

Vermont



FY2018 TTI PROJECT:

RECOVERY ORIENTED COGNITIVE THERAPY (CT-R)

KEY OUTCOMES:

- During the contract period of mid-November through late August 2018, Vermont established a positive working relationship and sub-contract agreement with the Aaron Beck Psychopathology Research Center (ABPRC) from the University of Pennsylvania to provide training and weekly consultation to five selected sites in Vermont that provide community mental health services. Over the course of the contract period, the key staff at these sites have progressively increased their skill level and confidence surrounding the practice of CT-R, have expressed enthusiasm and support for the practice, and have reported positive outcomes as a result of their participation in this learning initiative. While the actual contract period is ending, the work on implementing and expanding CT-R in Vermont will continue. Without the initial funding from SAMHSA, Vermont would not have been able to implement this practice nor realize how impactful just a few months of CT-R training and consultation could be on providers, consumers, and the system of care.
- This investment from SAMHSA allowed eight of ten community mental health centers, the state psychiatric hospital, the secure residential program, and a peer-run program to gain training and expertise around Recovery-Oriented Cognitive Therapy. Vermont encourages a culture of services that focuses on resiliency, recovery, and individual strengths. The CT-R grant opportunity offered renewed and lasting energy, optimism, and action among the community providers that participated in the training.
- Vermont was able to offer three separate 3-day intensive CT-R trainings to over 150 staff statewide, offer weekly consultation to further develop CT-R skills among a core group of 10 people (1-3 people from each of the five sites) for almost a year, engage almost 20 individuals with a lived experience of mental illness more successfully using CT-R, and influence some in-house approaches to documentation, communication, and goal setting at several community mental health sites.

Ongoing Project Activities After Grant Period:

- During FY19, the five pilot sites have sustained their efforts in training and the provision of CT-R with many successes identified.
- Additional work has been completed on compiling materials for the online introductory modules. The CT-R experts from UPenn have been actively involved and will continue to offer consultation and review the modules as needed.
- Vermont's Department of Mental Health agreed in May 2019 to devote some funds to conduct another 3-day intensive CT-R training. Currently, they are developing a plan on how to offer the training to staff at no cost to ensure that those who want to attend are able to do so.
- Vermont will offer CT-R baseline fidelity assessments in September 2019 to the sites using CT-R. The UPenn experts will conduct these assessments, provide written reports, and assist the sites with developing fidelity action plans to sustain high-quality CT-R services. Coaching and booster sessions will also be available to the CT-R sites and employment counselors who have attended one of the 3-day intensive CT-R trainings.
- In early December 2019, Vermont will hold a statewide CT-R Learning Collaborative Event. This will bring together all the staff who participated in the weekly consultation calls as part of the original CT-R training grant and other staff who attended the 3-day CT-R intensive training and are using CT-R regularly in their work. UPenn consultants will be in Vermont at this time and will participate in the kick-off event. The members of the learning collaborative will be asked to develop a vision and mission for the collaborative and to share ideas on how they would like to continue their skill development and ensure fidelity to the practice as well as how to measure the impact of their efforts.

Benefit of the 2018 TTI Project:

- The grant has assisted with systems change at the program and state levels. The powerful impact the CT-R practice has had on culture change at these agencies is comparable to what Vermont has witnessed when implementing evidence-based supported employment and demonstrating that people can and want to work in their community. CT-R has supported Vermont in systematically and intentionally creating successful and positive experiences for people to build confidence and resilience, as well as helping shape conversations around how to support people's fundamental wellbeing and sense of self.

For more information, contact:

Laura Flint

Department of Mental Health

Waterbury, VT 05671-1010

Phone: (802) 241-0094

Email: Laura.Flint@Vermont.gov