

Engaging Consumers in Research to Improve Diabetes & Wellness for People Who Have Experienced Homelessness



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Quorum Member



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Sr. CEnR Coordinator

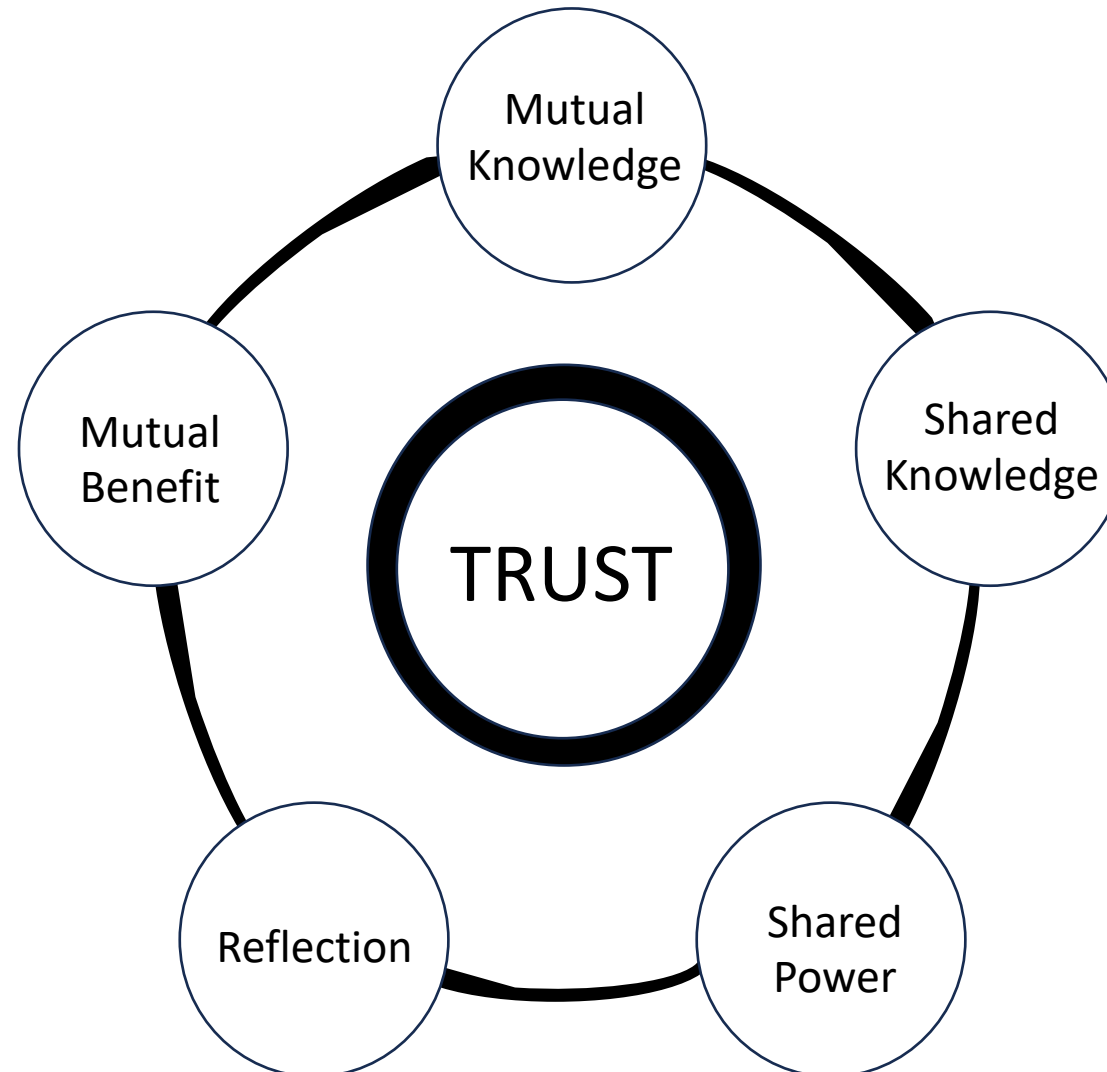
Community-Engaged Research team



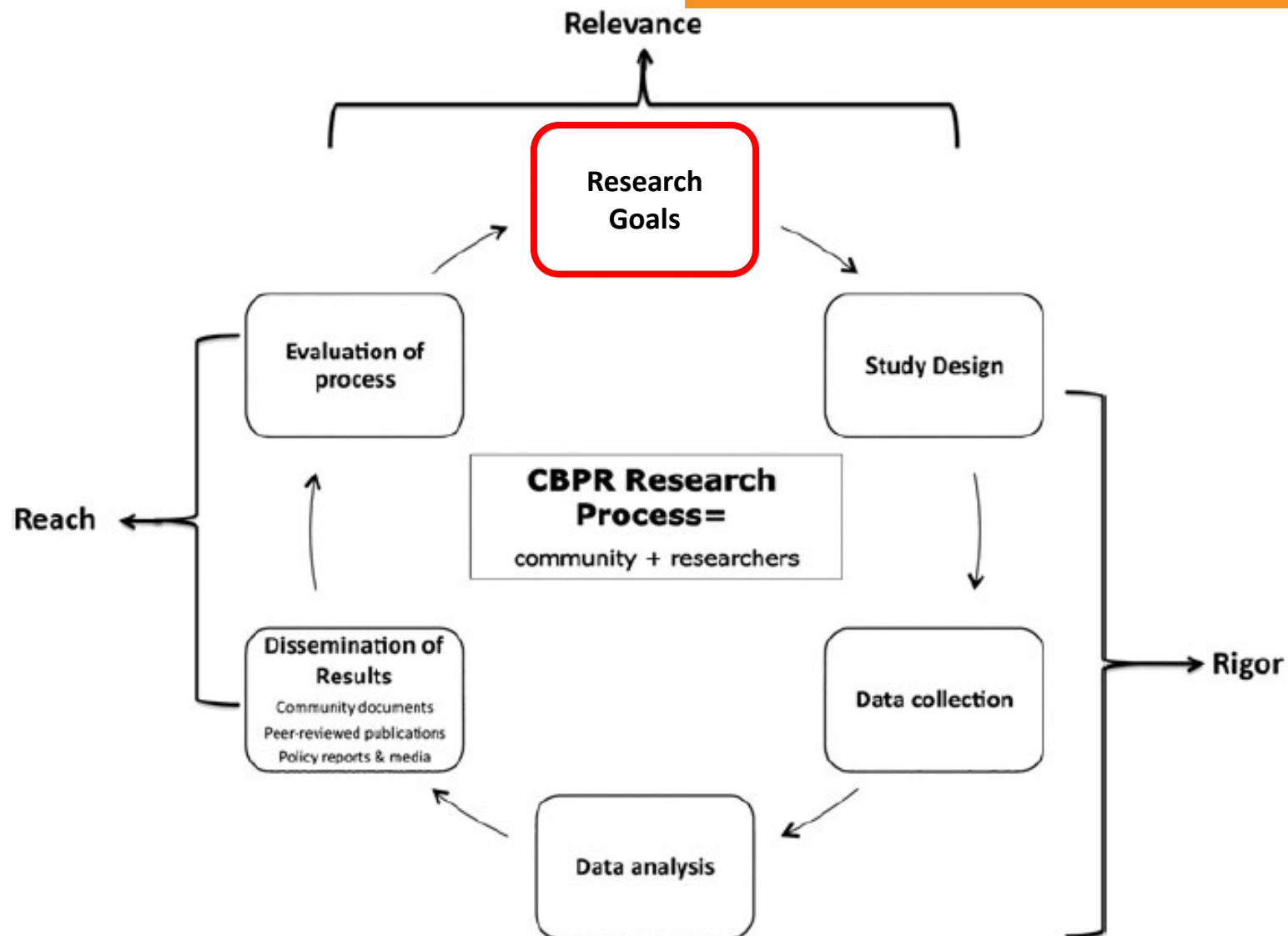
Quorum
FOR COMMUNITY-DRIVEN WELLNESS RESEARCH



