self-Directed Recovery),
- 5) Family psycho-education, and
- 6) Case management based on the principles of assertive community treatment.

In Hawai'i, each of these six practices will be supported by a team of academicians and DOH service experts who will develop and deliver technical assistance to AMHD providers.

Another major goal of the CEBP is to assist in the development of Hawai'i's future social workers, nurses, psychologists, and psychiatrists by designing and providing educational materials and experiences that incorporate the EBPs. This effort can ensure that the next generation of Hawai'i's mental health clinicians is well prepared to meet the needs of persons served by AMHD.

Strengthening the current work force and developing a well-prepared future work force builds on a major strength of the University-education. The achievement of these goals will not only meet court ordered requirements, it will be a major step in reaching a vision; a vision of Hawai'i's people with SPMI served by an enduring public mental health system founded on honoring culture, supporting recovery, and delivering best practices.

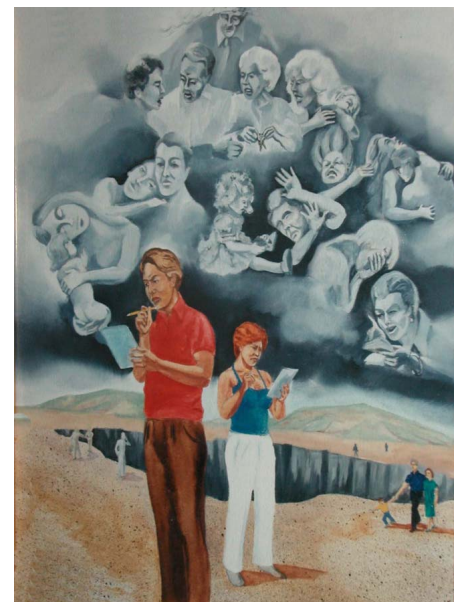


Dr. Tom Hester, Chief AMHD

## Fourth In a Series of 12 Paintings

### INVENTORY

Made a  
searching and fearless  
moral inventory



As described in the January 2003 *AMHD News*, each month one of the twelve step paintings is featured.



**Alan Radke**  
Mental Illness Substance Abuse Director



**Bernie Miranda**  
Community Housing Services Director



**Kathleen Yoshitomi**  
Treatment Services Director

### Service Directors

AMHD Service Directors will serve as a liaison and consultant to State Operated and Purchase Of Service Providers providing training and onsite technical assistance. They will be available to consult with stakeholders to ensure that relevant evidence-based practices and current professional standards are applied consistently for all Adult Mental Health Division (AMHD) funded services. They will also work with each county to develop a service area report, which will be a part of the Statewide Service Plan. They will provide consultation to Service Area Boards in the development of the Comprehensive Integrated Service Area Plans. The AMHD Service Directors who have corresponding coordinators at the Community Mental Health Centers and Hawai'i State Hospital will provide clinical program oversight and support to the respective coordinators.



**Noelani Wilcox**  
Crisis Service Director



**Meripa Godinet**  
Psychosocial Rehabilitation Services Director



**Reneau Kennedy**  
Forensic Director



**Pamela Haina**  
Case Management Service Director



**Sandi Miyoshi, Member  
Hawai'i State Council on Mental Health**



Sandi Miyoshi

Sandi Miyoshi has served for seven years as a member of the Hawai'i State Council on Mental Health. Her contributions have been instrumental in helping the Council understand the housing needs of homeless consumers.

Born on the Big Island, Sandi has made O'ahu her home for many years now. With over a decade of experience as the administrator of homeless programs for the Housing and Community Development Corporation of Hawai'i (HCDCH), Sandi applies her knowledge and acumen to managing both state and federal government homeless programs. In recognition of her excellent work, Sandi earned the 1997 and 1999 Housing and Urban Development (HUD) Blue Ribbon Best Practice Award, as well as the 1997 Department of Human Service Team Excellence Award. Here are a few of Sandi's thoughts on mental health and the State Council:

**What would you like to see the State Council achieve next?**

*The council has served as a very good venue for advocacy on behalf of the consumers, but is somewhat hampered by not having the breadth of information that would make them even more effective. They have a lot of wonderful informational briefings, but I would recommend a two-day workshop designed to develop a deeper understanding of the issues facing the Adult Mental Health Division (AMHD) and the Children and Adolescent Mental Health Division (CAMHD).*

**What would you like to say as you end your term as a council member?**

*I would love to serve again. I have enjoyed participating over the years and would like the opportunity to serve again.*

Thank you Sandi for all your hard work and your willingness to participate in the Council.

