

HF Launches \$4.6 Million Initiative

RFP Offers Bridging Grants for Texas Mental Health Services

A new \$4.6 million grantmaking initiative to help mental health service providers in Texas bridge short-term funding gaps has been announced by the Hogg Foundation for Mental Health.

The Hogg Foundation's Special Mental Health Services Initiative seeks proposals from non-profit mental health organizations (public and private) that currently provide direct mental health services to children, adults, or families. One-year grants of up to \$100,000 will be awarded based upon the strength of the applicant's plans for maintaining, restoring, or refocusing direct services to specific target populations of consumers in Texas. Proposals must be postmarked no later than January 31, 2005.

The Hogg Foundation's special initiative responds to recent state policy changes and funding cuts that have created significant pressures on local public and private non-profit mental health organizations and services, said King Davis, executive director of the Hogg Foundation.

"State budget reductions to the public mental health system and reductions in Medicaid rates and the reduction or loss of CHIP mental health benefits have constrained the capacity of the state mental health service providers to maintain service levels, while private non-profit mental health organizations have been unable to keep pace with the demand for clinical services," Davis explained.

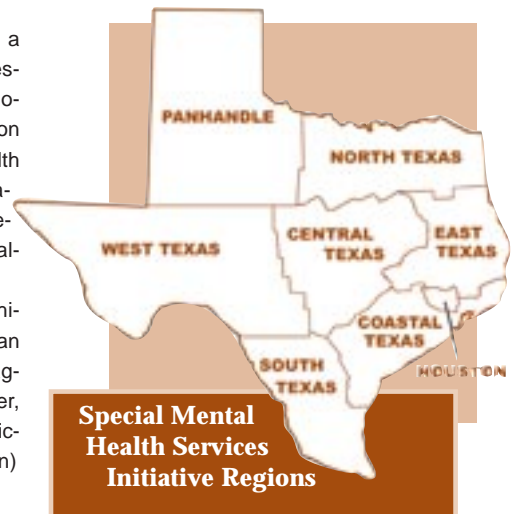
At the same time, Davis said, public mental health service providers are struggling with their transition to rules set by the 78th Texas Legislature

that restricted the public system to treating only three specific diagnoses (bipolar disorder, schizophrenia, and clinically severe depression), or clients in crisis. This restructuring has raised many concerns across the state, particularly in areas that have seen significant decreases in access to clinical services.

Davis noted that a second source of pressure has been the reallocation and redistribution of public mental health services by the legislative designation of specific diagnoses that qualify for treatment.

Adults with psychiatric disorders other than the three specified diagnoses (bipolar disorder, schizophrenia, and clinically severe depression) fall outside the priority

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RLS Seminar Addresses Safe and Appropriate Behavioral Interventions

A wide-ranging discussion about encouraging agencies to use appropriate behavioral interventions drew nearly 250 participants to the thirteenth *Robert Lee Sutherland Seminar: Safe and Appropriate Behavioral Interventions: Changing the Culture of Care* held in Austin on December 2-3, 2004.

The seminar provided an extensive dialogue on methods to avoid the need for emer-

gency interventions—including the use of restraints, seclusion, and other alternatives for persons at risk of harming themselves or others—and drew upon the experiences and training of a diverse group of behavioral healthcare providers, mental health advocates, consumers and family members, systems administrators, scholars, and policy makers.

An increasingly complex and controversial issue for schools, juvenile justice facilities, residential treatment centers, foster care providers, and hospitals, the use of restraints and/or seclusion for those with mental or behavioral problems can at times be a necessary protective measure. However, when employed inappropriately or without proper training, certain interventions can be dangerous for staff and clients.

"This seminar addressed a number of emerging challenges

for service providers and institutions that are confronting reduced budgets and high turnover," said Dr. Lynda Frost, associate director for mental health policy and law at the Hogg Foundation for Mental Health.

"Fortunately, new clinical procedures and strategies are emerging that could dramatically reduce restraint and seclusion as methods of mitigating dangerous incidents."

One seminar participant commented that "this conference was one of the most informative, organized, and rewarding conferences that I have attended in my many years of care and supervision of clients with mental health problems." Another participant added, "this was an outstanding seminar! I am new to the field, but you have validated my instincts about what is the correct way to respect and treat residents of the facilities we regulate."

