



## Request for Proposals Recovery-Oriented Mental Health Research Grants in Texas

The Hogg Foundation for Mental Health invites eligible higher education institutions in Texas to respond to this request for proposals (RFP) to fund mental health recovery-oriented research projects. The goal of this initiative is twofold: 1) to support research that furthers knowledge of and evidence for recovery-oriented practices, including, but not limited to, research on person-centered care, innovative mental health supports, developing and evaluating recovery outcome measures, and peer specialist workforce issues; and 2) to increase the pool of Texas-based higher education faculty engaged in quality mental health research.

Depending on the quality of proposals received, the foundation plans to award grants up to \$22,000 to eligible higher education institutions. This total award amount includes 10 percent for overhead expenses.

Please read the following information carefully before submitting your proposal. Any additional information about the RFP will be posted on the foundation's website at [www.hogg.utexas.edu](http://www.hogg.utexas.edu). It is the applicant's responsibility to refer to the website for the most current information.

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## A. DUE DATES AND SUBMISSION PROCESS

### 1. Due Dates

Teleconference Registration Deadline (participation is optional)	Friday, March 18, 2016 11:59 p.m. Central Time
Grants Management System (Fluxx) Registration	Monday, April 4, 2016 11:59 p.m. Central Time
Proposal Due Date	Monday, April 11, 2016 11:59 p.m. Central Time

### 2. Registration and Submission Process

In order to submit a proposal, applicants must first register with the Hogg Foundation's grants management system at least five business days before the proposal due date. Applicants will be required to enter a federal tax identification number. Please go to <https://hogg.fluxx.io> and follow the instructions on the right side of the screen. If you think you already have an account with Hogg's grant management system, enter your user name (firstname\_lastname) and password to be sure you have access. If you are successful, that means you are already registered with the system and do not need to register again in order to submit a proposal under this RFP. If you do not have an account, create a new account to register with the system. The registration deadline is 11:59 p.m. Central Time on Monday, April 4, 2016.

Completed proposals must be submitted online at <https://hogg.fluxx.io> by 11:59 p.m. Central Time on Monday, April 11, 2016.

Applicants will need to upload the required documents as separate files. The system will notify applicants if their documents were not successfully uploaded.

Applicants will receive an automatic email notification that their proposal was received. If the proposal is incomplete, the respondent will be notified via email to submit the incomplete documents immediately.

For technical assistance with the online submission process, please contact grants management staff at (512) 471-5041 or [hogg-grants@austin.utexas.edu](mailto:hogg-grants@austin.utexas.edu).

### 3. Teleconference for Applicants

The foundation will host an informational teleconference for applicants from 10:00 a.m. – 11:00 a.m. Central Time on Wednesday, March 23, 2016. Please register online on the RFP webpage in advance of the teleconference. Teleconference Registration Deadline: 11:59 p.m. Central Time, Friday, March 18, 2016. Dial-in instructions will be provided to registrants prior to the teleconference.

Please email questions for the teleconference in advance to [hogg-grants@austin.utexas.edu](mailto:hogg-grants@austin.utexas.edu) by 11:59 p.m. Central Time on Friday, March 18, 2016.

Information provided during the teleconference will be posted as questions and answers on the RFP webpage by Thursday, March 24, 2016.

#### **4. Inquiries**

The foundation's communication with applicants is limited to the teleconference, email correspondence and the website. The foundation will not accept phone calls regarding the RFP except for questions related to technical issues with the online submission process. For technical inquiries, call grants management staff at (512) 471-5041.

Questions about the RFP may be emailed to [hogg-grants@austin.utexas.edu](mailto:hogg-grants@austin.utexas.edu). Responses that may be relevant to other applicants will be posted on the foundation's website. Check the RFP webpage often for updated questions and answers.

#### **5. Award Notification**

Notice of awards will be made June 2016.

### **B. BACKGROUND**

The Hogg Foundation advances recovery and wellness in Texas by funding mental health services, policy analysis, research and public education. The foundation was created in 1940 by the children of former Texas Governor James S. Hogg and is part of the Division of Diversity and Community Engagement at The University of Texas at Austin.

Current trends in mental health care reflect an increased emphasis on recovery-oriented or person-centered services. Yet, there still exists a need for quality research on the impact of the recovery-oriented approaches and practices. Operating under the assumption that people can and do recover from mental illness, the concept of mental health recovery was identified as the principal aim of future behavioral health services by the 1999 Surgeon General's Report on Mental Health (<http://profiles.nlm.nih.gov/ps/access/NNBBHS.pdf>).

