

December  
2018



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## A Look Back at 2018

2018 has been an exciting year for the WVPBRN. Our Network has worked on many projects in many fields this year, and we would like to highlight some common themes to wrap up 2018.

### Opioid Abuse Disorder

With WV leading the country in opioid abuse, it's no surprise that our Network comes up with amazing ways to combat the abuse. Two examples of these ideas are *WV HEALS: Community Strategies to Reduce Opioid Deaths (WV HEALS)* & the *NIH-NIDA Clinical Trials Node*.

*WV HEALS* is a recently submitted proposal to the NIH HEALing Communities Study request for application (RFA) that includes partnership efforts led by West Virginia University and Marshall University, as well as many state and local organizations and leaders. Both universities worked together to identify the 22 counties that met a variety of criteria including rate of overdose deaths in the past two years and the Centers for Disease Prevention and Control's risk assessment for HIV outbreaks. Each of the twenty-two counties selected had to meet a certain overdose death rate. Within each county, the project team reached out to health departments, health systems, boards of education, and community leadership to garner support and prepare a plan moving for-

ward should the grant be awarded. The WVPBRN is working as a partner to the project, and each health system or site in the chosen counties has been approached regarding *WV HEALS*. The grant proposal was submitted on December 11, and we hope to hear the results by early Spring 2019.

The *NIH-NIDA Clinical Trials Node (CTN)* is an initiative submitted by the University of Pittsburgh, who invited West Virginia University to join their effort. Judith Feinberg M.D., a faculty member of WVU, is the Co-PI and serves as the WVU lead researcher on the grant submission. The goal of the CTN is to share with the clinics the best practices for treating, diagnosing, and preventing OUD to better meet the needs of the state. This would also provide clinicians opportunities to refer patients to ongoing studies for those who traditional treatment options fail.

### Obesity Management

*WV Project ECHO* began a new series this year to focus on the Endocrine system. This new series is led by the WVU Medicine Endocrinology Department members, all of whom have knowledge of general endocrine issues as well as specialize in certain areas

## A Look Back at 2018 (continued)

*The mission of the WVPBRN is to improve the health of West Virginians by collaborating with primary care practices to conduct translational practice-based research.*

such as diabetes and diabetes education, thyroid issues, hormone therapies, and more. The hub provides helpful insight about how to best manage diabetes and secondary afflictions, and has been instrumental in providing the new American Diabetes Association Standards of Care Guidelines. This *ECHO* series began in October and takes place on the second and fourth Wednesdays of each month from 12-1pm.

*TRE-MORE* is another WVPBRN project that focused on obesity management in 2018. Treah Haggerty, MD, and Cara Sedney, MD, worked alongside Patricia Dekeseredy, RN, and the WVPBRN to modify the *TRE-MORE* (TREatment MOTivation and REadiness) test. This test aims to help guide interventions for West Virginians presenting with back pain and obesity, as well as addressing an underlying etiology related to other co-morbid conditions such as diabetes, hypertension, and cardiovascular disease. Researchers conducted focus groups in four counties (Jefferson, Marion, Pocahontas, and Wayne), and the focus groups consisted of both patients and providers who provided feedback, as well as voiced comments and concerns on community resources, barriers to physical activity, and other weight-loss strategies and experiences. Next steps include incorporating feedback from the focus groups to revise and validate a new readiness-to-change tool for the patient population.

### Mental Health

Providing effective mental health treatment is another key healthcare focus and goal in West Virginia. The WVU Behavioral Medicine and Department of Psychiatry, in partnership with Harvard University, was awarded the Patient-Centered Outcomes Research Institute (PCORI) Grant. Led by Robert Bossarte, Ph.D., the *Remote Cognitive Behavioral Therapy for Major Depression (RTD) in Primary Care* project will deliver remote cognitive behavior therapy (CBT) as a nonpharmacological treatment of anxiety and depression that is accessible to patients in rural areas. The WVPBRN is also partnering to train providers of the benefits of remote CBT and provide them with referral information to give their patients. Bill Lewis, M.D., of Harpers Ferry Family Medicine and Samantha Mann, LPC, of Bluestone Health Association will serve as the WVPBRN facilitators for this project.

