Dunsphaugh - Dalton
CEW-RC
2015-16 ANNUAL REPORT
Community & Educational Well-being Research Center
The CEW-RC seeks to promote the emotional, educational, and physical well-being of all children and families.

We strive to work with diverse and underserved populations, to support individuals who dedicate their lives to helping others, and to ensure that our work is always culturally informed and evidence based.

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NOTE FROM THE DIRECTOR

The Dunspaugh-Dalton Community & Educational Well-Being Research Center (CEW) began operations within the School of Education and Human Development in January 2009. Since its inception, administrative and operational functions of the Center have been supported by a gift from the Dunspaugh-Dalton Foundation and by the office of the Dean of the School.

In July 2015, I became Director of the Center, building on the exceptional work of the original Director, Dr. Etiony Aldarondo. In so doing, I have been able to integrate my existing work into the Center’s operations. This includes support from the Health Foundation of South Florida, the Substance Abuse and Mental Health Services Administration, and the National Institute on Drug Abuse. To signify the increased emphasis on research, the Center’s acronym has been modified to CEW-RC.

In December 2015, I was honored to receive the “Excellence in Partnership Award” by ConnectFamilias. I accepted this award in the name of our CEW-RC for its commitment to children and families in the community. This recognition is one of the many ways in which the CEW-RC has continued its visibility and relevance in the Miami community.

I hope you find this report informative and that you will visit our Center website, which will go live in September 2016, at www.education.miami.edu/. We look forward to a successful 2016-17 year and are working diligently to create an even more positive impact on our community!

Daniel A. Santisteban, Ph.D.
Director, Dunspaugh-Dalton Community & Educational Well-Being Research Center
Professor, School of Education & Human Development
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ORGANIZATION OF THE CEW-RC

The CEW-RC administrative offices are housed on the University of Miami Coral Gables Campus in the Max Orovitz building at 1507 Levante Avenue. The Center, which is part of UM’s School of Education and Human Development, has three major functions:

• To establish productive community-university partnerships
• To advance knowledge through the conduct of cutting edge research
• To train the next generation of leaders, researchers, and change agents.

MISSION

The CEW-RC seeks to be a Center of Excellence that is highly relevant to the lives, needs, and aspirations of local residents and students and to the work of local, national, and international experts. Our center aims to highlight the very best interventions that research has to offer and to facilitate their utilization in the community. We seek to be a resource to community and national partners through Training, Research, and Service.

We strive to work with diverse and underserved populations, to support individuals who dedicate their lives to helping others, and to ensure that our work is always culturally informed and evidence-based.

VISION

The CEW-RC seeks to promote the emotional, educational, and physical well-being of all children and families. The goals of the CEW-RC are to:

• Conduct high quality interdisciplinary research that advances knowledge;
• Serve as the bridge between evidence-based practices and community practice;
• Develop sustainable and mutually beneficial university-community research collaborations;
• Promote the delivery of high quality services to diverse and underserved populations; and
• Educate, train, and mentor students, professionals, and human service providers on state of the science research, prevention, and treatment methods.
Under the direction of Dr. Daniel Santisteban, the CEW-RC incorporates the work of: The Melissa Institute, Stats-U, CIFTA, and SBIRT.

THE MELISSA INSTITUTE. The Melissa Institute is a non-profit organization dedicated to the study and prevention of violence through education, community service, research support and consultation. The Institute’s mission is to prevent violence and promote safer communities through education and application of research-based knowledge. The mission is accomplished through:

- Education
- Consultation
- Community Service
- Research Support

STATS-U. The Statistical Supporting Unit (STATS-U) is a part of the Dunspaugh-Dalton Community and Educational Well-Being Research Center (CEW-RC) at the School of Education and Human Development (SEHD). Its aim is to support research and provide statistical and methodological training, grant development, and statistical consultation for faculty, staff, and graduate students at the University of Miami.

