

THE SOCIAL WORK DEPARTMENT
ANNUAL REPORT
2009

THE DIVISION OF CLINICAL SOCIAL WORK

The Division of Clinical Social Work was established in 1930 and has since its inception been an integral part of the work of New York State Psychiatric Institute. Clinical social workers provide social work interventions on clinical and research services at NYSPI and work in collaboration with all disciplines on behalf of the patients' treatment and care. Through the provision of quality psychosocial care, clinical social work services are instrumental in enhancing patients' recovery and restoring more effective engagement with their families.

Clinical Social Work is primarily concerned with the study, evaluation, and treatment of the patient at the interface of the patient and family's social and emotional functioning. Social work faculty is responsible for individual, family, and group treatment of patients and their families with psychoeducation being the preferred treatment method. Psychoeducation is defined as the synergy of education and a therapeutic process that together integrates information regarding illness in ways that promote a meaningful understanding to the patient and his/her family.

The primary goal for the social work intervention is to facilitate a sense of equilibrium within the person with illness, each family member and for the family as a whole in the face of psychiatric illness. The role of the social worker in psychiatry includes:

- To identify the disruptions and subsequent disequilibrium within the family system associated with the presence of psychiatric illness;
- To facilitate a healing process that will enable and empower the family to move from a position of uncertainty and emotional chaos to a place in which each member can gain a sense of mastery and control over an otherwise unpredictable situation;
- To improve quality of life for all parties by establishing links to service providers both within the hospital and the community, such as community residence, community mental health centers, advocacy and family support groups, vocational training and referrals to entitlement (e.g., Medicaid, Medicare, SSI and SSD).

In meeting those goals the social work department provides: psychosocial assessment and evaluation, clinical treatments for patients and their families, education for patients and their families about psychiatric illness and coping and the management of psychiatric illness, transition planning including referrals to community social services, case

management, discharge planning services in order to enhance patient functioning in personal, family, vocational and social areas.

Staff:

Elizabeth Golden, LCSW/SW SUPERVISOR1 - Director of Social Work

Karen Goldberg, LCSW/SW SUPERVISOR1 - Associate Director of Social Work

Dan Herman, DSW- Director of Research in Social Work

Nancy Alexander-LMSW-SW2

Elizabeth Alonso-LCSW-SW2 Spanish

Maritza Campbell-LCSW-SW2 Spanish

Carmen Cardona-Lake-LCSW-SW2 Spanish

Beatriz Carle-LMSW-SW1 Spanish

Zelda Diatlo-LCSW-SW2

Mara Eilenberg-LCSW-SW2

James Gangwisch-LCSW-SW2

Naomi Glicken-LCSW-SW2

Maria Kargman-LCSW-SW Supervisor 1 Spanish

Judith Kleber-LCSW-SW2

Cynthia Kolbowski-LCSW-SW2 Spanish

Amarilis Lendof-LCSW-SW2 Spanish

Ellen Lukens-LCSW-Research Scientist 27

Abigail Martinez-LCSW-SW/Administrator

Quisqueya Meyreles-LCSW-SW2 Spanish

Peter Pagano-LMSW-SW2

Raquel Ramos-LMSW-SW2

Ana Rivera-LCSW-SW2 Spanish

Madelyne Rosario-LMSW-SW1 Spanish

Steve Rosenheck-LCSW-SW2

Carla Sadik-LCSW-SW2 – Retired from state service in 9/2009

Rosa Sorondo-LMSW-SW2 Spanish

Helle Thorning--LCSW-Research Scientist 25

Nancy Turret-LCSW-SW2

Minerva Medina-SW Assistant

Jackson Velez-Administrative Aide

Clinical Services:

The social workers on the clinical units, which includes 5 south, 4 south, 4 center, the CDU, the Cope Clinic, Late Life Depression and the Inwood and Audubon Out- Patient Clinics, provide psychosocial assessment and evaluation, clinical treatments for patients and their families, education for patients and their families about psychiatric illness and coping and the management of psychiatric illness, transition planning including referrals to community social services, case management, and discharge planning services.