The first day of the seminar started with a presentation by Laura Prescott, President and Founder of Sister Witness International, who gave

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The breakout sessions tackled a number of issues involving the appropriate uses of behavioral interventions during the thirteenth Robert Lee Sutherland Seminar on December 3.

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

Since 1940, the Hogg Foundation for Mental Health has responded to its mandate "to develop and conduct... a broad mental health program of great benefit to the people of Texas" (Miss Ima Hogg, 1939), by funding grants for both mental health service projects and research efforts throughout the state. The Hogg Foundation defines mental health broadly to encompass psychological, biological, and social factors that may affect one's overall mental well-being, but affords particular interest to proposals that address its priority areas of mental health research, services, policy, and education.

The Foundation is an administrative unit of The University of Texas at Austin and accomplishes its mandate through public education and grantmaking to mental health service and research projects in the state of Texas.

The Hogg Foundation for Mental Health also fulfills its benefactors' mandate by "operating" its own programs—including public education, convening, and program evaluation—to the benefit and enrichment of organizations and communities statewide.

For more information about the Hogg Foundation and its programs, please visit the Foundation's web site at www.hogg.utexas.edu.

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Copies of the Hogg Foundation Guidelines for Grant Applications are available from the Foundation's Publications Division at 512-471-5041, or toll free 888-404-4336, or through the Foundation's web site at hogg.utexas.edu. Grant applications can be submitted online, or by mail to:

The University of Texas at Austin
Hogg Foundation for Mental Health
ATTN: Grants Management
P.O. Box 7998
Austin, TX 78713-7998

News and Notes

Davis Receives Eternal Flame Award

Dr. King Davis, executive director of the Hogg Foundation for Mental Health, has been named recipient of the Garnet F. Coleman "Eternal Flame" Award for 2004 by the Central Texas African American Family Support Conference.

The award is given annually to a person "who has demonstrated fortitude and tenacity in keeping the flame burning for mental health and other health-related issues on a local, state, or national level." The award is named in honor of Texas State Representative Garnet F. Coleman of Houston, who is a recognized leader on mental health issues in the Texas Legislature.

"Dr. Davis has been an active participant and an outstanding supporter of the Central Texas African American Family Support Conference for the past five years. He has developed the Conference Accountability Report Card to highlight progress in the conference from year to year," said Pastor Ed Calahan of AGAPE Baptist Church in Austin, a host for the conference.

Supancic, Regional Library Honored

Allison Supancic, librarian at the Regional Foundation Library (RFL), is being honored by the Austin Chapter of the Association of Fundraising Professionals at their 2004 Philanthropy Day Awards Luncheon on January 18, 2005.

Supancic is the first recipient to be honored with a Special Recognition Award, a new category to honor community professionals who have strengthened Central Texas philanthropy. For nearly two decades, Supancic has helped manage the RFL at the Hogg Foundation, which helps the nonprofit community of Texas attract philanthropic support, thereby impacting the quality of life in Central Texas. Supancic and Library Outreach Specialist Ellen Moutos-Lee provide guidance and detailed information such as annual reports, newsletters, journals, and monographs related to nonprofit development. The RFL can highlight current philanthropic trends for both grantseekers and philanthropies.

The Association of Fundraising Professionals of Greater Austin seeks to facilitate ethical and effective philanthropy in Central Texas and is comprised of more than 250 members representing non-profit organizations in healthcare, education, child and family services, social services, mental health, the arts, and animal welfare.

Article Addresses Juvenile Competency

The Hogg Foundation for Mental Health associate director for mental health policy and law, Dr. Lynda E. Frost, recently published an article entitled "The Ethical Perils of Representing the Juvenile Defendant Who May Be Incompetent" in the *Washington University Journal of Law and Policy*.

In conjunction with the publication of the article, Dr. Frost, along with co-author Adrienne Volenik of the University of Richmond School of Law, gave an invited address at an interdisciplinary access to equal justice conference on mental health and the law held at Washington University in St. Louis in March of 2004.

The article and presentation explored the complicated legal, ethical, and practical issues facing a lawyer who has concerns about whether a juvenile client possesses the competence needed to participate appropriately in juvenile court proceedings. The article outlined the law regarding competence to stand trial, analyzed complex (and conflicting) ethical proscriptions, and provided practical suggestions and a checklist of questions for practicing lawyers struggling to recognize indicia of incompetence in children and assess whether the issue should be raised before the trial court.

