

OHIO DEPARTMENT OF MENTAL HEALTH
Office of Program Evaluation & Research

**Research Result Briefing 2006
Moving Science into Practice
Session Summary
October, 2006**

Introduction

Over 30 research studies funded through the Ohio Department of Mental Health (ODMH) Research Grants Program were presented at a two-day conference held October 3rd and 4th in Columbus, Ohio. Research Results Briefing 2006 was structured to emphasize practical applications of the research results and to provide opportunities for dialogue about use of research results among service providers, administrators, consumers, family members and researchers. Several approaches were used to accomplish these aims and included the following: encouraging researchers to provide examples of how the results can be used; incorporating special sessions in which participants and presenters directly interact; and awarding ODMH Research Ambassador Scholarships to clinicians, consumers and family members. The final conference session, "Moving Science into Practice," was one special session in which conference participants had an opportunity to discuss potential uses of the results from Research Results Briefing 2006.

The objectives for the session were as follows:

1. Identify findings from Research Results Briefing 2006 that can be taken back for use in local communities.
2. Identify methods to disseminate these research findings to local community groups.
3. Identify the next important questions, issues or topics to build on the findings from Research Results Briefing 2006.

Session participants included ODMH Research Ambassadors, recipients of the 2006 ODMH Research Collaboration Awards, and researchers who gave presentations at Research Results Briefing 2006. Representatives from community mental health agencies, mental health and recovery services boards, consumer advocacy groups, State agencies, universities and colleges also participated in this session.

For discussion purposes, participants were organized into groups of 20 to 25 people. A facilitator and recorder were assigned to each group. Approximately 35 to 40 minutes were devoted to discussion and subsequently, each group gave a brief report to the larger audience. Group notes were typed, reviewed and edited after the conference. This information was then synthesized into the summary below.

Discussion Summary

Question 1. From your perspective, what are the most important findings/results from this conference? Please indicate why you think they are important and the way they can be used.

Responses fell into two broad categories – specific research results/findings and learning or awareness gained at the conference.

Groups indicated that the most important research findings/results were those from studies that focused on **1) implementation of evidence-based practices, 2) case manager turnover and 3) recovery**. Several groups highlighted results from the Innovation Diffusion and Adoption Research Project (IDARP) in their reports. Others focused on results from studies about the relationship between fidelity and outcomes, system issues related to implementation, and implementation of specific evidence-based/research-based practices (e.g., Illness Management & Recovery, Supported Employment, Integrated Dual Diagnosis Treatment, Assertive Community Treatment, Crisis Intervention Training for law enforcement officers). Several groups also highlighted results from the case manager turnover study, results from the study on provider attitudes toward recovery, and findings about the importance of consumers having a voice in recovery and choices in treatment planning. A smaller number of groups talked about results of studies that involved instruments (Somali Psychological Distress Scales and use of the Ohio Youth Scales in case mix adjustment) and studies of youth issues (FAST 05-06, adolescent depression, youth with bipolar disorders, intensive and school-based mental health services).

Comments about learning or awareness gained at the conference centered around three main topics – **research, instruments, and consumer/family member involvement**. Many groups highlighted the strength of consumer and family participation at the conference, emphasizing that such involvement added considerable value to the sessions. Some groups emphasized learning about multiple instruments that are available for use (such as the Ohio Youth Scales, Somali Psychological Distress Scales) and about multiple ways to use data from the Ohio Mental Health Consumer Outcomes System. Several groups indicated that they learned what research is being done, that consumers are involved in research projects, and that research is “do-able” within agencies. They talked about gaining awareness of the ODMH research agenda, the diversity of ODMH-funded research projects, the balance between research projects on adults and children, and research that demonstrates what is working in other communities.

Question 2. What is most important (or essential) in making the findings understandable and useful to community agencies, boards or consumer/family advocacy groups?

Each group offered many suggestions and recommendations to make research findings understandable and useful to groups and organizations in local communities. There were six main categories of responses – language, content/style of reports, demand/access, research collaboration/partnerships, research mentoring/technical assistance, and distribution approaches.