The WVPBRN has partnered with Mary LeCloux, Ph.D., on several initiatives. The first project recruited 15 primary care providers to gain insight into current practices and challenges in relation to suicide screening. The second project was awarded a Collaboration Award with Mary Ann Maurer, M.D., of the Charleston Area Medical Center, and is working toward developing an intervention toolkit to increase suicide screening rates through continued partnership with WVPBRN providers. Mathew Weimer, M.D., and the Valley Health Systems team also partnered on the project and have greatly contributed to the success of the project.

## Member Spotlight: Samantha Mann

Samantha Mann, MA, is not only a dually licensed psychologist and licensed professional counselor, but she is also an integral part of the West Virginia Practice-Based Research Network. Mann is a member of our Protocol Review Committee.

Mann works as a behavioral health specialist at Bluestone Health Association in Princeton, WV, as she enjoys the challenges of working in a primary care center developing the behavioral health program and implementing integrated care. Bluestone, a Federally Qualified Health Center (FQHC) with locations all over Mercer County, will be participating in the Remote Cognitive Behavioral Therapy for Major Depression (RTD) in Primary Care, led by Robert Bossarte, PhD (WVU), which is set to begin early 2019.

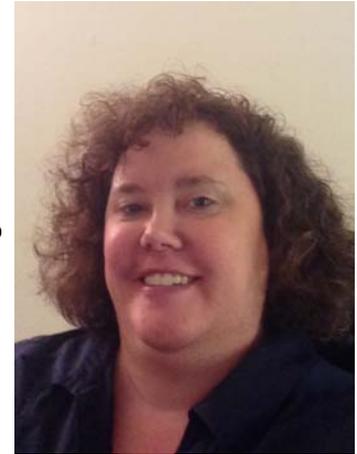
“Working with the WVPBRN challenges me to think beyond my job and more about things that could benefit our state and those we serve,” said Mann. “When I was in private practice years ago, I sorely missed being connected with other professionals. It is a nice change to be part of the community providers.”

The opioid crisis has hit West Virginia hard, and mental health and primary care integration is becoming increasingly important. Mann has also worked with the Primary Care Association (PCA) to enrich the community and the support available to behavioral health providers in WV, and she is passionate about reducing the stigma associated with mental health and substance abuse.

Additionally, she has worked with the Black Lung clinic to help integrate counseling into the treatment plan to help those dealing with disabilities and health challenges. She has introduced screening tools to the clinic to improve identification and treatment of behavioral health problems. She also provides information to the clinic staff on topics such as domestic violence and the ACEs study in an attempt to improve the quality and effectiveness of services provided at Bluestone.

“I really enjoy being part of the larger community of health providers in our state,” Mann said about working with the PCA. “It is very helpful to share information with others and to benefit from their knowledge and experience.”

A graduate from Concord University and Morehead State University, Mann was heavily influenced by her father who was a school teacher. Watching him problem solve ways to help with family and school problems, she became very interested in studying human behavior. With a father who was so grateful to get a college education through the GI bill, there was never any question that Mann would go off to get a college education. After college, Mann moved back to her hometown of Shady Spring, WV.



Over the course of her career, Mann has worked in many settings including inpatient and private psychiatric, community behavioral health, and her own private practice. She has worked in children’s shelters and was a children’s victim response team member for Raleigh and Fayette County. She has also worked as a university psychology instructor, a team leader for WV Medicaid Administrative Support Organization consultant, and in disability evaluations.

When Mann isn’t changing the lives of her community members, she enjoys time with her two cats, Carol and Kira – named after Star Trek characters, as well as hunting with her husband of 32 years, an English, theater, and speech teacher at a local high school. Having grown up in southern WV, Mann also spends a lot of time hunting and fishing with her family.

Mann also enjoys being out in nature to Irish Road Bowl. An old sport which has found its popularity once again in West Virginia, Mann is the former West Virginia State Women’s Champion of Irish Road Bowling. When she’s not out in nature, Mann enjoys playing the flute and singing in her church choir, and she is often asked to sing the Ave Maria. She is also currently learning how to play the mandolin.

## WVPBRN Sites Among Those Awarded by HRSA

The Health Resources and Services Administration has awarded their Fiscal Year 2018 *Expanding Access to Quality Substance Use Disorder and Mental Health Services (SUD-MH) Awards*, and we are excited to announce that several WVPBRN sites were awarded!

