



PRA's 2020 Year in Review



As we enter a new year, we'd like to reflect on all that we accomplished in 2020—a truly unprecedented year for us all. Let's look at the numbers to see how we've been able to create positive social change virtually:

- 2: In 2020, our culture of wellness was recognized through two different awards. We were named a 2020 Capital Region Healthy Employer by the Albany Business Review and received silver-level recognition in the American Heart Association's 2020 Workplace Health Achievement Index. We're proud to be well staffed with well staff, and it shows!
- 14: This year, we completed 14 Sequential Intercept Model (SIM) Mapping Workshops, 2 SIM Summits, and 2 SIM facilitator trainings, reaching over 795 people. This is just a small snippet of our systems mapping work, and we're excited for what is on the horizon in 2021!
- 20: The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Service Members, Veterans, and their Families (SMVF) Technical Assistance Center engaged 20 new states in the U.S. Department of Veterans Affairs/SAMHSA Governor's Challenge to Prevent Suicide Among SMVF. These new states have developed suicide prevention action plans centered around screening and assessment, promoting connectedness, and enhancing lethal means safety.
- 189: The National Center for Youth Opportunity and Justice (NCYOJ) reimagined its in-person Crisis Intervention Teams for Youth and Mental Health Training for Juvenile Justice Train-the-Trainer events to virtual sessions. Using these new virtual models, NCYOJ trained 189 trainers!
- 4,265: This year, there were 4,265 approvals on Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI) Outreach, Access, and Recovery (SOAR)-assisted initial SSI/SSDI applications from SOAR providers around the country. These thousands of approvals were received in an average of 115 days with an allowance rate of 65 percent (compared to the initial allowance rate of 30.8 percent for all persons aged 18 to 64 who applied for SSI or SSDI in 2019).

Want to learn more about 2020 at PRA? Visit our Year in Review webpage to see our highlights, big news, and what we have on the horizon in 2021!

[Visit the Year in Review Webpage](#)

Applications Now Open: ARDRAW Small Grant Program Offering \$10,000 Stipends to Graduate Researchers

Application deadline: February 26, 2021

The Social Security Administration (SSA) is awarding graduate students **\$10,000 stipends** to research work, rehabilitation, and disability issues through the Analyzing Relationships Between Disability, Rehabilitation and Work (ARDRAW) Small Grant Program. The objective of ARDRAW is to foster new analyses of work, rehabilitation, and disability issues, which may develop innovative and fresh perspectives on disability, by providing research stipends to a broad spectrum of graduate students.



Applicants must be masters, doctoral, or post-doctoral level part-time or full-time graduate students pursuing studies in accredited programs at the time of the award (fall semester of 2021). **Selected students will receive a stipend of \$10,000 for the 1-year program.**

[Learn More and Apply](#)

Informational Webinar

January 28, 2021, 2:00 p.m. ET

The ARDRAW Small Grant Program will be holding an informational webinar on Thursday, January 28, 2021, at 2:00 p.m. ET. Interested students and faculty mentors are invited to attend. The webinar presenters will provide a brief introduction to the program, review the elements of a successful application, and answer questions.

[Register for the Webinar](#)

New Resource: Graphic Recording Notes From the Discussion on Diversity, Equity, and Inclusion Throughout the Intersection of Criminal Justice and Behavioral Health



On December 15, 2020, Policy Research, Inc., hosted a panel discussion to explore how criminal justice and behavioral health systems can integrate diversity, equity, and inclusion (DEI) into their practices and systems. This discussion was made possible with support from the John D. and Catherine T. MacArthur Foundation's Safety and Justice Challenge.

In this webinar, panelists discussed methods to advance DEI strategies in criminal justice and behavioral health organizations. Graphic recording notes from this session are now available for on-demand access. These notes highlight common challenges, key questions to consider, and strategies for action in an at-a-glance format. A video highlighting the creation of the notes is also available for enhanced engagement.

[Download the Notes](#)

New Article in the *Journal of Psychosocial Nursing and Mental Health Services* Explores Using Nudges to Support Well-Being for Individuals With Behavioral Health Needs

PRA is pleased to announce the publication of a new article co-authored by Senior Project Associate Dr. Crystal Bradow in the *Journal of Psychosocial Nursing and Mental Health Services*. "Nudges to Support Health and Wellness for Individuals Served by Behavioral Health Programs" explores the value of nudges to address health and wellness concerns experienced by people in behavioral health programs. Individuals served by behavioral health programs experience risk factors that threaten their health and longevity. This article was authored by Patricia B. Nemecek, Psy.D., CRC, CPRP; Margaret Swarbrick, Ph.D., FAOTA; Amy Spagnolo, Ph.D., CPRP; and Crystal L. Bradow, Ph.D.

Nudges are environmental modifications that support health behavior changes. The article examines the potential value of nudges for helping individuals who receive services from behavioral health programs and offers physical and social environment strategies to support positive health behaviors. The authors note that research related to nudges supports this framework's potential value for nurses in behavioral health settings, who are in a strong position to help address the health and wellness concerns these individuals disproportionately experience.

[View the Article](#)

PRA Awarded Silver-Level Recognition in AHA's 2020 Workplace Health Achievement Index

PRA is proud to announce that it has achieved silver-level recognition in the American Heart Association's (AHA's) 2020 Workplace Health Achievement Index. AHA developed the Workplace Health Achievement Index for organizations to comprehensively assess the health of their workplace and their workforce. AHA's Workplace Health Achievement Index allows organizations to qualify for bronze, silver, or gold-level recognition based on their total index score.



This year was different than most due to the COVID-19 pandemic. However, PRA is known for its innovative approaches to wellness and developed new ways to support the health and wellness of its employees while working remotely. Through these innovations and our culture of wellness, PRA achieved its third consecutive silver-level recognition!

[Read More About PRA's Wellness Offerings](#)

The Health Benefits of Strengthening Social Connections



WELCOA
WELLNESS COUNCIL OF AMERICA

By Sara Martin, M.S., CEO, WELCOA

Researcher Susan Pinker studied lifestyles in communities around the world to understand why some communities and individuals are thriving, and others are not. She was specifically examining why in so many communities around the world (including America), women are living an average of 5 to 7 years longer than men. In her TED Talk about the secret to living longer, she drew the startling conclusion that men had significantly fewer relationships or connections than women, and that key difference could be a culprit behind the mortality gap.[1] Other research backs this up. Julianne Holt-Lunstad is a researcher at Brigham Young University who has been studying the impact of social relationships on mortality. Her research found that social support, social relationships, and social integration are more predictive of how long we live than smoking, drinking, or exercise.[2] Social isolation is one of the known public health risks of our time—and that was prior to the pandemic and the health-preserving isolation and quarantine activities now in place.

So, when WELCOA, in our mission to provide training, tools, and resources to support healthy people and healthy business, saw these data, we could not ignore them. There is clearly something going on with social support and isolation, and that something is negatively impacting our health. We dedicated an entire year to improving social connections in the workplace, and here is what we learned.

Keep Reading

[1] TED. (2017). *The secret to living longer may be your social life* | Susan Pinker [Video]. YouTube.

https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life?language=en

[2] Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7), e1000316.

<https://doi.org/10.1371/journal.pmed.1000316>

Recent Stories From the PRA Blog



#WeHonorVanessa



Newest Ways to Beat
Burnout and Build
Resilience



Your Presence Is Your
Present



The Empty Nest



Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

345 Delaware Ave
Delmar, NY | 12054 US

This email was sent to hDavis@prainc.com.
To continue receiving our emails, add us to your address book.