



## Helping Hands Grants - Past Recipients

### 2005

**Case Western Reserve University, Cleveland Clinic Lerner College of Medicine**, which received a grant for *Bustin' Loose About Sharing Thoughts: A Student Mental Health Education Initiative (BLAST!)*. The initiative will establish an innovative intervention for 5<sup>th</sup> grade children in East Cleveland to improve their awareness and understanding of mental health issues and help them learn coping strategies. Medical students Beverly Jong, Christine Baran, Leonid Cherkassky, Julia Head, Carl Koch and Sherwin Yen are participating in the initiative.

**University of Medicine and Dentistry of New Jersey** received a grant to develop, design and produce culturally competent informational materials for the community that focus on mental health literacy and education with the incorporation of routine screening for mental disorders at the New Jersey Medical School Family Health Care Center. The center is a free student-run community health center for uninsured and underinsured people of Newark. Medical student Christian Reusche is leading the initiative.

**University of Illinois at Chicago College of Medicine** received a grant for the Maternal Obstetric Outreach and Depression Screening program (MOODS) which will improve identification and treatment of postpartum mood disorders in underserved populations. Medical students Nicole James, Andree Leroy, and Jennifer Rhee are participating in the initiative.

### 2006

**Emory University School of Medicine, Department of Psychiatry** received a grant for the Music Inspires Health Initiative that was founded by students at Emory University and the University of Virginia. It joins medical students, physicians, public health experts and music celebrities to teach underserved adolescent populations about mental health issues.

**Medical University of South Carolina** received a grant to provide a permanent mental health resource and referral center for migrant workers and their families at Rural Mission Head Start. The resource center will be developed through the *Crecemos Juntos* program which supports mental health education and intervention for the families of migrant farm workers living in the Sea Island Region of South Carolina.

**Tufts University School of Medicine** received a grant to develop a culturally-competent mental health campaign to raise awareness of mental illnesses in the Pan-Asian community in Boston. As part of this project, students will develop a mental health screening tool addressing the needs of this community and will educate healthcare providers on the use of the tool.



**Tulane University School of Medicine** received a grant to provide free psychiatric screening for PTSD and depression at two local clinics. The students will also offer periodic community outreach about coping with stress, recognizing the symptoms of mental illnesses, and actions to take if you think you or a loved one is showing signs of a mental illness.

**University of Louisville Health Sciences Center** received a grant to collaborate with Kentucky Refugee Ministries and the Family Health Centers to administer mental health screenings to newly arrived adult refugees. They will also compile and analyze aggregate data of the mental health condition and needs of refugees and provide referrals for evaluation and follow-up treatment.

**University of Puerto Rico Medical Sciences Campus** received a grant to host workshops and lectures designed to help parents and teachers identify and manage behavioral health problems in children and improve access to specialized mental health care. This project is being undertaken in collaboration with Casa Pueblo.

**Vanderbilt University School of Medicine** was granted to select literature, videos and other media to educate female inmates about mental illnesses, signs and symptoms, and available treatments. The program's goal is to increase awareness of wellness strategies and increase the likelihood that prisoners will seek mental health care and information after they are released.

## **2007**

**Baylor College of Medicine**, Houston, TX, is being awarded the grant for the HEALTHY MINDS FOR HEALTHY LIVES student-driven initiative that, in collaboration with local homeless shelters and community mental health agencies, will raise awareness about the impact of socioeconomic status, homelessness, and trauma on mental well-being.

**Louisiana State University Medical School**, New Orleans, LA, is being awarded the grant to establish a program to assess the mental health status of patients at the LSU Health Sciences Center Student Run Homeless Clinics. The program will include mental health screening tools; links to mental health services in the community and the education of patients on the importance of maintaining mental health will be included in this program.

**Michigan State University College of Human Medicine – Upper Peninsula (UP) Campus**, Marquette, MI, is being awarded the grant for the “Upper Peninsula Maternal Emotional Support Program” to implement a network of Postpartum Depression (PPD) risk assessment screening opportunities, professional educational curriculums and integrated community outreach efforts for all new mothers in the Upper Peninsula. This program will establish a consistent risk assessment screening program for PPD at Marquette General Hospital, educate health professionals in the use of PPD screening tools, and



provide outreach and community resources to at-risk mothers to reach 2,300 patients, physicians and staff.