The Social Work Consultation Service enters its fourth year providing outpatient research groups, who do not have social workers attached to their service, with psychosocial evaluations and recommendations for patients that present for treatment. Under the direction of Carla Sadik, LCSW, the service's aim is to assist patients and clinicians in navigating and negotiating the complex web of the social service system. This has been incorporated into the Social work training program where interns will see patients for up to three sessions to evaluate psychosocial problems and locate appropriate resources. Where indicated referrals will be made and a set of recommendations will be provided to the referring clinician and the patient for follow up. Since January of 2008, the consultation service has received 30 referrals from 12 different research groups. Since the Consultation Service was created it has received 98 referral

The video discussion groups were developed to educate patients and families pertaining to the diagnosis for which they are being treated and the residual effects these illnesses have on family and life after hospitalization. These groups occur on Monday evenings from 6:00-7:00 every other week facilitated by 2 Social Work Interns. The Interns are supervised bi-weekly by Judith Kleber, LCSW.

Education and Training

Under the direction of Karen Goldberg, the Social Work Training Program continues to be a highly regarded and eagerly sought out training program for second-year masters level social work interns. Interns are trained in clinical practice, research, program planning, and social policy. The department at NYSPI serves as a field placement site for Columbia University School of Social Work, The New York University (Silver) School of Social Work, Hunter College School of Social Work and the Wurzweiler School of Social Work at Yeshiva University. During the 2008-09 academic year we had 16 interns enrolled in our yearlong program and 8 social work interns in our 10 week summer internship program. Our department continued as a field placement site for an OMH initiative, which trains clinicians in Evidence-Based Social Work Practice initiatives, with two of our interns participating in this fellowship program. Evidence Based Practice methods have been

expanded to several of our treatment units, with Wellness Groups now operating on the Psychotic Disorders Unit, the General Clinical Research Unit, the Washington Heights Community Service Acute Care Unit and recently implemented in the Children's Day Unit.

The Social Work Grand Rounds Program for 2009 consisted of three presentations; Dan Herman, D.S.W. presented "Critical Time Intervention: An Evidence-Based Model for Helping Homeless Adults in the Transition from Hospital to Community", Maria Yellowhorse-Braveheart, Ph.D. presented "Historical Trauma Therapy and Intervention Research with Indigenous Populations", and Joanne Harpel, J.D., M. Phil from the American Foundation for Suicide Prevention presented "Suicide Bereavement 101: The Survivors' Experience." A fourth presentation, "Using Multiple Datasets to Examine Youth Psychiatric Diagnoses" by Prudence Fisher, Ph.D. had to be rescheduled for early 2010.

The Social Work Consultation Service provides social work expertise to participants in outpatient research groups who do not have social workers attached to their service. Clients in these protocols who present with needs for concrete services are referred to the Social Work Consultation Service by clinicians with whom they are working. These clients are provided with up to three sessions with a Social Work Intern for whom this assignment is another component of the training they are receiving at New York State Psychiatric Institute. The social work intern meets with the client for a rapid assessment of their situation and needs, including a prioritization of these needs, and an exploration of options. The social work intern will identify resources, make referrals if appropriate, and provide support and feedback as the client begins the process of navigating their way through the challenging social services system. Both the director of the Consultation Service and the referring clinician will be updated on the client's progress by the social work intern, and interns will meet regularly with director of Consultation Services for supervision. By the final session with the client, a formal set of recommendations for their psychosocial needs will be agreed upon, documented, and given to both the client and the referring clinician for follow up. Both clinician and client will be sent questionnaires in which they can assess their experience with the Consultation Service.

For the first four years of its existence, Carla Sadik, LCSW, was the director of the Social Work Consultation Service until her retirement in October 2009 when Nancy Alexander, LMSW, took charge. The Service has received over 100 referrals since its inception, from over 12 different research groups.

