

Harm-reduction Research and Treatment (HaRRT) Center PBSCI/PSYCH 499 Syllabus

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Quarter: Fall 2017

Project Description: In the HaRRT Center, we conduct research that aims to reduce substance-related harm and enhance quality of life for affected individuals and their communities without requiring abstinence from substances or even use reduction. We currently work with homeless and other marginalized populations from diverse cultural backgrounds as well as the agencies that serve them.

Currently funded projects that are part of the PSYCH/PBSCI 499 experience include:

- **HaRP study** (PI: Collins): The Harm Reduction with Pharmacotherapy (HaRP) study is a four-arm, NIH-funded R01 randomized controlled trial in which we are testing the efficacy of extended-release naltrexone and harm reduction counseling as ways to reduce alcohol-related harm, improve quality of life and decrease emergency health-care utilization and costs among homeless individuals with alcohol dependence.
- **HaRT-A study** (PI: Collins): The Harm Reduction Treatment for Alcohol (HaRT-A) project is a three-year, NIH-funded R34 treatment development grant. We are using a community-based participatory research framework to collaborate with people with the lived experience of homelessness and alcohol-use disorders and the agencies that serve them. Our joint mission is to develop, implement and pilot test an alcohol harm-reduction treatment that is geared towards improving alcohol, quality-of-life, and publicly funded service outcomes.
- **HaRT-S study** (PI: Collins): The Harm Reduction Treatment for Smoking (HaRT-S) project is a two-year, three-phase treatment development and pilot evaluation study. We are using a community-based participatory research framework to codevelop and evaluate a treatment for homeless smokers to help them reduce their smoking-related harm and improve their health-related quality of life. This study is funded by the University of Washington's Alcohol and Drug Abuse Institute.
- **LEAP project** (PI: Clifasefi): The Life Enhancing Alcohol-management Program (LEAP) is a five-year, NIH-funded pilot project that entails the community-based participatory development and evaluation of harm-reduction programming together with formerly chronically homeless people with alcohol dependence who are living in a Housing First in Seattle, WA.
- **Navigation Center Evaluation** (Co-PIs: Clifasefi and Collins): We have been contracted by the City of Seattle to qualitatively and quantitatively evaluate the new Navigation Center, a short-term shelter that aims to help homeless individuals navigate into permanent housing.
- **King County Mental Health Court and Veterans Court Evaluation** (Co-PIs: Clifasefi and Collins): We have been contracted by King County to qualitatively evaluate the Mental Health and Veterans Courts of King County to document their mechanisms of action and how they compare to other, similar models in the US.

Goals for PBSCI/PSYCH 499: The goal of this course is to offer you experience with day-to-day aspects of the clinical and community-based research process so you can assess whether a career in psychology research might be for you. Each year, our experience culminates in a poster presentation at the Undergraduate Research Fair, and a manuscript that we submit for publication in a peer-reviewed scientific journal. These opportunities can build your CV in more ways than one!

Responsibilities and Expectations: We require 499 students to sign up for at least 2 credits per quarter for at least 2 quarters. (Note: We recommend 3 quarters for the full experience). Three hours of work is required each week for each credit hour taken. Time commitment is based on a ten-week quarter, so a 2-credit commitment requires 60 hours of work over the quarter, and a 3-credit commitment requires 90 hours of work over the quarter. (Exception: During the shorter, 9-week summer quarter, we require 54 hours of work for 2 credits and 81 hours for 3 credits.) Schedules will be agreed upon in advance with Ms. Taylor. Each week, we will expect you to fill out a time sheet, which you will turn in to Ms. Taylor.

Specific tasks for the current quarter might include (but will not necessarily be limited to) the following: assisting with research grant applications; conducting library/online research; collecting data from participants; doing data entry/management; qualitatively coding data; rating manual adherence and research interventionist competence; running supplies, samples and materials to and from study sites; and participating in analysis and dissemination. Some of these opportunities will be limited to advanced students who have made a multi-quarter commitment to the team.

Your experience will also include a weekly, 2-hour research methods class. In this class, we use actual study data, come up with research questions, conduct analyses *in vivo*, and create a poster or paper to disseminate these findings. Attendance is mandatory and the meeting counts as 2 weekly class hours.

Data Handling: Students will be working with and responsible for extremely confidential and private information. As such, only highly committed and reliable students will be accepted for these positions. A signed confidentiality agreement is required from 499 students working on the project, and high ethical standards regarding data management must be followed. Breaches of confidentiality (e.g., talking to your friend about who is participating in our research, emailing the PI participants' names) or carelessness with data (e.g., leaving data out of the locked filing cabinet, not locking the computers) may result in immediate dismissal from the project and a grade of "No Credit" for the quarter.

Hours and keys: As mentioned above, hours are flexible to accommodate both HaRRT staff's and 499 students' schedules. However, **the Tuesday 2-4pm research seminar is required.** You will be required to obtain a badge for entry to the research office from Harborview Medical Center Public Safety which *must* be returned *by you* to the Public Safety office at the end of your commitment. If badges or keys are lost, this must be reported immediately to both Dr. Collins and Ms. Taylor. Lost badges should also be reported to security at HMC at 206-744-3254.

Grading: Grading depends on the department through which the class is taken. The Department of Psychology uses a Credit/No Credit system, and the Department of Psychiatry and Behavioral Sciences (PBSCI) offers numeric grades on a 4-point scale. Receipt of credit for the quarter is based entirely upon responsible completion of work assigned and preparation for/attendance at the weekly seminar and meeting. Questions concerning grading should be directed to Dr. Collins.

Even more important than grades, however, are the research skills you will gain in this course. Please remember: even the seemingly most trivial tasks are things **you will need to know** when you become a research coordinator and/or when you run your own Master's thesis, capstone or doctoral studies. These skills will also be helpful to you in making your decision about continuing in this field and are important to graduate schools looking for new students.

Office Hours: Dr. Collins's office hours (PS 5017) are by appointment. Emily Taylor's schedule is from 8:30am-5pm. She will be available for orientation, training and general questions.

Preliminary Schedule for Research Seminar (highly subject to change)

Dates	Topic
10/3	Orientation to class/syllabus, Introduction to harm reduction
10/10	Introduction to HaRT-A project and the related class project
10/17	Research question, hypotheses, introduction to literature searches
10/25	Literature search
11/1	Literature search
11/8	Manuscript writing – Introduction
11/15	Manuscript writing – Introduction
11/22	Manuscript writing – Introduction
11/29	Manuscript writing – Introduction
12/6	Closing the quarter and looking ahead

Final note: Dr. Collins's own field work has indicated that research is 99.99% perspiration + frustration and .01% elation – regardless if you are a 499 student, doctoral candidate, postdoc or tenured professor. We hope this 499 experience will help you decide if you can handle the 99.99% to get to the .01%. (Note: The .01% is pretty awesome.)

Welcome to the HaRRT Center!