



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



**Dr. Kate Diaz Vickery**  
Principal Investigator



**Annette Bryant**  
Quorum Member

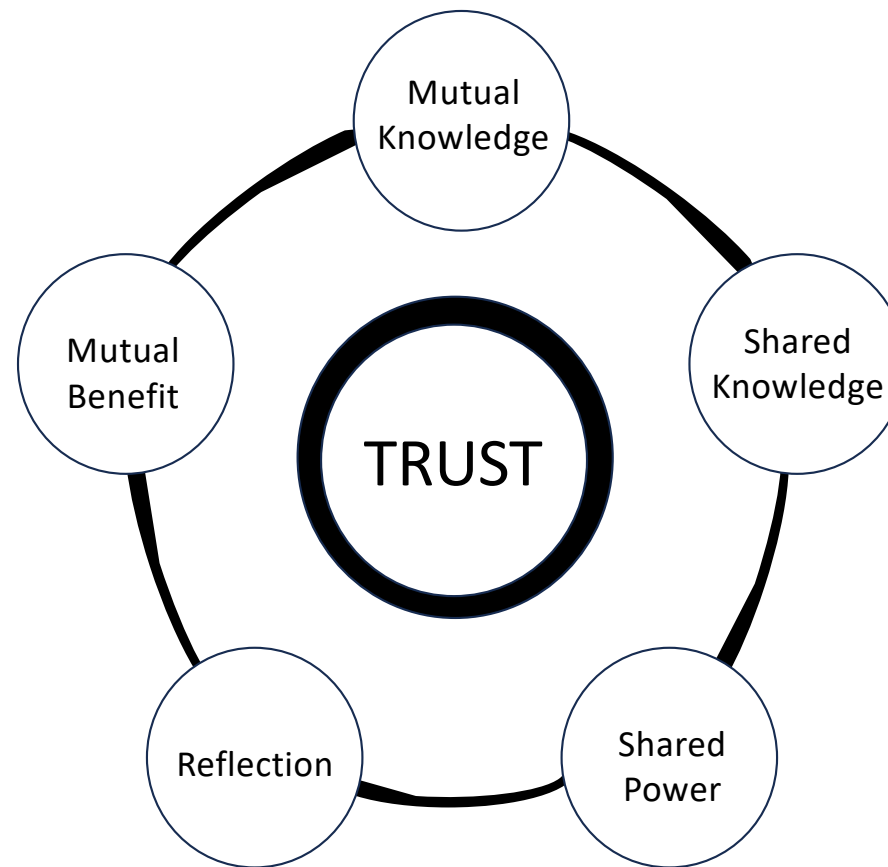


**Moncies Franco**  
Sr. CEnR Coordinator

# Community-Engaged Research team

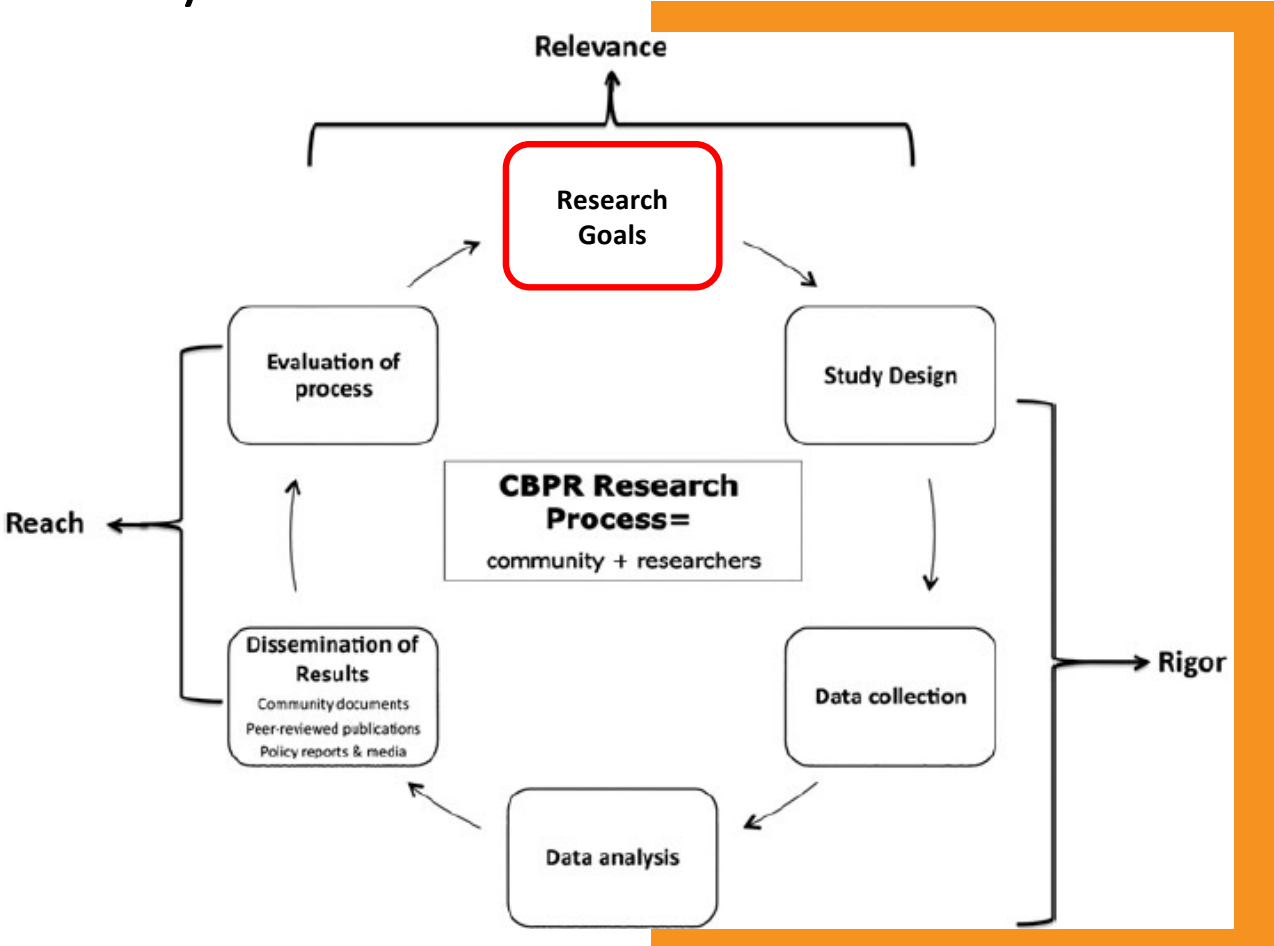


