

NPS LEADING THE WAY IN NORTH CAROLINA

BEHAVIORAL HEALTH INTEGRATION FALL 2019 NEWSLETTER

Innovations in Interprofessional Training
Using Integrated Behavioral Health Models
In Primary Care



ANEW Way Forward at UPENN Conference June 2019. BHI students and faculty from left to right: Beth Wilhelm, Danielle Battle, Dr. Victoria Soltis-Jarrett (Keynote Speaker), Dr. Leslie Sharpe, Liz Downey, Natasha Kenan

WELCOME

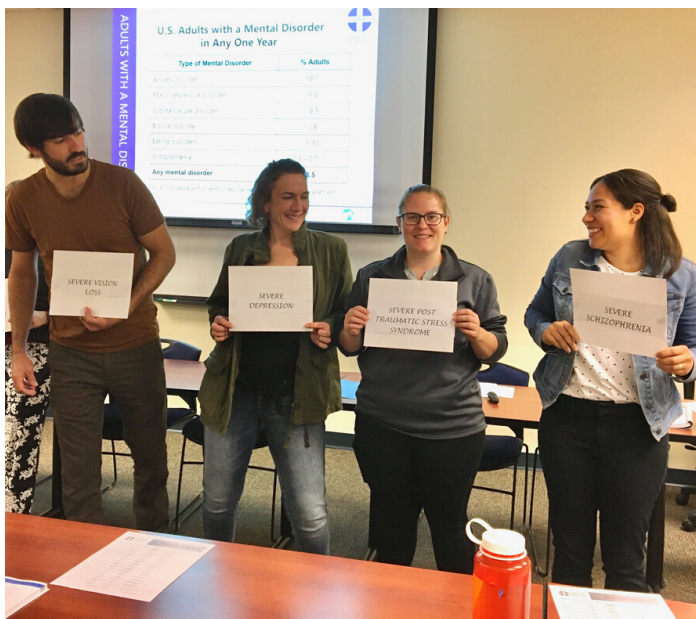
As the nation's first public university, UNC Chapel Hill has a long tradition of public service in North Carolina. That tradition has evolved into a commitment to deeper community engagement and mutually beneficial partnerships between UNC Chapel Hill and communities in the state and beyond.

The UNC School of Nursing's (SON) mission is "Distinctly empowered to advance health for all," and its vision is "First in Nursing: the world's leading School of Nursing for the public," with Dean Nena Peragallo Montano leading the School. To learn more about the UNC School of Nursing, visit our website at nursing.unc.edu.

ADVANCED NURSING EDUCATION WORKFORCE (ANEW)

Partners in practice, engagement, & education in rural NC: NP-Behavioral Health Integration in Primary Care: Expand, Enhance, Embed, Evaluate (PEER NC: NP-BHI/PC-4E)

The purpose of this project is to build on successful outcomes of the previous ANEW project (2017-2019) with a focus on educating, training and providing financial support to FNP, AGNP and PMHNP nurse practitioner students as Behavioral Health Integration (BHI) Scholars. Working with our academic-practice partner, Goshen Medical Center, NC’s largest Federally Qualified Health Center, this project includes intensive education in behavioral health integration beyond the usual curriculum. BHI Scholars are trained on assessment and treatment of behavioral health and substance use disorders through weekly seminars, participation in TeleECHO sessions, and having clinical placements at our practice partner’s sites. Plans are in development for Telehealth clinics (direct patient care) to enhance access to specialty clinicians and mitigate health disparities in rural and underserved NC populations.



MENTAL HEALTH FIRST AID:
30 ANEW BHI Program students have been certified in Mental Health First Aid plus one undergraduate student. The training is dynamic, and participants are looking forward to using these skills to enhance their practice. You can see what fun we had in the images in this issue.



Students from left to right: Robert Ferguson (MSN), Julie Mead (MSN), Alyssa Kiani (MSN), Desteny Adams (MSN), Cara Nelson (MSN), Matt Marvell (MSN), Candice Hsu (BSN), Esther Neumark (MSN)

2017-2018 ANEW GRANT YEAR IN REVIEW

In 2017, we recruited our first group of Behavioral Health Integration (BHI) Scholars. We started with three students in the inaugural cohort. Two of the scholars were family nurse practitioner students in their final semester and the third was an adult-geriatric NP student in her first year of graduate education. In May 2018, our first two scholars graduated, passed certification exams, and found employment in underserved primary care settings.



ADVANCED NURSING EDUCATION WORKFORCE (ANEW)

2018-2019 ANEW GRANT YEAR IN REVIEW

In the second year of the Scholars Program, we used feedback from the first group to modify and improve the program. In 2018, we accepted six BHI Scholars. Due to tremendous interest, we increased access to program content by adding a group of seven BHI "Associates". Associates participate in didactic sessions with fewer commitments to underserved clinical sites. We added a Mental Health First Aid course as a requirement for scholars and encouraged associates to also participate. Students also participated in weekly seminars on screening and brief intervention for anxiety, depression, substance use, and alcohol use. Students apply BHI concepts through clinical experience at multiple Goshen Medical Center sites.

