

SYLVIA B. PERLMAN, PH.D.

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PROFESSIONAL EXPERIENCE:

1/00-6/05
7/05-Present

Associate, Dougherty Management Associates, Lexington, MA

Senior Associate, DMH Health Strategies (new firm name), Lexington, MA

Research and consulting firm that helps public and private health and human service organizations improve healthcare delivery systems and manage organizational change.

Research and consulting activities related to behavioral health policy and services:

- Work with NAMI-Massachusetts and the Association for Behavioral Healthcare (ABH) on development of a white paper looking at ways to promote decriminalization of mental illness in Massachusetts; this project is funded by the Health Foundation of Central Massachusetts.
- Work on Assessing the Evidence Base project for SAMHSA, Phases 1 and 2; with Westat.
- Primary writing and editing responsibility 2010 Update to Massachusetts Substance Abuse Strategic Plan for the Bureau of Substance Abuse Services, Massachusetts Department of Public Health and the Governor's Interagency Council on Substance Abuse and Prevention.
- First author of background paper on Decision Aids for Shared Decision Making Meeting, Center for Mental Health Services, July, 2007.
- Major writing, editing and management responsibility for Center for Substance Abuse Treatment project to develop 14 Briefs for employers on the value of substance abuse treatment.
- Primary responsibility for outcomes module of the Decision Support 2000+ project of the Center for Mental Health Services.
- Edited reports for SAMHSA funded EPSDT and Consumer Directed Care projects.
- Reviewed and edited major reports on Montana, Washington State and New York mental health systems.
- Wrote background narrative for Massachusetts' substance abuse strategic plan.
- Primary responsibility for a national study of state behavioral healthcare innovations for The Commonwealth Fund.
- Conducted study of Massachusetts's first jail diversion program, and prepared paper on a drug court program, for the private agency that operates the programs; currently involved in evaluation of drug court program.
- Conducted study and prepared report on the Family Success Partnership, a project of the Assabet Valley Collaborative, Marlborough, MA; currently involved in program evaluation.
- Consultation and major writing responsibility for proposals by public agencies and private organizations to public and private funders.
- Major role in the Children's Mental Health Benchmarking Project, funded primarily by the Annie E. Casey Foundation.

- 1997- 2003 **Director of Quality Management** (July 1998 – June 2003)
Consultant (November 1997 - June 1998)
Mental Health & Substance Abuse Corporations of MA, Inc., Natick, MA
(formerly Mental Health Corporations of Massachusetts, see below)
Responsible for:
- Statewide outcome measurement projects.
 - Staffing Quality Management and Corporate Compliance Officers Committees.
 - Organization’s HIPAA compliance efforts.
- 1996 - 1997 **Associate Director for Planning, Program Development and Evaluation**
Massachusetts Society for the Prevention of Cruelty to Children, Boston, MA
Statewide non-profit organization with seven regions and 500 employees, offering mental health clinics, early intervention programs and home visiting services.
Responsible for strategic planning, proposal development (state, federal and foundation), quality improvement, program evaluation.
- 1991 – 1996 **Associate Director**
Mental Health Corporations of Massachusetts, Inc., Boston, MA
Statewide association of community mental health (and, after 1998, substance abuse) providers.
Provided technical assistance to executive directors regarding regulations, billing and managed care; planned training sessions, meetings, conferences; prepared written analyses of policies; staffed committees on children’s clinical issues and Medicaid policy; initiated association-wide project on outcome measurement.
- 1986 - 1989 **Director, Consortium for Pregnant and Parenting Teens**
Brigham and Women’s Hospital, Boston, MA
Consortium of five agencies in inner-city Boston
Developed successful \$400 thousand Federal proposal for three-year research and demonstration project; created and managed new program. Organized collaborative projects with The Children’s Hospital and several other agencies.
- 1989 – 1990 **Consultant**
and
1985 – 1986 Education Development Center, Newton, MA; John Snow Public Health Group, Boston, MA;
Gordon Public Policy Center, Brandeis University; Brigham and Women’s Hospital, Boston, MA
Various projects including research, writing, editing and proposal development.
- 1982 – 1984 **Project Director, Adolescent Parents Service Implementation Project**
Heller Graduate School, Brandeis University, Waltham, MA
Federally funded study of services for pregnant adolescents.
- 1979 - 1981 **Research Director, Home Front Program**
Bridge Over Troubled Waters, Boston, MA
Program for alienated pregnant and parenting teens within agency serving runaway youth.
- 1969 - 1973 **Development Associate**
CBI Corporation and Development Corporation of America, Boston, MA
Companies specializing in development and construction of low and moderate income housing.

