



**Health & Human
Services Appropriations
Subcommittee (Joint)**

To improve lives in our global community by educating diverse groups of highly competent and compassionate health professionals.

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President and CEO of Des Moines University

Dr. Lisa Streyffeler, Chairperson Behavioral Health
Dr. Jeritt Tucker, Assistant Professor Behavioral Health

A close-up photograph of a teal stethoscope and a blue pen resting on a medical chart. The stethoscope is the central focus, with its chest piece and earpieces clearly visible. The pen is positioned diagonally in the background. The medical chart has some text and a table visible, including the word 'Datum:' and a list of times: 13:30, 13:45, and 14:00. The background is slightly blurred, emphasizing the medical instruments.

Thank you!

- Pilot Program: conducted in May 2018 with the generosity of a grant through this public-private partnership with Mid-Iowa Health Foundation.
- Last session this body approved \$250,000 for the NAMI Provider Education (this will take place in May 2019).
- All students in our D.O. program will go through the training this coming May and we wish to continue the training from year to year.

- Family Medicine providers are on the front lines addressing patients' mental health issues.
 - Two-thirds of the prescriptions for persons with mental illness are written by their family provider.
- DMU is one of the nation's top providers of family medicine physicians.*
- DMU has partnered with the National Alliance on Mental Illness (NAMI) to become the first medical school to train students while in medical school using NAMI's provider training.

**Source: American Association of Family Physicians*



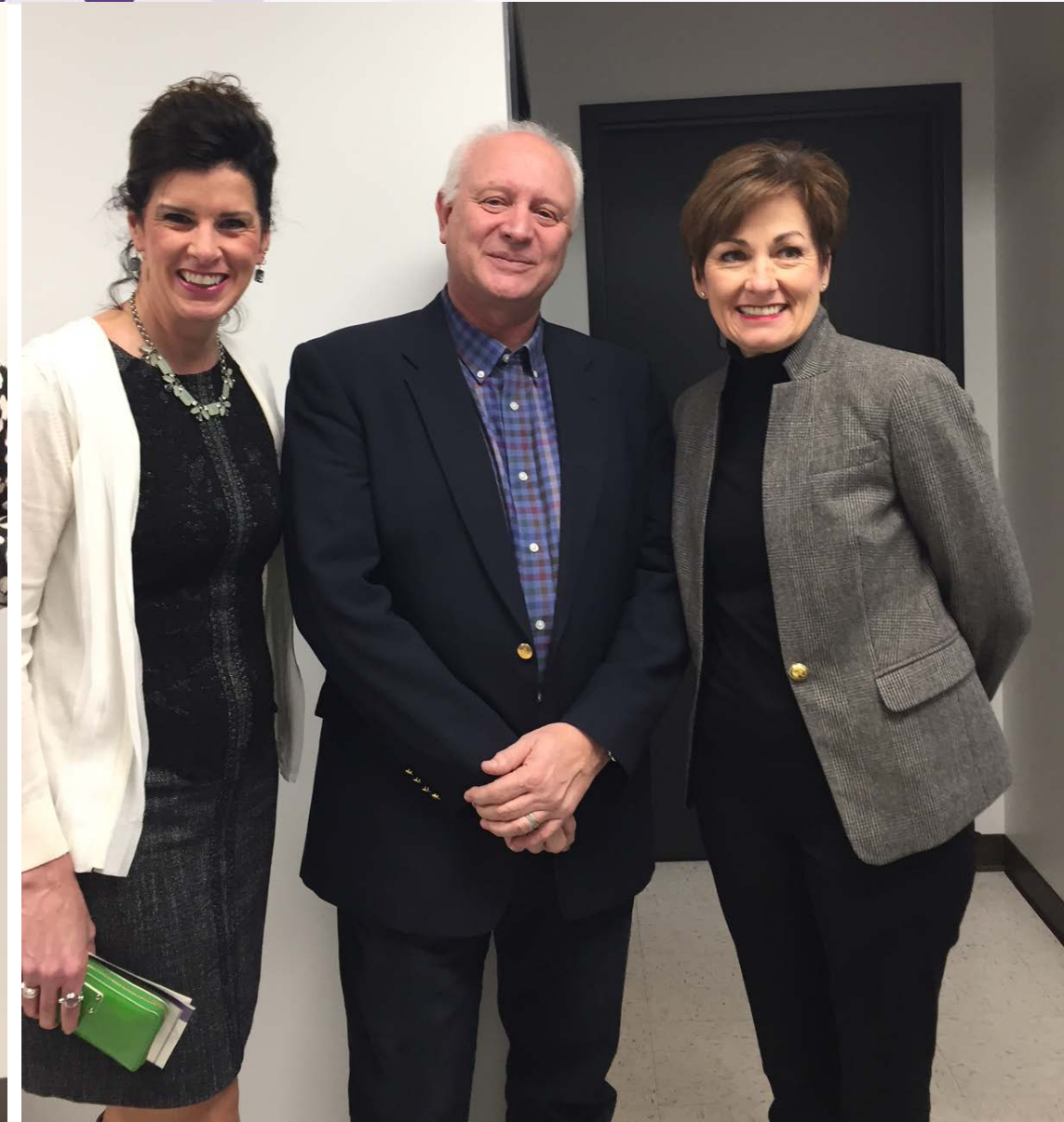
We will continue this training and are looking at ways we can expand the experiences we will offer our students.

