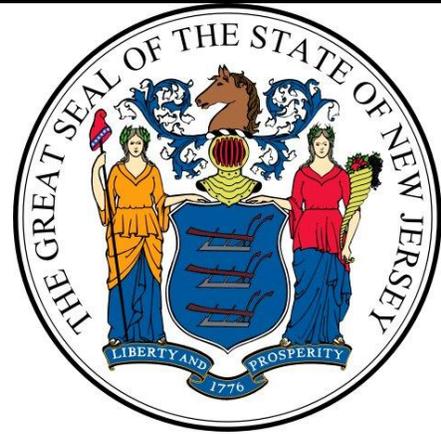


# New Jersey



## **FY2018 TTI PROJECT:**

### ***RECOVERY ORIENTED COGNITIVE THERAPY (CT-R)***

#### **KEY OUTCOMES:**

- The TTI initiative of the New Jersey Division of Mental Health and Addiction Services (DMHAS) involved training staff from four behavioral health homes (BHHs) on Recovery-Oriented Cognitive Therapy (CT-R), so that the staff could better serve attendees, especially those with complex physical/medical and mental health challenges. The CT-R competencies enabled the staff to assist individuals attending the BHH with building relationships, developing trust, and identifying and moving forward with their life aspirations by providing them with practical recovery-oriented, strengths-based, hopeful strategies and techniques.
- DMHAS developed competency of staff within four Behavioral Health Homes to implement Recovery-Oriented Cognitive Therapy (CT-R) with people they serve who have multifaceted behavioral health and complex – often neglected – physical/medical and mental health challenges. Most people served need assistance with engagement, motivation, building relationships, formulating trust, and identifying and moving forward with life aspirations.
- Some agencies used a “Flourishing Scale” that assessed how individuals could be doing more with their lives and having more of the lives they want. The Recovery Mapping Process was also used with clients to help them identify the goals, behaviors and beliefs systems necessary to support the attainment of their goals.
- The training and consultation in CT-R was provided through a contract with the Aaron T. Beck Center for Psychopathology Research and Rutgers-University Behavioral Health Care (UBHC). The project was designed to address each individual’s self-identified challenges through a person-centered and strengths-based approach.
- Using a train-the-trainer model combined with technical support, the initiative not only benefitted the participating agencies, but also helped build sustainability within Rutgers-UBHC. As a result, Rutgers-UBHC has the capacity to offer CT-R training and consultation services to other state-contracted agencies.

### **Reported Outcomes from CT-R Initiative:**

- Self-reported outcomes and lessons learned from the BHH's participants were highlighted at a statewide CT-R Summit, where our trainers from the Aaron T. Beck Center and Rutgers-UBHC, the leadership DMHAS and the National Association of State Mental Health Program Directors (NASMHPD) all gathered to learn about the project and discuss future opportunities for CT-R participants in all types of settings to reach who could potentially benefit from this hopeful and creative approach.
- Specific outcomes reported by staff in the BHHs included improved daily functioning, reduced use of emergency room visits, reduced hospitalizations, increased motivation, improved engagement in treatment, greater development of life aspirations; increased physical activity, better adoption of behavioral routines; greater volunteering for new tasks and situations, and improved family relationships. In addition to these findings, project staff observed an enhancement of the peer role on the teams and a noticeable positive improvement in staff morale and their perceptions about how to engage with individuals they serve who have challenges.
- Staff from BHHs reported improved morale and feeling re-invigorated by the newly acquired approach, as it was more about helping others "having a life" than it was about just addressing their clinical needs. They found that the conversations with those they served also changed, as assisting individuals with their own self-directed life goals made it much easier to gain their cooperation and willingness to participate in self-care to improve their overall health and well-being. The emphasis on engagement and creative methods used in CT-R seemed set a tone, and their positive interactions between staff and individuals attending the BHHs would then encourage additional interactions.

### **Ongoing Project Activities After Grant Period:**

- DMHAS has the goal of integrating CT-R into training and consultation of other evidence-based practices statewide.
- Planning activities with Rutgers-UBHC and with the Rutgers School of Health-Related Professions are underway to implement this initiative.

*For more information, contact:*

Margaret Molnar, Special Assistant for Consumer Affairs, DMHAS  
5 Commerce Way, Suite 100; P. O. Box 362  
Hamilton, NJ 08691  
Phone: (609) 438-4338; Email: [margaret.molnar@dhs.nj.gov](mailto:margaret.molnar@dhs.nj.gov)