CIFFTA (Culturally Informed and Flexible Family-Based Treatment for Adolescents). CIFFTA is a multi-component treatment that consists of family focused and individually focused interventions as well as psycho-educational modules. CIFFTA has been supported by six NIH-funded research studies to help advance the science of adolescent and family-based treatment through the utilization of evidence-based practice.

SBIRT (Screening, Brief Intervention, and Referral to Treatment). SBIRT is a three-year program under the direction of Dr. Santisteban, which focuses on training health service providers and students on evidence-based practice. SBIRT, which is an easy to learn evidence-based practice based on Motivational Interviewing (MI) principles, has trained individuals both locally and across the state of Florida.
PARTNERSHIPS
One major function of the CEW-RC is to establish bi-directional partnerships with agencies and organizations that have like missions. Since July 2015, the CEW-RC team has engaged eight new community agencies: ConnectFamilias, San Juan Bosco Health Clinic, Student Services at Miami-Dade County Public Schools, Camillus House, the Institute for Child and Family Health, Banyan, the Center for Family and Child Enrichment, and the South Florida Behavioral Health Network.

**ConnectFamilias.** ConnectFamilias is built on the premise that children do better when their families are strong, and parents do better when they live in places that help them succeed and become productive citizens. Operating out of Miami’s Little Havana neighborhood, the ConnectFamilias partnership is a comprehensive and holistic service delivery model that minimizes the need for multiple intakes and ensures consistent and timely delivery of services through its Community Partner Network.

**San Juan Bosco Clinic (SJBC).** SJBC is committed to providing uncompensated health care to the most medically indigent population in Miami-Dade County without regard to the person’s race, age, gender, ethnicity or religious affiliation, within the limits of its available resources. It aims to provide free primary care in an effort to:

- Reduce inappropriate use of local community emergency rooms;
- Develop and implement programs that identify, prevent, and treat the most prevalent diseases within the community served;
- Serve as a navigator to assist patients in accessing community services; and
- Deliver health education through culturally relevant and linguistically appropriate programs.
Miami-Dade County Public Schools Student Services. The Division of Student Services, its programs, and school based professionals provide prevention and intervention services to PK–Adult students in support of schools throughout the District. Division program services center around the students’ skill development and are delivered by an integrated team of student services professionals who are uniquely trained to address the academic, personal/social, college and career, and health and wellness development needs of all students. A systematic approach is used to deliver services to students and their families.

Camillus House. Camillus House is a nonprofit in Miami that has grown steadily over the years from a small soup kitchen into a full-service center offering a comprehensive “system of care” for the poor and homeless — a seamless, step-by-step process designed to bring persons from a life on the streets all the way to permanent housing. Fully integrated services are provided through multiple program areas such as:

- Compassionate Healing (substance abuse and mental health treatment)
- Continuum of Housing (emergency, transitional, and permanent housing)
- Compassionate Hospitality (food, clothing, showers, outreach, case management, rent)

The Institute for Child and Family Health (ICFH). The ICFH—formerly the Children’s Psychiatric Center (CPC)—is a private, not-for-profit organization that has been providing health, behavioral health, educational, and prevention services to the children, adolescents, and families of Miami-Dade County since 1945. It is one of the oldest and largest community health centers exclusively dedicated to the well-being of children and families in the state of Florida. ICFH serves over 30,000 children, adolescents, and families per year.
Banyan Community Services. Banyan develops and supports programs that help disadvantaged or at risk children and youth learn new skills, attitudes, and behaviors to help them build a better future. All of Banyan’s services are supported through a multi-disciplinary team that is informed by child and family work, psychiatry, psychology, social work, education, physical health and spirituality, and culture.

The Center for Family and Child Enrichment, Inc. (CFCE). The CFCE is a private, nonprofit, community-based organization that offers a wide array of behavioral health services for children and adolescents in three primary focus areas: counseling and therapy services, foster care and adoptions, and family and community support programs. CFCE serves children who have been abused, neglected and/or abandoned; have severe emotional disturbances and are in need of mental health care; are in the custody of parents or relatives, but are chronic runaways and/or are ungovernable; and those children who have come to this country without parents or guardians (unaccompanied minors).