Our request:
Continued funding for \$250,000

Phase 1

Education 2018-Pilot

2019 and beyond



Three-Phased Approach

Phase 1:
Education

Phase 2:
New Behavioral
Health Clinic

Phase 3:
Workforce

Pilot Study Background

- Students enter medical school with attitudes/beliefs/behaviors toward mental illness similar to the general public.¹
- They leave 3rd-year with attitudes/beliefs/behaviors worse than the general public.²
- Most effective intervention: intergroup contact emphasizing 4 conditions:³
 1. Provide destigmatizing information
 2. Practice non-judgmental behaviors
 3. Increase positive emotions and sense of calmness
 4. Reduce feelings of superiority over those who are struggling⁴

1. Totic S, Stojiljković D, Pavlovic Z, et al. Stigmatization of “psychiatric label” by medical and non-medical students. *Int J Soc Psychiatry*. 2012;58(5):455-462.

2. Cutler JL, Harding KJ, Mozian SA, et al. Discrediting the notion “working with ‘crazies’ will make you ‘crazy’”: Addressing stigma and enhancing empathy in medical student education. *Adv Heal Sci Educ*. 2009;14(4):487-502.

3. Corrigan PW, Morris SB, Michaels PJ, Rafacz JD, Rüsçh N. Challenging the Public Stigma of Mental Illness: A Meta-Analysis of Outcome Studies. *Psychiatr Serv*. 2012;63(10):963-973. doi:10.1176/appi.ps.201100529.