The 6 Tenets of Community-Institutional Collaboration



Participatory Research

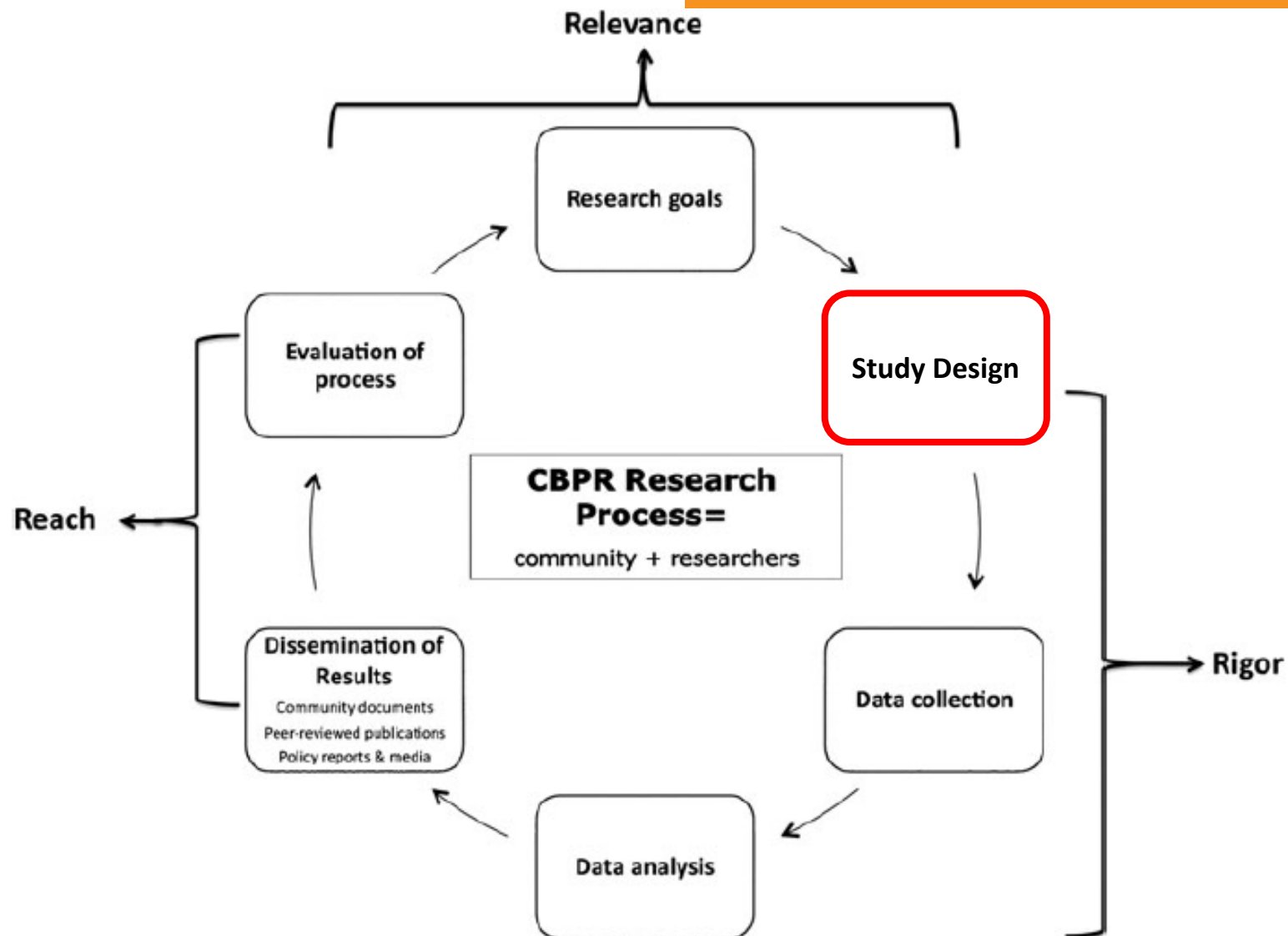




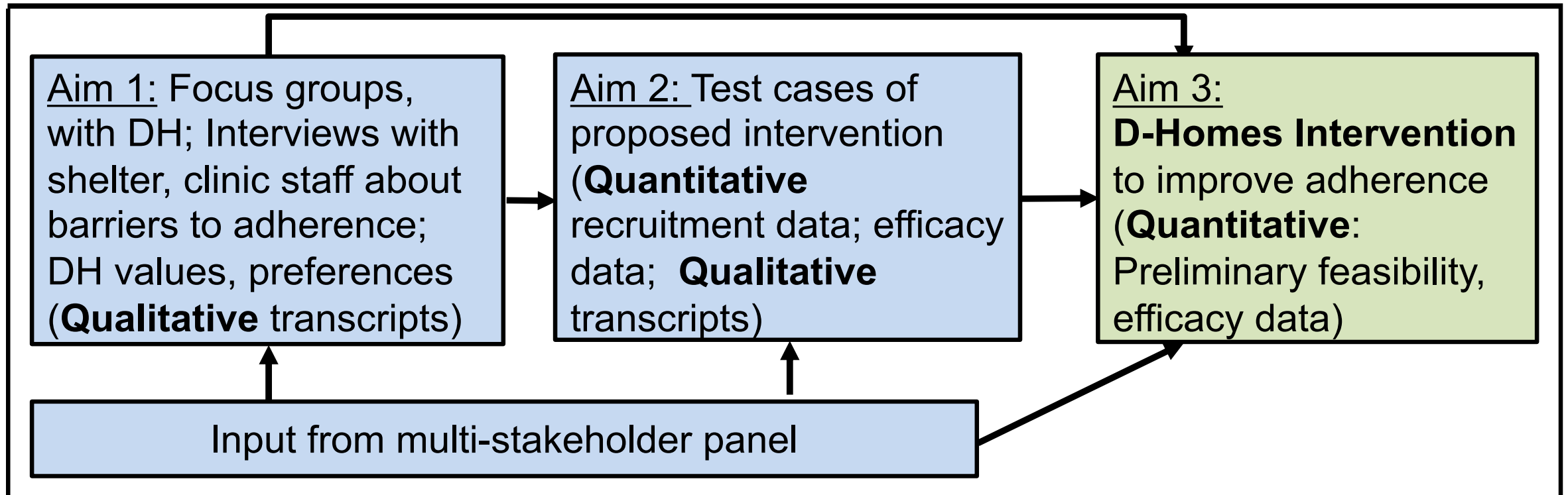
DHOMES

Diabetes Homeless
Medication Support

Participatory Research



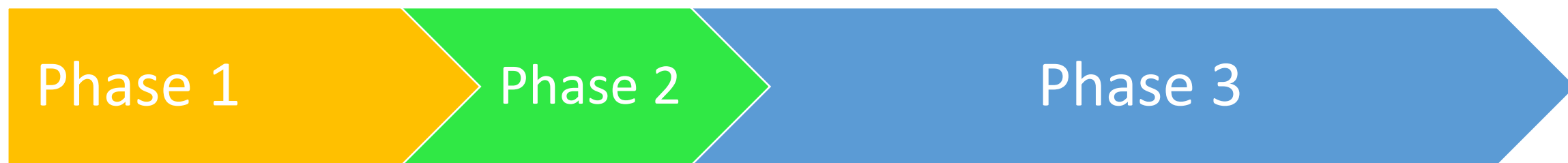
Staged Treatment Development Study Design: Sequential Exploratory Mixed Methods



