

Montana



FY2018 TTI PROJECT:

RECOVERY ORIENTED COGNITIVE THERAPY (CT-R)

KEY OUTCOMES:

- Montana subcontracted with the Aaron Beck Center at the University of Pennsylvania to introduce recovery-oriented cognitive therapy (CT-R) into mental health services in the state. The training was implemented to enhance the skill set Montana State Hospital (MSH) and community staff at various levels of training and experience, improve outcomes for individuals with serious mental illness, while promoting and improving the continuity of care.
- The first three-day training workshop facilitated by Dr. Paul Grant and Dr. Ellen Inverso was held Jan. 2018. This included 40 participants in this training that encompassed mental health centers, ICBR group home staff, Peer Support, PATH programs, AWARE group homes and diverse staff from MSH. The second three-day training workshop facilitated by both Dr. Grant and Dr. Inverso was held March 2018 with 48 people at this training consisting of community partners and MSH staff. And, the third and final three-day training workshop facilitated by Dr. Grant and Dr. Inverso was held in July 2018 at MSH with 37 attendees. Again, participants consisted of diverse community partners and MSH staff, including Psychiatric Technicians from MSH for a total number of 125 people trained across Montana thus far.
- Multiple weekly consultative calls occurred during the grant time with Dr. Inverso and Dr. Grant. These calls consisted of milieu focus calls, individual, group therapy focus calls and train the trainer calls.
- Montana implemented a Community Reintegration Committee comprised of Montana State Hospital, NAMI, DPHHS and Montana Peer Network to discuss avenues to collaborate and partner to reduce admissions/readmissions to MSH. The committee will continue after the grant period.

Ongoing Project Activities After Grant Period:

- Meetings have been implemented with various units to discuss use of Recovery Oriented approaches to help with more diverse challenging cases. The focus was on Recovery Mapping and utilizing framework of Recovery Oriented Cognitive Therapy.
- Monthly trainings have begun on Recovery Oriented Cognitive Therapy with each new orientation group that consists of all new employees to educate about the framework of Recovery Oriented Cognitive Therapy.
- Dr. Paul Grant and Dr. Ellen Inverso were back in Montana to offer ongoing training under Train-the-Trainer and additional CT-R trainings throughout the state utilizing left over contract monies and combing with block grant funding. They have completed trainings in Missoula, Bozeman and Billings and will be returning to Montana in August.

Benefit of the 2018 TTI Project:

- The main goal is consistent; to improve and promote ongoing community partnerships toward recovery and resiliency on behalf of the diverse individuals served in Montana. This theoretical framework has increased staff motivation along with the ability to increase confidence in clients which leads to belief that one can be successful as they journey within the path of recovery. The framework not only builds an appetite for success for clients, but it builds motivation and hope within staff because they can see the difference the techniques utilized can make in the population they are serving.

For more information, contact:

Sherri Bell, LCSW
Director Clinical Services
Montana State Hospital
PO Box 300
Warm Springs, MT 59756
Phone: 406-693-7005

Email: SBell@mt.gov