The South Florida Behavioral Health Network. The South Florida Behavioral Health Network ensures a quality system of care for people at risk and affected by substance use and mental health disorders in Miami-Dade and Monroe Counties. Its goal is to develop, implement, and refine a coordinated system of behavioral health care within the community that enhances prevention, treatment, and recovery services for those at risk of, or who are suffering from, mental health and substance abuse problems.
Dean Isaac Prilleltensky meeting with graduate students in the Max Orovitz Building conference room.
A major research focus in the CEW-RC is to advance knowledge on the best ways to reduce stigma and prevent and treat mental health problems. To further this goal, CIFFTA, the Culturally Informed and Flexible Family-Based Treatment for Adolescents, was moved under the CEW-RC umbrella. The CIFFTA treatment protocol was developed by Dr. Santisteban and his team, which includes Dr. Maite Mena, Dr. Brian McCabe, and Ms. Clara Abalo. The graduate assistant associated with CIFFTA is Raha Forooz Sabet. Research on the effectiveness of the program is on-going.

CIFFTA consists of family focused and individually focused interventions, as well as psycho-educational modules, in a number of key areas (e.g., drug use, parenting, immigration, and acculturation stress). Individual and psycho-educational interventions do not stand alone, but are designed to facilitate more adaptive and supportive family relationships. The program of treatment and research has focused on the development of more engaging and efficacious interventions for disadvantaged and underserved youth and families, who often do not seek treatment. It is also designed to address social and environmental determinants, including poor academic performance within poorly performing schools, families with poor parenting and/or high conflict, perceived discrimination, alcohol use, depression/suicide ideation, and illicit and prescription drug use. Disadvantaged youth must often overcome these social and environmental risk factors if they are to achieve healthy outcomes.

Families and counselors have been recruited to provide feedback that has been used to refine and improve all of CIFFTA’s services. The work has been fully developed and tested with either primarily English speaking or primarily Spanish speaking adolescents and families. This means that in designing interventions the full range of diversity was considered. In treating these vulnerable populations, family interventions have proven to be highly efficacious because their powerful effects on parenting and family relationships can have a life-long influence on a child’s development.

**CIFFTA is designed to:**

- Reduce adolescent behavior problems and/or drug use;
- Increase adolescent motivation to succeed;
- Reduce family level risk factors and conflict;
- Increase family level protective factors and supportive relationships; and
- Successfully use the unique culture and immigration related experiences of each family to better engage, retain, and treat diverse populations.
Who CIFFT A works with

- CIFFT A is designed for counselors, supervisors, and administrators who are interested in providing effective treatments to diverse populations and who wish to understand how the unique stressors experienced by diverse populations impact treatment processes and outcomes. CIFFT A is designed to help adolescents ranging in age from 11 to 18 years of age and has been tested with the full continuum of behaviors ranging from early behavior problems to having diagnosable substance use disorders and juvenile court involvement. The treatment has been tested with all of these populations and the adjustments needed to the model are specified (e.g., increased dosage, more focus on drug use, and juvenile justice system involvement).

Evidence that CIFFT A is effective:

- The CIFFT A model has been tested as both a prevention and a treatment intervention. CIFFT A’s development and testing has been fueled by six NIH-funded studies. Three randomized clinical trials implemented in the period of 2007-2015 alone, have provided over 10,000 treatment sessions to over 450 families and have helped advance the science of adolescent and family treatment.

- The CIFFT A team has published over 35 articles, book chapters, and treatment guides focusing on treatment outcomes, family interventions, cultural competence, the training of family therapists, and the real-world problems of implementing evidence-based practices. We have also conducted national and international presentations on treatment and research.

The things parents said in a focus group when counseling ended convinced us that our program really made a difference in the lives of children, adolescents, and families.

“She and her counselor clicked like this [Wraps one finger around the other] from day one. Your staff had a, I don’t know, had their way of getting into her and she didn’t and she … next thing she knew she was like, “Mommy, you know …” And she hasn’t called me “Mommy” since she was like eight. You just, you know when your child’s… when she’s opening up, she’s softening.”