Where we've been...D-Homes project phases

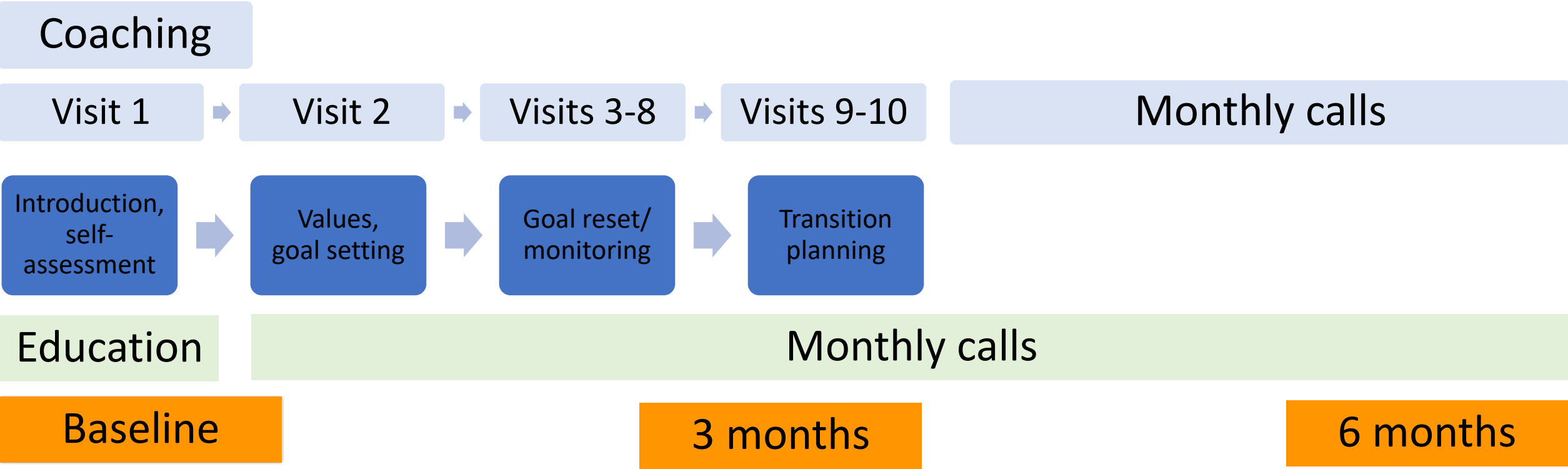
1. Qualitative: Collect stories
2. Develop manual to guide diabetes wellness coaches – this is our “D-Homes program”
3. Try out our program and see how it works

Sept., 2018-Dec. 2020 / Nov.-Dec., 2020 / (a) Jan.-Sept.-Dec., 2021 (b) Jan.,2022-Dec., 2022



We are here!




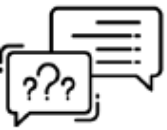











D-HOMES Pilot Trial Review



Key measures: Client Satisfaction Questionnaire
HbA1c (blood draw)
Diabetes med. adherence
Psychological wellness

Adapted Consent

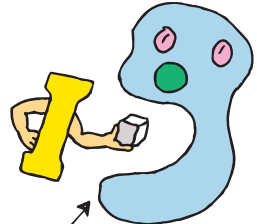
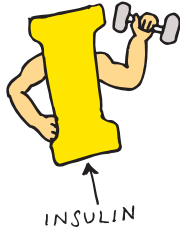
What will I need to do to be in this study? You will be asked to have visits/calls over 6 months:

Assessment Visit #1 (1h, today)					
					
Consent	A1c check, BP, weight, etc.	Questions about your health, life			
Assessment Visit #2 (1h, in 1-2 weeks)					
					
Questions about you			Randomize to Treatment A or B		
A: Diabetes Education Session, #1			B: Diabetes Wellness Coaching Sessions, #1-10		
					
1 x education (20 min.)	Pillbox	5 x calls (monthly)	10 x coaching (30 min., weekly)	Pillbox/other tool	3 x calls (monthly)
Assessment Visit #3 (1h, in 12-16 weeks)					
					
A1c check, BP, weight, etc.			Questions about your health, life		
Assessment Visit #4 (1h, in 24-30 weeks)					
					
A1c check, BP, weight, etc.			Questions about your health, life		

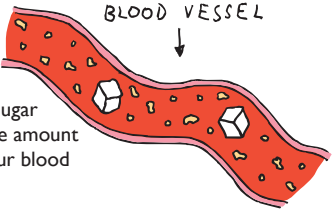
Enhanced Usual Care (EUC)

TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.



Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.



If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.