The video discussion groups were developed to educate patients and families pertaining to the diagnosis for which they are being treated and the residual effects these illnesses have on family and life after hospitalization. These groups occur on Monday evenings from 6:00-7:00 every other week facilitated by 2 Social Work Interns. The Interns had been supervised bi-weekly by Carla Sadik, LCSW, until August 2009 and are currently being supervised by Judith Kleber, LCSW.

Current Research:

Dan Herman, D.S.W

- Dr. Herman has joined the Division of Services and Policy Research where he directs the ACT Institute. Funded by the NYS Office of Mental Health, the Institute provides training and consultation to Assertive Community Treatment teams throughout New York State.
- Dr. Herman is an investigator on the RAISE study of first episode psychosis where he has major responsibility for the development of psychosocial components of the interventions to be employed in both arms of this randomized trial. As the trial enters its operational phase, he will be involved with training and supervision of intervention staff in both treatment arms.
- Dr. Herman completed analysis of the main outcomes of his NIMH-funded randomized trial, Critical Time Intervention in the Transition from Hospital to Community. Results show that the intervention was effective in reducing the risk of homelessness in subjects who received CTI, compared with controls who received standard care. A paper has been drafted and will be submitted to Psychiatric Services in January 2010. He also continues to collaborate with investigators at other institutions on additional research applications of the CTI model including two NIMH-funded projects testing the use of CTI with persons with mental illness following discharge from prison.
- Dr. Herman is the mentor for Andrew Tomita, a pre-doctoral student at the Columbia School of Social Work, who has received an F31 training grant in mental health services research.

Dr. Herman continues as a co-investigator and mentor on two research projects in the Division of Mental Health Services and Policy Research funded through the NYSOMH Policy Scholars program.

Publications:

Herman, D., Mandiberg, J. (in press) Critical time intervention: model description and implications for the significance of timing in the design of social work interventions. *Research on Social Work Practice*.

Henderson C, Lee R, Herman D, Dragatsi, D. (2009) From psychiatric advance directives to the joint crisis plan. *Psychiatric Services* (60)10:1390-1391.

Helle Thorning, Ph.D. & Ellen Lukens, Ph.D.

The Center for Family Education and Resilience (CFER)

The Center for Family Education and Resilience (CFER) was established in 1997 in collaboration with Columbia University School of Social Work. Although psychosocial research has been ongoing at NYSPI, having a Research Division within the Department of Social Work allowed for the establishment of a focus research agenda as well as the establishment of an infra structure for ongoing psychosocial research. Headed by Drs Thorning and Lukens, CFER functions as an umbrella under which a variety of research initiatives take place.

CFER's primary objectives are to establish and evaluate the effectiveness of services focused on the needs of patients and families, to facilitate and strengthen Social Work research on the impact of mental disorder on the family and to provide training and education for social workers and social work interns on effective models of interventions. With the events of September 11th, 2001, CFER expanded its mission to address community trauma as well.

CFER collaborates with other departments at NYSPI as well as other departments at Columbia University. CFER has conducted numerous funded studies at NYSPI and in collaboration with community groups.

Clinical Training

CFER faculty continues to provide a comprehensive Integrative Psychoeducation (IPE) internship that trains Social Work students at the masters and doctoral level in the theory, practice and evaluation that is culturally relevant and collaborative in nature. CFER faculty and collaborating communities are preparing a psychoeducational treatment and dissemination protocol that can be used widely by other community-based mental health clinics and/or professional schools of Social Work to implement similar collaborative programs in other communities. Lukens and Thorning have prepared two manuscripts for publications; one chapter on the implementation of psychoeducation and the impact of siblings in families with mental illness.

Research Training

CFER is currently training both doctoral students and masters students from Columbia University School of Social Work and New York University School of Social Work. During

the 2009-2010 academic year one doctoral student and 8 masters' students were engaged in CFER projects. CFER has continued ongoing collaborations with other schools and departments at Columbia University including the School of Social Work and the Joseph L. Mailman School of Public Health. In addition, Thorning and Lukens provide consultation for the Clinical Social Work department on Quality Improvement Projects.

