

Georgia



FY2018 TTI PROJECT:

RECOVERY ORIENTED COGNITIVE THERAPY (CT-R)

KEY OUTCOMES:

- The Georgia DBHDD Transformation Transfer Initiative (TTI) was developed on the foundation of the Georgia Beck Initiative (GBI) which was developed over five years ago. The GBI evolved from efforts to decrease institutionalization of individuals with severe mental illness and is an effort to meet the challenge by providing hospital and community-based providers training in evidence-based cognitive-behavioral treatment. Most of the funding to support the previous initiative was derived from adult mental health state budgets as well as the mental health block grant budget and the training had a limited reach.
- Georgia DBHDD partnered with Georgia State University Center of Excellence (GSU COE) for Children's Behavioral Health and the Aaron T. Beck Psychopathology Research Center of the University of Pennsylvania to implement Recovery-Oriented Cognitive Therapy (CT-R) training and consultation. The TTI has afforded the opportunity for Georgia DBHDD to enhance its efforts to expand CT-R training and expand the group of providers who are certified and competent in CT-R. Specifically, the TTI focus has been able to provide training to: Certified Peer Specialists (CPSs) serving on ACT and Community Support Teams; direct care staff working in Psychiatric Residential Treatment Facilities (PRTFs); supervisors of staff trained in CT-R; individuals already trained in CT-R requiring recertification; and, to develop an apprentice trainer to expand trainer capacity.
- Over the course of the TTI grant, the CT-R Apprentice Elite Trainer made great strides in preparation. The apprentice worked with the Senior Trainer as well as the two Georgia Elite Trainers to move through the various areas of competencies toward becoming an Elite Trainer.
- Apprentice Trainers start the training process by observing expert and Elite Trainers while they/as they deliver workshops. Next, the apprentice begins presenting workshop sections observed by Elite Trainers, who provide feedback utilizing a structured form. Ultimately, apprentices deliver a complete workshop, receiving feedback.

- Apprentices initially observe Elite Trainers lead consultation sessions. Over time, apprentices' participation increases, taking on more responsibility, receiving feedback from the Elite Trainers with a structured form. Ultimately, apprentices lead full sessions observed by Elite Trainers.

Ongoing Project Activities After Grant Period:

- Bi-monthly coordination meetings are ongoing with Dr. Grant, one of the developers of CT-R, and Dr. Ellen Inverso, to discuss Phase II work plan.
- A new Apprentice Elite Trainer was hired in December 2018 and is working with the UPenn Senior Trainers as well as GSU Elite Trainers to learn how to facilitate and support others in the protocol. He is co-facilitating training sessions, co-leading consultation sessions, and completing CTRS with support from Elite and Senior Trainers.
- The Peer Specialist Cohort is in their fourth week of consultation after UPenn Senior Trainers conducted site visits here in Georgia during March 2019 and met with each Peer Specialist to discuss their needs and next steps. There are weekly consultation calls and they are uploading audios for review and feedback. An additional site visit was completed in May 2019 with confidence full competency will be reached during the summer in 2019.

Benefit of the 2018 TTI Project:

- This project expanded the treatment reach to a larger variety of consumers (children, youth, young adults, individuals in recovery). But, the ultimate return on investment is the success of the individuals served and the benefit of the recovery focused approach of CT-R to service delivery.

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