



State of Utah

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## DEPARTMENT OF HUMAN SERVICES

ANN SILVERBERG WILLIAMSON  
*Executive Director*

MARK L. BRASHER  
*Deputy Director*

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*Deputy Director*

## MEMORANDUM

**DATE:** May 21, 2014

**TO:** Department of Human Services Institutional Review Board (DHS IRB)  
Brenda Ahlemann: Division of Substance Abuse and Mental Health (DSAMH)  
Frank Rees: Utah State Hospital (USH)  
John DeWitt: Division of Juvenile Justice Services (DJJS)  
Navina Forsythe: Division of Child and Family Services (DCFS)  
Peggy Matlin: Division of Aging and Adult Services (DAAS)  
Chad Midgley: Division of Services for People with Disabilities (DSPD)  
Yvonne Paul: Utah Pride Center

**FROM:** Frank Rees: Utah State Hospital (USH) & Navina Forsythe: Division of Child and Family Services (DCFS)

**Re:** IRB Meeting

Date: May 21, 2014  
Time: 10:00 AM  
Room: 1019B

Attached is a copy of the agenda. Please review the materials that have been given to you and be prepared to discuss them at the meeting.

If you are unable to attend, please let us know.

Sincerely,

Frank Rees & Navina Forsythe  
DHS IRB Co-Chairs

## AGENDA

DHS IRB Meeting on April 16, 2014 at 10:00 A.M. in Room 1019B. Jacob Hess will be coming at 10:10 to discuss his protocol. Doug Goldsmith will be coming at 10:20.

### PROTOCOLS

**Principal Investigator:** Jacob Z. Hess

**Study Name:** A Randomized-Controlled Trial of Two Interventions for Adolescent Stress & Emotional Distress

**DHS IRB #Number:** 0551

**Study Type:** New Research

**DHS affiliated agency:** DSAMH

**RISK LEVEL:**  Minimal Risk

**Brief Description of Study:** Stress and anxiety are on the rise among children and adolescents - with many families looking for additional support to help youth learn to work with intense emotional distress better. In this study, we will examine two interventions developed to help decrease youth stress and anxiety, as well as manage other intense emotions such as sorrow and anger: (1) a mindfulness-based stress reduction class adapted for teenagers and (2) a risk-factor based lifestyle adjustment class for teenagers. Participants will be randomized to one of these two groups or to a third wait-list condition.

**Principal Investigator:** Douglas Goldsmith , Ph.D.

**Study Name:** Evaluating the use of Theraplay’s “Sunshine Circles” on the improvement of peer relationships and emotion regulation in a Therapeutic Preschool Treatment Program

**DHS IRB #Number:** 0552

**Study Type:** New Research

**DHS affiliated agency:**

**RISK LEVEL:**  Minimal Risk

**Brief Description of Study:** The Children’s Center is a private not for profit agency providing mental health care to families with preschoolers. Our therapeutic preschool program provides mental health treatment for children ages 2-5 in groups of 9 for 3 hours daily, 5 days per week. Theraplay is an evidence based practice and we are evaluating its subprogram, “sunshine circles” for use in our treatment groups. Utilizing fun, nurturing interactions the program helps children develop peer skills and emotion regulation. Activities include a welcome song, a “check in” with the staff for any concerns the child may have such as an “owie”, and planned, simple, enjoyable games to encourage peer interactions. Using the Behavior Assessment System for Children, Second Edition (BASC-2) as a pre- and post evaluation tool, completed by the lead and co-teacher in each group, we will evaluate each child’s emotional and behavioral functioning before and after three months of utilizing the intervention in order to determine the program’s effectiveness, beyond our regular programming, with emotionally and behaviorally challenged preschoolers.

**Principal Investigator:** Matt Davis, Ph.D.

**Study Name:** Title IVE Waiver Evaluation Project

**DHS IRB #Number:** 0531

**Study Type:** Revised Research

**DHS affiliated agency:** DCFS

**RISK LEVEL:**  Minimal Risk

**Brief Description of Study:** The purpose of the study is to evaluate the DCFS IVE Waiver Project. The goal of the project is to increase positive outcomes for infants, children, youth and their families in their

homes and communities, including tribal communities, and improve the safety and their well-being. This study will encompass multiple phases; this IRB application is intended to cover implementation analysis, the first phase of the process evaluation. The implementation analysis' target population is comprised of stakeholders and DCFS staff involved in the implementation phase of the IVE Waiver Project. All staff who provide services to children and families entering the State's child welfare system with a substantiated/supported allegation of child abuse, neglect, or dependency and who are identified as requiring ongoing in-home services through DCFS' Structured Decision Making (SDM) safety and risk assessments are to be included. At the State's sole discretion, the target population may later be expanded to include children at risk of entry into foster care due to juvenile delinquency or who have been reunified with their birth families that may benefit from in-home post-reunification services. In addition, DCFS staff receiving waiver-specific training about addressing trauma and providing direct or coordinated services will participate in the evaluation.

### **LETTERS SENT**

**Principal Investigator:** Lorie Richards

**Study Name:** The Use of Cognitive Adaptation Training during Acute Inpatient Mental Health Care

**DHS IRB #Number:** 0540

**Date:** 4/29/2014

**Conditional Approval**

**Principal Investigator:** Lorie Richards

**Study Name:** The Use of Cognitive Adaptation Training during Acute Inpatient Mental Health Care

**DHS IRB #Number:** 0540

**Date:** 5/7/2014

**Final Approval**

**Principal Investigator:** Patricia Henrie

**Study Name:** Evaluating the Validity of the Opioid Abuse Risk Screener (OARS) among a Population of Known Substance Abusers

**DHS IRB #Number:** 0547

**Date:** 4/29/2014

**Final Approval**

**Principal Investigator:** Derrick Tollefson, Ph.D.

**Study Name:** Brain Exercise Center Evaluation

**DHS IRB #Number:** 0536

**Date:** 4/29/2014

**Conditional Approval**

**Principal Investigator:** Derrick Tollefson, Ph.D.

**Study Name:** Brain Exercise Center Evaluation

**DHS IRB #Number:** 0536

**Date:** 5/12/2014

**Final Approval**

**Principal Investigator:** Julie Steele, MN, DNP, FNP-C

**Study Name:** Trauma Informed Care for Youth in Utah Foster Care

**DHS IRB #Number:** 0548  
**Date:** 4/29/2014  
**Deferred Decision Letter**

**Principal Investigator:** Gerald Nebeker, Ph.D.  
**Study Name:** Variables leading to successful employment outcomes: A Utah USOR provider's perspective.  
**DHS IRB #Number:** 0550  
**Date:** 4/29/2014  
**Conditional Approval**

**Principal Investigator:** Gerald Nebeker, Ph.D.  
**Study Name:** Variables leading to successful employment outcomes: A Utah USOR provider's perspective.  
**DHS IRB #Number:** 0550  
**Date:** 5/12/2014  
**Final Approval**

**OTHER DISCUSSION**