International Social Work Development

Thorning H

Dr. Thorning along with and a colleague Dr. Tazuko Shiboshawa from Silver School of Social Work at New York University, conducted and evaluated a four day train the trainers training for faculty at Hanoi National University Department of Education. The evaluation data is currently being analyzed and the team is preparing the distribution of the findings.

Community Awareness through Psychoeducation (CAPE).

Lukens, Ph.D & Thorning, Ph.D

The research group was selected to present a paper at the annual Research Conference at the Society for Social Work and Research in January 2008.

Community Awareness through Psychoeducation (CAPE): An Inpatient Model

Lukens, E. & Thorning, H.

We implemented the CAPE model in September 2007 on the psychotic disorders unit. CAPE follows a structured curriculum consisting of 12 modules covering the area of social support, self-esteem, connection with your environment, anger, medication management and stigma. Impact of the intervention in the areas of motivation, loneliness, use of psychoeducation and attitude towards recovery will be measured using standardized scales. An IRB protocol to collect pilot data will be prepared for spring 2010

Beginning in the spring of 2009, we implemented CAPE groups on the Washington Heights community unit under the supervision of Lukens. Initially the groups were conducted by Zelda Diatlo and Carmen Cardona, along with a psychology extern, Ayxa Cabrera. The groups were conducted in Spanish. Beginning in the fall of 2009, Thorning took over the supervision. The groups are currently being conducted by two social work interns.

Lukens and Mara Eilenberg, supervising social worker on the Children's Day Unit, have worked with Dr. Anthony Salerno to adapt the Wellness Management model for adults for use with teens involved in day treatment. Dr. Salerno conducted a four hour training for students and staff in the fall of 2009, and the group began at the end of December 2009 under the supervision of Lukens and Eilenberg and with ongoing consultation from Dr. Salerno. The group is facilitated by three social work interns.

The Sibling Project: Assessing the Impact of Severe Mental Illness on Adult Siblings Using a Triangulated Research Design.

Lukens, Ph.D Thorning, Ph.D & Lohrer, Ph.D

CFER and the Columbia University School of Social Work received funding from the National Alliance for Research on Schizophrenia and Depression (NARSAD) to assess the impact of severe mental illness on adult well siblings. The research group has to date published six articles from this extensive data set and several articles are pending publication and are continuing to work with both the qualitative and quantitative data.

The Impact of Family Caregiving on Families Caregivers of Persons with Severe Mental Illness.

Thorning, PhD. and Lukens, PhD

The consequence of family caregiving of persons with severe mental illness has been studied by the research team as related to caregiver grief, depression and burden. In addition, the group has developed a short term Multiple Family Group Intervention for individuals and their families that has served as the basis for much of the subsequent work with CAPE.

Monitoring and Evaluation for the Department

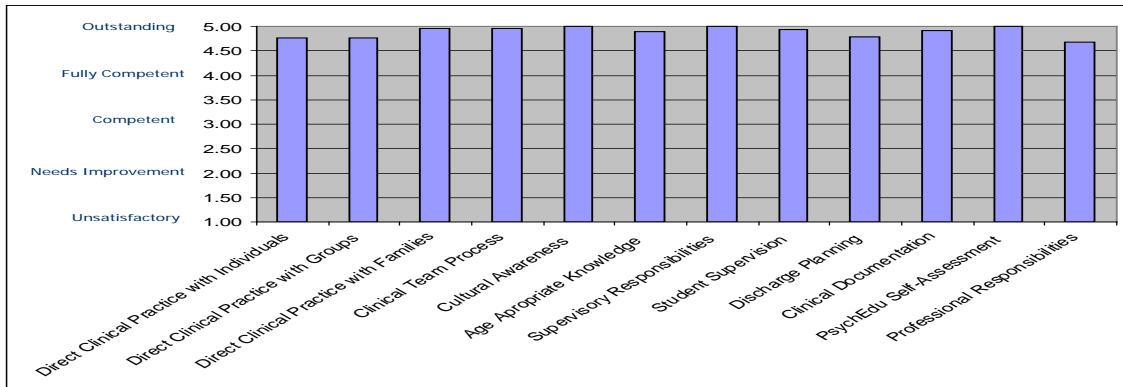
Throughout the year there has been ongoing monitoring of the social workers' performance through evaluations and a review of clinical competencies. In addition, patient satisfaction questionnaires are evaluated to see how the social workers are rated. Patients have been extremely satisfied with the clinical work that the social workers are providing. We have also continued to evaluate the satisfaction of the social work interns. It appears that the student seminar ratings have trended down and this will be looked at by the Elizabeth Golden, Director of Social Work Department and Karen Goldberg, the Director of the Student Training Program.

