



## South Dade C-START Community-Based Learning Collaborative

A project of

Safe Families Partnership Network & Kristi House

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# ORIENTATION GUIDE

## What is the South Dade Community-Based Learning Collaborative?

The **South Dade CBLC** on Trauma-Focused Cognitive-Behavioral Therapy is a 9-month training and implementation project for professionals who are committed to working together to build the capacity of their communities to provide TF-CBT to all abused and traumatized children who need it. Participating **mental health professionals** will learn to do TF-CBT with a high degree of skill and fidelity. **“Broker”** professionals, those who identify abused children, construct treatment plans, refer them for mental health services, and case management will learn about TF-CBT, referral criteria for TF-CBT, **Evidence-Based Treatment Planning (EBTP)**, and case management skills to promote successful treatment outcomes. Clinical and Broker professionals form **Community Change Teams** and work together to:

- **Build capacity to provide TF-CBT in their community,**
- **Implement TF-CBT and EBTP in their community,**
- **Ensure that all children and families who need TF-CBT receive it,**
- **Identify and overcome barriers to receiving TF-CBT,**
- **Monitor progress in achieving these goals, and**
- **Sustain the use of TF-CBT and EBTP over time after the learning collaborative is completed.**
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The **South Dade CBLC** is about learning new practice skills and applying and using them regularly in everyday practice over time. The **South Dade CBLC** learning activities consist of a **Pre-Work** learning period, one 2-day **Learning Session** and one 1-day **Learning Session** with **Action Periods** in between over a 9-month period. CBLC participants commit to actively participating in all of the learning and implementation activities.

## What is a Community-Based Learning Collaborative?

A Learning Collaborative is **not**:

- A one-time training event
- A trainer lecturing to you
- Concerned only with building knowledge

A **Community Based Learning Collaborative**

(CBLC) is an approach to training and implementation of new practices designed to:

- 1) build practitioner **knowledge, skills,** and **competence** in a best practice through intensive, collaborative training and consultation activities;

and 2) overcome organizational, community, and other common **barriers** to using and sustaining the new practice in everyday practice.

In a CBLC, clinical and broker professionals from several organizations come together to form **Community Change Teams** that will work collaboratively with a training faculty to **build the capacity of their communities** to deliver a new, evidence-based practice to clients who need it. Professionals in the Community Change Teams include **mental health professionals** who provide mental health treatment, and **Brokers**, professionals who identify clients who need mental health services, refer them for mental health services, monitor the outcome of treatment, and often take action based upon the outcome of treatment. Both mental health and broker participants include front-line practitioners, supervisors, and senior leaders of agencies and organizations.

**A Learning Collaborative involves:**

- Multiple Learning Sessions
- Ongoing consultation
- Implementing the new practice
- Overcoming barriers
- Sustaining the use

Learning is designed for immediate application in daily work. The Learning Session is followed by an **Action Period** during which practitioners apply their new knowledge and skills while receiving regular consultation from the trainers. During Action Periods, barriers to treatment implementation are identified. Problem-solving as a team to overcome identified barriers to implementation is a central part of the CBLC. During the CBLC, case, agency, and community level **metrics** are used to assess progress and provide regular feedback to team members. Strengths, successes and areas for improvement are highlighted.

### **What will the South Dade CBLC Include?**

- Clinical training for therapists and clinical supervisors in TF-CBT from a nationally certified trainer who has completed the Train-the-Trainers program conducted by the developers of TF-CBT.
- Training for brokers on TF-CBT, Evidence-Based Treatment Planning, and methods of case management for treatment success from Kristi House staff who have been using this model in South Florida since 2012.
- Training for supervisors on supervision methods for TF-CBT.
- Information for senior leaders on methods for developing and sustaining a supportive organizational and community environment for delivering TF-CBT and other evidence supported treatments.
- Training in identifying and overcoming barriers to using TF-CBT with appropriate clients.
- Ongoing consultation for all participants during Action Period.
- Access to the web-based resources library.

