



Quarterly QI Update

May is Mental Health Awareness Month



Quality Improvement / Research and Scholarship

The strategic AIMS of our Quality Improvement, Research and Scholarship Program under our clinical-academic partnership are to (1) accelerate relevant research and scholarship that advance scientific inquiry and improve mental health for Hawaii's diverse populations; (2) conduct clinical quality improvement and research to evaluate patient care services and processes of core psychiatric services; (3) expand meaningful clinical study groups, and (4) expand dissemination that improves the understanding of local efforts.

Newsletter Highlights

THEME: MAY IS MENTAL HEALTH AWARENESS MONTH



MEET THE QI/RS TEAM

WORKING WITH THE QI/RS TEAM

FEATURED FACULTY PUBLICATIONS

Our Website

INFORMATION

<https://blog.hawaii.edu/dop/>



MEET OUR TEAM

We have five members in our new QI/RS Team



PHOEBE HWANG

Dr. Phoebe Hwang was born and mostly raised on the windward side of Oahu. She received a bachelor's in Biology and Dance, Master's in Molecular Biosciences and Bioengineering, and Doctorate in Public Health. She specializes in life course epidemiology, community-based research, and research methodologies. As a research consultant, she has worked with health-related organizations including American Lung Association, Ke Kula Nui O Waimānalo, Falls Prevention Consortium, Hawaii State Dept of Health, Pacific Survivor Center, Kahua Pa'a Mua, and Hawaii Breastfeeding Coalition to provide support in program evaluations, needs assessments, and strategic planning. She is trilingual in English, Mandarin, and Taiwanese. On her spare time she enjoys dance, yoga, aerial silks, and running her side gig as a graphics artist.



KI'I AWEAU

Ki'i Aweau is a research associate with the QI/RS team. She was born and raised in Waipahu, graduating from Mililani High School in 2017. She received her B.S. in Biology in 2020 and most recently, her Master's in Business Administration with a concentration in Population Health/Healthcare Management from Ottawa University in Arizona. She is excited to be a part of this team in light of her combined interests in medicine, population health, and quality improvement. Ki'i loves traveling, working out, and snacking on sour candy.



CARLY KAJIWARA

Carly Noelani Kajiwarra was born and raised in Moanalua, O'ahu. After graduating from Kamehameha Schools in 2017, she attended the University of California, Berkeley, where she majored in Psychology and minored in Creative Writing. Carly graduated in May of 2021 and decided to join the QI/RS team as a Research Associate to compliment her interest in community work and health. Carly enjoys surfing, home renovation projects, and going on adventures with her border collie, Nala.



SAM KEAULANA- SCOTT

Sam is a public health PhD candidate at the University of Hawai'i at Mānoa. She earned her Master of Social Work from the Thompson School of Social Work in 2015. Her research focuses on examining determinants of Native Hawaiian health to demonstrate the relationships between structures of power and individual health. Currently, she is using Indigenous research methodologies to document the experiences of historical and intergenerational trauma among Wāhine (Native Hawaiian women), and she intends for her work to reveal concrete data to communicate the urgency of health and social needs unique to Wāhine. Sam is a member of the Waimānalo Pono Research Hui, a group that adheres to Indigenous community research ethics, and she is a strong proponent of pono (just) research. Her long-term goal is to prevent inequitable opportunities of optimal health by demanding aloha, healing, and reparations for Hawaiians. Sam is the program associate on the QI/RS team. She is a new mom so has no free time (enjoys time with family).



KELLY QUITEVIS

Kelly received a Master's in Special Education and is a Board Certified Behavior Analyst. As a Behavior Analyst, Kelly worked with children and adults diagnosed with autism spectrum disorder. This work included building communication, self-care, academic, leisure and social skills, and reduction of aggressive and self-injurious behaviors. With a desire to learn about research and an interest in working with large health-related data sets, Kelly joined the Department of Psychiatry, Research Division as a Program Manager. On the QI-RS team, Kelly supports research administration. Kelly enjoys cooking, kyudo (Japanese martial art of archery), lifelong learning, and time spent with her dogs, family, and friends.



Ki'i, Carly, Samantha, & Phoebe

Working with the QI/RS Team

PHOEBE HWANG, MS DRPH
DIRECTOR OF QI/RS

On behalf of the Quality Improvement Research and Scholarship (QI/RS) Team, we would like to thank you for the warm welcomes we've been receiving from faculty and students. The QI/RS team is here to support the department with research and scholarship needs such as publishing manuscripts, preparing for conference presentations, building your curriculum vitae, increasing scholarship experience, conducting quantitative and qualitative research, data analysis, and more. Most importantly, we're here to support faculty in developing and completing their annual quality improvement projects.