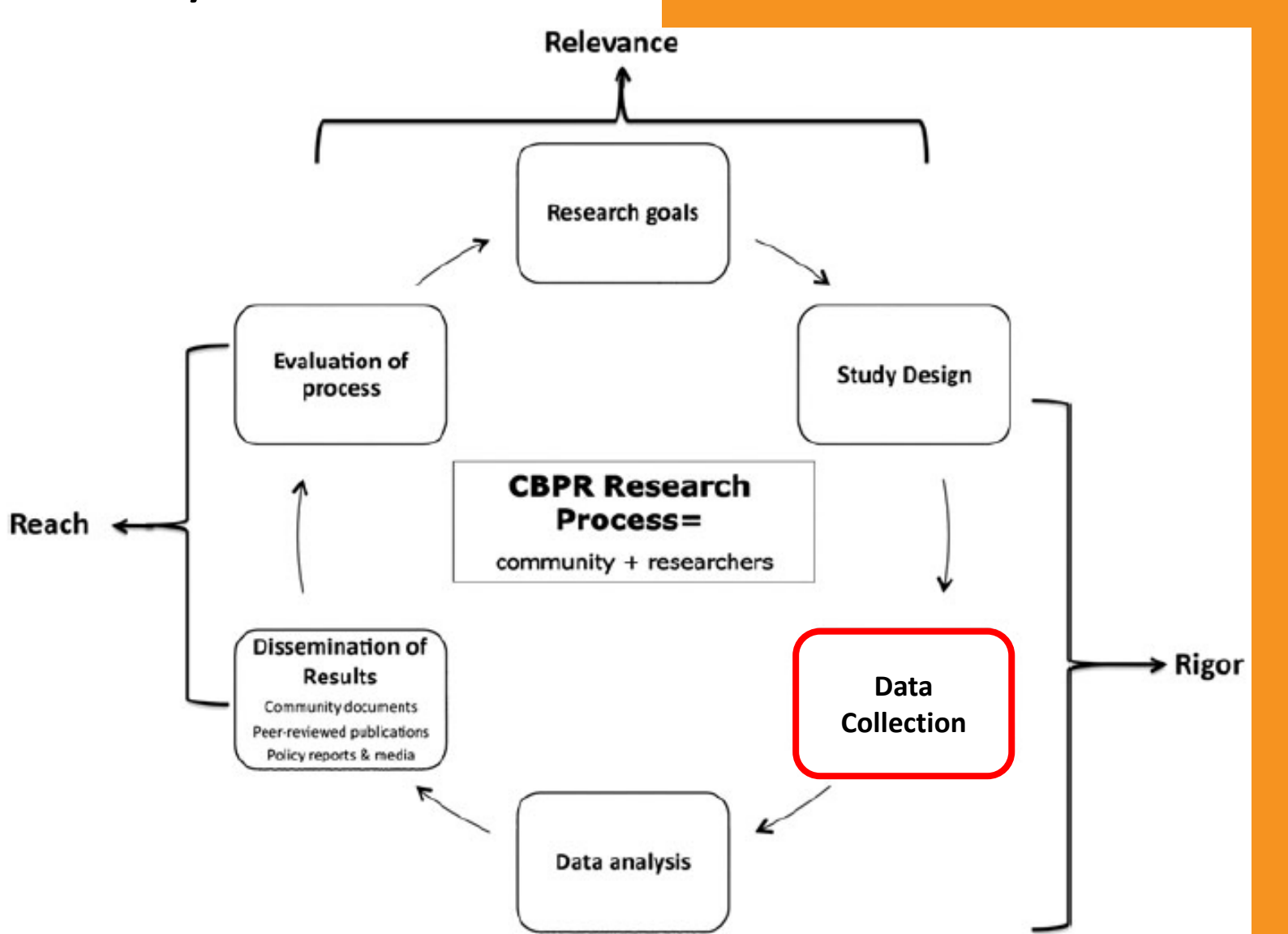


Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



Participatory Research



Participant Flyer

Living with
type 2 diabetes?

History of homelessness?

You may be eligible for a
paid diabetes study

CALL/TEXT US:
(651) 508-3741

OR EMAIL:
DHOMES@HHRINSTITUTE.ORG

 **HennepinHealthcare**
Research Institute
HSR #: IRB-FY2021-317



DHOMES
Diabetes Homeless
Medication Support

Get Paid:
\$150 across 4 study visits
& Get a Phone:
or \$20/month toward your bill

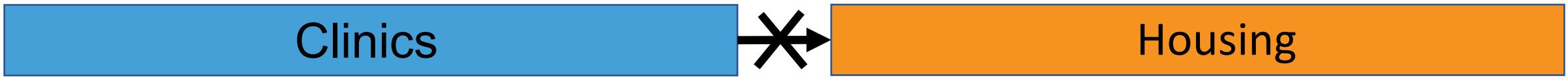


Recruitment Video

<https://www.youtube.com/watch?v=S9BxJkJWmHE>



Community Engagement: Recruitment



Health Care for the Homeless  Hennepin Healthcare

 Community Univ. Health Care Center

 **NATIVE AMERICAN COMMUNITY CLINIC**
HONORING HEALTH AND TRADITION

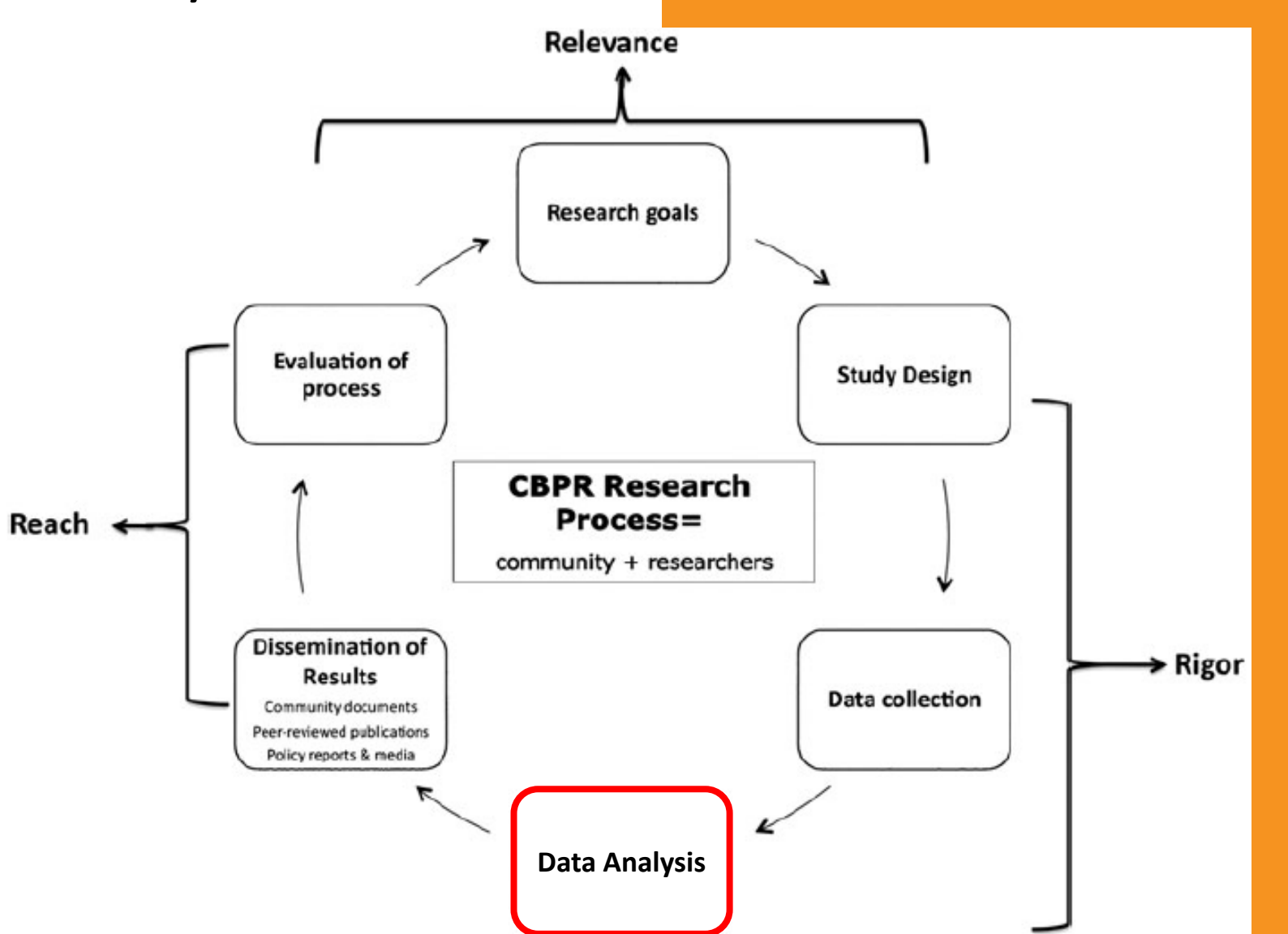
 **NORTHPOINT**
Health & Wellness Center