# The 6 Tenets of Community-Institutional Collaboration



Susan Gust and Cathy Jordan

# Participatory Research

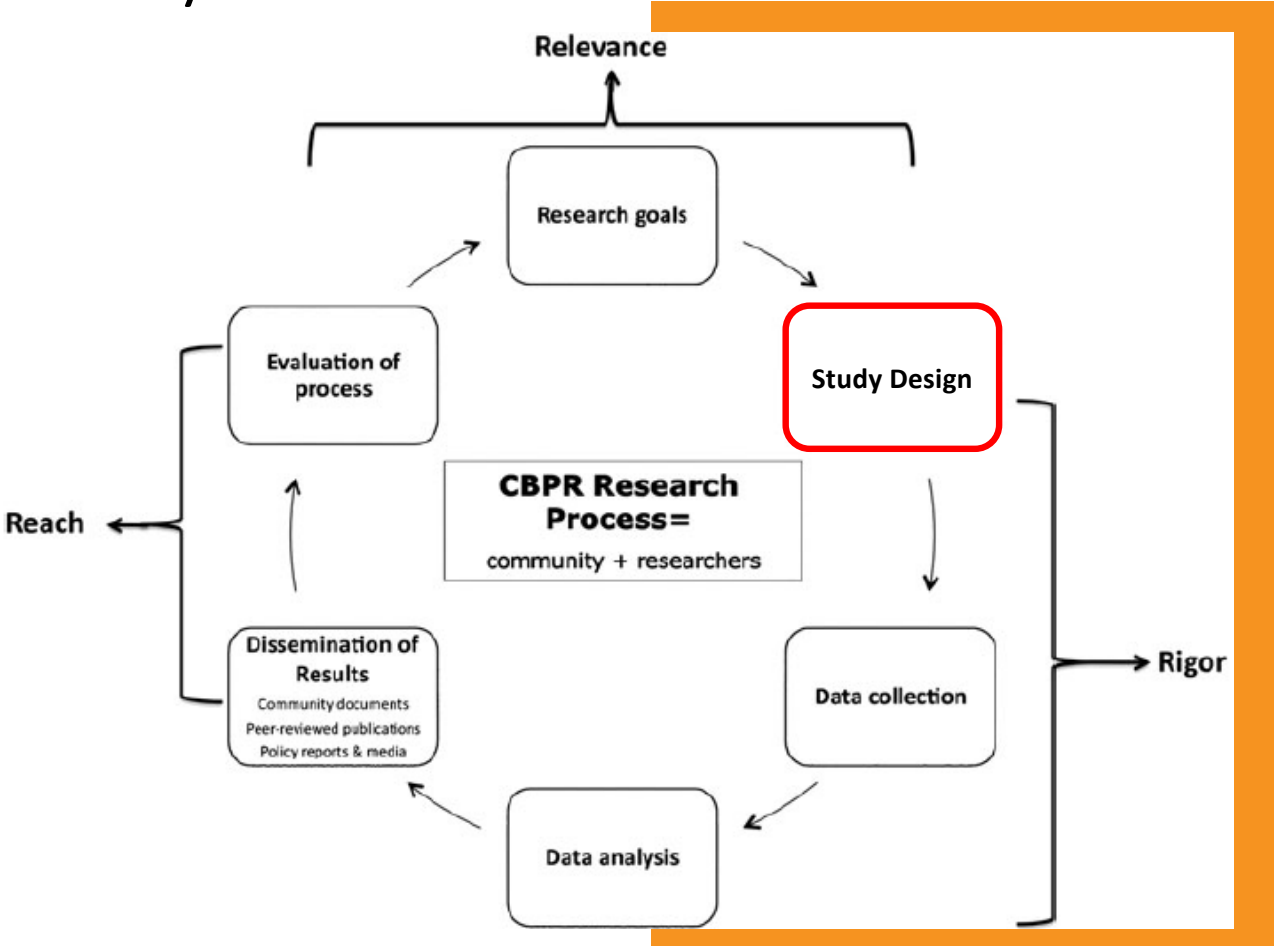




# DHOMES

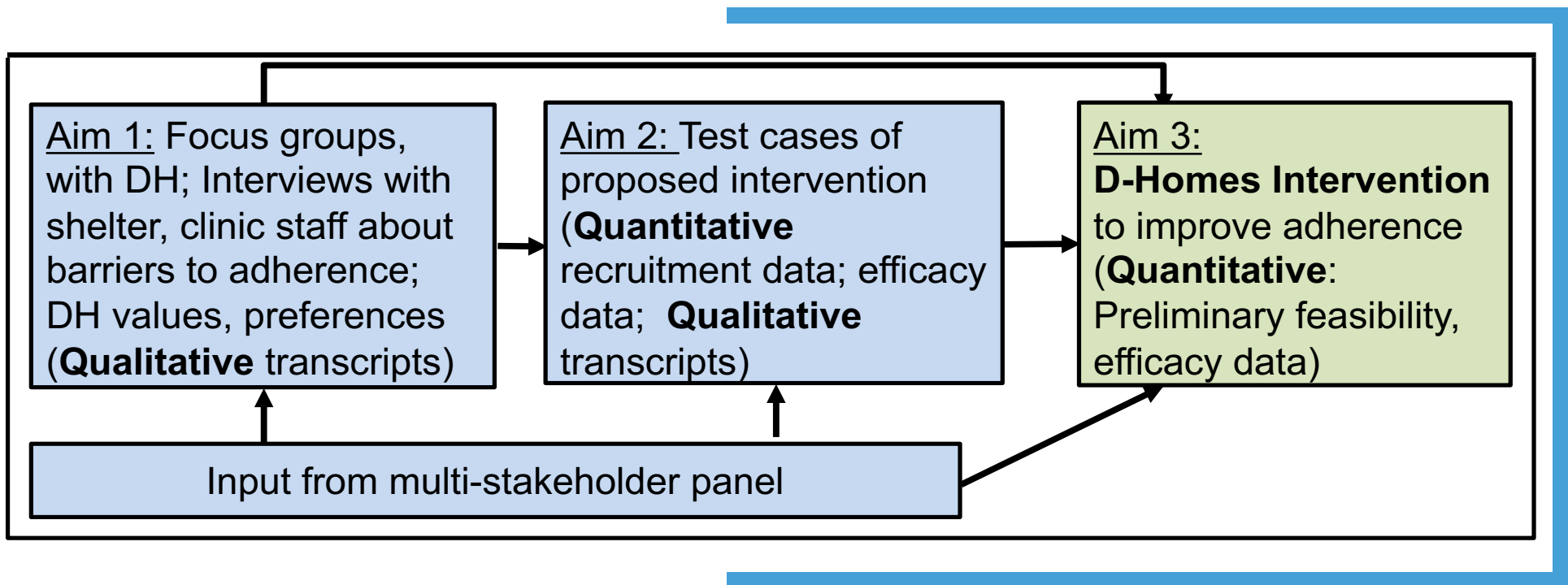
Diabetes Homeless  
Medication Support

# Participatory Research





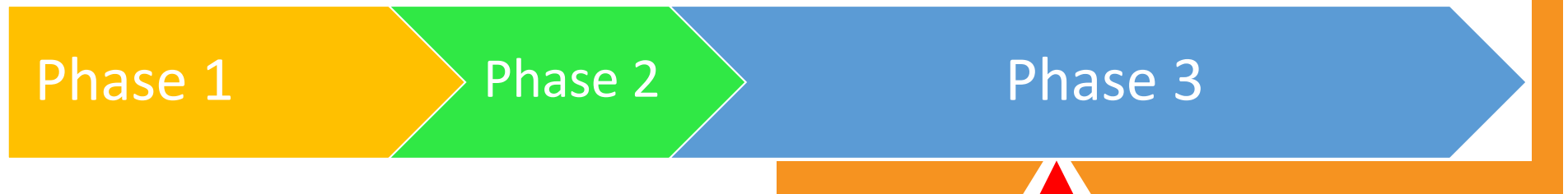
# Staged Treatment Development Study Design: Sequential Exploratory