4. Pettigrew TF. Intergroup Contact Theory. *Annu Rev Psychol*. 1998;49(1):65-85. doi:10.1146/annurev.psych.49.1.65.

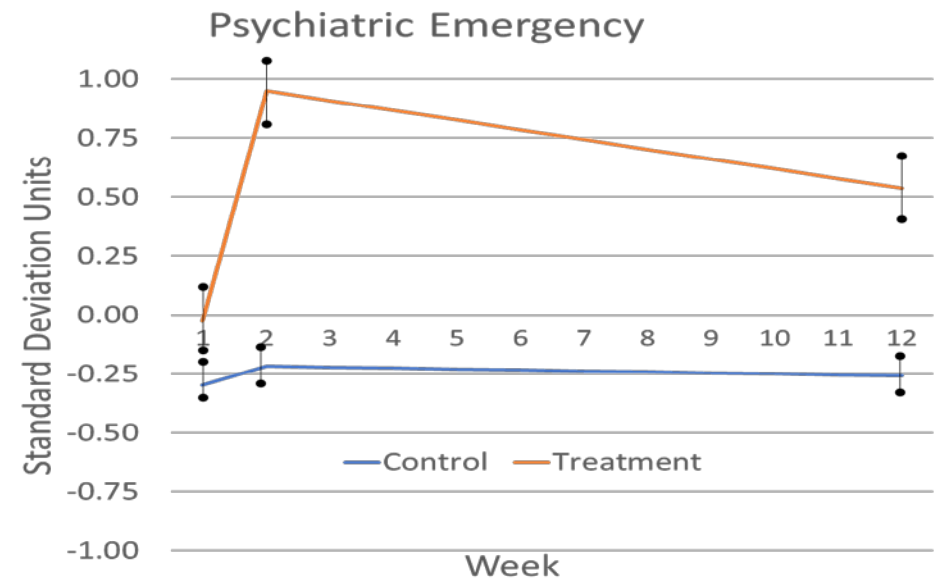
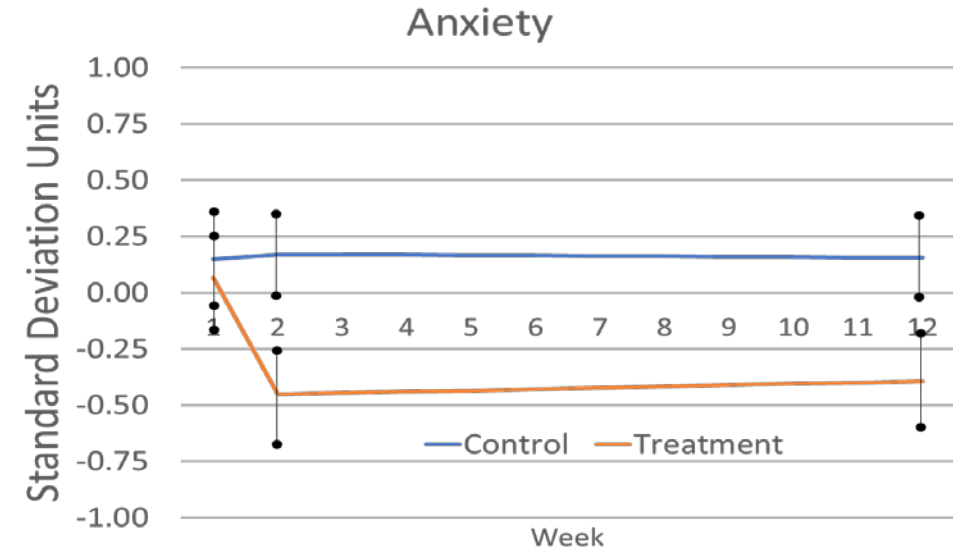
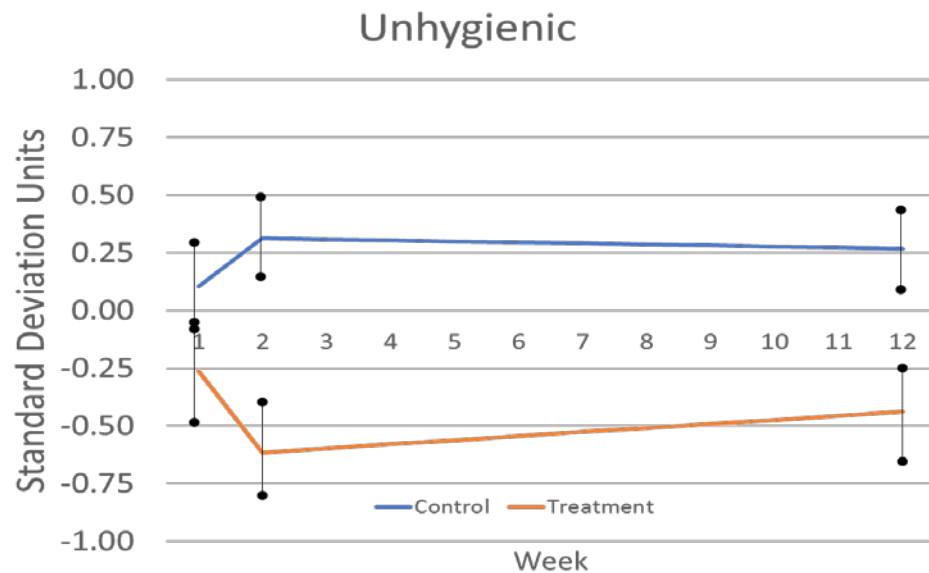
NAMI Provider Training

- 32 lowans are now trained to offer the facilitation.
- Additional training will take place Spring 2019
- Teams of 3
 - Provider affected by mental illness
 - Person living well in recovery
 - Family member affected by mental illness
- 15-hour training program
 - 3rd year (follows clinical rotations)



Pilot Study Results

231 3rd year DO students invited:
132 participate (RR = 57%)
2 conditions (tx; control)
14-validated measures
3 time-points (12 weeks)



Student Stories

“Starting the course I thought I was extremely open minded and understanding of those who have mental illness, but the course revealed my own biases which I think were preventing me from engaging with them fully. I was previously uneasy around schizophrenics but I have a better understanding now and am not afraid to interact with them.”

-female 3rd year DO student

“The course was great and provided a lot of great tools for working with and identifying mental illness.”

