

## FOR FRONT LINE PROVIDERS

# Cognitive Behavioral Therapy for Psychosis (CBTp)

*A highly effective evidence-based practice which helps people understand and successfully manage troublesome and distressing symptoms*

## What is CBTp FLP?

CBTp for Front Line Providers (CBTp FLP) is an evidence-informed practice with proven effectiveness in reducing distress and functional deficits associated with psychotic symptoms. CBTp FLP targets symptoms and resulting impairments across the spectrum of psychosis. This model is for individuals 'at-risk' of developing psychosis (prodromal) to early onset (including first episode/first break), including people who have experienced chronic psychotic symptoms over many years.

CBTp FLP focuses on CBTp techniques appropriate for a wide range of providers including clinicians, case managers, and peer providers. These behavioral approaches support better effectiveness in engagement, client centered care planning, and implementation of services.

With CBTp,FLP clients experience improved outcomes, increased engagement in treatment, and a better understanding of their own experience. Providers experience an increase in meaningful interactions and a sense of being more effective. CBTp FLP allows all members of the treatment team to access a toolbox of techniques that can help people lower their perceived distress and increase functioning.



- Licensed & non-licensed frontline providers, including clinicians, case managers, and peer professionals serving adults or TAY
- 2 days of training for providers and supervisors together
- 1 additional day training for supervisors only
- 11 sessions of fidelity coaching with supervisors (1st two sessions will include the full team, with supervisors and staff - following 9 sessions with supervisors only)
- Fidelity checklist protocol for supervisors

Felton Institute and the California Institute for Behavioral Health Solutions are implementing CBTp across California with multidisciplinary teams of clinicians, case managers, and other frontline providers.

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*CBTp for Front Line Providers is designed for teams and requires the team's respective supervisor to attend the entire training - two days with their staff and one additional day to learn how to hold the new practice habits in place after the training. In addition, ongoing administrative involvement and support is a key component to successful implementation.*

### IMPLEMENTATION PROTOCOL

Implementation of CBTp FLP is done using CIBHS' Community Development Team (CDT) model of implementing evidence based practices in behavioral health.

### ONGOING SUPERVISORY PRACTICE IMPROVEMENT

We use the Evidence-based Clinical Supervision Model developed by Derek Milne.

### TRAINING AND FIDELITY COACHING COSTS

The cost is \$3,500 per person for both providers and supervisors. Minimum team of 1 supervisor and 3 providers required - minimum cost for one team: \$14,000.

### TRAINING AND IMPLEMENTATION ACTIVITIES

#### Prior to Training: Mandatory Pre-Training Participant Survey

To be completed electronically by all front line providers and supervisors in your organization.

#### One Month Prior to Training: Pre-Implementation Planning Meeting

Will be completed via webinar or conference call.

#### Month 1: Training

- Two day, in person training in CBTp FLP techniques. Participants will have the opportunity to both observe and then practice CBTp FLP techniques in a safe environment and will gain feedback from both peers and trainers. **Front Line Providers and Supervisors are required to attend.**
- One day for supervisors **only** to learn how to supervise to fidelity using a fidelity checklist and the Evidence-based Clinical Supervision Model developed by Derek Milne.

#### Post Training: Coaching

Supervisors will join calls to support adoption of CBTp FLP and to problem solve issues that arise during clinical implementation. Providers will join the first month of coaching to encourage engagement in the model. There will be 11 sessions of coaching offered over the course of 8 months. Participation in coaching is required.

#### Implementation Support

Agency administrators join monthly calls to address logistical, technical, and other organizational or systemic challenges.

#### Evaluation Protocol

Evaluation is deployed to monitor effectiveness of practice.

#### Data Collection

Evaluation data will be collected from all participating agencies.

#### Bi-Annual Program Performance Dashboard Report



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We will accommodate the needs of your organization in every way we can while maintaining fidelity. Please contact us with questions.

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