Mixed Methods



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

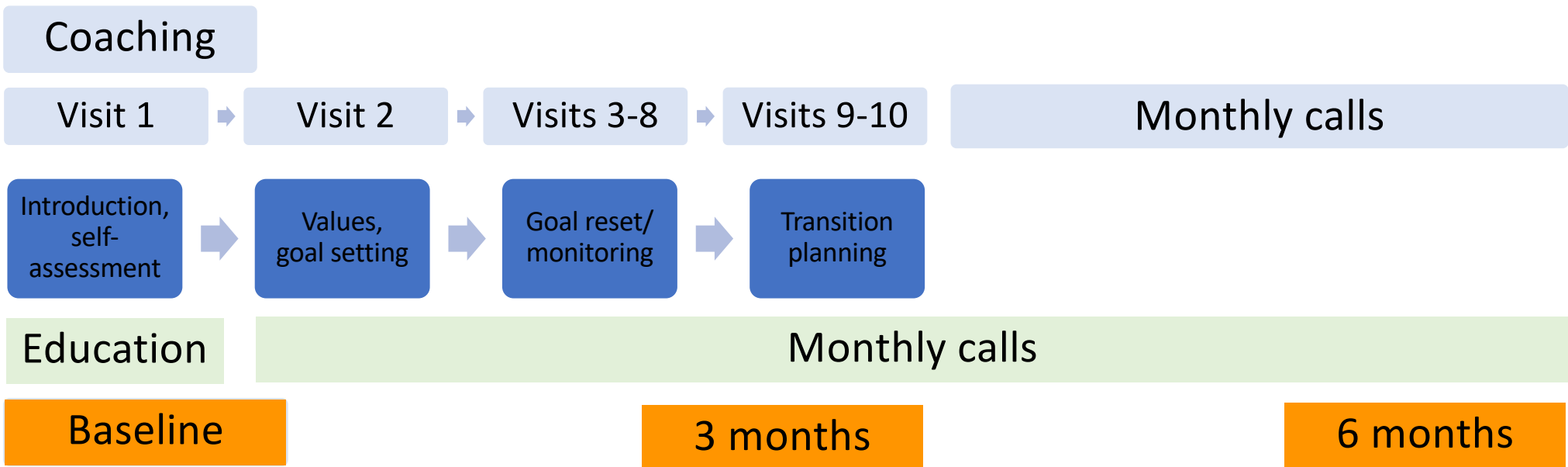
1. Qualitative: Collect stories
2. Develop manual to guide diabetes wellness coaches – this is our “D-Homes program”
3. Try out our program and see how it works

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



We are here!