Kids Count Data Book Available

The Fifteenth Annual *Kids Count Data Book* and the *Kids Count Pocket Guide*—a state-by-state statistical portrait of the health, educational, social, and economic condition of American children—is available from the Hogg Foundation and the Annie E. Casey Foundation.

Interested persons are invited to order the book via email at comm@hogg.utexas.edu or by calling the Hogg Foundation toll free at 888-404-4336. You may also visit the Annie E. Casey Foundation website at: www.aecf.org.

OFFENDERS WITH MENTAL ILLNESS IN THE TEXAS CRIMINAL JUSTICE SYSTEM

Journalism Seminar Explores Issues and Circumstances Surrounding Offenders With Mental Illness and Ways to Improve News Reporting

Helping journalists better understand and report on the complex issues involving mentally ill offenders and the criminal justice system was the topic of a journalists' seminar hosted by The University of Texas at Austin's School of Journalism and Hogg Foundation for Mental Health on Oct. 24-25, 2004 in Austin.

Mental Illness and the Texas Criminal Justice System brought together some 17 newspaper reporters from across the state, including the *Beaumont Enterprise*, *Houston Chronicle*, *Waco Star Tribune*, and *San Antonio Express News*, to broaden reporters' knowledge about the prevalence and treatment of mentally ill offenders by law enforcement, courts, and jails and to discuss how changes in public services and laws are affecting local communities.

"Across the country, many have begun to worry that jails and prisons are becoming the 'asylums of the new millennium,'" said Hogg Foundation Communications Director Jeffery R. Patterson. "Recent studies assert that as many as one in six inmates in U.S. prisons suffers from a diagnosable mental illness—three times the rate of the general population. In Texas alone, 29,000 prison inmates, 106,000 adults and juveniles on probation or parole, and some 15,000 adults in jails are estimated as having had some contact with mental health systems prior to their arrest."

Lorraine Branham, director of the UT School of Journalism, said that informed journalists can have a significant impact upon public understanding of the criminalization of mental illness through their awareness and coverage of these issues and by identifying and acknowledging good practices in depicting mentally ill offenders within the criminal justice system.

"This seminar benefits Texas journalists who are confronting these issues in their reporting—both in covering high-profile criminal cases and in reporting upon communities' efforts to address public health and safety issues," Branham said. "The intent is to improve reporters' understanding of the causes and symptoms of mental illness, as well as the challenges facing different law enforcement agencies and governments."

According to state officials, people with serious mental illness who do not receive Medicaid rehabilitative services are twice as likely to spend time in jail or prison. Incarceration is a costly way to treat offenders with mental illness. It costs the state an average of \$30,000 a year to house and treat an offender with mental illness in the Texas prison system, as opposed to only about \$10,000 for effective Assertive Community Treatments through the community mental health centers.

The first session, "Mental Illness in the Criminal Justice System," featured Dr. Dave Wanser, deputy commissioner for behavioral and community health for the Texas Department of State Health Services. Wanser discussed the broad legal and policy issues involved when persons with mental illness become caught up in the criminal justice system—especially the social, political, and legal factors that have made jails and pris-

ons the *de facto* mental health system in Texas. He also outlined how law enforcement agencies, criminal courts, and correctional facilities are coping with the needs of persons with mental illness.

The second session, "Police and Persons with Mental Illness," was led by a three-person panel: Officer Frank Webb, M.Ed., coordinator of the Crisis Intervention Team (CIT) Program of the Houston Police Department; Deputy Chief Del Fisher of the Arlington Police Department; and Lauralee Harris, executive director of the Mental Health Association of Tarrant County. This panel discussed different perspectives on police responses to offenders with mental illness and the issues and model programs that exist to defuse potential conflicts safely and productively.

The third session, "Mental Illness and Texas Criminal Law," focused upon the frequently complex and confusing Texas criminal statutes which provide offenders with mental illnesses special protections during incarceration and trial because their crimes typically result from their illness or from 'survival behaviors' on the streets. These protections include the determination of a defendant's competency to stand trial, the use of the mental illness as a viable defense, the circumstances and tools for appropriate psychological assessments, and available strategies for securing appropriate treatments. Presenters for this session were Judge Guy Herman, Travis County Probate Court Number 1, and Raman

Gill, legal counsel for Texas Appleseed.