**Are AMHD Consumers Getting Better?  
The Data Suggest Many Are**

One way of measuring changes in psychological, social, and occupational well-being is by using clinician-rated Global Assessment of Functioning (GAF) scores. Recently, fiscal year 2002 changes in GAF scores were analyzed for AMHD consumers served by Community Mental Health Centers (CMHC).

Of the 470 consumers who received a GAF score at a CMHC during the last six months of fiscal year 2001 (January 1, 2001 through June 30, 2001), 262 received at least one additional GAF score in fiscal year 2002, or three months into Fiscal Year 2003 (i.e., July 1, 2001 through September 30, 2002). The first and most recent GAF scores for these 262 consumers were used to see whether and how CMHC consumers changed clinically during fiscal year 2002.

By graphing changes in GAF scores (see Figure 1); we can see that many consumers had no change. However, for those consumers that did change, nearly twice as many improved than worsened. Furthermore, when looking at the 10-point ranges (or deciles), we notice that nearly twice as many consumers had increases rather than decreases when comparing each of the 10-point GAF score ranges.

So, it may still be concluded that, as measured by the GAF, the overall psychological, social, and occupational functioning of persons receiving services from CMHCs improved during fiscal year 2002. What's the broader meaning of this finding? As a group, persons served at the AMHD Community Mental Health Centers appeared to get better over time.

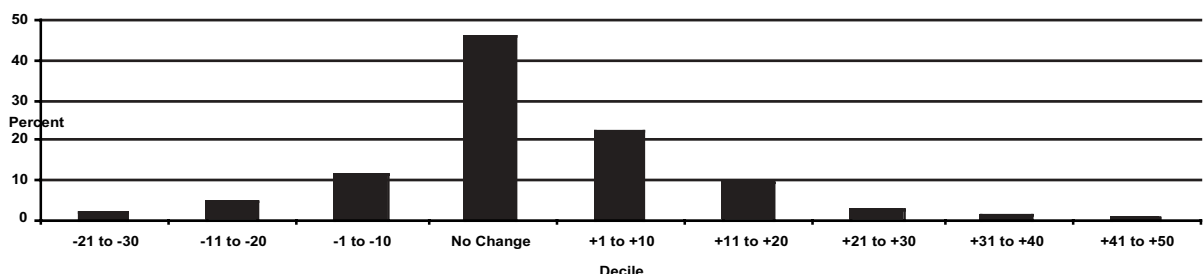


Figure 1.

GAF score changes in deciles

## AMHD Requests Funds To Conduct Provider Training on Two Core Evidence-Based Practices

The Adult Mental Health Division (AMHD) has recently submitted a grant proposal to the Substance Abuse and Mental Health Services Administration (SAMHSA) requesting funds to train providers in the State of Hawai'i in two core evidence based practices (EBPs). These two EBPs are (a) the treatment of co-occurring substance use and mental illness disorders, and (b) illness management and recovery. The proposal also asks for funding to evaluate the training process and the impact of the two EBPs on consumers' outcomes and satisfaction with services.

The EBPs will be implemented at six community mental health centers (CMHCs); in two urban and four rural locations. The providers in two of the four rural CMHCs will be trained to use a standard EBP protocol developed by a SAMHSA task force. Providers in the other two rural CMHCs will be trained in an EBP protocol that has been modified by AMHD to maximize its cultural appropriateness. Providers in the urban CMHCs will be trained in the standard protocol.

AMHD is requesting almost one million dollars, over a three-year period, from SAMHSA to support the project. If AMHD receives the grant, the funds will be used to hire several support staff for the project, and for EBP training of providers in the six-targeted CMHCs.

Fidelity to the standard and adapted EBP protocols will be assessed. Monitoring results will be used to help state and private providers improve their service delivery efforts. The differential effectiveness between the standard and culturally appropriate protocols will be evaluated to identify how individuals from the various cultural and ethnic groups of Hawai'i respond to the interventions. AMHD will look also at the differential impact of the EBPs on men and women of different ages. The statewide provider training programs will be documented and standardized to insure consistent and effective training.