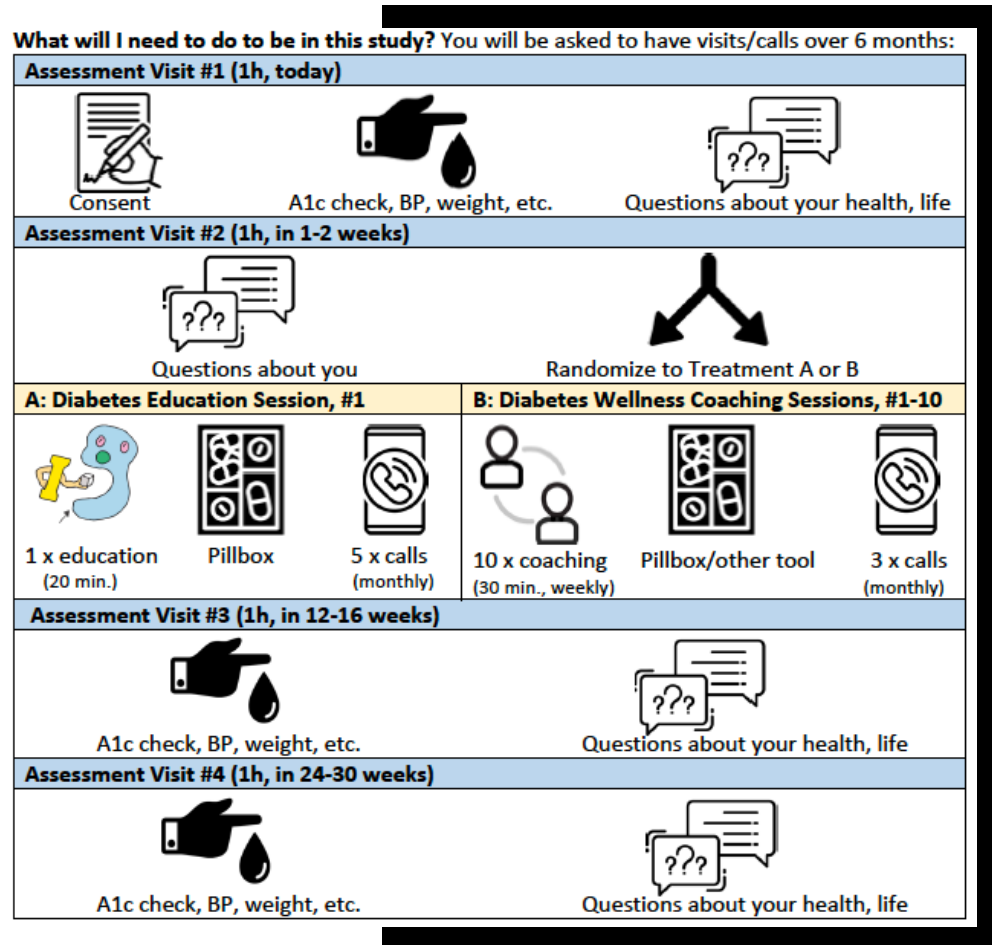
# D-HOMES Pilot Trial Review



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




# Adapted Consent



# Enhanced Usual Care (EUC)

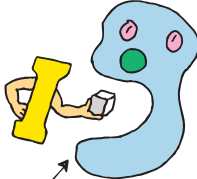
## TYPE 2 DIABETES

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



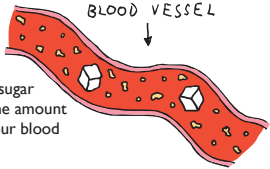
INSULIN

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.




BODY CELL

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.




BLOOD VESSEL

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.

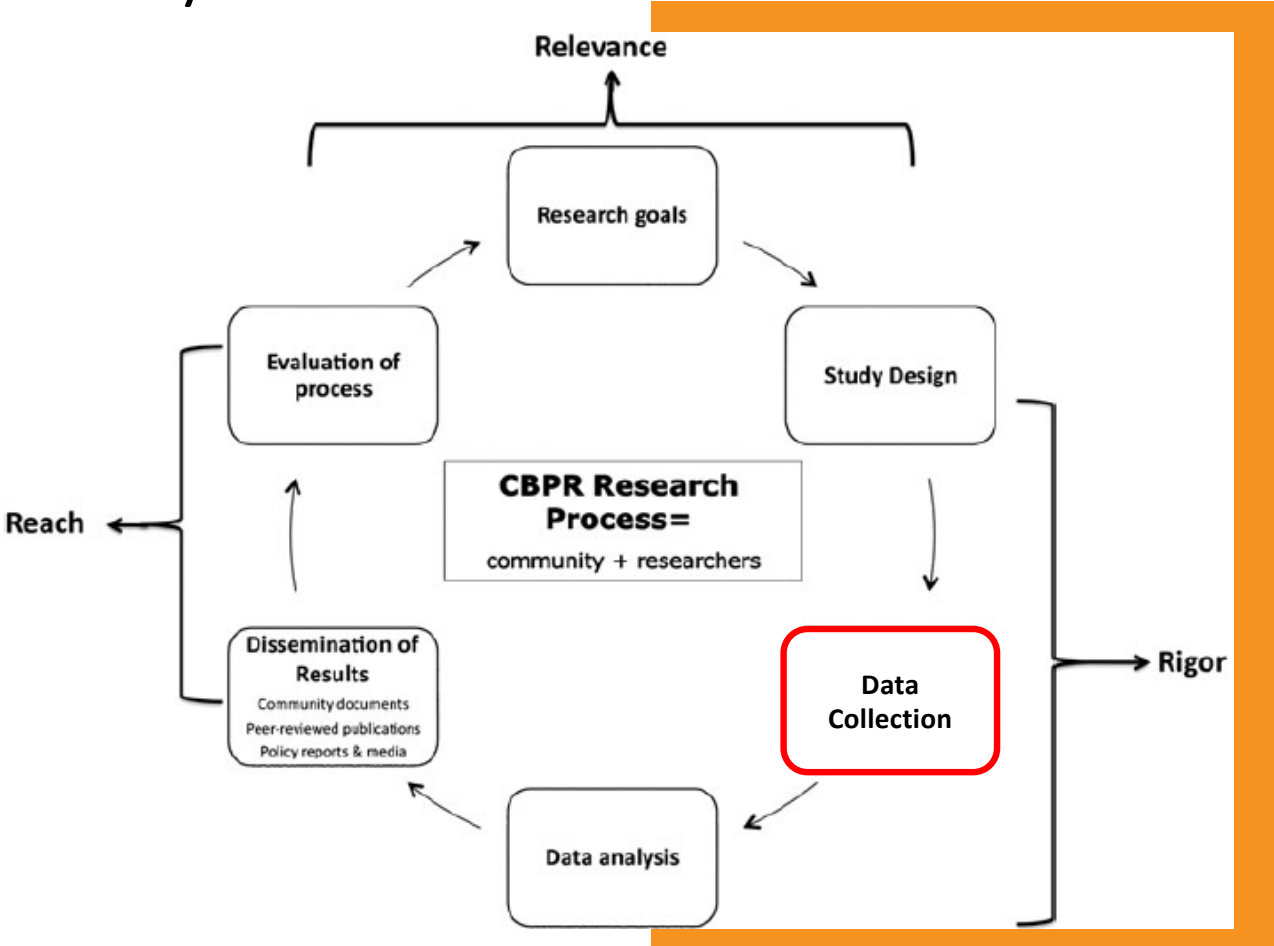


Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.