"Strategies to Improve the System" comprised the fourth session dealing with recent changes instituted by both the Texas Legislature and the Texas Department of Criminal Justice to the criminal statutes and state programs for managing mentally ill defendants. Several of these changes have had significant impact upon communities, including jail diversion programs, community-based interventions, mental health courts, and programs which seek to integrate mental illness treatment services into the processing of cases in the jails and prison system. Presenters for this session were Dr. Phillip Lyons, associate professor in the College of Criminal Justice at Sam Houston State University, and Dee Kifowit, executive director of the Texas Correctional Office on Offenders with Medical or Mental Impairments.

The last session was a general discussion among participants and presenters concerning the issues and needs involved in covering mental illness and the criminal justice system. Led by Dr. Laurie Alexander, executive associate, and Jeffery R. Patterson, communications director, of the Hogg Foundation for Mental Health, the session identified reporters' informational needs, including an experts' guide and informational resources for covering criminal justice issues generally.

For more information about the seminar, contact The University of Texas at Austin School of Journalism at 512-471-1845 or the Hogg Foundation for Mental Health at 512-471-5041, or access the journalism seminar web site at www.hogg.utexas.edu/jseminar.

"The intent (of this seminar) is to improve reporters' understanding of the causes and symptoms of mental illness, as well as the challenges facing law enforcement and local government."

SMHSI

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population and will receive publicly-funded services only when they are in crisis or when service providers have surplus funds. News articles and public commentary in a number of cities and rural areas have raised concerns over this new pattern of service provision, particularly where major decreases have occurred in the quantity of clinical services available.

"Our goal with this Special Mental Health Services Initiative is to provide agencies and organizations with short-term financial support for direct service delivery during this period of declining and uncertain funding," Davis said.

Funding under the SMHSI will be available statewide, including rural and urban areas, with efforts made to ensure that each region of the state receives funding. The Houston/Harris County region will be eligible for approximately \$1.5 million solely for direct mental health services to children and families, in accordance with the wishes of the foundation's benefactor. Public and private nonprofit organizations that provide direct mental health services for DSM IV diagnoses are encouraged to apply. Examples of organizations include local school systems, community mental health centers, child guidance clinics, hospitals, and criminal justice (adult and juvenile) facilities.

Application eligibility is limited to nonprofit mental health organizations that are exempt under Section 501(c)(3) of the IRS code, governmental agencies, or institutions of higher learning. All applicants must consider that the grant applications will be evaluated on the strength of their plans for maintaining, restoring, or refocusing direct services to specific target populations of consumers in Texas.

To manage the SMHSI, the Hogg Foundation hired Debbie Berndt as a temporary senior program officer through the spring, 2005. She will have principal responsibility for implementing and managing the Special Mental Health Services Initiative and assisting the Foundation in ongoing discussions with public and private groups in Houston/Harris County that focus on developing a long-term plan for meeting the mental health needs of children and families.

As a former director of children's services for the former Texas Department of Mental Health and Mental Retardation, Berndt has considerable experience in children's mental health services. Her career highlights include serving as a senior policy analyst with the Texas Commission on Children and Youth, and a public policy specialist and consultant with the Mental Health Association of Texas.

In addition to the special request for proposals, Davis said that the Hogg Foundation is also expanding its existing outreach services to offer specific assistance to non-profit (public and private) mental health organizations in their efforts to obtain alternative funding or to redesign their current local service delivery systems.

For more information, prospective applicants can visit the Foundation web site (www.hogg.utexas.edu/pages/rfp.html) or email a request for materials to SMHSI@hogg.utexas.edu. Applicants may also contact the Foundation by phone at 512-471-5041, or toll free at 888-404-4336.

Hogg Foundation Spe

Eligible Expenditures and Organizations

- Funding will be available statewide, including rural and urban areas, with efforts made to ensure that each region of the state receives funding;
- Public and private non-profit organizations that provide direct mental health services for DSM-IV diagnoses are encouraged to apply; examples of organizations include local school systems, community mental health centers, child guidance clinics, hospitals, criminal justice (adult and juvenile);
- Only those non-profit mental health organizations that are exempt under Section 501(c)(3) of the IRS code, governmental agencies, or institutions of higher learning are eligible for funding. Individuals are not eligible for support;
- Collaborative proposals between service providers that are designed to increase service quality at a lower cost are encouraged;
- Funding is available for staff salaries, benefits, and service program costs;
- Funding **is not** available for indirect/administrative costs;
- Funding **is not** available for capital improvements or equipment;
- Funding **is not** available for travel to professional meetings, campaigns, or endowments.