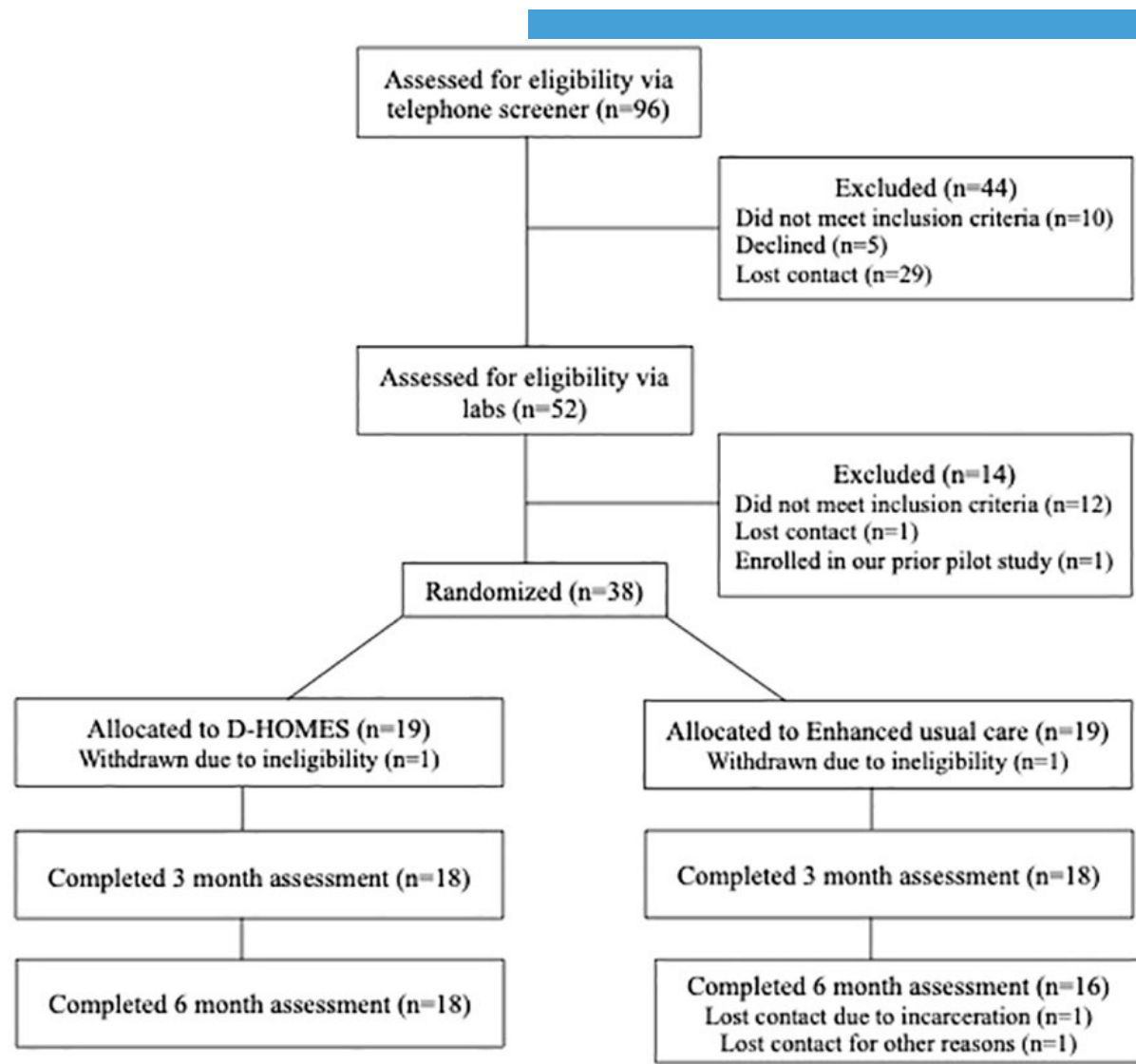
 **CATHOLIC CHARITIES**
of St. Paul and Minneapolis



