

# PARC 2022 Progress Report & Strategic Plan

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Pain and  
Addiction  
Research Center



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University of California  
San Francisco

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# Message to the PARC Strategic Advisory Board

PARC is pleased to provide this first report on its progress in implementing the PARC Strategic Plan. This report is intended to review our organizational goals and objectives; describe deliverables, assessment methods, and criteria for success; present the current status of PARC; and use our understanding of our progress to formulate plans for future direction.

After reviewing the report, please take a few minutes to offer your recommendations and guidance by sending us an email ([parc@ucsf.edu](mailto:parc@ucsf.edu)) that identifies gaps along with recommendations about how to address those gaps.

We welcome your feedback and encourage your active engagement. If you would like to get more involved or learn more about our working groups' efforts, please visit: [painaddiction.ucsf.edu](http://painaddiction.ucsf.edu).

We look forward to continuing this journey with all of you.

Sincerely,

The UCSF Pain and Addiction Research Center



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# Executive Summary



The mission of PARC is to accelerate the translation of research into improved patient care in the areas of pain and addiction.

Hosted by the UCSF Department of Anesthesia and Perioperative Care, PARC identified five strategic goals to guide the organization's development:



**Goal #1** – Create a cohesive and highly integrated intellectual environment that stimulates translational pain and addiction research



**Goal #2** – Develop collaborations among PARC members to increase the number of translational pain and addiction research projects



**Goal #3** – Provide education and support for the next generation of scientists and clinicians in translational pain and addiction research



**Goal #4** – Establish a financial model to support PARC



**Goal #5** – Establish a facility to integrate and conduct translational pain and addiction research studies

**PARC has made clear and quantifiable progress toward reaching these goals despite the ongoing pandemic. Selected highlights from the academic years (AY) 19–22 include:**

- Selection and recruitment of a Strategic Advisory Board
- Recruitment and hire of a PARC Program Manager
- Expansion of the core leadership team to broaden its scope and diversity
- Development of philanthropic goals through the creation of a “Case for Giving” and receipt of gifts totaling nearly \$300,000
- Cultivation of partnerships on campus and extramurally
- Establishment of a transdisciplinary faculty working group, comprised of preclinical, clinical, and social scientists, to study the role of buprenorphine in pain and addiction care

**This report provides a synopsis of our current status and accomplishments and provides ideas to accelerate our success. PARC’s expected contributions over the long term include:**

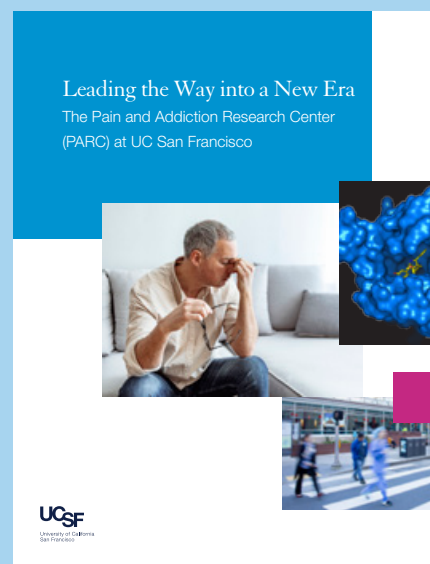
- Develop evidenced-based prevention and treatment guidelines for pain and addiction management
- Develop educational resources to improve the management of patients with pain and addiction problems
- Discover and test new treatments and novel therapeutics that will prevent or treat pain and addiction problems

**To reach these outcomes within the context of our strategic goals, PARC’s focus areas for AY23–24 will be:**

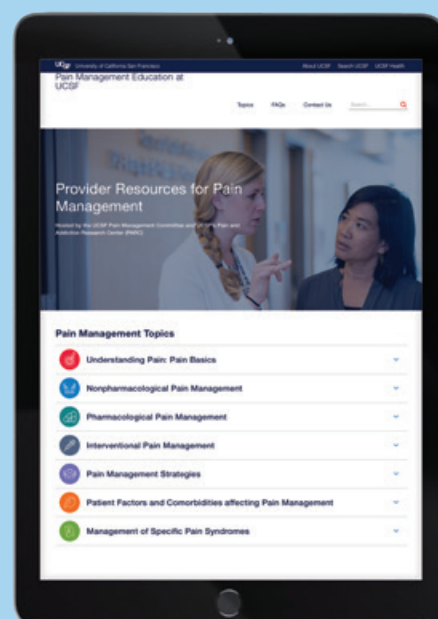
- 1** Submit 3 to 5 research grants through PARC’s working groups
- 2** Increase fundraising efforts by 50%
- 3** Continue to expand the provider and patient education website: [pain.ucsf.edu](http://pain.ucsf.edu)