EDUCATION:

1985 **Brandeis University**, Waltham, MA. Heller Graduate School, Ph.D.
1966 - 1967 **University of Michigan**, Ann Arbor. School of Social Work
1966 **Smith College**, Northampton, MA. A.B., Magna cum Laude
 Elected to Phi Beta Kappa (junior year)

SELECTED PUBLICATIONS and PRESENTATIONS:

S. B. Perlman and R. H. Dougherty, "Shared decisions and self-direction as tools for recovery," *Behavioral Healthcare*, published on line, May 20, 2008. <http://www.behavioral.net/ME2/dirmod.asp?sid=&nm=&type=Publishing&mod=Publications%3A%3AArticle&mid=64D490AC6A7D4FE1AEB453627F1A4A32&tier=4&id=DF7A2CE0C28048EE8F0781906447BF89>.

S. B. Perlman, R. H. Dougherty, R. Diamond and C. Bledsoe, "Aids to Assist Shared Decision-Making in Mental Health Care," Invited paper, presented at Shared Decision-Making Meeting sponsored by the Substance Abuse and Mental Health Services Administration, July 10-11, 2007.

S. B. Perlman and R. H. Dougherty, "State Behavioral Health Innovations: Disseminating Promising Practices," The Commonwealth Fund, August 2006.

R. H. Dougherty, W. Holt and S. Perlman, "Benchmarking Children's Mental Health System Performance: Investigating Reasons for Variation," presented at the 2004 Joint National Conference on Mental Health Block Grant & National Conference on Mental Health Statistics, June 2, 2004, Washington, D.C.

W. Holt and S. Perlman, "Critical Issues in Benchmarking Mental Health System Performance: Access, Utilization and Expenditures," presented at the Fourteenth Annual Conference on State Mental Health Agency Services Research, Program Evaluation, and Policy, February 10, 2004, Arlington, VA.

W. Holt and S. Perlman, "Preparing Effective Proposals: An Advanced Workshop," presented at the 27th Annual Convention of The Massachusetts Council of Human Service Providers, Inc., October 21, 2002, Boston, MA.

S. Perlman, S. Nechasek and R. Dougherty, "The Children's Mental Health Benchmarking Project," *Data Matters*, a publication of the National Technical Assistance Center for Children's Mental Health, Georgetown University Child Development Center, Spring/Summer 2002 (#5).

S. Nechasek, S. Perlman, and R. Dougherty. Children's Mental Health Benchmarking Project: Year Two of a National Research Effort. In C. Newman, C. Liberton, K. Kutash, & R. Friedman (Eds.), *The 15th Annual Research Conference Proceedings, A System of Care for Children's Mental Health: Expanding the Research Base* (pp. 45-48). Tampa, University of South Florida, The Louis de la Parte Florida Mental Health Institute, Research and Training Center for Children's Mental Health, 2003.

S. Nechasek and S. Perlman, "The Children's Mental Health Benchmarking Project: Year Two Results," Twelfth Annual Conference on State Mental Health Agency Services Research, Program Evaluation, and Policy, February 12, 2002, Washington, D.C.

W. Holt and S. Perlman, "Writing Highly Effective Proposals," presented at the 26th Anniversary Convention of The Massachusetts Council of Human Service Providers, Inc., October 16, 2001, Boston, MA.

S. Perlman and S. Nechasek, "Benchmarking Children's Mental Health System Performance with Public Sector Data," presented at American Public Health Association Annual Meeting, October 23, 2001, Atlanta, GA.

S. Perlman, S. Nechasek and R. Dougherty, "Children's Mental Health Benchmarking: Progress and Potential," *Behavioral Healthcare Tomorrow*, June 2001.