Provided by Hennepin Healthcare Research Institute.  
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# 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

  
Hennepin**Healthcare**  
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>

The Diabetes Medication Support (D-Homes) Program





# Community Engagement: Recruitment



Health Care for the Homeless  Hennepin Healthcare

 Community Univ. Health Care Center

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

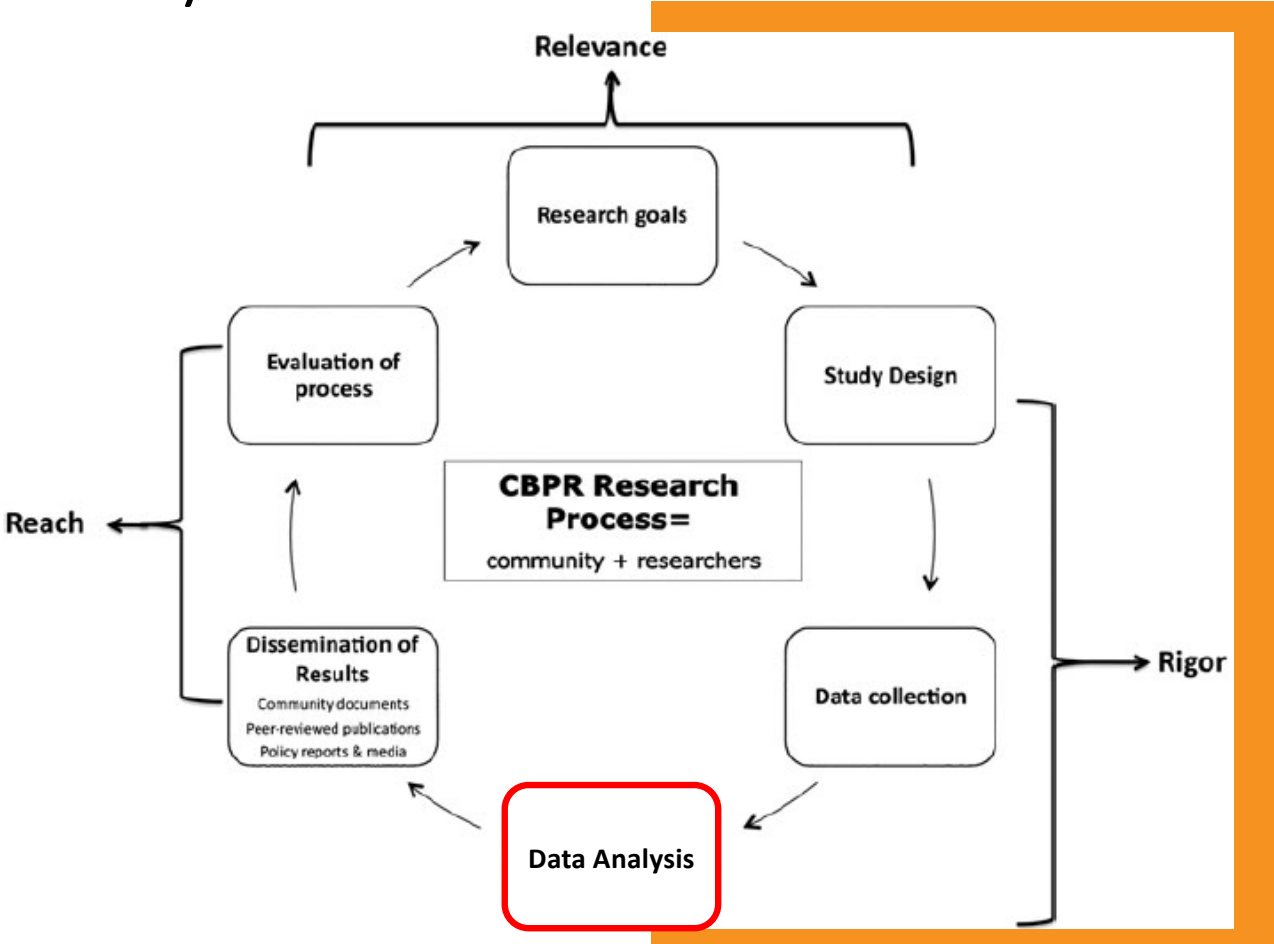
 **NORTHPOINT**  
Health & Wellness Center



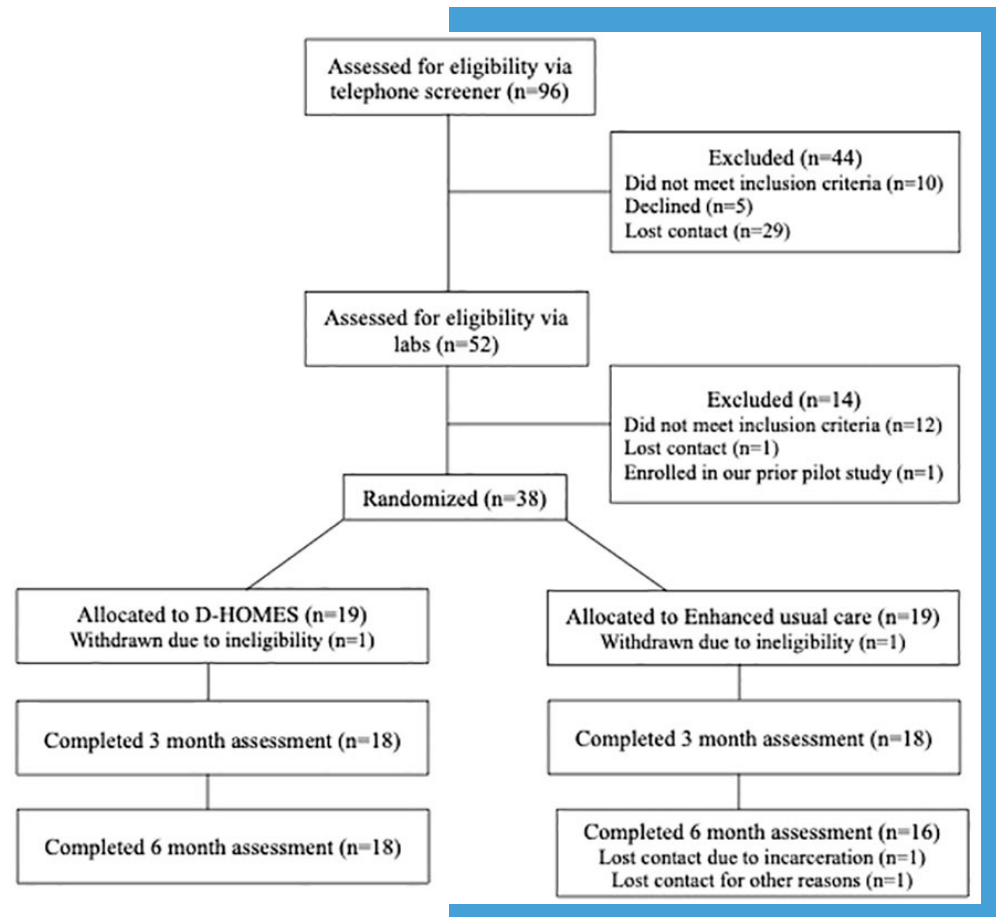
 **CATHOLIC CHARITIES**  
*of St. Paul and Minneapolis*