As experts in research, interdisciplinary work, and strategic planning, we're here to assist in framing the successful efforts of the department to fit in the academic world and developing evidence-based recommendations to improve as a system. Adjacent is a diagram explaining the broad 4 step process of conducting a quality improvement project.

My door is always open (physically or virtually), so feel free to reach out if you have questions about quality improvement and research, or just want to chat about an interesting study. You may contact me at hwangp@dop.hawaii.edu.

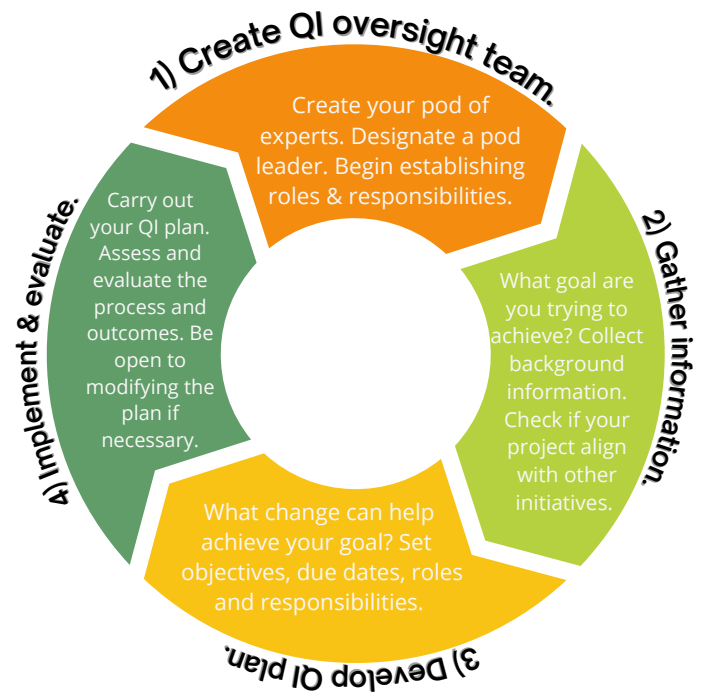


Figure 1. Quality Improvement Project Process

Special Message from Deb Goebert, Associate Chair of Research!

When I was hired by the Department of Psychiatry 25 years ago, faculty shared their vision for a robust scholarship and research enterprise focused on mental health. They wanted to highlight the clinical lessons and innovations coming from perspectives afforded by a place with such diversity. Foundational components were the early integration clinical research project requirements into the residency training curriculum, the landmark *People and Cultures of Hawaii* book, and leading-edge studies in ethnocultural identity and mental health among Native Hawaiian youth by the National Center for Indigenous Hawaiian Behavioral Health.

Efforts grew with the establishment of the Research Division and the interdisciplinary team of researchers it attracted. The newest additions to the team return us to our clinical roots in quality improvement, research, and scholarship. Over the last month, I've had the opportunity to work together with QUMG psychiatrists and our new staff in thinking through projects that more clearly define the needs of service lines to improve the lives of the patients served. We have also begun planning for upcoming projects. We will be sharing our progress and publications in the newsletters. Thank you to those that came before us so that we can shine a light on our work.

DOP Recent Publications

Since 2021, DOP faculty have collectively published original research papers, commentaries/editorials, case studies, literature reviews/reviews, other publications, and spoke in various presentations.



ORIGINAL RESEARCH

Alicata, D.
Haning, W.F., III
Goebert, D.
Kackley, R. P.
Lyman, J.
Mah, S.
Nikogosyan, G.
Takeshita, J.



COMMENTARIES /EDITORIALS

Davis, K.
Engelhard, C.
Guerrero, A.P.S.
Haning, W.F., III
Helm, S.
Kiyokawa, M.
Ng-Osorio, J.



CASE STUDIES

Busch, G.
Haning, W.F., III
Kiyokawa, M.



LIT REVIEWS/ REVIEWS

Abramowitz, J.
Goebert, D.
Hishinuma, E.S.
Rehuher, D.



PRESENTATIONS AND OTHERS

Guerrero, A.P.S.
Park, T.

ARTICLE SPOTLIGHT

DOP has successfully published in various areas, including culture & ethnicity, substance use, integrated care models, education & training, and more. Here are several of the contributions.

Culture & Ethnicity

Davis Rehuher, Dr. Earl Hishinuma, and Dr. Deb Goebert published a *Historical and Contemporary Review of the Contextualization and Social Determinants of Health of Micronesian Migrants in the United States*. In their manuscript, they detailed immediate and medium-term structural requests from the Pacific Island community to mitigate the impact and disparities of the COVID-19 pandemic.

Rehuher, D., Hishinuma, E. S., Goebert, D. A., & Palafox, N. A. (2021). A Historical and Contemporary Review of the Contextualization and Social Determinants of Health of Micronesian Migrants in the United States. *Hawaii journal of health & social welfare*, 80(9 Suppl 1), 88-101.