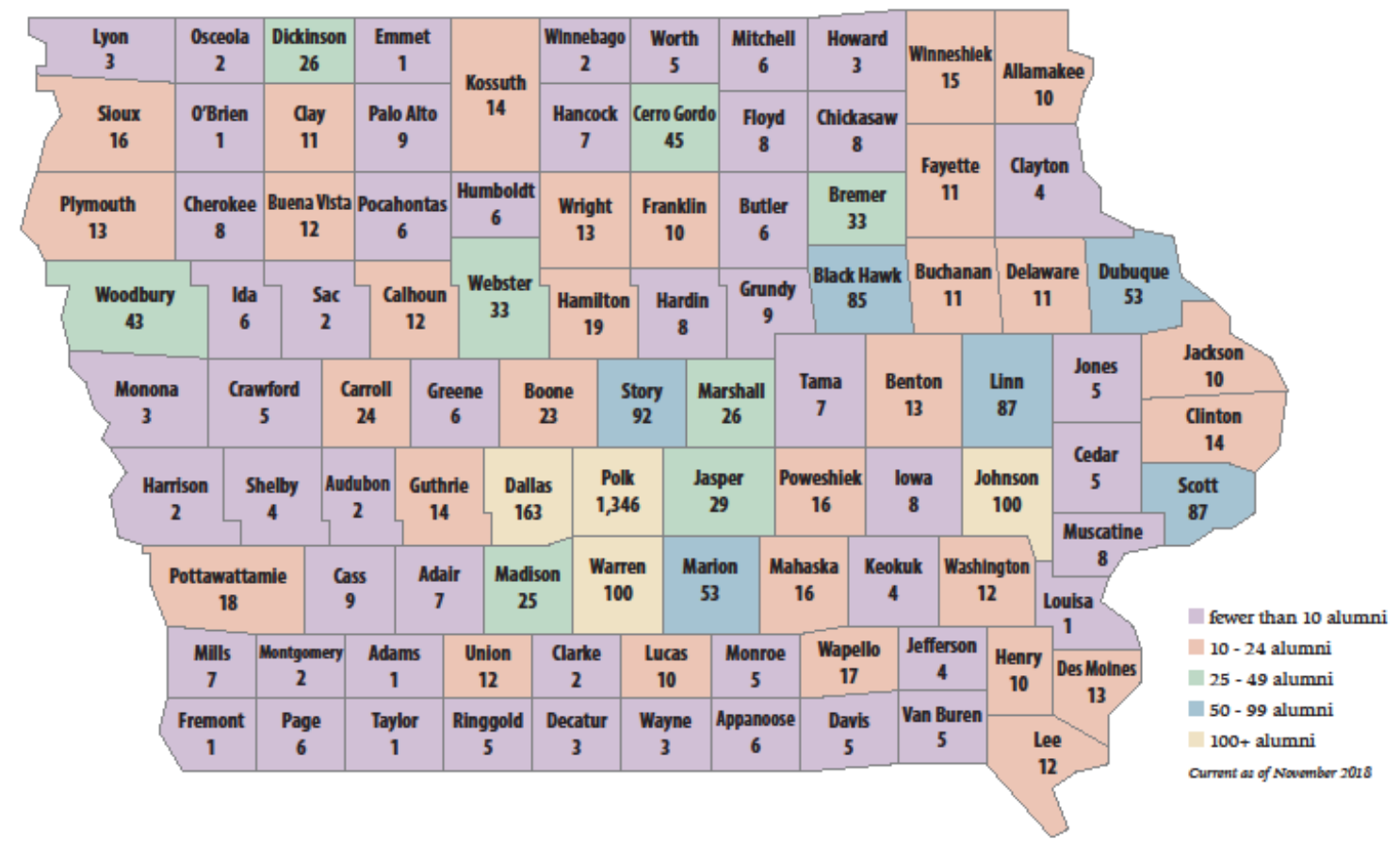
-male 3rd yr

“I thought this course was incredibly helpful and provided multiple perspectives/insights into how to interact with and treat patients who have mental illness. I also thought the family member portion of the class was quite important in learning more about how to address family member concerns [...]”

-female 3rd year

1,526 College of Health Sciences
 1,383 College of Osteopathic Medicine
 171 College of Podiatric Medicine and Surgery

**COVERING IOWA
 WITH GRADUATES
 WHO CARE**





Questions / Discussion

DES MOINES  UNIVERSITY
MEDICINE & HEALTH SCIENCES