# Participatory Research



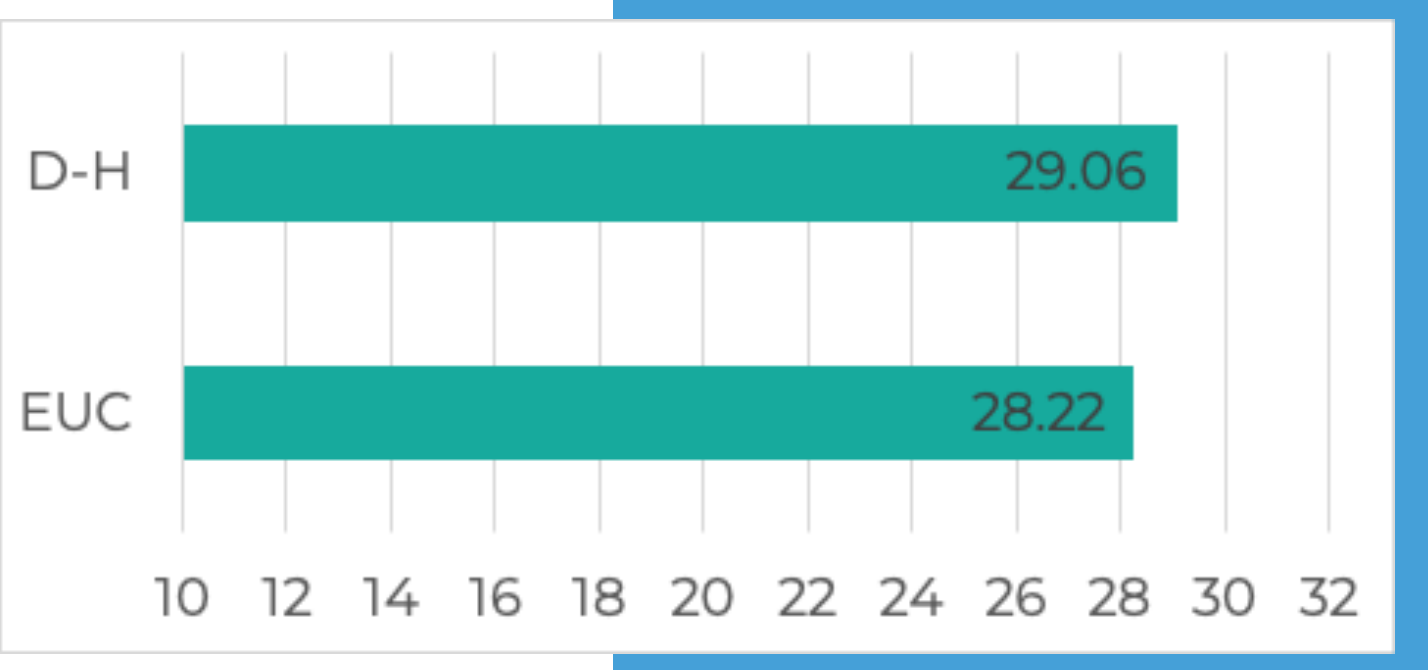
# Recruitment & Retention (academic version)