Language. Most groups talked about the importance of using everyday or “user friendly” language to report research findings. Nonscientific language should be used with information presented in a clear, simple and straightforward manner. They recommended that the report/findings should be written or presented at an eighth grade reading level.

Content/style of reports. A number of groups indicated that creative, “grassroots” presentation styles were important to make findings understandable and useful (e.g., presentation styles similar to the ones used in the Hitchhiker’s Guide to Research and IDARP sessions). Many groups emphasized the importance of including “real world” examples of how to use research findings and addressing

their relevance or benefit to consumers, family members, clinicians, agencies, boards and/or communities. Groups also talked about the importance of integrating cultural issues and an awareness of cultural competence into presentations of the research results/findings. A group stated it was important “not to overdo statistics” in research reports and presentations. Others indicated that it was important to include Outcomes data or data from the ODMH Data Mart in research reports whenever possible. Some groups recommended that research presentations or reports emphasize the following:

- practical topics (such as employment)
- the “real meaning” of the findings
- translating the findings into action steps
- the cost-effectiveness of the results for boards and agencies.

Demand/access. Some groups indicated that it was important to create a demand for research results and to promote buy-in among opinion leaders and upper management. They suggested use of “creative social marketing strategies.” A number of groups emphasized the need to have timely and easier access to research results. A group suggested organizing the research findings by content or topic to make searching easier.

Research collaboration/partnerships. Several groups highlighted the importance of agencies and universities (as well as schools and universities) working together on research projects. They also emphasized the importance of involvement by consumers, family members, and agency and board staff in identifying research questions/topics, planning research projects and determining the meaning and use of the findings. Some groups indicated that it was important for stakeholders to provide feedback to researchers. Groups also talked about continued involvement of ODMH Research Ambassadors and about designating “personal champions of change” within agencies to advocate use of research findings.

Research mentoring/technical assistance. A number of groups suggested that technical assistance or teaching related to research be provided or be available. This might include teaching consumers and family members about research, mentoring agencies in the use of research results, assistance in establishing collaborative relationships with researchers, and providing guidance on how to use data and how to revise services using research findings.

Dissemination approaches. Many groups emphasized the importance of dissemination of research results. They offered many suggestions on ways to increase or improve dissemination. A list of the suggested dissemination approaches is presented at the end of this summary.

Question 3. What approaches are needed to make community mental health practice more research-oriented?

Responses to this question overlapped to some extent with the comments for questions one and two. With regard to question three, responses fell into six categories of approaches – collaboration/partnerships, research/performance improvement processes, mentoring/technical assistance, rewards/incentives, use of technology, and dissemination approaches.

Collaboration/partnerships. Most groups discussed this approach, pointing out the need to actively involve agency/board staff, consumers and family members in the research process and to build partnerships/collaborative relationships between researchers, providers, consumers and family members. They recommended continued involvement and increase use of ODMH Research Ambassadors as well as establishment of a post-conference research network.

Research/performance improvement processes. Several groups pointed out the need to focus on the most pressing research questions for consumers, family members, board and agency staff or on

the questions/issues they identify as most important. Groups also restated the need to increase involvement of stakeholders in various phases of the research process. Some groups identified a need to increase the amount of qualitative research and funding to support qualitative studies. Groups also pointed out the need to consider ways to embed or incorporate research findings into quality improvement/evaluation processes within agencies. One group suggested the development of a consumer-driven service agenda based on research findings.

Mentoring/technical assistance. Many groups talked about approaches needed to enhance knowledge and skills in using research results/findings. These included the following:

- empowering consumers/family members to advocate for research
- increasing staff awareness of the clinical usefulness of findings
- demystifying research
- providing assistance in publishing research
- providing assistance to researchers in finding venues to present their findings
- how to create a positive image for/interest in research within organizations
- how to build research capacity within people and organizations
- how to obtain buy-in from administrators, opinion leaders, and others
- how to establish collaborative relationships with researchers
- how to implement results within agencies
- how to track and use data to improve services and in treatment planning
- how to write grants
- how to finance implementation of research-based practices.