2019-2020 ANEW GRANT YEAR

The grant team is excited to announce that we now have 34 first- and second-year NP students engaging in the program as BHI Scholars, Associates, and Participants from FNP, AGNP, and PMHNP advanced practice areas. With continued growth of students eager to gain this important experience, we added a third tier of student "Participants". Each category of students has varying degrees of commitment to the program and associated support. Students are very enthusiastic in their participation and serve as ambassadors of the program and actively recruit new participants.

For the first-year students, we cover basics of screening for depression, anxiety, substance use, alcohol use and provide enhanced learning about brief intervention, medications, and referral for these patients. Many discussions are informal, and students bring up situations encountered in clinical practice. Second-year students have started online training for Medication Assisted Therapy, cultural competency and advanced psychopharmacology. The majority of second-year students have chosen to work on behavioral health topics for MSN or DNP projects and will disseminate with presentations to the group as part of their final defense.

FEEDBACK FROM FORMER AND CURRENT STUDENTS:

"This has been an amazing experience. I wish there was more time in the day/semester to learn from these wonderful educators."



"I am more mindful in practice regarding the mental health needs of my patients."



"Incredible mentoring and leadership, very collaborative and engaging."



"Really happy I joined this program. I already feel like I have a leg up on behavioral health treatment."



We look forward to the year to come and continued growth with our students!



NURSE PRACTITIONER RESIDENCY (NPR)

Behavioral Health Integration in Rural Primary Care using the TANDEM3-PC Model (NPR: BHI-Rural PC/TANDEM3-PC)

This project provides postgraduate clinical training with academic mentoring for 30 new board-certified nurse practitioners (NPs) over 4 years using two models: Together All Nurses Deliver Extraordinary Methods, Meaning and Measures in Primary Care-PC (TANDEM3-PC) for NP-led teams and several Dedicated Education Units that will develop sustainable, longitudinal clinical preparation sites. New NP graduates selected for this postgraduate residency program will be mentored to work at full scope of practice and provide clinically competent, culturally sensitive whole health care to rural communities in North Carolina. We are working with multiple partners including a large FQHC in NC, all of whom will support this project with preceptors, clinical sites and shared resources.

2019-2020 NPR GRANT YEAR

Work is underway to develop clinical sites, preceptors and curriculum for our upcoming cohort of NP Residents. We are recruiting applicants from our current and recent cohorts of BHI Scholars, Associates and Participants. We also welcome recent graduates from other programs to apply for 10 NP Resident positions planned for the 2020-2021 academic year. We developed a site evaluation tool to assess each clinical site for strengths and resources needed for integration into our broader programs and existing community service. Several team members have completed MAT waiver training and are developing relationships with experienced clinicians to train Residents on MAT strategies across the lifespan. Additional learning objectives include safe opioid prescribing, multimodal pain management, women's health and correctional health. We are eager to advance care of rural communities by extending our pipeline of NPs prepared to implement clinically competent and culturally sensitive whole health care through postgraduate education.

ANEW & NPR CORE TEAM MEMBERS



**Principal Investigator and Project Director:
Victoria Soltis-Jarrett, PhD, PMHCNS/NP-BC, FAANP**

Dr. Soltis-Jarrett is the Carol Morde Ross Distinguished Professor at UNC-Chapel Hill and has over 30 years of advanced clinical practice, academic teaching, and research grants totaling over 13.5 million dollars in the past decade focusing on education, practice and outcomes of Nurse Practitioners, and implementation of models of behavioral health integration into acute, extended, and primary care settings.



Team Lead Education: Leslie Sharpe, DNP, RN, FNP-BC

Dr. Sharpe is an assistant professor at UNC-Chapel Hill School of Nursing and has practiced for 20 years as a family nurse practitioner in rural communities in NC. Her practice focus is in the integration of behavioral health into primary care. With over 20 years of experience in primary care specializing in the care of patients with complex, co-morbid physical and mental health illnesses, Dr. Sharpe is committed to education NP's to be able to apply behavioral health concepts in primary care.



Project Manager: Shannon Gallagher, MPH

Ms. Gallagher has a Master's in Public Health with a concentration in Health Education and Promotion. She has extensive experience in project and grant management including: USDA, the NC Rural Center, Golden Leaf, and HRSA. She has an interest in stigma associated with mental health and mental health diagnoses; cultural competence; behavioral health integration; and including the family as a member of the health care team. She currently manages several HRSA grants around behavioral health integration.