# Recruitment & Retention (V2)

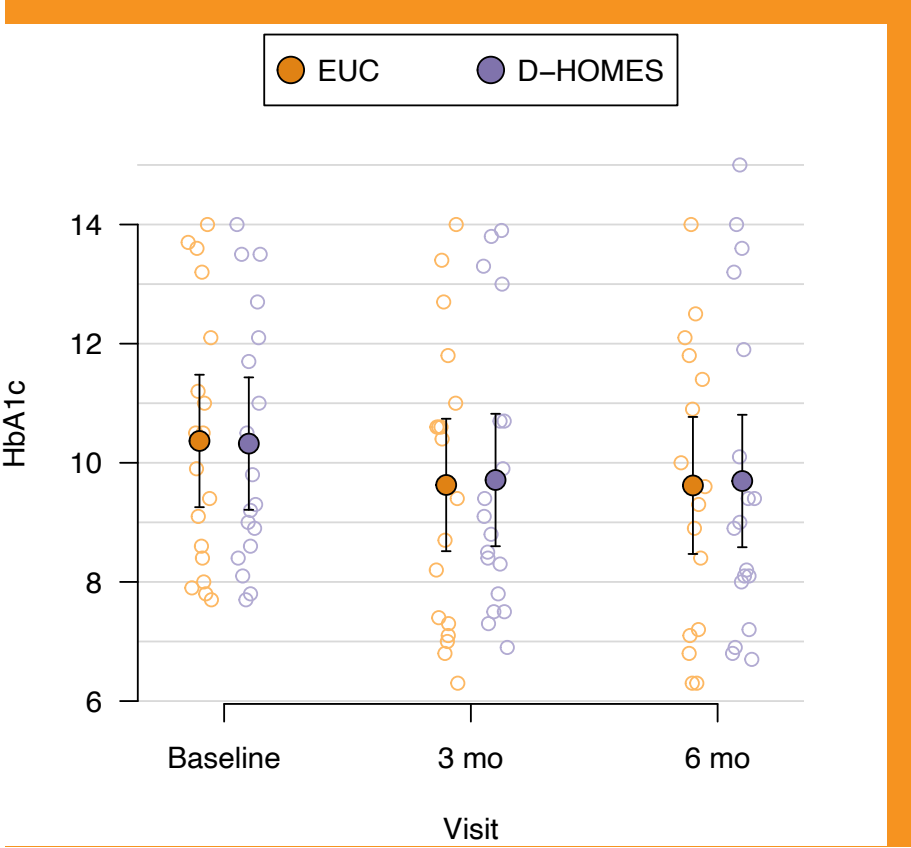


# Satisfaction With Trial Participation (N=36)

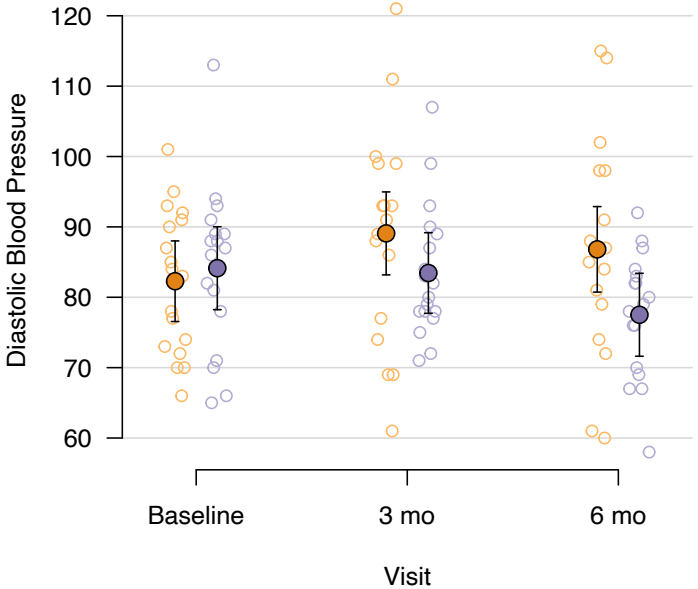
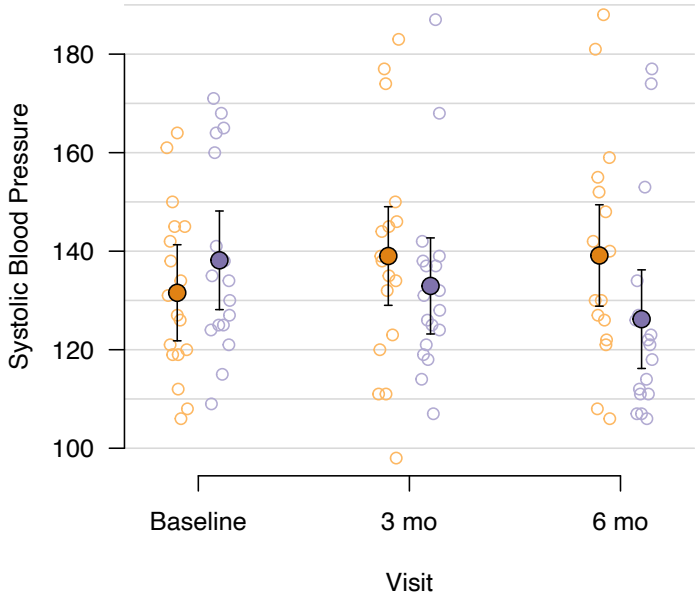


Client Satisfaction Questionnaire score (8-question)