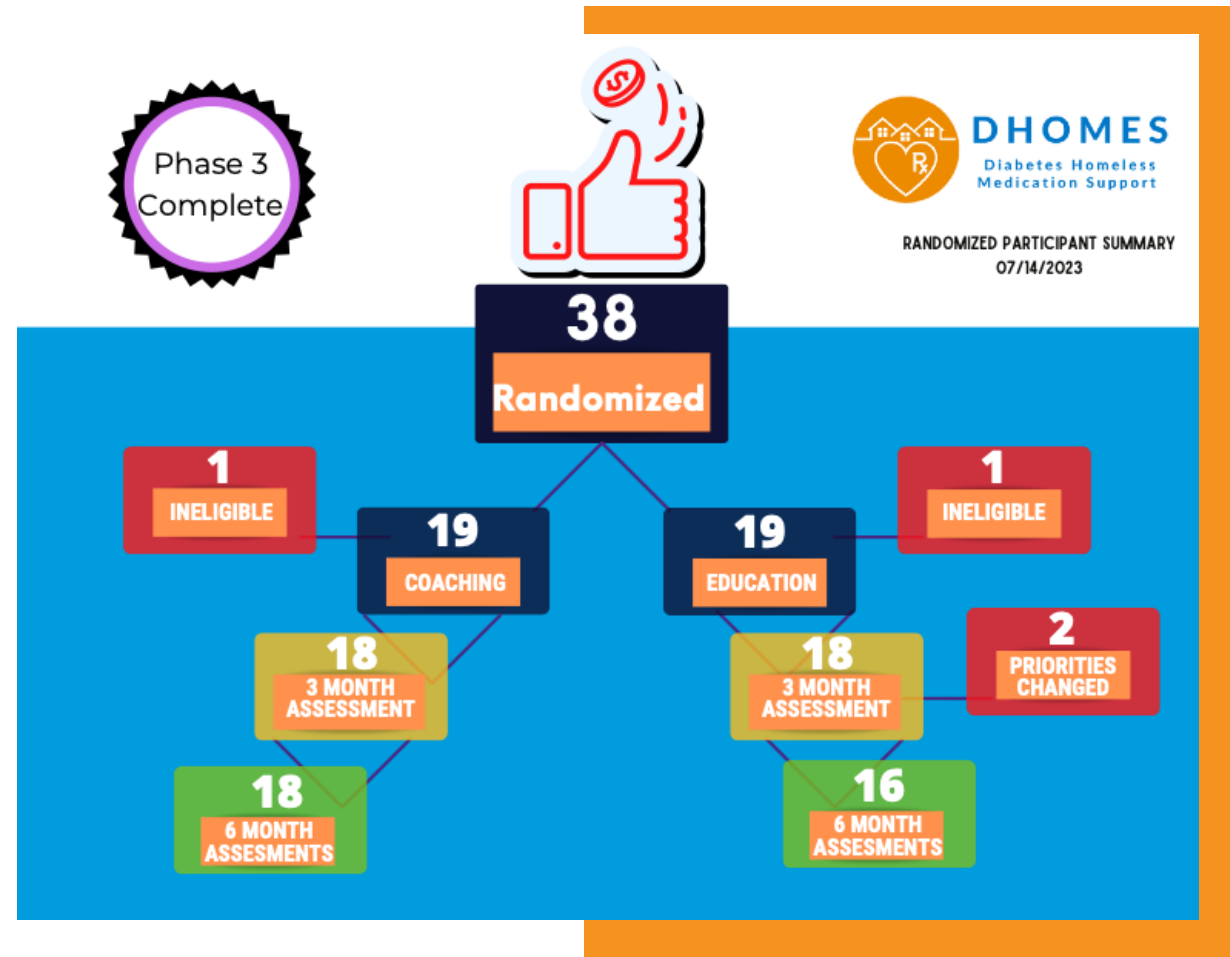
Participatory Research



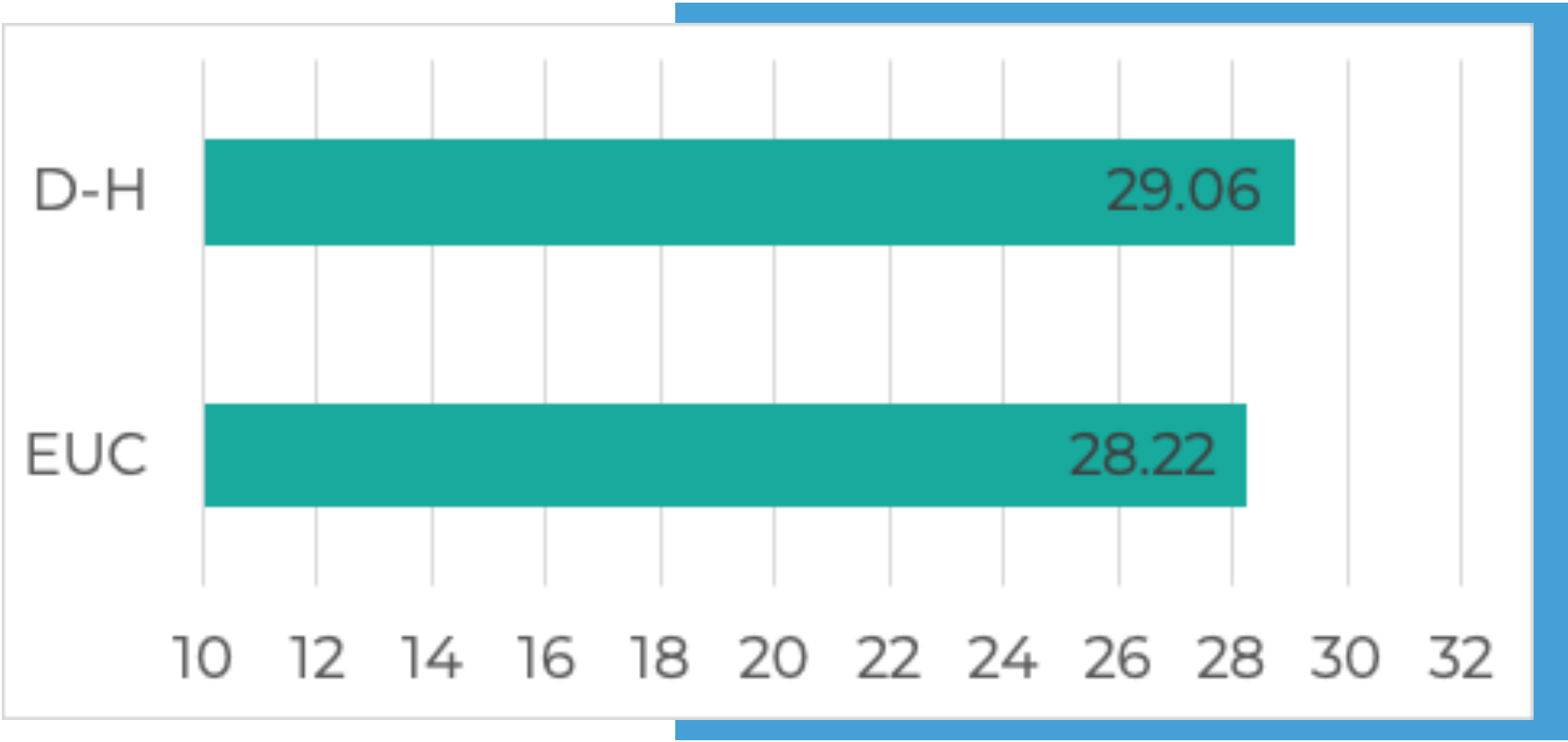
Recruitment & Retention (academic version)



Recruitment & Retention (V2)

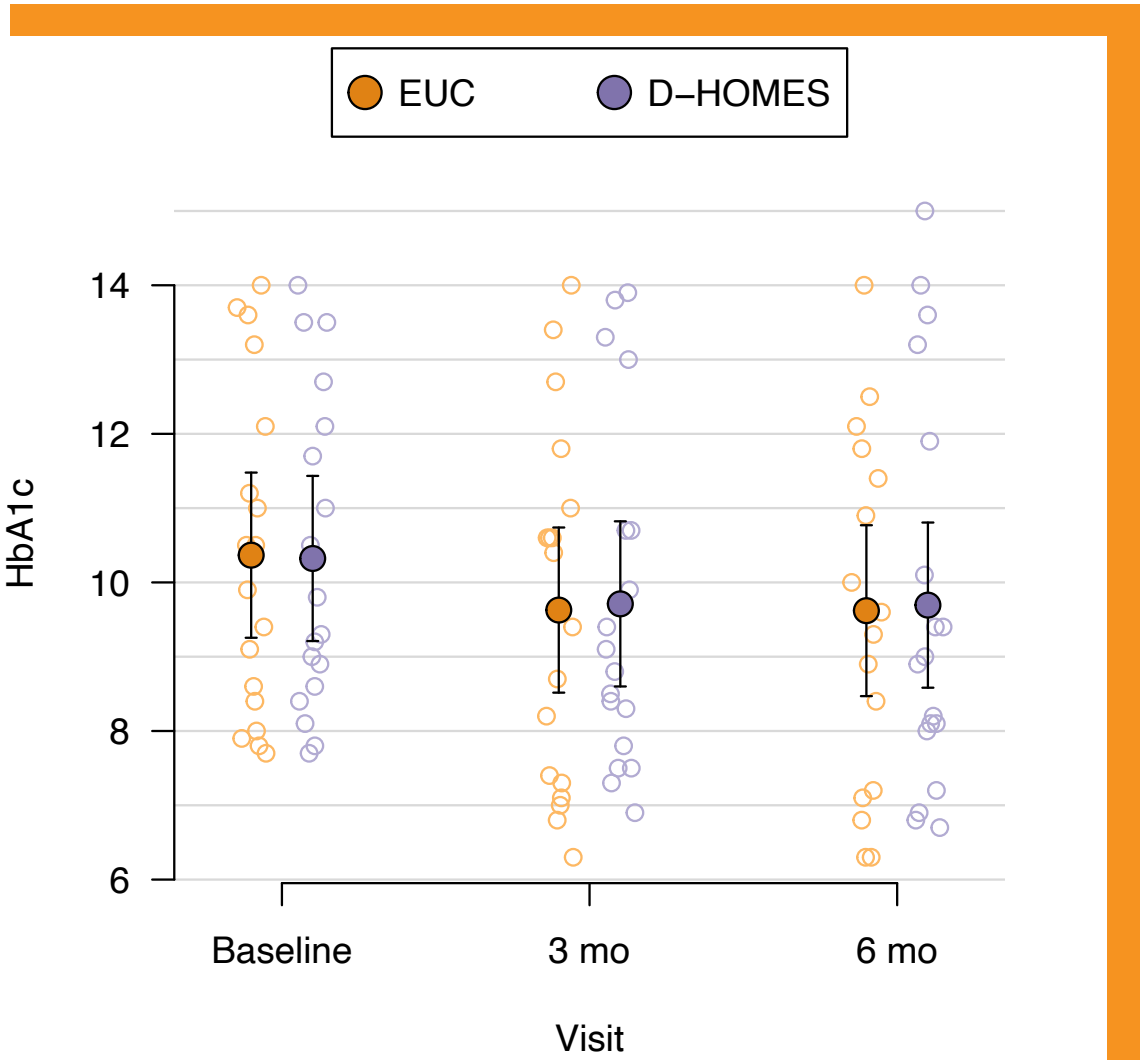


Satisfaction With Trial Participation (N=36)