Dr. George K. Makini Jr. co-authored a paper titled *Native Hawaiian culturally-based treatment: Considerations and clarifications*. They examined Native Hawaiian perspectives on culturally based addiction treatment and found that contemporary culturally based design and service delivery are not aligned with the objective of improving treatment.

Williams, I. L., Laenui Hayden Burgess, P., Makini, G. K., Jr., & Rezendes, W. C., 3rd (2021). Native Hawaiian culturally based treatment: Considerations and clarifications. *Journal of ethnicity in substance abuse*, 20(4), 559-593. <https://doi.org/10.1080/15332640.2019.1679315>

Davis Rehuher and Dr. Susana Helm co-authored a qualitative needs assessment titled *Eliminating disparities in youth substance use among Native Hawaiian, Micronesian, and sex and gender minorities: A qualitative needs assessment from interviews with public service leaders*. With professionals, they identified several themes which have implications for improving public systems of care for Native Hawaiian, Micronesian, or sexual/gender minority youth who use substances.

Monick, B., Rehuher, D., Wilczek, K., & Helm, S. (2022). Eliminating disparities in youth substance use among Native Hawaiian, Micronesian, and sex and gender minorities: A qualitative needs assessment from interviews with public service leaders. *Psychological services*, 10.1037/ser0000609. Advance online publication. <https://doi.org/10.1037/ser0000609>

Cherry Y.E.W. Yamane and Dr. Susana Helm published a systematic literature review on cultural rigor in addiction and recovery. First, they described moving culturally grounded health practices to Indigenous Culture-As-Health. Second, they expanded on Indigenous Culture-As Health and found that it relies on four modalities: 1) Indigenous ways of knowing, 2) Indigenous cultural practices, 3) place-based/sacred sites, and 4) Indigenous spirituality. They also included implications for policy and practice.

Yamane, C., & Helm, S. (2022). Indigenous Culture-as-Health: A Systematized Literature Review. *Journal of prevention* (2022), 43(2), 167-190. <https://doi.org/eres.library.manoa.hawaii.edu/10.1007/s10935-022-00666-3>

Education & Training

Dr. Dan Alicata co-authored an original research paper titled the *Impact of COVID-19 on Pediatric Telepsychiatry Training in Child and Adolescent Psychiatry Fellowships* where they found a significant increase in pediatric telepsychiatry training in child psychiatry fellowships during the COVID-19 pandemic and perceived barriers to providing clinical training significantly decrease.

Dejong, S. M., Brooks, D., Khan, S., Reaves, S., Busch, B., Alicata, D., Ramtekkar, U., Vo, L. C., & Pruitt, D. (2021). The Impact of COVID-19 on Pediatric Telepsychiatry Training in Child and Adolescent Psychiatry Fellowships. *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*, 1-6. Advance online publication. <https://doi.org/10.1007/s40596-021-01563-3>

Dr. William Haning III co-authored a manuscript titled the *Development and Current Status of Subspecialty Training and Certification in Addiction Psychiatry*. After 30 years since the subspecialty received recognition, Dr. Haning and his co-authors suggest that specialists w/ substance use disorders will exceed the supply in the foreseeable future.

Juul, D., Haning, W. F., 3rd, Ronis, R. J., & Faulkner, L. R. (2021). The Development and Current Status of Subspecialty Training and Certification in Addiction Psychiatry. *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*, 10.1007/s40596-021-01514-y. Advance online publication. <https://doi.org/10.1007/s40596-021-01514-y>

Drs. James Agapoff, Junji Takeshita, and Greg Nikogosyan with their colleagues surveyed fellowship program directors in their study titled a *Survey of Geriatric Psychiatry Fellows and Program Directors: Specialty Choice, Program Choice, and Program Quality*. They found family and cultural/ethnographic considerations and core values of a training program to be highly valued by trainees and suggested that their findings inform structural changes to incentivize training.

Agapoff, J. R., 4th, Maixner, S., Takeshita, J., Nikogosyan, G., & Kirwin, P. (2022). A Survey of Geriatric Psychiatry Fellows and Program Directors: Specialty Choice, Program Choice, and Program Quality. *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*, 10.1007/s40596-022-01611-6. Advance online publication. <https://doi.org/10.1007/s40596-022-01611-6>

Please send us a link or brief info on your publication, so we can keep track of your amazing contributions!

ARTICLE SPOTLIGHT CONTINUED

Substance Use

Dr. Miki Kiyokawa and Dr. William F. Haning, III published a case report titled *Astronomical Use of Nitrous Oxide Associated with Stress from the COVID-19 Pandemic and Lockdown*. They described a man with a prior history of use in various substances, including ketamine, which he began taking intermittently to cope with COVID-19 stress. Due to the lockdowns, he purchased N2O online, which attributed to an escalation of N2O use to cope with stress. This case brings awareness to the vulnerability of patients with substance use disorders during times of stress, especially with substances used recreationally that are easy to access.