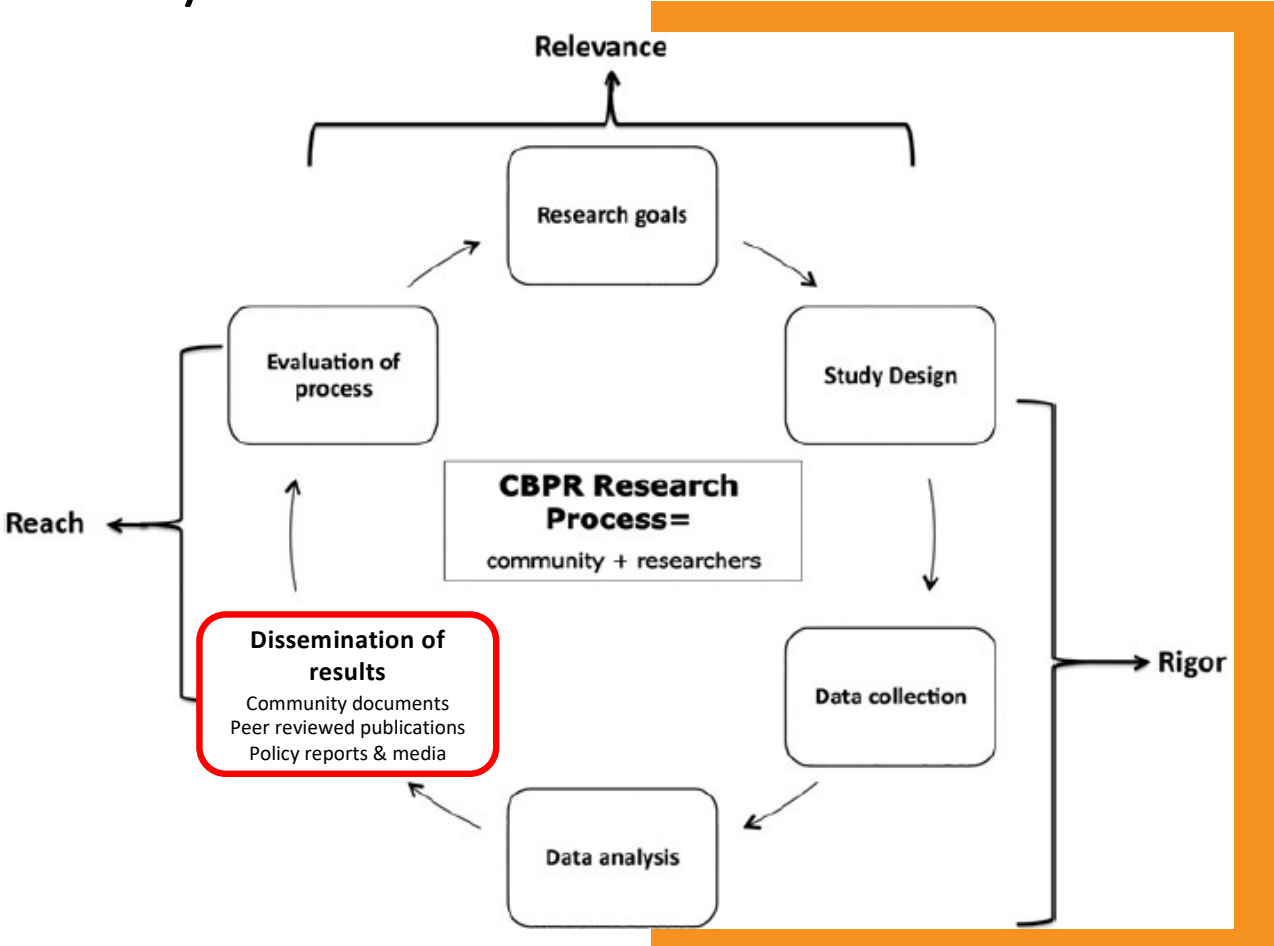
# Biometric Outcomes: HbA1c



# Biometric Outcomes: Blood Pressure



# Participatory Research





# Community-Engaged Research team



~~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  
© 2024 Society for Public Health Education, Article Reuse Guidelines  
<https://doi.org/10.1177/15248399231221731>

Sage Journals

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

Preethiya Sekar, BA<sup>1</sup>, Maren Ward, BA<sup>2</sup>, Susan Gust, BA<sup>3,4</sup>, Becky R. Ford, PhD<sup>1</sup>, Moncies Franco<sup>1,4</sup>, Edward Adair<sup>4</sup>, Annette Bryant, BA<sup>2,4</sup>, Denita Ngwu<sup>4,5</sup>, Jonathan M. Cole<sup>2</sup>, Lelis Brito, MFA<sup>2,6</sup>, Marcia Barnes<sup>2,4</sup>, Tahiti Robinson<sup>2,4</sup>, Ali 'Cia Anderson-Campbell<sup>4</sup>, Joel Gray, BA, MN<sup>7</sup>, Esther Ouray, BA<sup>2</sup>, Alphonse Carr<sup>4</sup>, and Katherine Diaz Vickery, MD, MSc <sup>1,4,5</sup>

*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<sup>1,2,3\*</sup>, Becky R. Ford<sup>1,2</sup>, Lillian Gelberg<sup>4</sup>, Zobeida Bonilla<sup>5</sup>, Ella Strother<sup>1,2</sup>, Susan Gust<sup>3</sup>, Edward Adair<sup>3</sup>, Victor M. Montori<sup>6</sup>, Mark Linzer<sup>2</sup>, Michael D. Evans<sup>7</sup>, John Connett<sup>5</sup>, Michele Heisler<sup>8</sup>, Patrick J. O'Connor<sup>9</sup> and Andrew M. Busch<sup>2,10</sup>



# Co-Authorship: Pilot Trial Results

 frontiers | Frontiers in Psychology

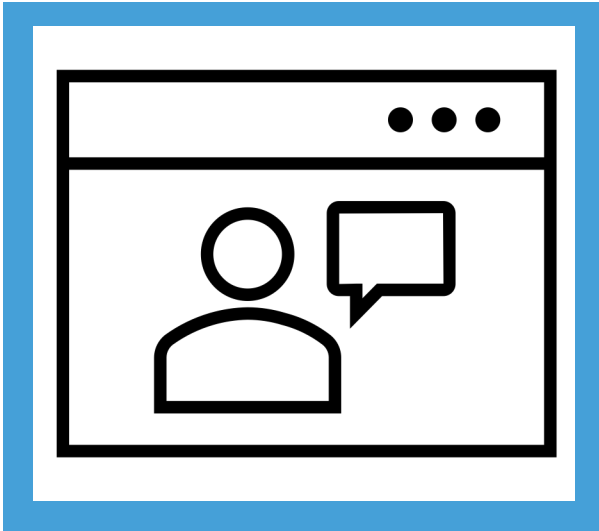
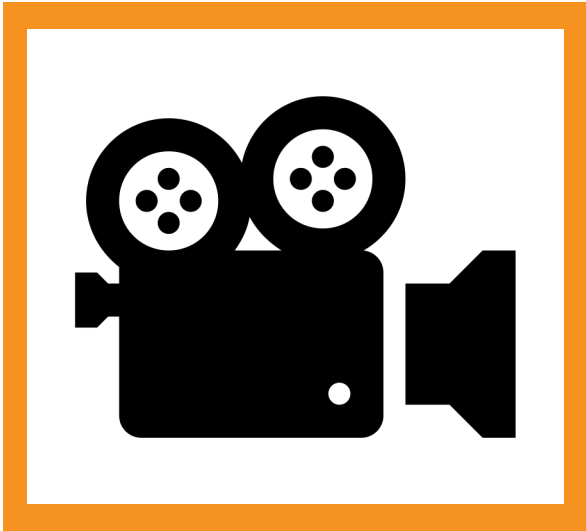
TYPE Original Research  
PUBLISHED 19 September 2023  
DOI 10.3389/fpsyg.2023.1225777

## 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<sup>1,2,3,4\*</sup>, Lillian Gelberg<sup>5,6</sup>,  
Audrey Rose Hyson<sup>1,3</sup>, Ella Strother<sup>1,3</sup>, Jill Carter<sup>2</sup>,  
Oscar Oranday Perez<sup>7</sup>, Moncies Franco<sup>1,3</sup>, Silvio Kavistan<sup>1,3</sup>,  
Susan Gust<sup>3</sup>, Edward Adair<sup>3</sup>, Ali'Cia Anderson-Campbell<sup>3</sup>,  
Lelis Brito<sup>3</sup>, Annette Butler<sup>3</sup>, Tahiti Robinson<sup>3</sup>, John Connett<sup>8</sup>,  
Michael D. Evans<sup>9</sup>, Karen M. Emmons<sup>10</sup>, W. Scott Comulada<sup>5,6</sup>  
and Andrew M. Busch<sup>2,4,7</sup>



Coming Soon...



Scan the QR code to learn more





# References

- Slide 5: Susan Gust and Cathy Jordan:  
<https://drive.google.com/file/d/1hmceusdEMTR4LuQwSugYOOtwSyfZ9jki/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/fpsyt.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/fpsyt.2024.1329138>

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