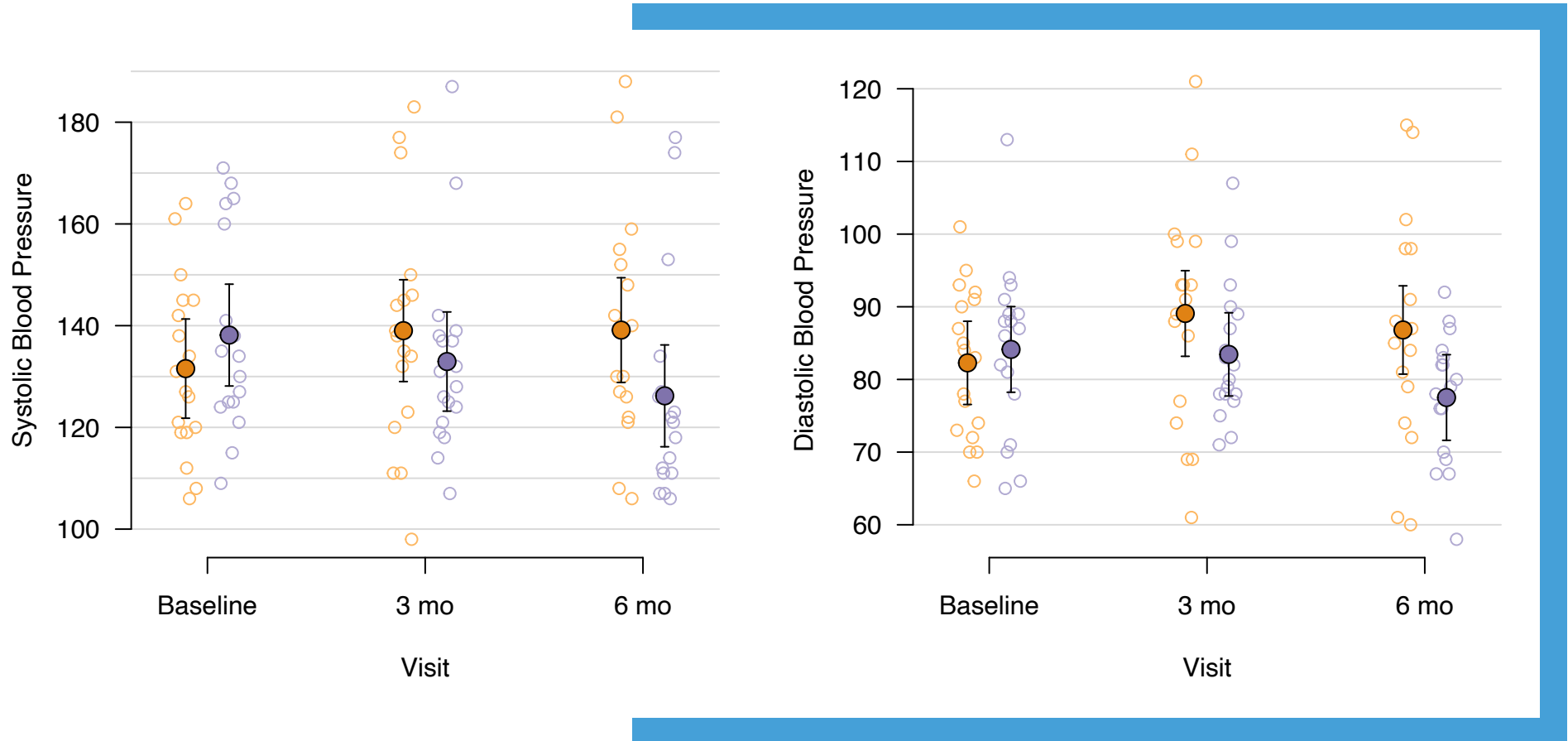


Client Satisfaction Questionnaire score (8-question)

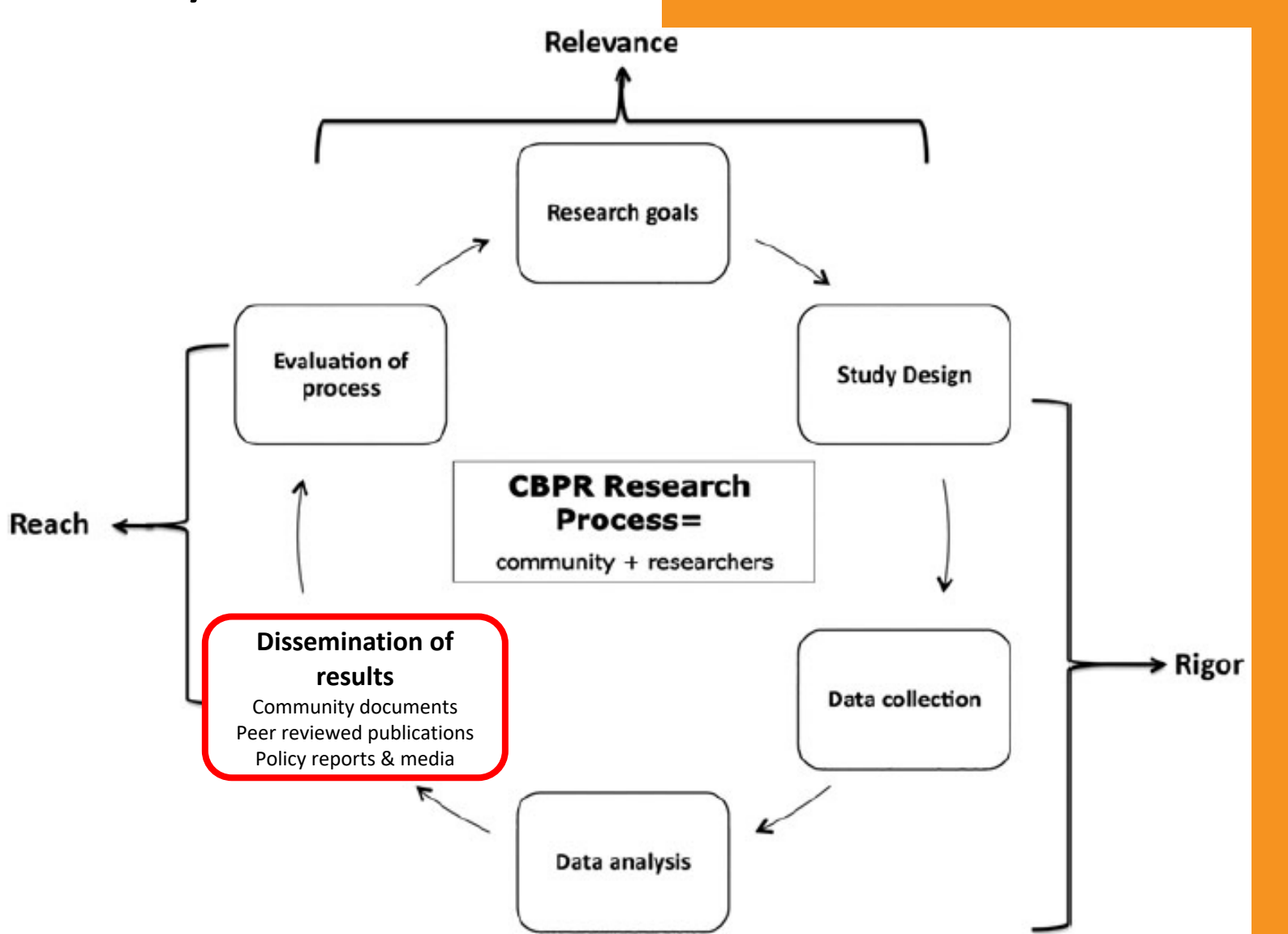
Biometric Outcomes: HbA1c



Biometric Outcomes: Blood Pressure



Participatory Research



Community-Engaged Research team



Quorum
FOR COMMUNITY-DRIVEN WELLNESS RESEARCH



~~Dissemination:~~

Communication With a Plan

Using Participatory Theater to Communicate



<https://www.youtube.com/watch?v=WMAj0sM4yz0>

Co-Authorship: Participatory Theater

Health Promotion Practice


OnlineFirst

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<https://doi.org/10.1177/15248399231221731>