**SUNY Downstate Medical School**, Brooklyn, NY, is being awarded the grant to create a screening program that would help recognize psychiatric disorders in women. Working in collaboration with psychiatrists from the Project for Psychiatric Outreach to the Homeless (PPOH), students will screen women, provide educational awareness for co-morbid conditions of homelessness, substance abuse, and psychiatric disorders such as PTSD and major depressive disorder.

**Texas Tech University Health Sciences Center Amarillo**, Amarillo, TX, is being awarded the grant for the expansion of current services offered to rural areas that are underserved and underrepresented in the Texas Panhandle. West Texas remains one of the most medically underserved areas in the country and the program will expand the innovative activities of its Alzheimer's Academy to include awareness of depression, early recognition by screening, and referral to mental health providers. Education will include addressing the stigma due to the misconceptions that involve depression in older adults.

## 2008

**Morehouse School of Medicine**, Atlanta, GA., was awarded the grant for the student-driven initiative to educate disadvantaged youth about mental health topics, to offer them alternatives that may foster improved mental health, and to help medical student volunteers to understand the importance of improving mental health in youth.

**Tulane University School of Medicine**, New Orleans, LA, was awarded the grant to allow Tulane Medical Students to develop an integrative plan for intervention by optimizing available community resources in post-Katrina New Orleans, where mental health services are often limited and not easily accessed by homeless youth.

**Boston University School of Medicine**, Boston, MA, was awarded the grant for the Outreach Van Project, a student-run, non-profit organization which serves the homeless and low income community in East Boston on a weekly basis. The grant will allow the incorporation of mental health services and education for clients and will also offer student volunteers an opportunity to learn about mental health and substance abuse from providers working in these fields.

## 2009

**Texas Tech University Health Sciences Center** was awarded a grant for the implementation of "The Senior Support Program," a student-led initiative for seniors who are underserved and underrepresented in the Texas Panhandle.



**University of Miami Miller School of Medicine** received a grant to implement “Let’s Talk About It,” a program aimed at reducing the stigma associated with mental illnesses via education and discussion sessions with adolescents at a public school in an underserved community.

**University of Texas Southwestern Medical School** was awarded a grant to implement mental health education screening evaluation and referral services for the Monday Clinic’s low-income, uninsured patient population by the UTSW Psychiatry Student Interest Group.

**Medical College of Georgia** was awarded a grant to expand current screening and referral services by training medical students to administer more comprehensive screening tests and to provide a source for continuous care through locally established programs at two homeless shelters to improve the quality of life for homeless persons with mental illnesses.

**University of Nebraska College of Medicine** was awarded a grant to partner with NAMI and the Center for Reducing Health Disparities to host 15 different educational programming efforts on mental health primarily focused on the African-American and Latino/Hispanic populations throughout the year.

**Tulane University School of Medicine** was awarded a grant for the community service project “Comfort Food” which includes a once-a-month group cooking class for underprivileged New Orleans area teenagers suffering from mental illness. Classes pair a group of children with similar psychiatric disorders with local medical students and psychiatrists.

**Rush University College of Medicine** received a grant for the project “Saturdays with Seniors,” which addresses mental health in older adults through a sustainable community program for elderly Chinese Americans living in a low-income community residence in Chicago’s Chinatown.

**Columbia University College of Physicians and Surgeons** was awarded a grant for introducing culturally competent psychiatric services to CoSMO (Columbia Student Medical Outreach), Columbia University’s student-run primary care clinic.

**University of California, San Francisco School of Medicine** was awarded a grant to identify and describe the prevalence of PTSD/Complex Trauma in youth who live in underserved communities in San Francisco.

## **2010**

**University of Chicago Pritzker School of Medicine, Chicago, IL** was awarded a grant to build skills, confidence, and community among people with severe mental illness through the *Mental Illness Narratives* project. The project will teach people with mental illness how to collect and record interviews



with one another to create a publicly accessible website repository of interviews to educate the Chicago community about the lives, needs, and realities of people who live with severe mental illness.