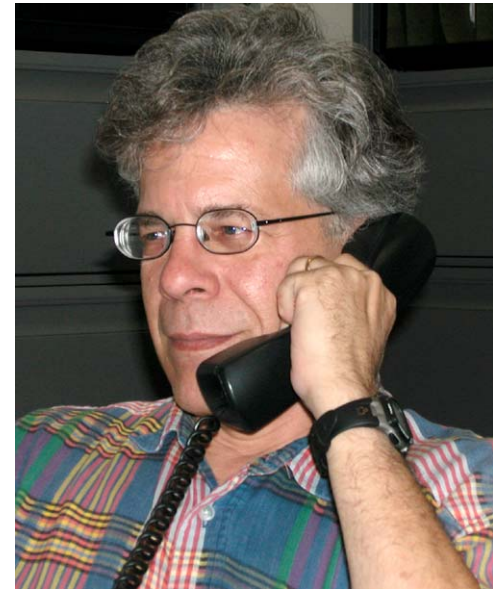
Several committees, consisting of members from all stakeholder groups in the mental health system will be formed to accomplish the goals and objectives of this proposed project. The committees of this project will consult with nationally known EBP, cultural competence and evaluation experts.

Consumers and family members will play central roles in every aspect of the project. They will be asked to serve on project committees and participate in the design of all training, implementation, and evaluation protocols. Candidates for paid project staff positions will be recruited from qualified consumers and their family members.

Hawai'i's ethnic diversity poses unique challenges in the implementation of EBPs. The most recent U.S. census data (2000) indicates that Hawai'i is the state with the richest racial and ethnic diversity. For this reason, it will be important to determine and evaluate what adaptations the EBPs will be needed to best serve these communities.

The State of Hawai'i spans across islands and ocean; each island has developed it's own urban, suburban, and rural areas. Coexisting urbanization and geographic isolation are a fact of life, and will be taken into consideration as we design the most efficient and effective ways to deliver EBPs.

AMHD will also develop a mechanism to sustain EBP training beyond the life of this project. A Center for Evidence Based Practice, that will be operational in the 3<sup>rd</sup> quarter of 2003, will be responsible for oversight of this project, ongoing training in other EBPs, and all EBP continuing education activities.



John Steffen, Professor of Psychology  
University of Hawai'i  
and  
AMHD Services Research & Evaluation  
Psychologist

**“This is an important grant because it will help us develop a set of plans and methods for training providers in the latest, state-of-the-art evidence-based practices that are both culturally sensitive and effective in helping consumers and their loved ones work toward recovery.”**

– Dr. John Steffen, Grant Writer



## IAPSRs Journal Club Launched!

The Hawai'i Chapter of IAPSRs Journal Club held its first meeting at the Manoa Innovation Center on March 11, 2003 at 5:30 PM. All who attended were invited to read two articles from the *Psychiatric Rehabilitation Journal* and to share their insights with the group.

The first article, "Jobs for People with the Most Severe Psychiatric Disorders: Thresholds Bridge North Pilot," served as a springboard for discussion of employment related issues in Hawai'i. Michelle Stanley, Chief, Rehabilitation Services Section on O'ahu, had the opportunity to present information on the clubhouse approach to employment. Kim Schaper, a graduate student whose thesis research focuses on assessing fidelity of the supported employment programs, provided a research based perspective. Discussions centered on real life experiences thanks to consumers who shared both negative and positive personal stories. The second article, "The Dynamics of Disclosure: Its Impact on Recovery and Rehabilitation," discussed the risks and benefits of disclosing personal experiences of psychiatric disability. This topic led to further personal sharing and warmhearted exchanges.

At the end of the meeting, participants shared their enthusiasm for the educational and comfortable atmosphere, and expressed their excitement about the Journal Club. Several consumers even met again a few weeks later to further discuss the reading material.



Left to Right: Fenner, Eileen, Edna, Philippe, Kim

will be provided. Please contact Jennifer Miyasaki at 956-5603 to receive reading material for the June meeting.

Thanks to Dr. Mike Wylie for launching and moderating the first meeting.

The Journal Club brings together consumers, providers, planners, and researchers to explore topics that matter to our community. It is a great opportunity to learn from all perspectives in a relaxed and safe atmosphere.