Team Lead Pain Management: Tom Bush, DNP, FNP-BC, FAANP

Dr. Bush is an associate professor at UNC-Chapel Hill School of Medicine. His clinical experience ranges from critical care to primary care and he maintains a clinical practice in the Department of Orthopedic Surgery at UNC where he serves as program director of the Orthopedic NP fellowship program. Dr. Bush is committed to postgraduate NP education and is developing strategies for multimodal pain management and safe opioid prescribing in primary care.



**Pediatric, Child and Adolescent Consultant:
Diane Hudson-Barr, PhD, CNS, PNP-BC**

Dr. Hudson-Barr has been in practice for 37 years in neonatal/pediatric nursing as a bedside nurse, educator, researcher, Director of Nursing Research, and most recently, as a CNS in several neonatal ICU's. Her passions include pain management, developmentally appropriate care, quality improvement, and inter-professional practices



**Team Lead Medication Assisted Treatment:
Elisabeth Johnson, PhD, FNP-BC**

Dr. Johnson is Clinical Director of UNC Horizons Program, a substance use disorder treatment program for pregnant and parenting women and their children, including those whose lives have been touched by abuse and violence. Dr. Johnson has a wealth of experience and expertise working with patients struggling with substance use disorders and will work with the team on curriculum and site development for ANEW and NPR projects.

NPs are Leading the Way in NC. We are focused on integrating behavioral health into primary care with attention to substance abuse disorders in rural and underserved populations across North Carolina. We look forward to connecting with you and welcome your feedback.

UNC-Chapel Hill School of Nursing Behavioral Health Scholars (BHI)		
Graduates of ANEW Grant BHI Scholar Program		
Candance Beddard	MSN, AGNP-BC	Graduated 2019
Kimberly Chavis	MSN, FNP-BC	Graduated 2018
Issac Nuamah	MSN, FNP-BC	Graduated 2018
Year 2 ANEW Grant BHI Scholars Cohort		
Karley Bastien	BSN-MSN Program (FNP)	Graduation 2020
Danielle Battle	BSN-MSN Program (FNP)	Graduation 2020
Emily Brown	BSN-MSN Program (FNP)	Graduation 2020
Amy Dougherty	BSN-MSN Program (FNP)	Graduation 2020
Liz Downey	BSN-MSN Program (FNP)	Graduation 2020
Pamela Duncan	BSN-MSN Program (AGNP)	Graduation 2020
Jenna Goldman	BSN-DNP Program (FNP)	Graduation 2020
Natasha Kenan	BSN-MSN Program (FNP)	Graduation 2020
Lidia Teague	BSN-MSN Program (AGNP)	Graduation 2020
Shy'Kiya Tillman	BSN-MSN Program (FNP)	Graduation 2020
Kathryn Watson	BSN-MSN Program (AGNP)	Graduation 2020
Elizabeth Wilhelm	BSN-DNP Program (FNP)	Graduation 2020
Charles Sayre	BSN-MSN Program (FNP)	Graduation 2020
Year 1 ANEW Grant BHI Scholars Cohort		
Desteny Adams	BSN-MSN Program (FNP)	Graduation 2021
Sophie Draffin	BSN-MSN Program (FNP)	Graduation 2021
Pamela Driver	BSN-MSN Program (FNP)	Graduation 2021
Cheryl Hooks	BSN-DNP Program (FNP)	Graduation 2022
David Manyura	BSN-DNP Program (FNP)	Graduation 2022
Nikki Fowler	BSN-MSN Program (FNP)	Graduation 2021
Alyssa Kiani	BSN-MSN Program (AGNP)	Graduation 2021
Julie Mead	BSN-MSN Program (AGNP)	Graduation 2021
Cara Nelson	BSN-MSN Program (FNP)	Graduation 2021
Eszter Neumark	BSN-MSN Program (FNP)	Graduation 2021
BHI Participants: Receive no funding but attend all activities/events possible		
Elizabeth Blakely	BSN-MSN Program (FNP)	Graduation 2021
Rita Erbsen	BSN-MSN Program (FNP)	Graduation 2021
Robert Ferguson	BSN-MSN Program (FNP)	Graduation 2021
Rachel Jones	BSN-MSN Program (PMHNP)	Graduation 2020
Matt Marvell	BSN-MSN Program (FNP)	Graduation 2020
Juan Powe	BSN-MSN Program (FNP)	Graduation 2021
Elizabeth "Zia" Ward	BSN-MSN Program (PMHNP)	Graduation 2020
Candace Hsu*	*BSN student guest	Graduation 2020



CONTACT US

General questions: Shannon Gallagher | smgallag@ad.unc.edu
 PI/PD specific questions: Dr. Victoria Soltis-Jarrett | vsoltis@email.unc.edu

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