**University of Miami Miller School of Medicine, Miami, FL** received a grant to continue and expand the “Let’s Talk About It” program funded by a Helping Hands Grant in 2009. The program is aimed at reducing the stigma associated with mental illnesses via education and discussion sessions with adolescents at public schools in an underserved community.

**University of Iowa, Iowa City, IA** was awarded a grant for the implementation of the Adolescent Depression Awareness Program (ADAP), a school-based curriculum developed at the Johns Hopkins University, to educate students, teachers, and parents about teenage depression, in rural Iowa high schools. The implementation of ADAP will combat high dropout rates, substance abuse, and teenage pregnancy that are often found in rural Iowa in addition to decreasing the stigmas of mental illness.

**Medical College of Georgia, Augusta GA,** was awarded a grant to continue and expand current screening and referral services by training medical students to administer more comprehensive screening tests and to provide a source for continuous care through locally established programs at two homeless shelters to improve the quality of life for homeless persons with mental illnesses. This program was supported by a Helping Hands Grant in 2009.

**University of Minnesota Medical School, Minneapolis, MN** was awarded a grant to create a mental health initiative at the Interprofessional Street Outreach Project (ISTOP), a student-run organization working to meet the needs of homeless and very low-income Minnesotans. *ISTOP to End Stigma*, the mental health initiative, will enhance understanding of the intersection of mental illness and homelessness, as well as develop mental health educational and social service guides.

**Tulane University School of Medicine, New Orleans, LA,** received a grant to provide free psychiatric screenings for PTSD, depression, alcoholism, and anxiety at various sites throughout New Orleans; referral services will also be provided to low income and uninsured populations. This program was founded at Tulane University through funding of a Helping Hands Grant in 2006. An expansion of the program will include an educational program with a special focus on children and adolescents.

**Upstate Medical University, Syracuse, NY** received a grant to implement the newly developed Patient Navigator Program (PNP) at the Ahaus (free) Clinic where medical students volunteer to provide physical care for the many homeless, underserved, and uninsured patients. PNP will introduce comprehensive counseling regarding substance abuse, proper use of medications, and mental health education.



**Weill Cornell Medical College, New York, NY** was awarded a grant to establish mental health services at the Weill Cornell Community (free) Clinic. Medical student volunteers will screen patients for depression and substance abuse, providing quality care to those in need. Volunteers will also pay close attention to participants in the Clinic's cardiovascular disease screening program to ensure those who are suffering from a co-morbid chronic disease can be enrolled in the student-run case management program.

**University of Toledo, College of Medicine, Toledo, OH** was awarded a grant to run newly developed workshops about mental health utilization rates in the Asian-American community, symptoms of mental disorders, and how to access mental health care among Asian or Asian-Americans aged 12-18.

## **2011**

**Wake Forest University, Winston-Salem, NC,** was awarded the grant to provide mental health literacy, basic mental health screening, and referrals at the student-run Delivering Equal Access to Care (DEAC) free clinic. Patients will receive digital, interactive presentations on prevalent mental health conditions, and then be asked to respond to a few screening surveys during their wait in triage.

**University of Miami Miller School of Medicine, Miami, FL** received a grant to continue and expand the "Let's Talk About It" program funded by a Helping Hands Grant in 2009 and in 2010. The program is aimed at reducing the stigma associated with mental illnesses via education and discussion sessions with adolescents at public schools in an underserved community.

**University of California, San Francisco, San Francisco, CA,** was awarded a grant to capture the experiences with Posttraumatic Stress Disorder (PTSD) of formerly incarcerated individuals in San Francisco at the Transitions Clinic, a primary care clinic serving parolees, and the struggles faced re-entering the community. Additionally the grantees will assess barriers to, and resources for, PTSD services.

**Vanderbilt University School of Medicine, Nashville, TN,** received a grant to raise awareness in the community about mental illness, improve referral of patients to community resources, and educate all medical student volunteers at Shade Tree Clinic (STC) about the burden of mental illness in underserved populations regardless of the student's intended medical specialty.

