

## **Appendix A – Previous CMHDARN Research Seeding Grants Recipients**

### ***Aftercare: Knowledge, Attitudes, Hepatitis C and Working Alliance***

People with mental illness have been shown to have a higher rate of injecting drug use, risk behaviours and hepatitis C. Yet little is known about the rates of hepatitis C amongst users of mental health Community Managed Organisations (CMOs) or the knowledge and attitudes of support workers in CMOs towards people living with hepatitis C. As hepatitis C is a stigmatised condition largely due to its association with injecting drug use. It is likely that negative attitudes that are present across other health sectors will affect the working alliance that is an important part of any recovery dialogue within the health sector. The project aims to develop a methodology to investigate the knowledge and attitudes of support workers and to develop a methodology to ethically determine an approximate prevalence of hepatitis C amongst service users. The project involves collaboration across the mental health, research, hepatitis C and injecting drug use sectors and seeks the input of consumers and staff to identify issues and assist in the development of a staff survey to provide evidence for further funding. The overall outcome is early stage knowledge of the scope of the issue in the mental health sector.

### ***ACON Health: Rapid assessment of emerging drug use patterns in GLBT communities***

This project will develop a methodology and identify a research partner for a rapid assessment of cocaine users among the gay, lesbian, bisexual and transgender (GLBT) community. This project will gain information from GLBT who use cocaine to explore the features and contexts of this use, potential or actual harms to mental health, and assess community needs in relation to service provision and health promotion. Qualitative interviews and an online survey will be used to compile a more robust understanding of the current situation regarding the increasing use of cocaine. The project will also identify an appropriate methodology for participatory assessment in relation to drug use and mental health among the GLBT community. Behavioural surveys such as SWASH and the GCPS show us that drug use among our communities is both high and subject to changes over time. The population also has higher than average rates of mental health issues. As such, the capacity to work with consumers to rapidly assess emerging trends in drug use to identify potential sources of harm to mental health and wellbeing and appropriate and supportive interventions is one which ACON needs to continue to develop.

**Break Thru People Solutions: *Managing Personal Information: Good Practice Disclosure strategies for jobseekers with mental health and/or drug & alcohol problems, to enhance recovery through employment***

Break Thru People Solutions (Break Thru) will recruit, employ, train and support consumers (jobseekers with mental health and/or drug & alcohol (MH/DA) problems) to undertake research. A six month pilot project aims to develop and implement a framework for Managing Personal Information (MPI) that is strengths-based (rather than disability-focused) at 3 Mental Health Specialist Disability Employment Service (DES) offices. The research team will train DES staff to use the MPI tool. DES staff will support all consumers (approximately 200 jobseekers) to develop skills to maintain control of and develop better judgment in managing their personal information.

**Central Coast Association of Relatives and Friends of the Mentally Ill or Central Coast ARAFMI: *What Makes A Difference for Young Mental Health Carers***

The aim of the project is to analyse and clarify emerging practice issues about what has made a positive difference to young carers of a parent or other family member with a mental illness. Analysis will be based on a range of documentary evidence gathered through the Young ARAFMI program on the Central Coast of NSW over a 10 year period to May 2012.

**The Drug and Alcohol Multicultural Education Centre (DAMEC): *Research proposal for a study investigating the prevalence of alcohol and other drug use among culturally diverse communities in Sydney***

This seeding grant project would comprise the preparatory work required to formulate the methodology and research proposal for its 2014 prevalence project. DAMEC last conducted a prevalence study in 2004, and as such the seeding grant project would build on this methodology and lessons learned to design the 2014 study and source adequate funding to complete the project. This will include further refinement of the questionnaire tool, with the inclusion of mental health items which were not covered in the 2004 survey. The project will also investigate the feasibility of including into the survey other health and social issues related to drug and alcohol use in CALD communities, such as gambling, housing and social inclusion.

**Jarrah House: *Building capacity for research into the effectiveness of Jarrah House Programs: taking stock and planning the future***

We will undertake an analysis of existing client outcome data supported by researchers at UTS in order to build research skills and develop a plan for longitudinal research that will provide an evidence-base to ensure program effectiveness.

**Manly Drug Education & Counselling Centre (MDECC): *Planting the seeds of change in a drug effected family – a practical study***

This project aims to provide a practical research proposal to validate MDECC's anecdotal evidence that working with the family of a young problematic substance abuser creates the opportunity for the individual to shift towards a readiness for change.

The project will include a literature review and ethical approval plan as a basis for the major research project. Families will be actively involved throughout the process from identifying what they have learnt/applied to create a change in their loved one (via focus groups) or contributing through being a member of the research steering committee.

Mental Health Association NSW Mental Health Month – expanding evaluation scope The aim of this research seeding grant project is to produce a research proposal that extends the scope of the current Mental Health Month evaluation.

The first step in developing this research proposal will be clarifying the goals and objectives of Mental Health Month against which an evaluation can be conducted. While the Mental Health Association NSW implements the campaign each year according to a set of stated objectives these are interpreted by local organisers. Clarifying and prioritising these goals will be essential to develop a clear research proposal as will witnessing the implementation of local activities.