Rewards/incentives. Several groups discussed the need to create rewards or incentives for agencies to become more focused on research. They also discussed the need for rewards and incentives for researchers to engage in collaborative relationships with agencies and schools and to focus on practice-based issues. Some groups cited the need to consider approaches to obtain funding to research, funding to support data collection and/or dissemination of results within agencies, and funding to implement or integrate research-oriented practices.

Use of technology. Several groups discussed the need to make technologically-based approaches available to access and learn about research results/findings. These approaches included postings on Internet Web sites, use of video conferences, listervs, and use of CDs.

Dissemination approaches. Some groups talked about the need to increase or modify dissemination approaches. They discussed increasing the number of research products, including continuing education units whenever possible, using data to persuade why the results/findings make sense, and the importance of using non-technological language when disseminating results/findings. (Also see the list of suggested dissemination approaches at the end of this summary.)

Question 4. What are the most important questions, issues or topics that need to be considered in order to build on the results from this conference?

One group shared the following set of questions to consider:

- What should I do differently as a parent or worker based on what I learned from the data?
- How do you disseminate throughout the state from effective researcher-practitioner collaborations? How do you disseminate in a culturally competent way?
- How could you improve existing practices through researcher-practitioner collaborations?

Most groups indicated that all of the topics and issues they identified were important to consider. However, they also mentioned specific examples of the most important ones during their reports. These include the following:

- Staff turnover and its effect on consumer recovery
- Provider attitudes toward recovery
- Knowing more about consumers' perspectives, including recovery
- Conducting more research grounded in consumers' lives
- Finding out more about management strategies
- Increasing collaboration between researchers and agencies/schools
- Making research relevant and practice-oriented
- Figuring out how to enhance a research mind-set
- How to disseminate more widely
- Providing opportunities to talk about research in general
- Reviewing research criteria
- Establishing priorities of research based on their efficacy and benefits
- Supervision and training on evidence-based practices
- Publishing findings on an on-going basis
- Funding: how to construct funding of services to promote evidence-based practices, system incentives to support evidence-based practices, funding for on-site training to implement with fidelity

Additional Issues

During the session, the participants identified additional issues to consider in future dialogues that focus on moving science into practice. These issues are listed below.

- Productivity requirements were cited as a barrier to integrating research findings into practice.
- It is important to communicate research findings in user-friendly, everyday language and to translate them into relevant practice, policy and system-level implications. However, some people are more skilled than others in their ability to present research in non-technical ways and implications meaningful to consumers, family members, boards and agencies.
- Researchers expressed difficulty finding practice and other settings in which to conduct research. In addition, they stated that well-designed studies are difficult to conduct in the field and that applied research and collaborative research projects are not rewarded at their universities and colleges. Tenure is linked to conducting theoretical research rather practical or community-based research.
- There is a need for research on the following:
 - Linkages between mental and physical health
 - Mental health issues/topics related to older adults
 - Poverty as an underlying factor in consumers' lives
 - Prevention and early intervention approaches.

Suggested Dissemination Approaches for Research Results/Findings

- Internet-based approaches (mentioned most often)
 - Post lessons learned on the ODMH/OPER Web site
 - Make research abstracts available on-line
 - Make research findings accessible through the New Day Web site
 - Use interactive, on-line presentations of research studies
 - Post a synopsis of the research uses of the Outcomes tools on the ODMH Outcomes Web site
 - Distribute results via a listserv
- Additional electronic approaches
 - Distribute research results on CDs or DVDs (include opportunities to earn CEUs)
 - Use video conferences to present research results (include opportunities to earn CEUs)
 - Create a video game that incorporates research findings
- Distribute “Did you know” bulletins or Fact sheets about research findings
- Establish a post-conference research network
- Sponsor regional evaluation/research forums
- Develop a “Traveling Road Show”
 - Give research presentations in community agencies
 - Sponsor a walk-a-thon to teach people about research findings
 - Give research talks in schools
- Assist agencies in offering CEUs when research results are presented to staff
- Develop a public campaign to establish consensus around using research results
- Create public service announcements that include or highlight research results
- Distribute a press release about the conference/research results
- Create a research logo, place on clothing and in advertisements on buses, buildings, etc.
- Include research findings in Association and Board newsletters
- Sponsor more research conferences
- Use the ODMH Top Ten booklet (Toward Best Practices)