“I just hope they would never take this program away because of the benefits that the parents can get, like, we ourselves had the chance to do. So, um, with me … Like I say, I’m thankful for you guys.”
“I mean he really changed. It was, I mean...you have no idea. We were going through therapy since he was six, seven?”

“But with this program, now I can talk to him. I can’t shut him up. Every day he comes home, he’s telling me more and more ever since this program. Yeah, that’s just like my son. He’ll tell me about the little girls. He’ll tell me everything... he’ll tell me about his whole day.”

“From my heart, I appreciate this program to help kids from getting into trouble. I liked the program; had a great therapist. Out of all therapies I gave my daughter, this one worked best. I don’t know how the therapist did it. My daughter identified with her. It was a beautiful thing.”

Sample Publications:


Training workshop sponsored by the CEW-RC
TRAINING
TRAINING

SBIRT/Motivational Interviewing Training

One of the major training programs under the direction of Dr. Santisteban that was moved into the CEW-RC is SBIRT, a 3-year program focused on training service providers and students on an evidence based practice protocol. SBIRT stands for Screening, Brief Intervention, and Referral to Treatment.

Over the past 2 years this program has provided training to nearly 1,000 students (studying counseling, social work, and nursing) and professional providers in the community. This effort extends outside of the classroom with the idea of creating expertise at different service-providing locations that do critically important work in our community (such as Camillus House). By building SBIRT expertise in these agencies, the program can be sustained after the training grant is over. Unfortunately, training and mentoring funds will run out in August 2016 and we will explore ways to seek additional funding so that this important work can continue.

• SBIRT is an easy to learn evidence-based practice that utilizes Motivational Interviewing principles. SBIRT identifies individuals who may be using alcohol or illicit drugs/prescription medications in ways that are harmful to their health. This is not limited to drug or alcohol abuse, but focuses most on use levels that may be just frequent enough to cause health problems. The Motivational Interviewing skills help the healthcare professional talk to a patient about these sensitive subjects without being overly intrusive. It also increases the effectiveness of the conversation focused on making healthy lifestyle changes.

• To see SBIRT in action, click on this link:
  https://www.youtube.com/watch?v=AcGCRJcfl4w
The identification of more individuals with early stage and harder to detect substance use problems will increase the number of individuals that actually get the care they need. This approach moves the healthcare system toward a public health approach that promotes healthier behavior rather than waiting until more severe symptoms and complications emerge that are typically much harder and more expensive to treat.

Training of health students and professionals takes place both locally and across the state.
Stats-U Training

Stats-U Overview

Under the direction of Dr. Soyeon Ahn, the Associate Dean of Research in the School of Education and Human Development, the Stats-U (Statistical Unit) team provides methodological support to UM researchers and graduate students and supports the training function of the CEW-RC. The three kinds of training include:

**CEW Statistical Help Desk:** The Help Desk is staffed by research methodology consultants who provide consultation on quantitative research methodology (e.g., research design, data collection, statistical analysis). Help Desk consultation is expected to be particularly useful for UM researchers who are planning studies and analyzing data, and UM graduate students who are planning and conducting thesis and dissertation research.

**Extended Methodological Support:** In some instances, a researcher may require support exceeding that available from the Research Methodology Help Desk, such as extended help with the writing of methodological components of a grant, or running analyses for a funded project. In such instances, extended methodological support is available.

**Methodological Training and Workshops:** A variety of training sessions, workshops, and seminars are provided on current methodological issues, such as statistical techniques, issues associated with causal inference, and the use of statistical software.
Two outstanding Stats-U workshops were organized during the last half of 2015 for students and community attendees.

**Item Analysis Workshop:**

*Description/Purpose:* This session examined the principles underlying the use of item analysis to help determine the effectiveness of multiple-choice test items or survey items. The workshop provided information on item difficulty, item discrimination, and distractor analysis and how to interpret them to identify strong and weak items. The session provided participants the opportunity to analyze sample datasets using SPSS and jMetrik.