Sage Journals

Disseminating Community-Engaged Research Involving People Experiencing Homelessness and Diabetes Using Participatory Theater

Preethiya Sekar, BA¹, Maren Ward, BA², Susan Gust, BA^{3,4}, Becky R. Ford, PhD¹, Moncies Franco^{1,4}, Edward Adair⁴, Annette Bryant, BA^{2,4}, Denita Ngwu^{4,5}, Jonathan M. Cole², Lelis Brito, MFA^{2,6}, Marcia Barnes^{2,4}, Tahiti Robinson^{2,4}, Ali 'Cia Anderson-Campbell⁴, Joel Gray, BA, MN⁷, Esther Ouray, BA², Alphonse Carr⁴, and Katherine Diaz Vickery, MD, MSc ^{1,4,5}

Authors' Note: We list academic degrees per publication conventions for some of our team members. However, our team believes knowledge holders come from many backgrounds not fully captured in academic degrees. Research reported was supported by

Co-Authorship: Feasibility Testing

 frontiers | Frontiers in Psychology

TYPE Original Research
PUBLISHED 19 September 2023
DOI 10.3389/fpsyg.2023.1225777

The development and initial feasibility testing of D-HOMES: a behavioral activation-based intervention for diabetes medication adherence and psychological wellness among people experiencing homelessness

Katherine Diaz Vickery^{1,2,3*}, Becky R. Ford^{1,2}, Lillian Gelberg⁴, Zobeida Bonilla⁵, Ella Strother^{1,2}, Susan Gust³, Edward Adair³, Victor M. Montori⁶, Mark Linzer², Michael D. Evans⁷, John Connett⁵, Michele Heisler⁸, Patrick J. O'Connor⁹ and Andrew M. Busch^{2,10}

Co-Authorship: Pilot Trial Results

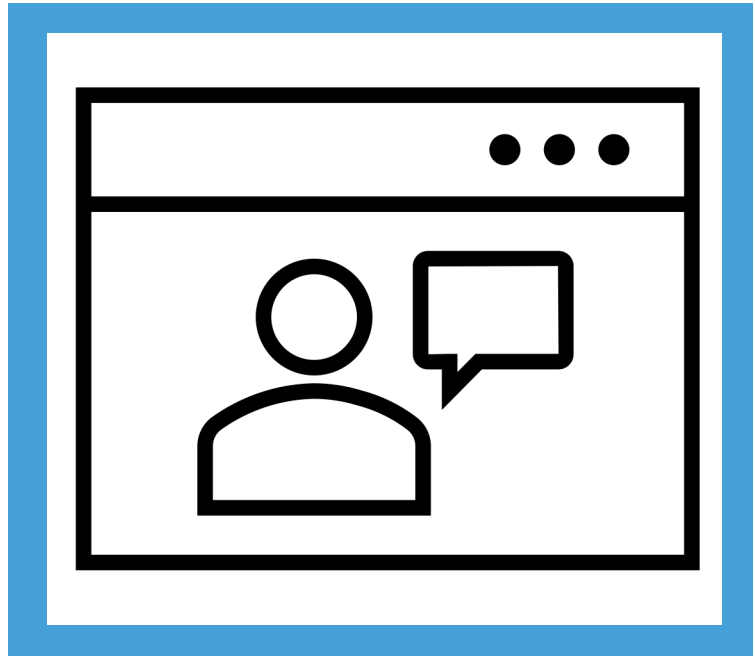
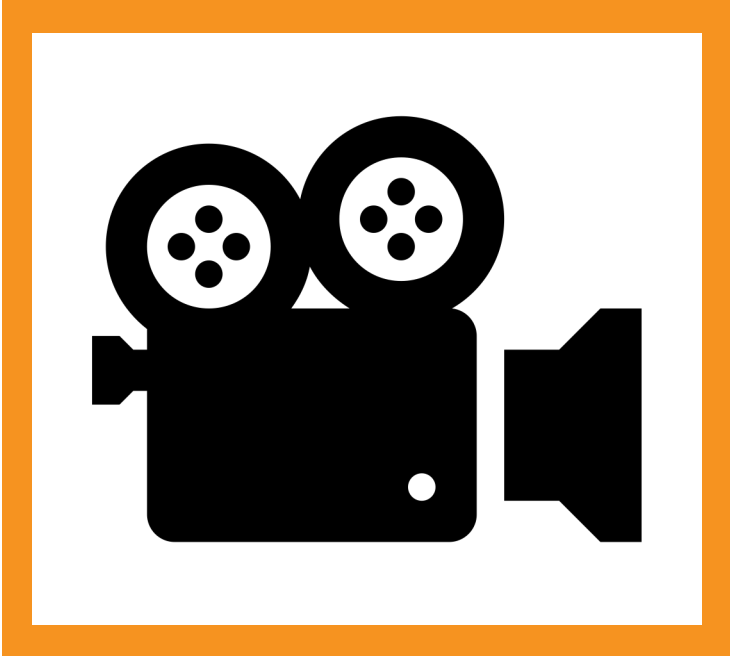
 frontiers | Frontiers in Psychology

TYPE Original Research
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DOI 10.3389/fpsyg.2023.1225777

Pilot trial results of D-HOMES: a behavioral-activation based intervention for diabetes medication adherence and psychological wellness among people who have been homeless

Katherine Diaz Vickery^{1,2,3,4*}, Lillian Gelberg^{5,6},
Audrey Rose Hyson^{1,3}, Ella Strother^{1,3}, Jill Carter²,
Oscar Oranday Perez⁷, Moncies Franco^{1,3}, Silvio Kavistan^{1,3},
Susan Gust³, Edward Adair³, Ali'Cia Anderson-Campbell³,
Lelis Brito³, Annette Butler³, Tahiti Robinson³, John Connett⁸,
Michael D. Evans⁹, Karen M. Emmons¹⁰, W. Scott Comulada^{5,6}
and Andrew M. Busch^{2,4,7}

Coming Soon...



Scan the QR code to learn more



References

- Slide 5: Susan Gust and Cathy Jordan:
<https://drive.google.com/file/d/1hmceusdEMTR4LuQwSuqYOOtwSyfZ9jki/view?usp=sharing>
- Slides 6, 8, 14, 18, 24: Balazs CL, Morello-Frosch R. 2013. doi: [10.1089/env.2012.0017](https://doi.org/10.1089/env.2012.0017)
- Slide 9: K23DK118117 <https://reporter.nih.gov/search/vUuFBH1AwkSsNjfRdtduKw/project-details/>
- Slide 13: <https://learningaboutdiabetes.org/>
- Slide 16: <https://www.youtube.com/watch?v=S9BxJkJWmHE>
- Slide 21, 22, 23: Vickery et al. 2024. <https://doi.org/10.3389/fpsy.2024.1329138>
- Slide 27: <https://www.youtube.com/watch?v=WMAj0sM4yz0>
- Slide 28: <https://doi.org/10.1177/15248399231221731>
- Slide 29: <https://doi.org/10.3389/fpsyg.2023.1225777>
- Slide 30: <https://doi.org/10.3389/fpsy.2024.1329138>

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