*PARC Program Manager Anna Landau*



*PARC’s Case for Giving*



*PARC’s online provider and patient education website*

# Actions Taken to Support PARC's Strategic Goals

## 2019–2022



### Goal #1: Create a cohesive and highly integrated intellectual environment that stimulates translational pain and addiction research

**PARC accomplished 95% of this goal during the AY19–22.**

- PARC hosted 18 seminars and 3 research retreats for the period 7/2019–7/2022.
- PARC launched a membership drive – with 114 approved members and a contact list of over 1,200 individuals.
- PARC developed a number of communication channels, including a website, newsletter, contact list, and UCSF sub-brand.
- PARC hosted an international scientific meeting on the preclinical and clinical intersections between pain and addiction with attendees from seven countries.
- PARC convened its Strategic Advisory Board and implemented four of its recommendations:
  - Further articulate PARC's Mission and Strategic Plan
  - Develop a plan for philanthropy
  - Increase networking and collaboration
  - Increase/strengthen the connection between PARC and UCSF Health
- PARC's thematic areas grew out of discussions about PARC's Mission and its strategic plan. The chosen research themes are:
  1. Identifying new ways to prevent and treat chronic pain and addiction
    - a. Mechanisms of pain and addiction
    - b. Drug discovery and natural products
    - c. Emergency medicine and outpatient care
    - d. Neuromodulation in treatment of chronic pain
    - e. Complementary and integrative health
  2. Improving pain and addiction education for providers and students
  3. Correcting disparities in pain and addiction care



4. Furthering pediatric pain and addiction care
5. Advancing cancer pain management

Last, efforts are ongoing for a joint recruitment that was delayed due to COVID. This faculty member would have a shared appointment between Neurology and Psychiatry if the hire were to go forward.



### Goal #2 – Develop collaborations among PARC members to increase the number of translational pain and addiction research projects

**PARC accomplished approximately 60% of this goal in AY19–22. The remainder of this goal will be accomplished in AY23–24.**

- PARC convened a faculty working group with sub-streams within it:
  - This working group of 40 faculty members is submitting two proposals to study aspects of buprenorphine (suboxone), which include animal models, human physiology of buprenorphine, and qualitative studies about patient decision-making regarding buprenorphine.

While PARC was not able to conduct the planned “speed dating” concept of proposal development due to COVID, we continue to move ahead with the identification of directions for future research. In addition, the PARC Seminar Series and annual Research Retreats serve as excellent venues to recruit more collaborators.





### Goal #3 – Provide education and support for the next generation of scientists and clinicians in translational pain and addiction research

**PARC accomplished 65% of this goal in AY19–22. The remainder of this goal will be completed in AY23.**

- PARC completed development of a pain education website and is collaborating with UCSF Health Pain Management Committee to link its pain education website to ApeX, UCSF's health record. The goal of this connection is to allow clinicians easy access to this information when ordering medications and developing a pain management plan. This website can be viewed at [pain.ucsf.edu](http://pain.ucsf.edu).
- As above, PARC offered numerous seminars, research retreats, and an international conference to increase researchers' and clinicians' knowledge of pain and addiction across the period AY19–22.



### Goal #4 – Establish a financial model to support PARC

**PARC has accomplished 20% of this goal in AY19–22. The remainder of the goal will be completed in AY23–24.**

- PARC has received donor gifts of nearly \$300,000 from two foundations as of May 2022.
  - Almost \$200,000 of these funds were utilized to offer three competitive research fellowships focused at the nexus of pain and addiction. The three fellows' projects are described at the PARC website in detail at [tiny.ucsf.edu/PARCfellows](http://tiny.ucsf.edu/PARCfellows).
- PARC also publicizes relevant funding opportunities within our member network, offers introduction to foundation administrators and staff if needed, as well as offers mentorship with review of grant applications to PARC faculty. An example of the success of this strategy is the Team Lily group at Zuckerberg San Francisco General Hospital, who went on to win an award of \$1.3 million for their wrap-around program for pregnant and post-partum people with substance use and potential family separations.

- PARC maintains regular and frequent communication with UCSF Development Office. Through this connection, PARC created a "Case for Giving" that describes PARC to potential donors. In addition, PARC engages in three recommended development strategies with the Development Office. These activities include:
  - Outreach to grateful patients
  - Sharing information about PARC with institutional donors whose interests align with PARC
  - Engaging the personal and professional networks of faculty involved with PARC
- Following expenditure of Strategic Award funds, PARC's Program Manager position has continued to be supported by the Department of Anesthesia and Perioperative Care while extramural funding is secured.