*Led by:* Cengiz Zopluoglu, Ph.D., Assistant Professor, Department of Educational and Psychological Studies, University of Miami.

*Date held:* September 11, 2015

*Attendees:* There were 17 registered participants

**Intensive Two-Day Missing Data Analysis Workshop:**

*Description/purpose:* The focus of this workshop was to familiarize participants with two state of the art missing data handling procedures-- maximum likelihood estimation (ML), and multiple imputation (MI) --and to demonstrate the use of these techniques using popular software packages (SPSS, SAS, Mplus). The goal of this workshop was to provide participants with the skills necessary to understand and appropriately implement ML and MI in their own research.

*Led by:* Craig Enders, Ph.D., a Professor in the Department of Psychology at UCLA.

*Date held:* November 13-14, 2015

*Attendees:* There were 14 registered participants

The CEW-RC and Stats-U also put on a grant writing workshop in December for faculty members. The meeting was very well attended and a number of follow-up meetings were scheduled for 2016 for those who wanted feedback on their grant proposals.

Finally, the STATS-U Help Desk continued to support many students throughout the year.
The Melissa Institute

In addition to SBIRT and STATS-U, a third entity in the CEW-RC providing training is The Melissa Institute. Led by Executive Director Frank DeLaurier (recently retired) and Trish Ramsey, the Institute is a non-profit organization dedicated to the study and prevention of violence through education, community service, research support, and consultation. Two conference presentations for community training on violence prevention were offered during 2015:

A Public Health Approach to School Safety and Violence Prevention presented by The Melissa Institute for Violence Prevention & Treatment and the University of Miami School of Education & Human Development

Description/Purpose:

• Consider the promotion of well-being in individuals, schools, organizations, and communities with the integration of wellness and fairness.
• Develop awareness of assessments and online interventions to promote interpersonal, community, occupational, psychological, physical, and economic (I COPPE) domains of well-being.
• Identify characteristics of trauma-informed practices in a school setting.
• Formulate ways to engage parents and community partners in prevention strategies that benefit the school environment and public.

Conference speakers:
  Samantha Dietz, Ph.D., LCSW
  Jim Larson, Ph.D., NCSP
  Deborah A. Montilla, M.S.
  Frank Zenere, Ed.S.

Date held: November 13, 2015
Attendees: 166 attendees
Partnering to Advance the Next Generation of Violence Prevention Work

Presented by The Melissa Institute for Violence Prevention & Treatment and the University of Miami School of Education & Human Development

Description/Purpose:

• Formulate ways to engage parents and community partners in prevention strategies that benefit the school environment and public;
• Discuss and help develop a coalition of agencies and organizations working on violence prevention;
• Formulate ways to network for collaborative funding opportunities;
• Differentiate what competencies and services each can provide and match these attributes with available grants;
• Identify learning environments for graduate students, which may assist agencies while providing well-trained future employees.

Conference directors:
Lynn Aptman, M.Ed. and Daniel A. Santisteban, Ph.D.

Date held: December 4, 2015
Attendees: 50 conference attendees
Dr. Soyeon Ahn, Associate Dean of Research for the School of Education and Human Development
RESOURCES
EFFORTS TO BRING ADDITIONAL RESOURCES TO THE CEW-RC

In an effort to increase resources, CEW-RC faculty members applied for and were awarded two grants between July 1 and December 31, 2015.

Grants Submitted and Awarded

Dr. Daniel Santisteban submitted a grant to the Health Foundation of South Florida to create a practice improvement network that builds organizational capacity to deliver “evidence based treatments” to our community’s underserved populations. This grant was awarded in December 2015 with a start date of April 15, 2016. A description follows.