### **Learning activities:**

- A **Pre-Work** phase prior to the first Learning Session is needed for clinicians to do preliminary reading, web-based learning, and team building in order to maximize the utility of the in-person learning session.

- The **Learning Session (2 days) and the Booster Session (1 day)**. Brokers and Senior Leaders attend all days.
- During the **Actions Period**, clinicians and brokers practice skills with expert consultation, identify barriers, and apply strategies to overcome these barriers to implementation
- Regular telephone **case consultation** with faculty for therapists, brokers, supervisors, and senior leaders will be provided.

## What are the Benefits of the South Dade CBLC?

- Be a partner in creating positive change in your community to improve mental health services for all abused and traumatized children and their families.
- Be involved with highly trained, experienced colleagues from relevant agencies in your community and around the state in an ongoing professional learning community.
- Receive intensive, **free** training and case consultation from experienced, recognized specialists in child trauma and the intervention.
- Clinicians become highly clinically trained in the use of the most well-supported treatment approach for traumatized children and their families, TF-CBT.
- Brokers become highly trained in understanding TF-CBT, referral criteria, Evidence-Based Treatment Planning and case management for treatment success.
- Access to a large library of practice materials and resources.
- Receive **FREE continuing education hours**.
- Receive a **Certificate of Completion**.

## What are My Responsibilities as a South Dade CBLC Participant?

- Read the *Orientation Manual*.
- Complete the web-based Participant Registration Form at this link: <https://www.surveymonkey.com/r/CSTART2017>
- Complete all **Pre-Work** assignments for your role (See box below).
- Attend the **one** 2-day Learning Session and one 1-day Learning (Booster) Session over the course of the 9-month learning collaborative.
- Complete monthly web-based metrics surveys during the CBLC.
- Participate in the scheduled 1-hour teleconference group consultation calls over the 9-month period (a minimum of **12** for clinicians; and **6** for brokers and senior leaders).
- Complete the follow-up survey at the end of the learning collaborative.

### Responsibilities for Therapists and Clinical Supervisors Only

- Complete the free web-based training course, **TF-CBTWeb** prior to attending Learning Session 1. (available at: [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt))

- Complete the full TF-CBT treatment protocol with at least **2** child or adolescent trauma clients prior to the end of the learning collaborative. (**Note:** We recommend registering at least **5** child or adolescent trauma clients in order to complete the two required cases)
- Complete the **pre- and post-treatment Clinical Assessment Packets** with at least **2** TF-CBT training cases prior to the end of the learning collaborative.
- Complete weekly web-based metric surveys concerning your use of TF-CBT with training cases.

### **Pre-Work Learning Activities**

The **Pre-Work** phase includes self-directed learning activities designed to prepare participants for the first Learning Session. These Pre-Work activities enable us to provide more advanced training during the Learning Session. Pre-Work activities differ for Therapists, Brokers, Supervisors, and Senior Leaders.

#### **All Participants**

Pre-Work activities to be completed by **all participants** prior to Learning Session:

1. Read this Orientation Guide.
2. Register for the **South Dade CBLC** using the electronic registration
3. Read the summary of TF-CBT from the **Child Welfare Information Gateway**. (<http://www.childwelfare.gov>)
4. Read the summary of TF-CBT from the **California Evidence-Based Clearinghouse for Child Welfare** (CEBC). (<http://www.cachildwelfareclearinghouse.org/>)
5. Read the summary of TF-CBT components, **PRACTICE**.

#### **Therapists and Supervisors only**

1. Complete the free web-based learning course, **TF-CBTWeb** available at [www.musc.edu/tfcbt](http://www.musc.edu/tfcbt).

#### **Senior Leaders only**

1. Read the ***Kauffman Best Practices Report***.

#### **Brokers Only**

1. Review the ***NCTSN Child Welfare Trauma Training Toolkit Comprehensive Guide*** at <http://learn.nctsn.org/enrol/index.php?id=25>
2. Review Materials related to **Evidence-Based Treatment Planning**.

This orientation guide was adapted from Project BEST and the PATS program of the National Crime Victims Research & Treatment Center at Medical University of South Carolina.