

# **Increasing Access to EBPs: *Now with Telehealth***



**Kristin Savicki, Ph.D.**

**Louisiana Department of Health: Office of Behavioral Health**

**NASMHPD CYF Conference**

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Center for Evidence to Practice



## Expanding Access to Evidence-Based Practices in Behavioral Health

**LSU Health**  
NEW ORLEANS  
School of Public Health



<https://laevidencetopractice.com/>

# What's on the Menu?

## ▶ *Parent Management Training*

- Parent Child Interaction Therapy
- Triple P: Positive Parenting Program (Standard Level 4)

## ▶ *Family Systems Interventions*

- Homebuilders
- Multisystemic Therapy
- Functional Family Therapy
- Functional Family Therapy- Child Welfare

## ▶ *Trauma Treatment*

- Child Parent Psychotherapy
- Preschool/Youth PTSD Treatment
- Trauma-Focused CBT
- EMDR Therapy

# Center for Evidence to Practice: 2019 Training Focus

EBPs for children ages 0-7 and their caregivers,  
and EBPs for trauma treatment



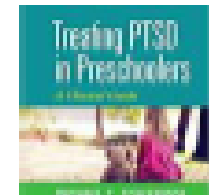
Parent-Child  
Interaction Therapy



Child-Parent  
Psychotherapy



Trauma-Focused Cognitive  
Behavioral Therapy



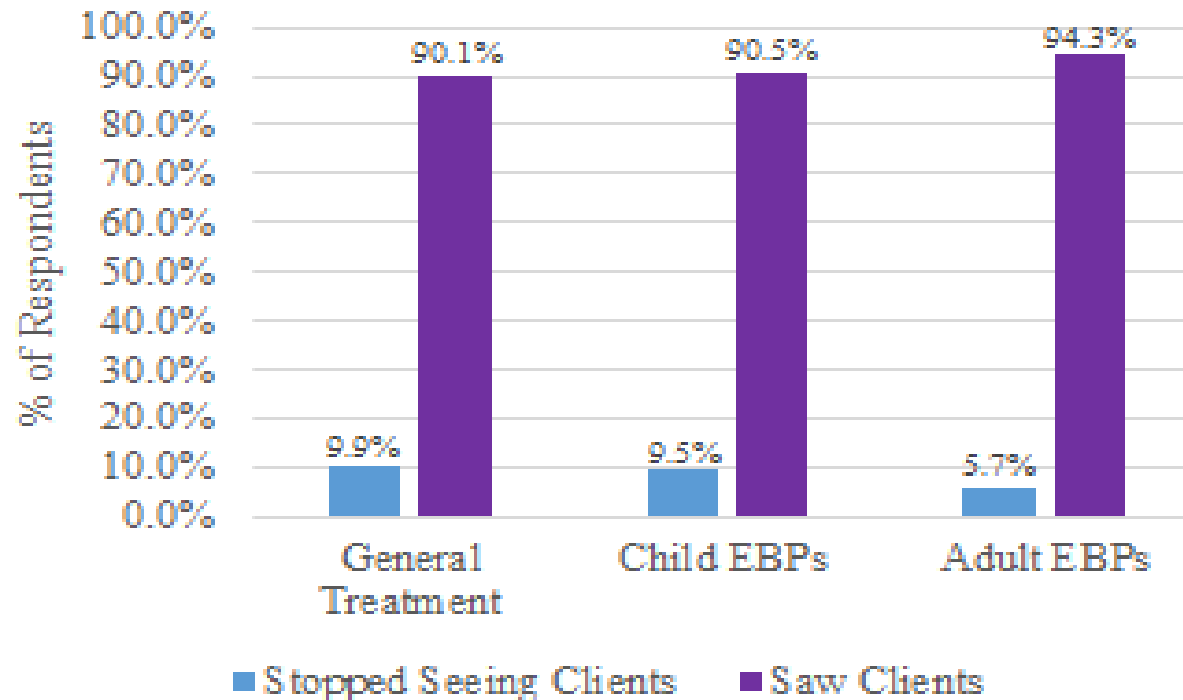
Preschool PTSD  
Treatment

*Then there was COVID...*

# Overnight Transformation

90% of Medicaid-funded child EBP providers reported continuing to see clients via telehealth