- Bluestone Health Association
- Cabin Creek Health Systems
- Camden-On-Gauley Medical Center
- Clay-Battelle Health Services Association
- Community Care of West Virginia
- Lincoln County Primary Care Center
- Minnie Hamilton Health Care Center
- Monongahela Valley Association of Health Centers
- New River Health Association
- Rainelle Medical Center
- Roane Family Health Care
- Tug River Health Association
- Valley Health Systems
- Williamson Health and Wellness Center

*“Working with the WVPBRN challenges me to think beyond my job and more about things that could benefit our state and those we serve,” - Samantha Mann, LPC*

## WVPBRN 2019 Annual CORE Survey

The WVPBRN Annual CORE Survey is back! This is an opportunity to gain knowledge about a topic or question you may have regarding primary care settings.

Similar in design to the nationwide CERA Survey, the CORE Survey is a compilation of survey questions from multiple clinicians and/or investigators relating to a variety of primary care topics in WV.

We are currently accepting submissions to have your questions included in the CORE Survey. The deadline to submit is Friday, January 11. Be watching for the

release of the CORE Survey in early Spring 2019, as we will need your participation and responses! The goal of the CORE Survey is to limit the amount of surveys the Network is sent. This opportunity allows multiple projects to receive input, while only asking the Network to complete a singular survey. We ask that everyone who is able to please participate as the results will help to further primary care research in WV

For more information, please visit: <http://bit.ly/2019CORESurvey>



## Announcements

- \* **The WVPBRN Annual Retreat will be held May 16-17 at Stonewall Jackson Resort.**
- \* The WVPBRN is currently accepting submissions for the 2019 Annual CORE Survey. The deadline to submit is January 11.
- \* The West Virginia Clinical and Translational Science Institute (WVCTSI) Annual Meeting will be held April 2-3 at The Greenbrier.

## CONTACT

Stacey Whanger, MPH  
Network Manager  
[swhanger@hsc.wvu.edu](mailto:swhanger@hsc.wvu.edu)

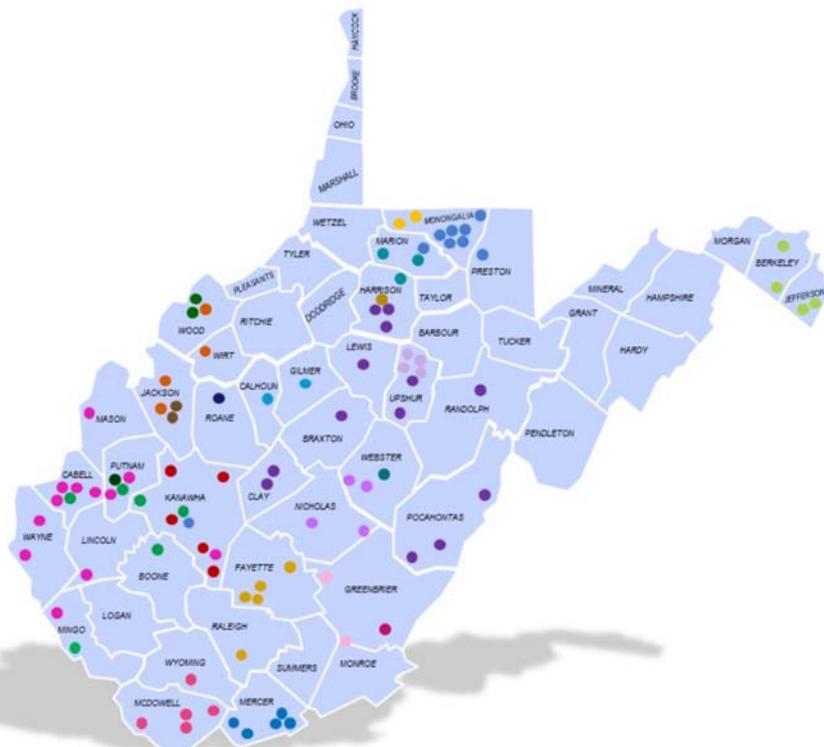
Angie DeWitt  
Network Coordinator  
[amdewitt@hsc.wvu.edu](mailto:amdewitt@hsc.wvu.edu)

Find Us Online!

[www.wvctsi.org](http://www.wvctsi.org)



## Where Are We?



West Virginia  
Practice-Based  
Research Network

West Virginia  
Clinical & Translational  
Science Institute

Community Engagement  
and Outreach Core

West Virginia University  
Health Sciences Center  
PO Box 9102  
Morgantown, WV 26506



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