### Goal #5 – Establish a facility to integrate and conduct translational pain and addiction research studies (long-term)

**In large part, due to the restrictions imposed by the pandemic, this goal was postponed and is considered to be 10% completed. This goal will continue to be addressed through AY24.**

PARC has participated in ongoing discussions regarding the relocation of the Pain Management Center to Mission Bay – Block 34. This location change will advance our growth in the areas of clinic – bench – clinic discovery.

In addition, PARC is having internal discussions about industry collaborations and the establishment of guidelines to achieve optimal outcomes for these types of collaborations.



# Going Forward: Focus Areas for AY2023–2024

**In priority order, these are the focus areas for PARC going forward: 1) research proposal development through PARC's working groups, 2) fundraising; and 3) dissemination of the [pain.ucsf.edu](https://pain.ucsf.edu) website to increase education of clinicians across UCSF.**

**GOAL #1:** Create a cohesive and highly integrated intellectual environment that stimulates translational pain and addiction research

- Continue with the successful activities listed above. Specifically, PARC will host monthly seminars, annual research retreats, and an international symposium.

**GOAL #2:** Develop collaborations among PARC members to increase the number of translational pain and addiction research projects

- Continue to facilitate and provide infrastructure for the faculty working groups that propose and conduct research on pain and addiction.
- Assist with submission of proposals for intramural and extramural funding.
  - Conduct three working group meetings
  - Conduct two “speed dating” sessions when it is safe (pending UCSF policy)
  - Hold an in-person or virtual research retreat with breakout sessions to develop ideas for grant proposals

**GOAL #3:** Provide education and support for the next generation of scientists and clinicians in translational pain and addiction research

- Promote within UCSF Health the educational resources that have been developed thus far, especially the [pain.ucsf.edu](https://pain.ucsf.edu) website. Continue to work to get the information embedded in ApeX at order screens.
- Consider developing three types of training, or sourcing trainings, that UCSF Health clinicians have mentioned would be useful: 1) training in analgesic use across

UCSF at all provider levels for CME credit; 2) increasing pain clinicians' skill in screening and treating for drug misuse; and 3) training for all providers in managing long-term co-occurring substance use disorders.

- Continue the research seminar series with an increased focus on clinical research such that offerings are 50% preclinical and 50% clinical.
- Plan to do a comprehensive assessment of how chronic pain is managed at UCSF Health. Try to understand what level of standardization there is in assessment and treatment of chronic pain. Use this effort as an opportunity to engage with UCSF Health Committees and member faculty.
- Host a retreat focused solely on the research that has been funded by PARC thus far.
- Identify a clinical pain provider to participate in medical, nursing, pharmacy, and dental student lectures and discussions on pain and addiction.