Outline of the Proposal

To qualify for funding, non-profit (public and private) mental health organizations must submit a detailed proposal to the Hogg Foundation that addresses each of the following issues. Each of the first seven areas must be described in the proposal. Proposals should range from 10-15 pages in length, exclusive of the budget, support letters, or other attached documentation. Proposals must be typed in a 12-point font size and double-spaced. Sixteen copies of the proposal, as well as a PDF version of the proposal, must be submitted to the Hogg Foundation for the submission to be considered complete. Each of the elements required in the proposal is described here for your guidance.

- **Summary** (1 page) Provide a summary of the proposal. Include in the summary a clear description of the mental health need that you have identified followed by your proposed plan of service. Outline how you will evaluate the results of your services. Include the overall amount of funding that you are requesting.
- **Description of the Organization** (1 page) Describe your organizational mission and identify the service goals/objectives for the current year. Include a brief history of the organization and whether it is a public or private non-profit organization. Provide a breakdown of the governing board by name, position, gender and ethnicity. Include a letter signed by the chair or president of the board indicating that the organization has board approval to apply for and receive the Foundation's support. This letter should be included as an attachment. Include the county in which the organization is located and the counties in which services are provided.
- **Documentation of Need** (25 points) Applicants must document and support the need for the amount of funding requested. If the need arises from a loss of operating funds, a reduction in services, or a significant increase in demand for services, this should be documented. Applicants will need to document the specific amount of

Special Mental Health Services Initiative

Request for Proposals Guidelines

operating funds lost by including a copy of their prior year's budget and certified audits. Applicants must specify the service reductions they have made (or anticipate) in relation to budget reductions and how services would be restored, maintained, or redirected using Hogg Foundation funding.

- **Proposed Plan of Service** (35 points) Each application should give particular attention to identifying in detail how applicants propose to provide direct mental health services in the current fiscal environment. Proposals must describe the type of mental health services offered by the organization and whether the intent is to maintain prior services, restore them to a prior level, or redirect services; applicants should be specific about their plans and how they intend to achieve their service goals. Proposals must describe the size and characteristics of populations (e.g. ages, ethnicity, socioeconomic level, geographic location to whom services will be provided) and clarify how services will be provided in a culturally competent manner. Organizations must also indicate how they protect the rights of their clients and the ethical standards that guide the delivery of services.
- **Outcome Evaluation** (15 points) Applicants must include a detailed description of their current approach to evaluating the outcomes of their direct services on the target population. If no current evaluation plan exists, the organization must include a plan for such an evaluation and an estimation of its cost. The plan must include information about the outcomes to be measured, design of the evaluation, instruments, and the qualifications of the evaluator.
- **Budget** (10 points) Provide a detailed, line-item budget with an adequate justification for all projected expenditures.
- **Sustainability Plan** (15 points) Describe how the organization intends to maintain the direct services specifically supported by these funds after foundation funding ends.
- **Attachments:**
 - Copy of IRS Certification of Non-Profit Status
 - List of Board Members by gender and ethnicity
 - Certified Copy of Budget
 - Certified Copy of Current Audit
 - Letter of Support signed by Chair or President of Board

Proposal Review Process

Internal review of proposals will begin in February 2005 and will conclude by March 15, 2005. Applicants will be notified of funding decisions by April 15, 2005. All proposals will be initially reviewed by the SMHSI Project Director and grants review staff. This initial review is designed to insure that all of the requisite components are included. Applications that do not include the requisite components will not be considered for further review or funding. Materials submitted will not be returned to the applicant. Additional steps in the review process include the following:

- Applications will be entered into a Special Mental Health Services Initiative database by grants management staff; a tracking number will be assigned to each proposal;
- Applicants will be notified by the grants management office within 7-10 days that their proposal was received;
- Applications will be initially reviewed by the SMHSI Project Director and executive staff; applications that do not meet Foundation guidelines are not eligible for funding and will be declined. Applicants will be notified if their proposals are declined;

- Applications will be sorted by regions, with specific attention to Houston/Harris County;
- Applications that meet the Hogg Foundation's SMHSI guidelines will be reviewed by all program staff and executives using standardized criteria developed by the Foundation;
- All applications that meet the Foundation's SMHSI guidelines will be evaluated and ranked against proposals from within their own region;
- Proposals that receive the highest ratings will be recommended for funding;
- When additional information is needed, the Foundation may request a site visit;
- Final funding recommendations will be made by the Executive Director.