**Psychiatric Rehabilitation Australia: *Building the capacity of mental health consumers to Self Manage their Physical Health Checks***

The aim of this project is to develop and refine a Mini Health Check Card, in consultation with consumers, along with supporting fact sheets for health care providers. The project will also develop a strategy to introduce the package to the wide community and to develop a research proposal to evaluate the effectiveness in improving health outcomes for consumers.

**Richmond Fellowship of NSW: *Indigenous Mental health: an investigation of the service and infrastructure needs in Wagga Wagga***

The aim of this research proposal is to highlight the significant need for a culturally appropriate Indigenous mental health programme for the city of Wagga Wagga. The research will document the perceptions, beliefs, insights and concerns of the Indigenous community in Wagga Wagga, with reference to mental health and wellbeing. Consultations will occur over three months, aiming to capture the voices and experiences of the Indigenous community and workers, local health workers, housing accommodation services, and to develop an understanding of individual and collective community needs.

**Schizophrenia Fellowship of NSW: Framework for Evaluating Physical Health and Wellbeing Intervention Programs in the Mental Health Non- Government Sector**

People with mental illness have significantly poorer physical health than the general population. This project aims to:

1. Review the literature and outcome measures and evaluation tools that are currently being used in physical health programs.
2. Train consumers in basic research methods.
3. Survey consumers about their experience in the data collection process of physical health programs.
4. Develop a research proposal that will be submitted for consideration by funding bodies.
5. The research proposal will focus on the development of a standardised framework for data collection and evaluation of physical health programs. This framework will provide an evidence base for program evaluation, and allow physical health programs to be developed that generate outcomes benefitting consumers, in both their physical health and overall recovery journey.

**SMART Recovery Australia: A state survey of SMART Recovery Australia participants: examining the mechanisms of behaviour change.**

SMART Recovery Australia facilitates self-help groups for people experiencing addiction. The proposed project will be conducted as a cross sectional survey. Participants will be attending SMART Recovery Australia groups across rural, regional, and metropolitan areas of NSW (N = 330). The primary aim of the study is to examine the extent to which participants understand and utilise cognitive behavioural strategies to help facilitate their recovery. The study will also be used to clearly describe the client population that attends SMART Recovery Australia, as well examine predictors of client engagement in the SMART Recovery Australia groups. Results from the current study will help to inform the development of the SMART Recovery Australia program and help to establish a research plan for the organisation.

**Ted Noffs Foundation: Examining the Long-Term Health and Social Outcomes of Adolescent Residential Alcohol and Other Drug Treatment Services in NSW and the ACT: A Feasibility Project**

Adolescent residential alcohol and other drug treatment services have limited capacity to assess the long-term (>10 years) outcomes of their clients. This knowledge is important for informing and improving post-treatment care. Therefore, the aims of this feasibility project are to (a) determine the best course of action in evaluating the long-term (>10 years) health and social outcomes of young people following substance abuse treatment; and (b) to build capacity within this sub-sector to undertake a research project to examine these long-term outcomes.

***The Sydney Medically Supervised Injecting Centre (MSIC): Developing the research skill base of clinicians and a research reference group in a medically supervised injecting centre.***

The most commonly injected drug at MSIC is OxyContin (KPMG, 2010). The aim of this proposal is to draw up a comprehensive research plan in order to qualitatively investigate the persistence of this dangerous injecting practice, and by investigating how this knowledge develops and is disseminated, tailor an intervention to reduce its prevalence. We plan to use existing resources and expertise to mentor clinicians at MSIC in the process of drawing up a research and dissemination plan, as well as an ethics submission. In this way, the experience and education gained in writing up the research plan will last beyond the life of the seeding grants programme

***WHOS: Development of WHOS Research Capacity***

This funding opportunity would be used to formalise WHOS' approach to engaging in WHOS driven research. Three aims of the project are:

- 1) Develop research policy and related procedures.
- 2) Conduct a comprehensive review of WHOS' new electronic client information management system with a focus on identifying and effectively presenting key data trends in client health / psychosocial / demographic characteristics and service activity for easy interpretation.
- 3) Prioritise consumer / staff / manager research questions, selecting a key question to be developed into a research proposal with an aim to source funding.

***Mission Australia: The effectiveness of the Mission Australia Youth AOD Community of Practice initiative - To establish an evaluation framework to measure the continuous effectiveness of the Mission Australia Youth Alcohol and Other Drugs Services Community of Practice (CoP).***

The concept of CoP exploits the power of learning within the context of social interaction between members via a range of forums. CoPs can be used as a vehicle for mental health knowledge generation and sharing across all divisions of Mission Australia Community Services. The practice issue was identified when Mission Australia used the Triple Care Farm model to successfully tender for 2 new AOD residential rehabilitation programs in NSW. The 3 services organically commenced working together, sharing practice wisdom, tools, trials, tribulations and successes. Out of this collective and as a result of an implementation committee for the 2 new services, the Community of Practice was born. From the beginning we have set a goal to evaluate the effectiveness of the initiative, however have not had the resources to do so. It is expected that the CoP will be a useful forum for both clinicians and managers, providing support, sharing of clinical and managerial expertise, foster sharing of resources, and proving professional development and joint funding opportunities. It is expected that the CoP is more than the sum of its parts, yet that there will be some barriers to effective participation due to the social, geographic and funding differences between the programs.