We hope to see more of you at our next meeting on Tuesday, June 10, 2003, 5:30 PM at the Mānoa Innovation Center. All participants are encouraged to bring a brown-bag meal. Drinks

### "Discovery of Recovery"

## The Annual Statewide Mental Health Consumer Conference to be Held Friday, May 2, 2003

The 19<sup>th</sup> Annual Statewide Mental Health Consumer Conference "Discovery of Recovery" will be held Friday May 2, 2003 at the Neal Blaisdell Center. The Conference will open at 9:30 am. Morning and afternoon break-out sessions will offer various workshops to choose from, including ; "Learning About Emergency Room Policies", "PSR Programs", "Learn About Two Newly Created AMHD Offices: The Office of Consumer Affairs, and The Office of Cultural Competency", "What's Available in Housing, Employment Options for Consumers", "What You Need to Know About Advanced Directives, Control of Your Mind, Body and Well-being with Yoga". A buffet lunch will be served. A disc jockey, dancing and door prizes will make this a fun and learning experience.

Mental Health Consumers on O'ahu which includes Clubhouses of O'ahu, Diamond Head Life Skills, Haleiwa PSR, the former Sandwich Group, and United Self Help and many other individuals have helped to organize, produce, and sponsor this conference. Mental Health Kokua and AMHD are also sponsors of this event. For further questions call Ellen Awai at (808)-941-8979.

### International Association of Psychosocial Rehabilitation Services (IAPSRs)

Next Meeting: Tuesday,  
April 29, 2003

5:30 PM – 8:30 PM

Queen's Day Treatment Center  
Kaheihimalie Building  
1374 Nuuanu Avenue  
(Diamond Head of Zippy's on  
Vineyard Blvd.)

Food and beverages  
5:30 PM–6:30 PM  
Meeting to follow.

Questions? Call or e-mail  
Eva Kishimoto 539-3944,

[ekkishim@amhd.health.state.hi.us](mailto:ekkishim@amhd.health.state.hi.us)

RSVP Call or e-mail Jennifer if  
you wish to attend at 956-5603,  
[jhmiyasa@hawaii.edu](mailto:jhmiyasa@hawaii.edu).

## *Abilities 2003*

### First Visual Art Exhibit in Honor of Mental Health Awareness Month

The Adult Mental Health Division and VSA arts of Hawaii-Pacific are collaborating on an art exhibit during Mental Health Awareness Month (May 2003) to promote community awareness and help dispel the stigma associated with living with a mental illness. For this inspiring event, 22 artists submitted 130 works to be judged for the show.

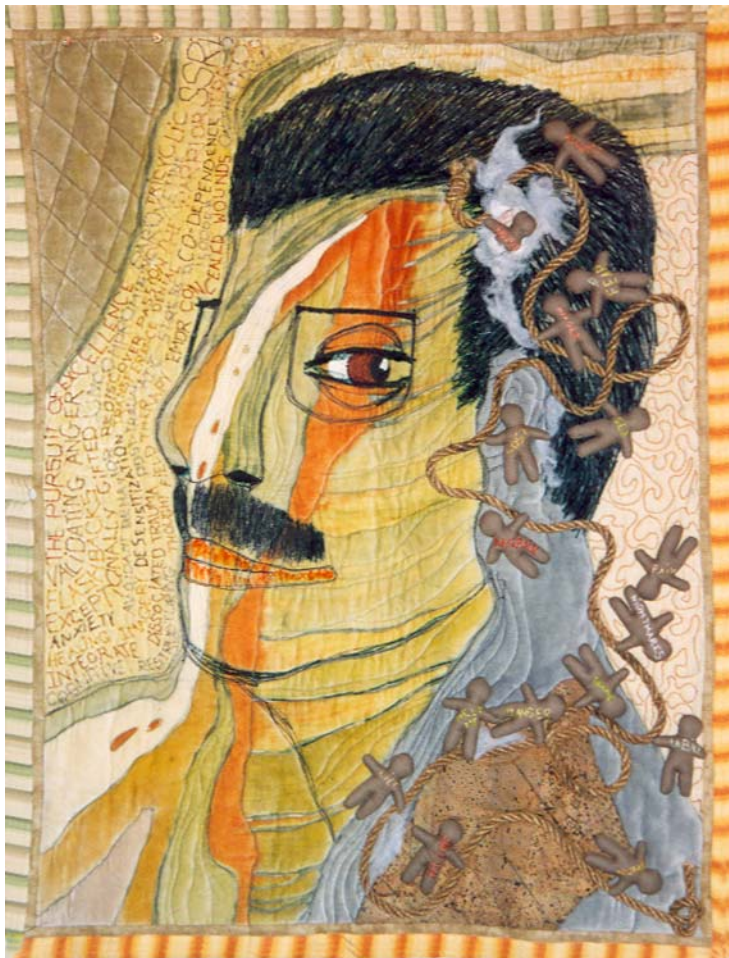
The jurors are Ron Kowalke (artist and University of Hawai'i Art Professor), Duane Preble (painter, photographer, coauthor of *Artforms*, Emeritus Professor of Art), and, Dr. Philippe Gross (photographer, Research Psychologist, and coauthor of *The Tao of Photography: Seeing Beyond Seeing*). The three jurors met with Norma Nichols, Art Director of the Gallery on the Pali on March 30th and selected 42 pieces, including ceramic, painting, drawing, photography, batik, quilt, lithograph, and mixed media.