• The UM CEW-RC seeks to build the organizational capacity of local behavioral health care providers by creating a practice improvement network in which partners from the academic and community sectors work collaboratively to improve the reach and quality of evidence based services for populations that are typically underserved, vulnerable, and hardest hit by risk factors. This effort is needed because the development of Evidence Based Practices (EBPs) has far outpaced the adoption of these innovations in practice. This gap between research-proven interventions and typical clinical practice contributes to poorer outcomes, reduced client satisfaction/service utilization, and inefficient service systems.

• This project engages several community treatment agencies that have a far reaching impact on the community and that are committed to practice improvement and state of the science services. Representatives from all levels of the agencies will work with the CEW-RC to: identify and select EBPs that are attractive and relevant to practice improvement; design the training and coaching efforts; and measure practice improvement changes (e.g., staff training on EBP, patient satisfaction).

• Approximately 50 representatives from local agencies will participate in this effort. The approach will be a community based participatory research-type of effort to identify barriers and facilitators to sustainable service improvement. Budget items cover CEW staff and 3 separate budgets that fund three practice improvement project costs (e.g., nationally-known EBP trainers, training event costs, and agency staff costs during training). The UM and the Dunsphaugh-Dalton Foundation provide in-kind support for this effort.
Dr. Maite Mena also applied for and received a grant from the Health Foundation of South Florida. The grant is called Building Capacity for the adoption of Screening, Brief Intervention, and Referral to Treatment (SBIRT) in Little Havana. The start date will be February 1, 2016. The abstract follows:

• The purpose of this proposal is to build the capacity of providers in Little Havana to initiate and sustain Screening, Brief Intervention, and Referral to Treatment (SBIRT) as a standard of care. This evidence based intervention identifies and provides Brief Intervention to individuals who are at risk for mounting medical, social, and/or behavioral consequences due to their risky use of alcohol and/or illicit drugs. This integration of behavioral health and primary care aims to reduce the number of patients who have harmful patterns of alcohol and substance use.

• This will be accomplished by providing SBIRT and Motivational Interviewing training, implementation guidance, and support to a diverse set of health care professionals, including community healthcare workers, doctors, nurses, physician assistants, clinicians, and teachers in settings that reach poor and underserved minority populations. The target will be to engage at least 6-7 new organizations who are not currently implementing SBIRT and 3 organizations that are already implementing SBIRT and servicing Little Havana residents. Additional training and coaching on the Brief Intervention component and support around sustainability is often needed by agencies focusing primarily on the screening activities.
Dunspaugh-Dalton Foundation
Leslie Buchanan (Vice President) on the left
Alexina Lane (President) on the right
GOALS
GOALS FOR THE UPCOMING YEAR

One goal for the next year is to complete the update of the website that shares all of the CEW-RC resources with students, faculty, and the larger community. We expect to have the website on-line by September 2016.

Second, we will complete an online training program for SBIRT so that it can be integrated into the training mechanisms currently in use. Providing this in English and in Spanish may increase the interest in this training vehicle.

Third, we hope to integrate training in the area of wellness, facilitated by Dean Isaac Prilleltensky and Dr. Ora Prilleltensky: The What and How of Well-Being. Well-being consists of a positive state of affairs in six domains of life that form the acronym I COPPE: Interpersonal, Community, Occupational, Physical, Psychological, and Economic. To achieve well-being in all the I COPPE areas of life, we need to develop strategies and leverage drivers of change. There are seven key drivers of change: Behaviors, Emotions, Thoughts, Interactions, Context, Awareness, and Next Steps (BET I CAN). Each one of the BET I CAN drivers of change consists of two skills. During the workshop participants will learn the 14 skills that can promote well-being in all the major areas of life. There are two versions, one for professionals and one for the community at large. This workshop is typically delivered in two-half days.

Fourth, we seek to increase the research that is conducted under the umbrella of the Center and to prioritize research that is interdisciplinary and that creates synergy between the different departments and specialty areas within the School of Education and Human Development. We believe that there is create-potential in combining, for example, interventions that focus on physical as well as emotional well-being. As part of this larger effort, we hope to bring in additional funding and resources to the Center.

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Community
University Partnerships
Cutting Edge Research
High Quality Services
Education, Training, and Mentoring