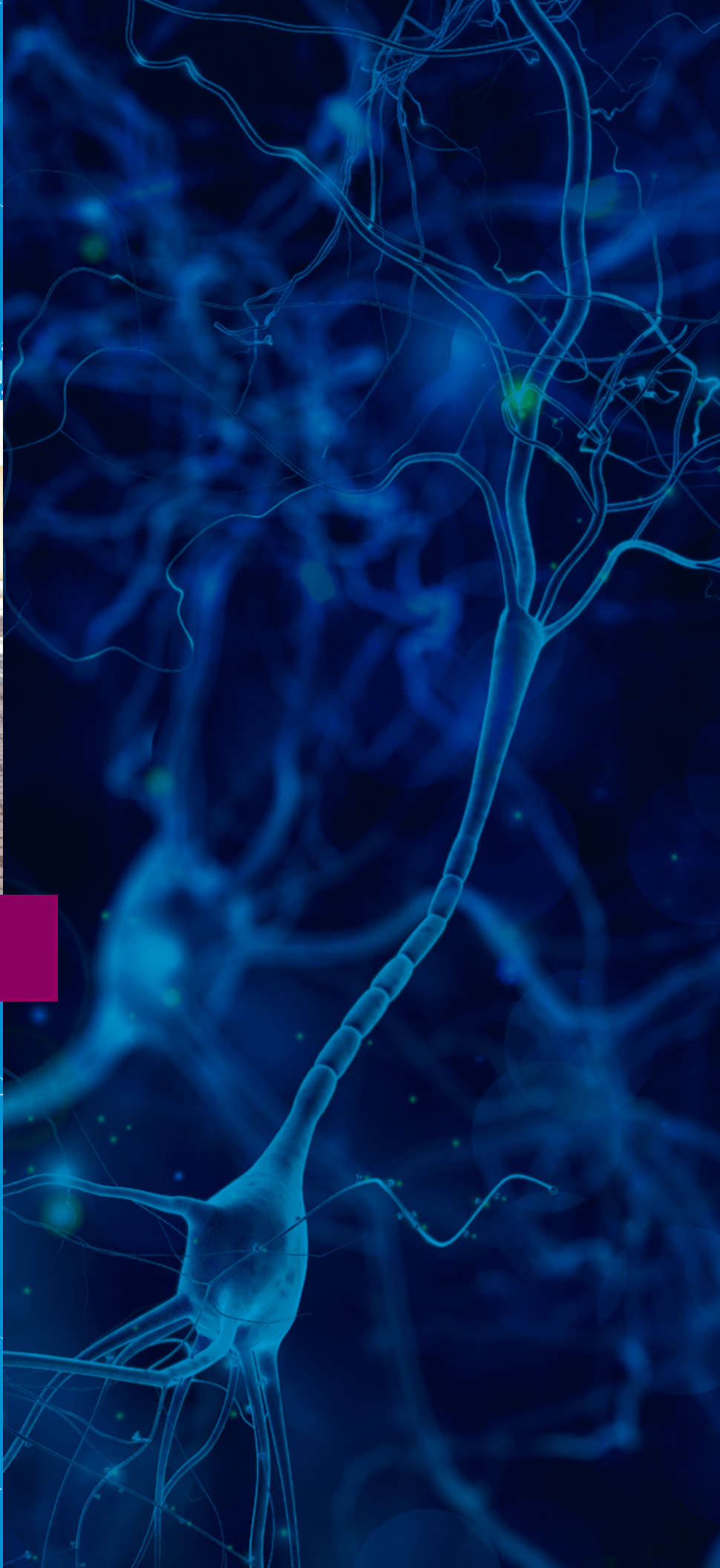
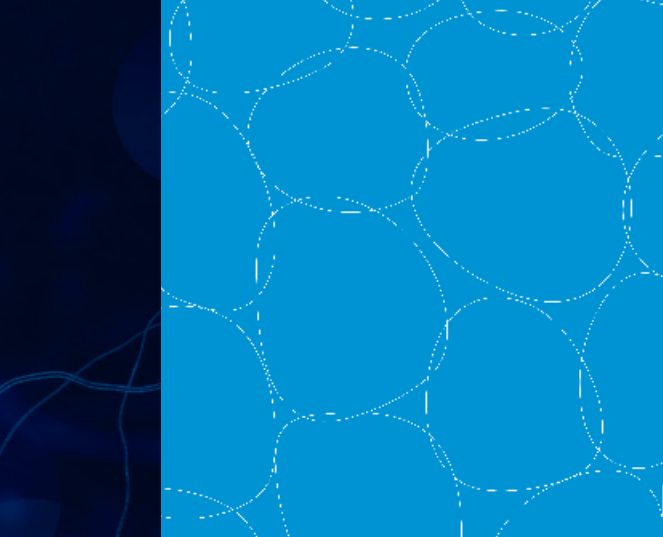
**GOAL #4:** Establish a financial model to support PARC

- Develop a pathway to gifts or other infrastructure-level donations that support PARC's Program Manager and future staff that is currently provided by the Department of Anesthesia and Perioperative Care
- Develop a “best case scenario” – regarding what UCSF and UCSF Health could accomplish with a large endowment – support for meetings, seed grants, team science, research studies? We need to summarize what a comprehensive, center-naming gift might look like.
- Write grant proposals to foundations with interests that align with PARC.
- Visualizations of UCSF Clinical & Translational Science Institute data detailing UCSF's untapped potential in Pain and Addiction.

**GOAL #5:** Establish a facility to integrate and conduct translational pain and addiction research studies

- Develop a plan for an end-to-end translational pipeline for pain and addiction at UCSF.
- Develop guidelines for industry collaborations





painaddiction.ucsf.edu



For more information on PARC, please visit [painaddiction.ucsf.edu](http://painaddiction.ucsf.edu) or contact PARC Program Manager Anna Landau at [Anna.Landau2@ucsf.edu](mailto:Anna.Landau2@ucsf.edu) or (415) 514-3767.

To learn more about how you can support PARC in leading the way into a new era, please contact Allison White, Director of Development, at [Allison.White@ucsf.edu](mailto:Allison.White@ucsf.edu) or (415) 502-5868.

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