Recovery-oriented research strongly values the perspective that mental health consumers bring to the research/evaluation enterprise, recognizing consumers in recovery as having "expertise by experience." This type of research includes one or more mental health consumers, individuals with lived experience of a mental health condition, in all phases and aspects of the research and/or evaluation process. Research in this area utilizes measures, questions, and tools that have been informed by lived experience with mental illness and recovery. A number of recovery-oriented supports continue to accumulate an evidence base from the findings of ongoing research, including peer support (e.g., recovery mentoring, recovery coaching, peer specialists); person-centered care or recovery planning; Wellness Recovery Action Planning (WRAP); Health and Recovery Peer (HARP) Program; Building Recovery of Individual Dreams and Goals through Education and Support (BRIDGES); and Pathways to Recovery.

While recovery-oriented research has produced a number of findings, further investigation is needed. The foundation hopes that researchers in Texas will step forward and take a lead in pursuing the opportunities and addressing the gaps that exist in this field. For example, scholars have highlighted the difference between clinical recovery — a decrease in symptoms — and personal recovery — a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (SAMHSA, 2011). Research has not yet fully explored the differences or intersections between these two forms of experience. Also, there is a lack of research that

employs participatory approaches to engage marginalized communities and consumers in exploring the impact of mental health interventions and practices.

### C. PROGRAM DESCRIPTION

Through this grant program, the foundation seeks to award funding to higher education institutions in Texas to conduct recovery-oriented mental health research. The grant program aims to build capacity for and interest in conducting recovery-oriented research in Texas, and to support the involvement of mental health consumers as co-investigators on mental health research projects.

The expected outcomes of the grant program may include, but not be limited to:

- Additional evidence for mental health recovery-oriented services and supports;
- Research studies and findings that are informed by consumer experiences;
- Funded pilot projects whose findings support applications for larger grants that will advance this area of research;
- Mental health consumers developing the capacity for meaningful participation in evaluation and research; and
- Increased capacity of researchers in Texas to conduct recovery-oriented research that is informed by mental health consumers.

All projects must be participatory, as defined by having at least one mental health consumer (Cook, et al., 2010) who is currently experiencing personal recovery involved in all stages of the research project. Respondents are encouraged to seek mental health consumers who have been engaged in providing peer support or advocacy in their community. The involvement of caregivers or family members who have provided support to persons with lived experience is also encouraged. There are a number of resources to assist with connecting researchers, consumers and caregivers and/or family members, including Via Hope Texas Mental Health Resource (<http://www.viahope.org/>) and the seven Texas Consumer-Operated Service Providers (COSPs).

Examples of recovery-focused projects include, but are not limited to, research that:

- Assesses the reliability and validity of existing mental health recovery outcome measure(s) or leads to the development of new recovery outcome measure(s).
- Investigates innovative strategies for the engagement, shared decision making and self-care of mental health consumers.
- Explores the differences and intersections between clinical recovery (symptom reduction) and personal recovery outcomes, such as increased hope, empowerment, improved health and wellness, and self-direction. If only one form of recovery is being studied, applicants should be clear about which form of recovery they are investigating.
- Examines the outcomes of peer services in Texas communities.
- Provides information about peer workforce challenges in Texas and recommendations for improvements.
- Has a focus on policy concerning recovery-oriented services that includes consumer perspectives.
- Studies how policies or policy changes promote or inhibit recovery potential.

Proposed projects should have the aim of adding to the evidence base for mental health recovery. One of the intended outcomes of the research project should be the development of publishable research materials. Well-designed and rigorous program evaluation projects and research utilizing existing data sets will be considered, but they should still meet the requirements for mental health consumer participation in all phases of the project and suitability for academic publication. Respondents whose research has a national or international scope must clearly state in the proposal the project's relevance for improving mental health in Texas.

Technical assistance and consultation may be available to all awardees. Assistance and support may include matching awardees with mentors who have expertise in conducting recovery-oriented research, consultation about best practices in participatory research, or creating a learning community for awardees to share their experiences throughout the research process. The mental health consumers who are co-investigators on projects will also be offered technical assistance. This might include matching peer investigators with other consumer researchers, and expert consultation in areas that enhance their capacity for both informing and conducting research.