The jurors commented on the courage of these 22 artists for their willingness to publicly take a stand against the stigma of mental illness. Through their talent, these artists are helping the public to focus on abilities rather than disabilities.

Mark your calendar for the opening reception on Saturday, May 3 (6:00 pm–9:00 pm). The celebration and exhibit will include refreshments and live classical music.



Philippe Gross, Ron Kowalke,  
Duane Preble



**Charlene Hughes "The Therapist"**  
Hand-painted Quilt (33 inches.x 24 inches)

**Abilities 2003**  
Mental Health Awareness Month  
First Visual Art Exhibit

**April 26-May 30, 2003**

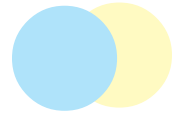
**Gallery on the Pali**  
First Unitarian Church of Honolulu  
2500 Pali Hwy, Honolulu, Hawai'i

**Opening Reception**  
**with Chamber Music**  
Saturday, May 3, 2003  
6:00pm to 9:00pm  
Light Refreshments

**Presented by**  
Adult Mental Health Division  
Department of Health  
&  
VSA arts Hawai'i -Pacific

**Gallery Hours**  
Monday-Friday, 9:00am-8:00pm  
Saturday, Sunday, 1:00pm-4:00pm

## RFP Update...



A new RFP will supercede the previous release for the 23 Hours and 59 Minutes Crisis Stabilization Beds Services and is presently in development.

The RFP for transportation services on the island of Hawai'i is still in development.

Notification for releases on the above RFPs will be forwarded to the appropriate parties.

## Employment Update...

### Clubhouse Programs

- Waipahu Aloha Clubhouse reports 115 active members, 12 members were employed (10%). Of those, all 12 worked part-time in positions that were less than 20 hours per week.
- Ko'olau Clubhouse reports 96 active members, 22 members were employed (23%). Of those 22, one worked full time (i.e., 40 hours per week); and the remaining 21 worked in part-time positions that were less than 20 hours per week.
- Honolulu Clubhouse reports 147 active members, 23 members were employed (16%). Of those 23, one worked full time (i.e., 40 hours per week); the remaining 21 worked part-time in positions that were less than 20 hours per week.
- Friendship House reports 71 active members and 31 members were employed (44%). Of those 31, 6 worked full time (i.e., 40 hours per week). 10 members worked 20 or more hours per week. The remaining 15 members worked part-time in positions that were less than 20 hours per week.
- Hui Hana Pono Waianae reports 75 active members. 17 members were employed (23%) Of those 17, 4 worked full time (i.e., 40 hours per week). The remaining 13 members worked in part-time positions that were less than 20 hours per week.
- Hale Oluea Hilo reports 107 active members. 24 members were employed (22%) Of those 24, 2 worked full time (i.e., 40 hours per week). The remaining 22 members worked in part-time positions that were less than 20 hours per week.

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mmcdonou@hawaii.edu**



### Supported Employment Program

- Good news! We now have 245 consumer job placements, compared to 236 in the month of March, with a 57% retention rate.

### Consumer Survey

- As of March 1, 2003, at State Operated Community Mental Health Centers, 2223 consumers completed a quality of life interview within the previous 7 months. Of these, 427 (19.55%) reported being employed ( 149 full-time and 278 part-time)

**We're on the Web!  
See us at:**

<http://amh.health.state.hi.us>