Cape M.C., Kiyokawa, M., Haning, W.F. (2021). Astronomical use of nitrous oxide associated with stress from the COVID-19 pandemic and lockdown. *Prim Care Companion CNS Disord*, 23(5):21cr03022.

Dr. Steven R. Williams, Dr. James R. Agapoff, 4th, Dr. Devesh Jalan, Dr. Earl S. Hishinuma, and Dr. Lauren E. Kida produced original research entitled *Psychiatric Hospitalization and Length of Stay Differences in Cannabis Users and Non-Users with a Primary Discharge Diagnosis of Schizophrenia or Schizoaffective Disorder*. They compared cannabis-only users with non-substance users length of stay to determine if cannabis use among persons with schizophrenia or schizoaffective disorder increased length of stay and found that cannabis use may not be a good predictor of length of stay.

Williams, S. R., Agapoff, J. R., 4th, Jalan, D., Hishinuma, E. S., & Kida, L. E. (2021). Psychiatric Hospitalization and Length of Stay Differences in Cannabis Users and Non-Users with a Primary Discharge Diagnosis of Schizophrenia or Schizoaffective Disorder. *Substance use & misuse*, 56(11), 1736-1739. <https://doi.org/eres.library.manoa.hawaii.edu/10.1080/10826084.2021.1949615>

Integrated Care Models

Dr. Caitlin Engelhard and Dr. Anthony P.S. Guerrero co-authored a commentary/editorial entitled *International perspective on integrated care models in child and adult mental health*. Their findings suggested that in order to increase access to child and adolescent mental health services, it is necessary to build up workforce capacity using integrated care models. They also described various initiatives that could support the expansion and sustainability of integrated care.

Shaligram, D., Skokauskas, N., Aragonés, E., Azeem, M.W., Bala, A., Bernstein, B., Cama, S., Canessa, L., Silva, F.D., Engelhard, C., Garrido, G., Guerrero, A.P.S., Hunt, J., Jadhav, M., Martin, S.L., Miliauskas, C., Nalugya, J., Nazeer, A., Ong, S.H., Robertson, P., Sassi, R., Seker, A., The Staff of the Texas Child Mental Health Care Consortium, Watkins, M., & Leventhal, B. (2022) International perspective on integrated care models in child and adult mental health. *International Review of Psychiatry*, DOI: 10.1080/09540261.2022.2059346

In An Analysis of the Sustainability of a Collaborative Care Program Used to Deliver Integrated Mental Health Care Within a Micronesian Island State, Dr. Sara A. Haack, Dr. Caitlin Engelhard, and Tiffinie Kiyota evaluated how well Korsae Community Health Center's Collaborative Care Model incorporated sustainability elements. The model was implemented in hopes to increase mental health care among the Kosrae population with mental health care delivered by primary care staff. They found supportive leadership in executive and clinical teams' longitudinal engagement, financial viability of the model through 2023, and that ongoing trainings were foundational.

Haack, S. A., Engelhard, C., Kiyota, T., & Alik, T. P. (2021). An Analysis of the Sustainability of a Collaborative Care Program Used to Deliver Integrated Mental Health Care Within a Micronesian Island State. *Asia-Pacific journal of public health*, 33(6-7), 786-788. <https://doi.org/eres.library.manoa.hawaii.edu/10.1177/10105395211020898>

From the Archives

SAM KEAULANA-SCOTT, MSW, PHD(C)
QI-RS PROGRAM ASSOCIATE

Each newsletter will offer you a blast from the past with an archival publication from one of our previous or present faculty members.

In this edition, we're highlighting work by Dr. Wen-Shing Tseng in culture, ethnicity, and mental health. In 1978, Dr. Tseng with Dr. J. David Kinzie published an article entitled *Cultural Aspects of Psychiatric Clinic Utilization a Cross-Cultural Study in Hawaii*. With a sample of 411 outpatients in Honolulu, they found clinic utilization to be highly related to ethnicity. Caucasians were overrepresented in the outpatient population and were more likely to self-refer.

Other groups, especially Japanese, were underrepresented and referred after a severe mental illness. Japanese also had a higher percentage of schizophrenic diagnoses. Regardless of patient ethnicity, Dr. Kinzie and Dr. Tseng found no ethnic difference in the clinic's response to patients.

Dr. Tseng has done seminal work and is well-published in the areas of culture, ethnicity, and mental health. His publications have highlighted the importance of cultural competency in psychiatric care. Mahalo for your contributions, Dr. Tseng!

Kinzie, J.D. & Tseng, W.-S. (1978). Cultural aspects of psychiatric clinic utilization a cross-cultural study in Hawaii. *International Journal of Social Psychiatry*, 24(3), 177-188.