## **D. PROGRAM DETAILS**

### **1. Eligible Organizations**

Texas-based institutions of higher education are eligible to submit proposals.

Proposals submitted as a collaborative project between multiple entities are welcome, but the lead applicant must be based in Texas and the role of each entity must be clearly defined in the proposal.

### **2. Review and Selection Process**

Foundation staff will use a rating instrument to evaluate the merits of the proposals and select grant recipients. The foundation also may use external reviewers to evaluate proposals. While all proposal sections will be considered in the review process, the project narrative section will be weighed most heavily.

Factors that will be used to evaluate proposals for this RFP include:

- Evidence of the respondent's ability to carry out the project.
- Demonstration of a broad and sound knowledge of the area of research.
- Strong design and methodology including sufficient sample size and types of qualitative and/or quantitative analysis that are appropriate for the research question(s).
- Importance of the proposed project to the field of mental health.
- Significance of the proposed project in furthering the field of mental health recovery and other areas impacting underserved communities and individuals with lived experience of a mental health condition.
- Meaningful involvement of mental health consumers in all phases of the research project.
- Feasibility of the work plan.
- Necessity of the grant to accomplish the proposed work.

- Existence of additional funding or in-kind resources to augment or leverage project grant dollars.

### 3. Grant Term

The grant term is for up to 24 months and is expected to begin on June 1, 2016.

### 4. Reporting Requirements

The reporting requirements and due dates will be clearly stated in the statement of agreement between the grantee and the foundation. The grantee will be required to submit annual narrative and fiscal reports describing the implementation of the project during the designated grant period.

## E. INSTRUCTIONS FOR SUBMITTING A GRANT PROPOSAL

The completed proposal must be submitted online at <https://hogg.fluxx.io>.

The proposal must include the following elements:

1. Signed Proposal Cover Letter
2. Project Narrative
3. Project Staff
4. Project Budget
5. Letter of Approval from University Grant Office
6. Letters of Support from Partner Organizations (if applicable)

### 1. Signed Proposal Cover Letter

This element is provided in an electronic form in Fluxx. The form serves as the Signed Proposal Cover Letter that will be uploaded later in the application submission process.

### 2. Project Narrative

This element is provided and must be completed and saved in the electronic form in Fluxx. The narrative may not exceed 1750 words. Applicant's will be asked to provide detailed information to include the following elements:

- Project description including the significance of the research to advancing mental wellness.
- A clearly stated research question with an overview of existing recovery-oriented research and theory relevant to the proposed project.
- Research design and methodology, including sample description, data collection procedures, and analysis plan.
- The respondent's preparation and ability to carry out the proposed project including the respondent's relevant experience and/or interest in recovery-oriented mental health research.
- Description of the involvement of one or more mental health consumers (and caregivers and/or family members, if applicable) in all phases of the research project.
- Major project milestones and research work plan including expected results or outcomes, such as publications (i.e., journal article, book chapter, research briefs, etc.), presentations or reports.
- Description of additional sources of project support including in-kind resources.

### **3. Project Staff**

This element is provided and must be completed and saved in the electronic form in Fluxx. Applicants are asked to identify all key project staff, including personnel, potential contractors and potential consultants. For each key staff, applicant will include the name, title and upload resumes for each position or, if vacant, upload a job description.

### **4. Project Budget**

This element is a link to an Excel document template in Fluxx in the Application Documentation tab under the Required Application Documents section. Applicant will complete, save and upload the document in the Application section in Fluxx.

### **5. Letter of Approval from University Grant Office**

This element will be provided by the university's grant office. Applicant will upload the document into the Application Documentation tab under the Required Application Documents section in Fluxx.

Applicants with a higher education institution must submit a signed letter on letterhead from the institution's grant office (such as the Office of Sponsored Projects or Grants and Contracts) either approving the submission of the proposal or stating that such approval is not required.

The grant office review and approval process may take several business days, so please check with your institution and plan accordingly. Applicants are strongly encouraged to submit proposals to the grant office well before the proposal due date to allow sufficient time for review and approval.

### **6. Letter of Support from Partner Organizations (if applicable)**

This element will be provided by the partnering organization. Applicant will upload the document into in the Application Documentation tab under the Required Application Documents section in Fluxx.

Applicants with proposals involving collaborations or partnerships with other organizations must submit signed letters of support from those organizations. The letters must be on the partner organization's letterhead and must be signed by the head of the organization, such as the executive director, president, or CEO.