**Johns Hopkins University School of Medicine, Baltimore, MD,** was awarded a grant for a Latino adolescent outreach program, MenteSana, to provide mental health education, screening, and referral information to adolescents and their parents. The program will be conducted in Spanish.

**University of Cincinnati College of Medicine, Cincinnati, OH,** was awarded a grant to implement a partnership with a local non-profit, *Off the Streets*, to educate and empower women coming out of a



cycle of prostitution and addiction. The project will teach the participating women about mental health and ways to better manage mental illness, and empower them to share that information with their communities.

**University of California, San Diego**, San Diego, CA, received a grant to educate medical students who volunteer at the UCSD Student Run Free Clinic and the local community about schizophrenia prodromal symptoms to enable underserved patients to obtain early interventions and improved prognosis as a result of San Diego County Mental Health Services noting that schizophrenia or schizoaffective disorders were the most frequent diagnoses among its African-American patients, and the second most frequent diagnoses among its Caucasian, Hispanic, Asian, and Native American patients in San Diego.

**Medical College of Georgia, Augusta GA**, was awarded a grant to educate the local homeless population about mental illness and to continue and expand current screening and referral services by training medical students to administer more comprehensive screening tests and to provide a source for continuous care through locally established programs at two homeless shelters to improve the quality of life for homeless persons with mental illnesses.

## 2012

**New Jersey Medical School**, Newark, NJ, was awarded the grant to institute a standard depression screening protocol at The Student Family Health Care Center, a primary care clinic run by the medical students under supervision of family physicians. By including depression screening, medical students will also gain knowledge about mental illness as well as an increased ability and comfort level in asking about difficult topics such as depression and suicide.

**University of Nebraska Medical Center**, Omaha, NE received a grant to expand the psychiatry functions at the Student Health Alliance Reaching Indigent Needy Groups (SHARING) clinic of UNMC. The clinic will screen all patients for depression upon intake, and additional screenings for disorders such as anxiety and substance abuse if the need be indicated by patients. The grant will also allow medical students to provide screenings at public events.

**Yale School of Medicine**, New Haven, CT, was awarded a grant to allow medical students create a Mental Health Advocacy program at the HAVEN Free Clinic. The program will deliver the *Tales of Coming and Going* psychoeducation curriculum developed at the University of California at Berkeley, work to reduce social stressors, and encourage physical and social activities. The medical students will also be collaborating with students from Yale School of Public Health and Yale School of Nursing.

**University of Massachusetts**, Worcester, MA, received a grant to provide mental health care at the Worcester Free Clinic Coalition sites through mental health education and the implementation of



depression screening. The program will also partner with the local YMCA to encourage a healthy lifestyle to positively impact the patients' mental health.

**Loyola University Chicago – Stritch School of Medicine**, Maywood, IL, was awarded a grant to empower and educate parents in a low-income community whose children have been diagnosed with autism spectrum disorders. Efforts will include mindfulness-based stress reduction (to address the higher risk of these mothers for severe depression or poorer health-related quality of life), education, advocacy training, and group empowerment.

**University of Pittsburgh School of Medicine**, Pittsburgh, PA, was awarded a grant to empower adolescents living at the Shuman Juvenile Detention Center to make positive changes to their lives through a mentorship program. The program will address the pressures contributing to the prevalence of mental health issues, teach coping mechanisms for a variety of stressful life situations, and expose the youth to positive community role models.

### 2013

**Yale University School of Medicine** (New Haven, CT) was awarded a grant to screen preschool children and intervene when emotional, behavioral, or developmental signs are present.

**University of Connecticut School of Medicine** (Farmington, CT) was awarded a grant to implement anti-bullying classes to help elementary and middle school students understand the relationship of bullying to their feelings.

**Drexel University School of Medicine** (Philadelphia, PA) received a grant to screen for substance use disorders at a local health clinic, and encourage attendance at Caring Together – a program of the Drexel Department of Psychiatry that is focused on coordinating medical and social services to address clients' drug use, deprivation, sexual and physical abuse, and exposure to other trauma. The funding will also encompass a workshop series called Empowering Women Through Health Education.

