



CCBHC ZOOM

▶ Meeting

February 5, 2019

CCBHC Meeting Agenda

- ▶ Item 1: Introductions
- ▶ Item 2: Questions and Answer Period (open forum)
- ▶ Item 3: Successes and Barriers thus far
- ▶ Item 4: Evidence Based Practice Discussion
- ▶ Item 5: Final Comments and Conclusion

A Summary Current EBP's Required:

- ▶ Wellness Recovery Action Plan (WRAP)
- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Family Check-up and Everyday Parenting
- ▶ Motivational Interviewing
- ▶ Basic Skills Training and Psychosocial Rehabilitation
- ▶ Peer to Peer (Peer to Peer)
- ▶ Family to Family (NAMI or Nevada PEPs)
- ▶ Screening Brief Intervention, and Referral to Treatment (SBIRT)
- ▶ Nursing Quit-Line
- ▶ Chronic Disease Management
- ▶ Assertiveness Community Treatment ACT

Feedback?

- ▶ Some of the EBP's list on last slide have some challenges with training and assuring competency and fidelity.
- ▶ What are some alternatives EBP's related to
 - ▶ Family Check-up and Everyday Parenting
 - ▶ Chronic Disease Management

Questions to think about related to next list of EBP's

- ▶ 1. What is your experience with these EBP's?
- ▶ 2. Have you ever been trained in these EBP's?
- ▶ 3. Provide some alternatives to the following EBP's.

Solution Focused Brief Therapy (SFBT)

- ▶ Therapy model that asserts the importance of building on the resources and motivation of clients because they know their problems best and are capable of generating solutions to solve their own problems. Central to *SFBT* is client strengths and resiliencies, clients' prior ability to develop solutions, and exceptions to problems. Discussion of exceptions and movement towards future adaptive behaviors allows the clinician and client to focus on solutions to the client's problem, rather than dwelling on the problem itself. The emphasis of *SFBT* is on the process of developing an image of a realistic solution rather than dwelling on the past manifestation of the problem, with the focus being on identifying past successes and exceptions to the problem in an effort to accomplish set goals.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Other Trauma Models?

- ▶ TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events.
- ▶ It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques.
- ▶ Children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors related to traumatic life events; and enhance safety, growth, parenting skills, and family communication.

Integrated Dual Diagnosis Treatment (IDDT)

- ▶ Psycho-educational: Dissemination of information, didactic
- ▶ Skills-training: Instructional, experiential
- ▶ Process: Insight oriented, focus on group dynamics
- ▶ Support: Mutual responsibility, focus on community
- ▶ Diagnostic Specific: PTSD, Depression, Anxiety, Substance Use
- ▶ Theoretically-Oriented: DBT, CBT, MI, ACT
- ▶ Setting Specific: inpatient, outpatient, drop-in

Illness Management and Recovery

- ▶ The Illness Management and Recovery (IMR) Program helps people set meaningful goals for themselves, acquire information and skills to develop more mastery over their psychiatric illness and make progress towards their own personal recovery.
- ▶ IMR is an evidence based practice that was developed at Dartmouth Psychiatric Research Center through a contract from the Substance Abuse Mental Health Services Administration's (SAMHSA) Center for Mental Health Services (CMHS) and a grant from the Robert Wood Johnson Foundation (RWJF).
- ▶ IMR is designed for almost anyone who experiences symptoms caused by a major mental illness. Specifically, research and educational materials cover 4 areas of symptoms: schizophrenia, schizoaffective disorder, bipolar disorder, major depression.

IMR Continued:

- ▶ **The Goals of IMR are to:**
 - ▶ Instill hope that change is possible.
 - ▶ Help people establish personally meaningful goals.
 - ▶ Teach information about mental illness and treatment options.
 - ▶ Develop skills for reducing relapses, dealing with stress, and coping with symptoms.
 - ▶ Provide information about where to obtain needed resources.
 - ▶ Help people develop or enhance their natural supports for managing their illness and pursuing goals

Site Visit Schedule:

February/March/April 2019:

- ▶ Bi-annual Status Check Site Visits at all 10 CCBHC's

July/August/September 2019:

- ▶ HCQC/CCBHC Certification on site reviews for all 10 CCBHC's

Training Calendar:

March 2019:

- ▶ **March 5:** Via ZOOM. State Certification Guide: Other Reporting and Organizational Authority and Accreditation

Training Calendar Continued:

April

- ▶ **April 3:** CAMS Training in Person (Reno)
- ▶ **April 4:** CAMS Training in Person (Las Vegas)
- ▶ **April 16:** (Tentative) Via Zoom. Ambulatory Withdrawal Management (TBA)
- ▶ **April 30:** (Tentative) Data Reporting

References:

- ▶ Basic Skills Training (BST) Division of Health Care Financing and Policy
- ▶ Brief Interventions and Brief Therapies for Substance Abuse TIP 34 (2012)
- ▶ Center for Substance Abuse Treatment, What are Peer Recovery Support Services? HHS Publication No. (SMA) 09-4454. Rockville, MD: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2009.
- ▶ Enhancing Motivation For Change in Substance Abuse Treatment, SAMHSA, Tip 35 (2013)
- ▶ Family to Family, National Alliance on Mental Illness, <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family>
- ▶ Illness Management and Recovery, Practitioner Guides and Handouts, SAMHSA, (2009)
- ▶ Integrated Dual Disorders Treatment IDDT, Dartmouth PRC Hazelden (2011)
- ▶ The Behavioral Health Recovery Management project is an initiative of Fayette Companies, Peoria, IL; Chestnut Health Systems, Bloomington, IL; and the University of Chicago Center for Psychiatric Rehabilitation.
- ▶ The Family Checkup and Everyday Parenting: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4169741/> (2015)
- ▶ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), <https://tfcbt.org> (2018)
- ▶ Wellness Recovery Action Plan (WRAP) SAMHSA's NREPP (2010)

Thoughts and Questions?

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