Submission of Proposals

Please note that mental health programs with innovative proposals meeting existing Hogg Foundation criteria for regular grant funding are encouraged to apply for funding through the standard application process found at www.hogg.utexas.edu.

Proposals sent by mail should be addressed to:

Office of Grants Management
Special Mental Health Services Initiative
Hogg Foundation for Mental Health
The University of Texas at Austin
P.O. Box 7998
Austin, Texas 78713-7998

Proposals can be hand delivered to:

Office of Grants Management
Special Mental Health Services Initiative
Hogg Foundation for Mental Health
3001 Lake Austin Blvd., 4th Floor
Austin, Texas 78703

Proposals must be submitted in both print (16 copies) and PDF formats. The PDF version of proposals may be submitted by email to SMHSI@hogg.utexas.edu. All proposals will be acknowledged by U.S. Mail or by electronic mail within 7-10 days.

For more information, or to seek answers to questions about the Special Mental Health Services Initiative, please refer to the Frequently Asked Questions page on the Hogg Foundation for Mental Health web site at: www.hogg.utexas.edu/pages/tutfaq.html. Also, you may feel free to email questions to SMHSI@hogg.utexas.edu, or phone the Hogg Foundation toll free at 888-404-4336

Fourth Quarter Grants 2004

Since 1940, the Hogg Foundation for Mental Health has responded to its mandate by funding service projects and research efforts throughout the state. The Hogg Foundation for Mental Health invites proposals dealing with any aspect of mental health and mental illness. The following are grants awarded through the third quarter of 2004. Where indicated, the award amounts include the total amount committed over multiple years, pending the grantee's performance on the previous year's objectives.

- ▶ **Implementation of Psychiatric Mental Health Nurse Practitioner Program for Psychiatric Clinical Services**
School of Nursing
The University of Texas Health Science Center at San Antonio
San Antonio
This one-time grant supports the development of an innovative and culturally competent Psychiatric Mental Health Nurse Practitioner Program for Psychiatric Clinical Services in Greater San Antonio and South Texas communities, where the population is predominantly of Hispanic-origin.
\$80,750
- ▶ **Creating a Better Environment for Our Students Who Have Psychiatric Disabilities**
Center for Students with Disabilities
University of Houston
Houston
This one-time grant supported the promotion of the mental health component of a health symposium to raise awareness about mental illnesses among students at the University of Houston.
\$500
- ▶ **Death Penalty Mental Health Assistance Project**
Texas Defender Service
Austin
This one-time grant supports a program to manage the needs of persons with serious mental illness in the Texas capital punishment system. This project will educate lawyers, judges, policy-makers, and the public to the inextricable link between the mental health system and capital murder cases.
\$50,000
- ▶ **Pastoral Care Project**
Austin-Travis County Mental Health/Mental Retardation Center
Austin
This six-month award supports the Pastoral Care Project, which seeks to improve African Americans' access to and use of mental health services in conjunction with the Central Texas African American Family Support Conference.
\$5,000
- ▶ **Mental Health Outreach for the Homeless**
Centro San Vicente
El Paso
This two-year award supports an outreach team to provide mental health treatment for El Paso's homeless, up to 40 percent of which is estimated to suffer from a serious mental illness.
\$95,000

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Copies of the Hogg Foundation Guidelines for Grant Applications are available from the Foundation's Publications Division at 512-471-5041, or toll free 888-404-4336, or through the Foundation's web site at hogg.utexas.edu.

Foundation expanding Program Evaluation Requirements to Promote Expansion and Replication

To help organizations with their evaluation planning as they seek funding, the Hogg Foundation has formed a new committee. The Foundation requires all applicants to submit an evaluation plan as part of their request for funding. Because this is a new experience for some applicants, they may find it difficult to figure out how best to evaluate their program, while being respectful of the people they serve. For example, organizations may wonder how best to measure how helpful their services are. Is it appropriate for therapists to ask their clients for this information, or is that a conflict of interest? And how can programs encourage clients to share their true feelings about the treatment they have received without sugar-coating their responses for fear of offending their service providers?