Student Satisfaction

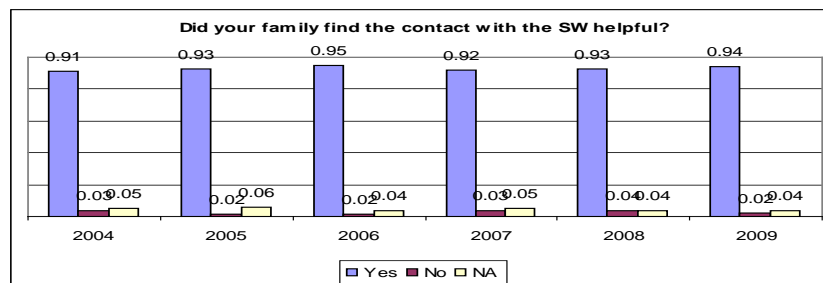
Rating on a likert scale. 5 = outstanding

	Academic year 2005-2006	Summer program 2006-2007	Academic year 2007-2008	Summer program 2008-2009
Placement as a whole	4.8	4.5	4.6	4.4
Supervision	4.6	4.4	4.5	4.5
Student Seminar	4.8	4.9	4.4	4.0

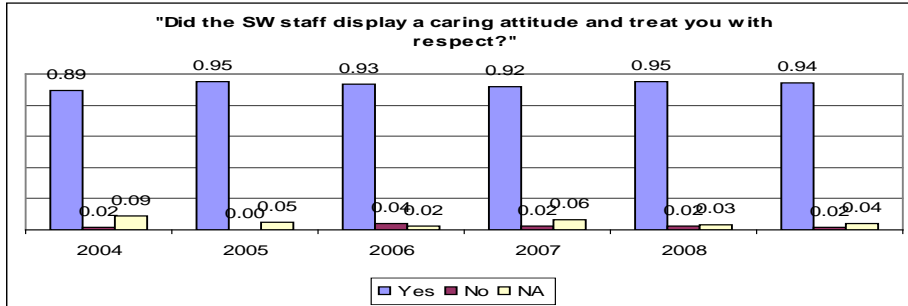
Social Work Competency 2009



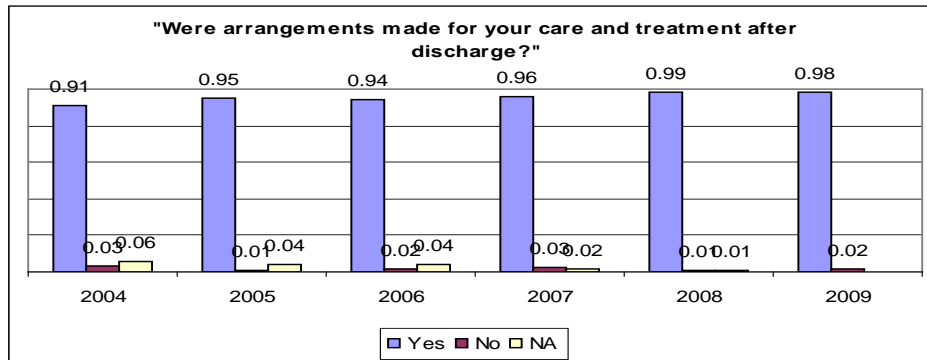
Patient Satisfaction



Patient Satisfaction



Patient Satisfaction



Patient Satisfaction