**University of Pittsburgh School of Medicine** (Pittsburgh, PA) received a grant to continue empowering adolescents living at the Shuman Juvenile Detention Center to make positive changes to their lives through a mentorship program – they received this grant in 2012.

**Wright State University Boonshoft School of Medicine** (Dayton, OH) received a grant to collaborate with Daybreak of Dayton, a shelter working to eliminate youth homelessness and work to prevent unplanned pregnancies. It will also prevent negative childhood mental health and development outcomes of inappropriate parenting and improving psychological wellbeing of teen parents.





**Baylor College of Medicine** (Houston, TX) was awarded a grant to support a wellness education program for local Bhutanese refugees that would include education, awareness, a local health fair, and mental health screenings for the population.

**Weill Cornell Medical School** (New York, NY) received a grant to expand services at the monthly psychiatry clinic at the Weill Cornell Community Clinic by implementing coordination, assessment, and subsidy of psychotherapy treatment for psychiatric disorders.

**Loyola University Chicago – Stritch School of Medicine** (Chicago, IL) was awarded a grant to expand the program that was developed with Helping Hands Grant funding in 2012, to mindfulness based stress reduction classes for parents in the underserved local community with a new ASD diagnosis in their child.

**Stony Brook University School of Medicine** (Stony Brook, NY) was awarded a grant to implement depression screening at the free clinic, Stony Brook Health Outreach and Medical Education Clinic, using PHQ9 during intake evaluations. Students also hosted depression awareness workshops in both English and Spanish.

**Tulane University School of Medicine** (New Orleans, LA) received a grant to continue work of their 2009 Helping Hands Grant funded program *Comfort Food* which created a safe environment where adolescents diagnosed with PTSD can learn the art of cooking while spending time with their peers.

## **2014**

**Rocky Vista University College of Osteopathic Medicine** was awarded a grant to expand the use of psycho-education through an online format including videos, handouts and reading materials.

**Mayo Medical School** received a grant to fund the Opiate Dependency Program at the Zumbro Valley Mental Health Center in Rochester, Minnesota, to include seminars explaining the biology of addiction and the emotional dimension of wellness.

**University of South Alabama Medical College** was awarded a grant to fund mental health information and screening booths in the Mobile, AL region – a qualified mental health professional shortage area – at public gathering spaces like farmers markets, and fairs.

**Warren Alpert Medical School of Brown University** was awarded a grant to create a program which will increase awareness and early recognition of mental health needs in the foster system by educating those most likely to witness and recognize early signs and symptoms (foster parents, healthcare providers, and the foster children).



**The Commonwealth Medical College** was awarded a grant to improve the current mental health screening processes used with the local homeless population.

## 2015

**Johns Hopkins University School of Medicine** in Baltimore, MD received a grant to fund a Facilitator Apprenticeship for 20 medical students to complete formal training in community conferencing to acquire the skills necessary to aid a Baltimore City court diversion program for youth.

**University of Wisconsin School of Medicine** in Madison, WI was awarded a grant to expand PHQ2 screenings to all MEDiC student run free clinics, instead of just the MEDiC Safe Haven Psychiatric Clinic to increase referrals, and mental health screening awareness to medical students.

**Columbia University College of Physicians and Surgeons** in New York, NY was awarded a grant to address the high prevalence of trauma among the Columbia University Harm Reduction Outreach Network Clinic that provides health care to drug users and sex workers in northern Manhattan by improving screening, diagnosis, referral, and follow-up processes.

**Yale University School of Medicine** in New Haven, CT, received a grant to expand the Behavioral Health Program which was created with a 2012 Helping Hands Grant. This grant will fund the addition of screenings of substance use and educational resources in Spanish to the HAVEN Free Clinic at Yale.

**University of South Alabama College of Medicine** in Mobile, AL received a grant to continue mental health information and screening booths in the Mobile, AL region – a qualified mental health professional shortage area – at additional locations that were unable to be utilized during the 2014 Helping Hands Grant year.