The Hogg Foundation's new Departmental Review Committee (DRC) will help applicants answer questions like these. The DRC will review the "Client Rights and Protections Checklist" submitted with each full proposal and will work with applicants and grantees to be sure evaluations will be helpful to the service organization and respectful of the service population.

The Foundation formed the DRC because, like its applicants and grantees, it strongly believes that the client, consumer, or patient comes first. The DRC expands the Foundation's procedures for ensuring appropriate evaluation standards. DRCs are committees that make sure that the respect and well-being of persons participating in research or evaluation are protected. In academic lingo, this is called "human subjects protection." DRCs pay special attention to evaluation and research projects involving persons who may be less able to stand up for their rights, like children, pregnant women, or persons with mental illness. As an administrative unit of The University of Texas at Austin, the Hogg Foundation's DRC meets the University's standards for protecting the rights of people participating in the evaluation or research projects.

Like other academic DRCs, the Foundation will screen all evaluation and research projects to be sure they protect the rights of people who may participate. As part of this process, Hogg Foundation applicants will fill out a short checklist to help the DRC decide how to review their evaluation plan. Most evaluation plans are simple and require just a brief review. Other plans may need a more intense review to be sure that potential participants will be protected in the evaluation process. These plans will be submitted to UT's Institutional Review Board (IRB), an independent group of university researchers and administrators that has final say over whether the proposed project adequately protects the rights of its participants. DRC members will work to help applicants who need an IRB review navigate that process.

The Hogg Foundation's DRC is now meeting weekly to review evaluation plans. There are three permanent members of the DRC: Dr. Arthur L. Whaley, associate director for mental health services research; Dr. Lynda Frost, associate director for mental health policy and law; and Dr. Laurie Alexander, executive associate in mental health services research. Sometimes projects will require a special perspective or expertise, in which case one or two additional, temporary members will be brought in to help the DRC decide how to proceed. Temporary members can be another Foundation staff person, such as a program officer, or a community member outside the Foundation. The idea is to consider all relevant information about a project, including how it fits in the particular community. Together, the DRC will make decisions to help applicants come up with evaluation plans that will be helpful to the organization and respectful of their program participants.

Behavioral Interventions Focus of Sutherland Seminar

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a moving and personal account of how restraint and seclusion can sometimes cause victims of sexual or physical abuse to "re-experience" their trauma. She advocated for proactive, trauma-sensitive, and client-centered approaches in policy and practice in order to interrupt cycles of re-traumatization and create safer environments for clients and staff and provide concrete tools for agencies to use in the process.

Aaryce Hayes, Program Specialist for Advocacy Inc., provided an overview of current practices involving seclusion and restraint in Texas—including procedural differences between organizations and a comparison of federal and state standards—and suggested changes in vocabulary, data collection methods, and regulations that would increase communication across systems and states.

Hayes' presentation was followed by Texas State Representative Elliott Naishtat, who discussed how the state can facilitate culture change across agencies and populations to help reduce the use of restraint and seclusion. Rep. Naishtat emphasized that the state must clearly articulate its guidelines and expectations for agencies and institutions in order to avoid individualized approaches that limit communication and progress across programmatic settings.

Lloyd Bullard, Project Director for the Child Welfare League of America's Coordinating Center on Best Practices in Behavior Management, provided the luncheon address for the seminar. He highlighted the best practice approaches and resources developed through the Child Welfare League of America's multi-site evaluation project completed in 2004.

Dr. Joel Dvoskin, a professor at the University of Arizona College of Medicine, conducted an interactive session that examined difficult and potentially violent hypothetical situations submitted by seminar participants prior to and during the conference. Along with Laura Prescott and selected audience members, Dr. Dvoskin re-enacted problematic situations, and the audience collectively assessed the crisis, discussed alternatives, and reached a consensus on how the situation could have been prevented or at a minimum be resolved with the least risk of harm to consumers and staff.

Dr. Eduardo Sanchez, Commissioner of the Texas Department of State Health Services, next addressed participants and stressed the sig-

nificance of their efforts to reduce the use of seclusion and restraint in their work environments.