- S. Nechasek and S.B. Perlman, "Lessons Learned from the Children's Mental Health Benchmarking Project," Eleventh Annual Conference on State Mental Health Agency Services Research, Program Evaluation, and Policy, February 13, 2001, Washington, D.C.
- P. Shea and S. B. Perlman, "Results of a Statewide Outcomes Measurement Project: Analysis of Data on Massachusetts Outpatients," Presented at American Public Health Association Annual Meeting, November 16, 2000, Boston.
- S. Perlman and R. Brien, "Using Outcome Data in a Quality Management System," Workshop presented at "Puzzled About Outcomes?" conference presented by the Massachusetts Behavioral Health Partnership, June 23, 2000, Sturbridge, MA.
- G. Farman, P. G. Goldstein, D. Nielsen, S. Perlman and L. Smutzler, "State Outcomes Benchmarking Projects: A Progress Report," Panel presentation at National Council for Community Behavioral Healthcare Year 2000 Training Conference, April 30, Arlington, VA.
- L. F. Bufka, D.H Barlow, J. Levitt, M. Patterson, S.B. Perlman, "Community Services Research: Discoveries, Challenges and Future Directions," Presentation at Conference on State Mental Health Agency Services Research, Program Evaluation and Policy, Washington, D.C., February 14, 2000.
- L. F. Bufka, J. T. Levitt, M. Patterson, J. Freed, S. B. Perlman and D. H. Barlow, "Global Outcomes Assessment and Diagnoses in Community Mental Health Settings." Poster at Annual Meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada, November 1999.
- J. T. Levitt, M. Patterson, L.F. Bufka, J. Freed, S.B. Perlman and D.H. Barlow, "Differences in Treatment Outcome among Depression and Anxiety Disorder Diagnoses in a Naturalistic Setting," Poster Presentation at Annual Meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada, November 1999.
- M. Patterson, L.F. Bufka, J. T. Levitt, J. Freed, S.B. Perlman, D.H. Barlow, "The Contribution of Stressful Life Events to Mood Disorders," Poster Presentation at Annual Meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada, November 1999.
- R.H. Beinecke and S. B. Perlman, "The Impact of the Massachusetts Managed Mental Health/Substance Abuse Program on Outpatient Mental Health Clinics," *Community Mental Health Journal*, 33:6, October 1997.
- R. H. Beinecke and S. B. Perlman, "Managed Medicaid: The Massachusetts Experience," *Behavioral Health Management*, 16:2, 14, 16, 1996.
- R. A. Weatherley, M.H. Levine, S.B. Perlman and L.V. Klerman, "National Problems, Local Solutions: Comprehensive Services for Pregnant and Parenting Adolescents." *Youth and Society*, 19:1, 1987.
- R. A. Weatherley, S. B. Perlman, M.H. Levine and L. V. Klerman, "Comprehensive Programs for Pregnant Teenagers and Teenage Parents: How Successful Have They Been?" *Family Planning Perspectives*, 18:2, 73-78, 1986.
- S. B. Perlman and R. A. Weatherley, "Limits of the Comprehensive Services Model: The Case of Adolescent Pregnancy Programs." *Journal of Policy Analysis and Management*, 5:2, 326-339, 1986.
- R. A. Weatherley, S. B. Perlman, M. Levine and L. V. Klerman, *Patchwork Programs: Comprehensive Services for Pregnant and Parenting Adolescents*. Seattle, WA: Center for Social Welfare Research, University of Washington School of Social Work, March 1985.
- S. B. Perlman, L. V. Klerman and E. M. Kinard, "The Use of Socioeconomic Data to Predict Teenage Birth Rates: An Exploratory Study in Massachusetts," *Public Health Reports*, 96:4, 335-341, 1981.
- S. B. Perlman, "Pregnancy and Parenting among Runaway Girls," *Journal of Family Issues*, 1:2, 262-273, June 1980.

SELECTED COMMUNITY and PROFESSIONAL ACTIVITIES:

- 2000 –2010 *Consumer Quality Initiatives, Inc.*, Boston
Member, Board of Directors (2000-2008)
Chair, Board of Directors (2008-2010)
- 1999 – Present *Jewish Family & Children's Service of Greater Boston*, Waltham
Member, Board Quality Improvement Committee (1999-2009)
Chair, Board Quality Improvement Committee (2009–Present)
Member, Board of Directors and Board Executive Committee (2009-Present)
- April 2000 Member, National Advisory Committee, Manual Sections 1- 3,
CARF...The Rehabilitation Accreditation Commission, Tucson, Arizona
- 1985 – 1988 Member, *Town of Lexington Human Services Committee*, Advisory to Board of Selectmen
(Appointed by Selectmen).
- 1988 –1 996 *Smith College Club of Belmont*
President, 1994 to 1996; Vice President, 1992 to 1994;
Chair, Alumnae Admissions Committee (interview and encourage local applicants), 1988 to 1991.