## 2016

### **University of Nebraska Medical Center**

*Engaging Persons with Mental Illness through Nutrition Intervention* – To implement a psychiatry clerkship student-led nutrition intervention program in partnership with Community Alliance mental health agency and its affiliated Crossroads primary care clinic.

### **Duke University School of Medicine**

#### *Community Care Coordination (C3)*

To address the issue of poor healthcare integration at the intersection of mental health and primary care needs of Carolina Outreach's Assertive Community Treatment clients, through home visits and coordination with primary care providers to deliver individualized care.

### **Baylor College of Medicine**

*Teach Like Ms. Frizzle: Getting Students excited about Mental Health*



To develop and implement after school program exposing minority underserved 6<sup>th</sup> graders to knowledge and activities regarding the human body, preventative health, mental health, and careers in medicine.

**Tulane University School of Medicine**

*Formerly Incarcerated Transitions (FIT) Clinic Peer Support Group*

To support the FIT clinic which provides medical care and case management services to men and women re-entering society following a recent incarceration. Medical students act as case managers for patients to assist with insurance enrollment, medical acquisition, and subspecialty referrals.

**Stanford University School of Medicine**

*FAIR START (From affective illness to recovery: Student Access to Rapid Treatment) Program*

To provide access, at no cost, to academic medical center expert providers to diagnose and treat bipolar disorder for young adults in the San Francisco Bay Area who lack health insurance.

**2017**

**Baylor College of Medicine** in Houston, TX

*A Wellness Education Program and Narrative Exposure Therapy for Congolese Refugees*

To improve the quality of life and reduce health disparities among Congolese refugees in Houston with a two-pronged approach; a wellness education program focused on cultural stigma and mental health screenings.

**New York Medical College** in Valhalla, NY

*Cognitive Behavioral and Creative Arts Style Therapy in East Harlem Adolescents with Depressive Symptoms*

To develop a cost-effective creative arts style therapy program as part of the service provided at La Clinica del Barrio to meet the unmet need of adolescents with depression in East Harlem area.

**Southern Illinois University School of Medicine** in Chicago, IL

*Bringing Trauma Informed Care to the Community*

To provide a trauma informed training program for medical students and local homeless shelters to better address the mental health care needs of the homeless community.

**Tulane University School of Medicine** in New Orleans, LA

*Formerly Incarcerated Transitions (FIT) Clinic Peer Support Group*

To continue support of the FIT clinic which provides medical care and case management services to men and women re-entering society following a recent incarceration. Medical students act as case managers for patients to assist with insurance enrollment, medical acquisition, and subspecialty referrals.

**University of Massachusetts Medical School** in Springfield, MA



*Project Prevail: Capturing the Roots of Addiction through the Development of a Central Massachusetts Teen Mentorship Program*

To empower students at Rockdale Recovery High School to take charge of their own mental health and to provide them with the tools to help their peers do the same through a formal, for-credit classroom-based curriculum designed by a team of medical students; through education on surrounding community resources to help battle addiction and other mental health concerns; and practical health education covering topics such as contraception, avoidance of risky behaviors, and health relationships. Each student will also receive their own medical or nursing student peer-mentor, in order to encourage trust in medical professionals.

**University of South Alabama College of Medicine** in Mobile, AL

*Mobile Mental Health Outreach*

To continue and expand the Mobile Mental Health Outreach program to include locations in Alabama that were not reached in the 2014 and 2015 grant years.

**University of South Dakota – Sanford College of Medicine** in Sioux Falls, SD

*Behavioral Health Outreach Program*

To address the concerns for availability and access to mental health services (including long wait times) for the underserved and immigrant populations of Sioux Falls, SD

**Yale University School of Medicine** in New Haven, CT

*Health ACT: Toward Improved Integration of Primary and Behavioral Health Care*

To expand the Behavioral Health Program which was created with a 2012 Helping Hands Grant with development of Health ACT, comprised of 2 series of workshops – 1 for PCPs and 1 for community members – that will teach skills for effective cross-cultural communication about behavioral health (BH) issues during primary care visits.