The first day ended with two breakout sessions. In one session, Dr. Dvoskin posed additional hypothetical situations to representatives of several intervention training programs, Dr. Randy Boardman of CPI and Tim Geels of The Mandt System. The speakers and audience participants discussed means of preventing and de-escalating incidents involving a child with autism in a school classroom and an adult patient from a state hospital on a community trip, among others.

The other breakout session, "Funding that Works for Communities: Creative Strategies for Generating Resources," was conducted by the Hogg Foundation for Mental Health's regional foundation librarian, Allison Supancic, and program officers Reymundo Rodriguez and Carolyn Young. The session helped agencies and community-based organizations plan creatively and strategically when applying for philanthropic support for programs and services, in part by creating new community partnerships, mobilizing economic and human resources, and identifying non-traditional funding opportunities.

The day concluded with a networking reception for speakers and participants to continue the discussions.

The next day, a smaller group of sixty selected participants returned for a day of focused plenary sessions led by Dr. Lynda Frost and small, professionally-facilitated working sessions. The participants analyzed over two dozen additional hypothetical situations for a publication resulting from the seminar and identified the next steps for agencies to develop a culture of care that minimizes the use of seclusion and restraint. The results of the participants' hard work will be published by the Hogg Foundation this spring.

The Robert Lee Sutherland Seminars are a living tribute to the first director of the Hogg Foundation for Mental Health. Beginning in 1978, and continuing biennially since, the seminars have encouraged people to work cooperatively to address timely issues for the improvement of mental health and the quality of life in Texas.

For more information on restraint and seclusion, or for information resulting from the Sutherland Seminar, access the Hogg Foundation for Mental Health web site at www.hogg.utexas.edu/pages/law.html.

Davis Awarded With National Role Model Honor

Dr. King Davis, executive director of the Hogg Foundation for Mental Health, was awarded as a national role model for his efforts to improve opportunities and training of minority researchers in the medical sciences by Minority Access, Inc., a national educational organization.

The award is given each year to faculty who have either served as mentors to minority students or who have played a significant role in the fight to eliminate health disparities by conducting research and elevating minority issues at their academic institutions.

University of Texas at Austin President Dr. Larry Faulkner, who nominated Davis for the award, was also present for the award ceremony, along with Andrea Mickle, President of Minority Access, Inc., at the organization's meeting in Washington D.C. (pictured at right).

Minority Access, Inc. is a non-profit educational organization that supports individuals; institutions; federal, state, and local government agencies; and various corporations to diversify campuses and work sites by improving the recruitment, retention, and enhancement of minorities.



The Hogg Foundation's Mission

To develop, support, evaluate, and promote culturally relevant mental health services, research, public policies, and education.

Alexander Named New Executive Associate for Services Research with Hogg Foundation

Laurie Alexander, Ph.D., assumed the post of executive associate for mental health services research, effective Sept. 1, 2004. Alexander is a licensed clinical psychologist who comes to the Hogg Foundation from the Mental Health Association in Texas, where she served as a policy analyst. She has previously worked with the Foundation on its Journalism Seminars, in which journalists are trained in mental health issues.

Alexander's current position is new to the Foundation and will focus on assisting Dr. Arthur Whaley, the Associate Director for Mental Health Services Research, in conducting and publishing studies on the effectiveness of mental health services, the need for public mental health care, and related topics.

Alexander also serves on the Foundation's Departmental Review Committee, which is responsible



Dr. Laurie Alexander

for ensuring that Hogg Foundation grants meet all federal and state requirements on protecting the rights of human research participants.

Alexander received her Ph.D. in clinical psychology from the University of Massachusetts, Amherst, where she specialized in the study and treatment of the impact of psychological trauma. She was a pre-doctoral fellow in psychological trauma at the Boston Veterans Administration Medical Center / Boston University School of Medicine and a postdoctoral fellow in the same field at New York Hospital / Cornell Weill Medical College.

Through her work with trauma survivors who had resisted seeking treatment for decades and, as a result, suffered greater distress and impairment in their lives, Alexander's research interests shifted to stigma as a barrier to treatment seeking. She completed a postdoctoral fellowship in public health at Columbia University, where her research centered on factors that reduce the stigma of mental illness. Alexander then began researching the media's role in perpetuating mental illness stigma as she completed a M.A. in journalism at The University of Texas at Austin.