**Continuity of services categorized by treatment groups (excluding NFP)**



Source: Center for Evidence to Practice Telehealth Survey:

<https://docs.google.com/viewerng/viewer?url=https://laevidencetopractice.com/wp-content/uploads/2020/08/LA-BH-TELEHEALTH-SURVEY-BRIEF.pdf>

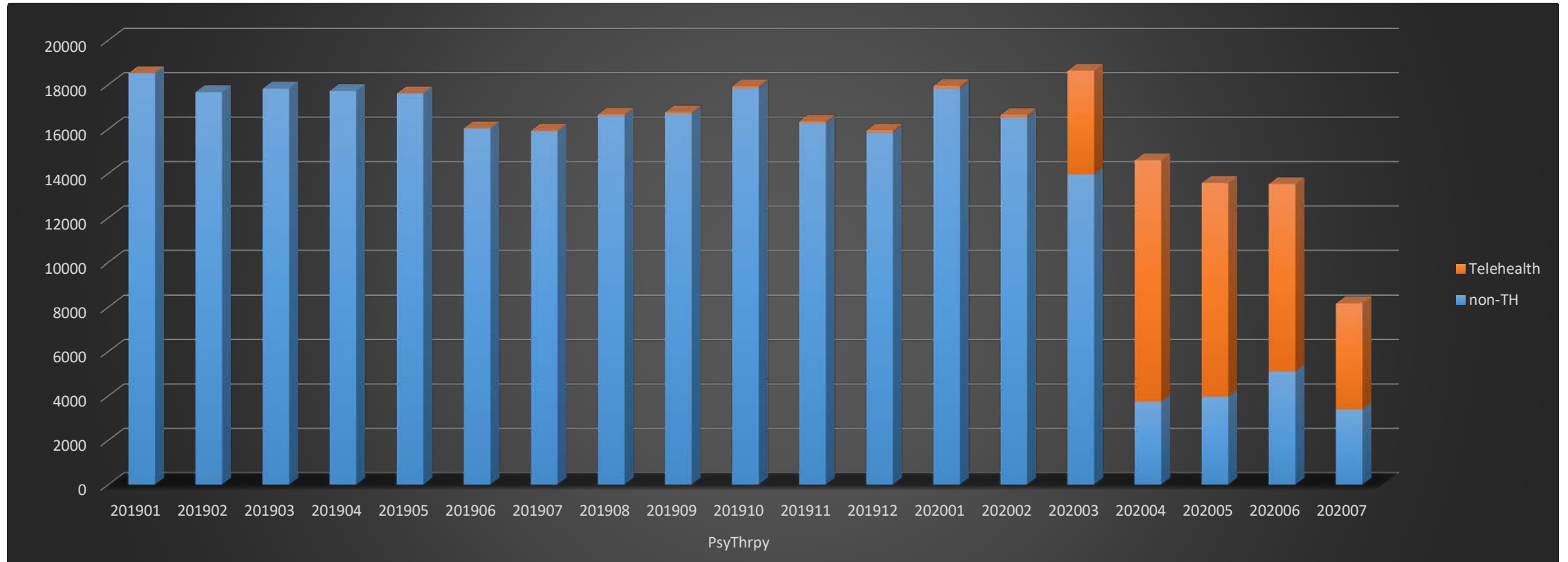
# Telehealth Utilization

## Pre and During Pandemic Comparison

- ▶ There was a significant increase (almost 6,000%) in the number of **members** receiving a specialized behavioral health service through a telehealth platform, from approximately 300 members per week in November (2019) compared to approximately 20K members per week in March (2020).
- ▶ There was a corresponding increase in the number of **providers** delivering services through telehealth platforms, with approximately 40 providers per week in November (2019) to approximately 900 providers per week in March (2020). This represents over a 2,000% increase.

# Telehealth Utilization

## Therapy Member Data



The data illustrated represents information available at a single point in time, and does not account for claims lag. As encounter data will update with continued claims submissions in time, it should be considered incomplete as of this presentation.

Source: LA Medicaid Encounter Data

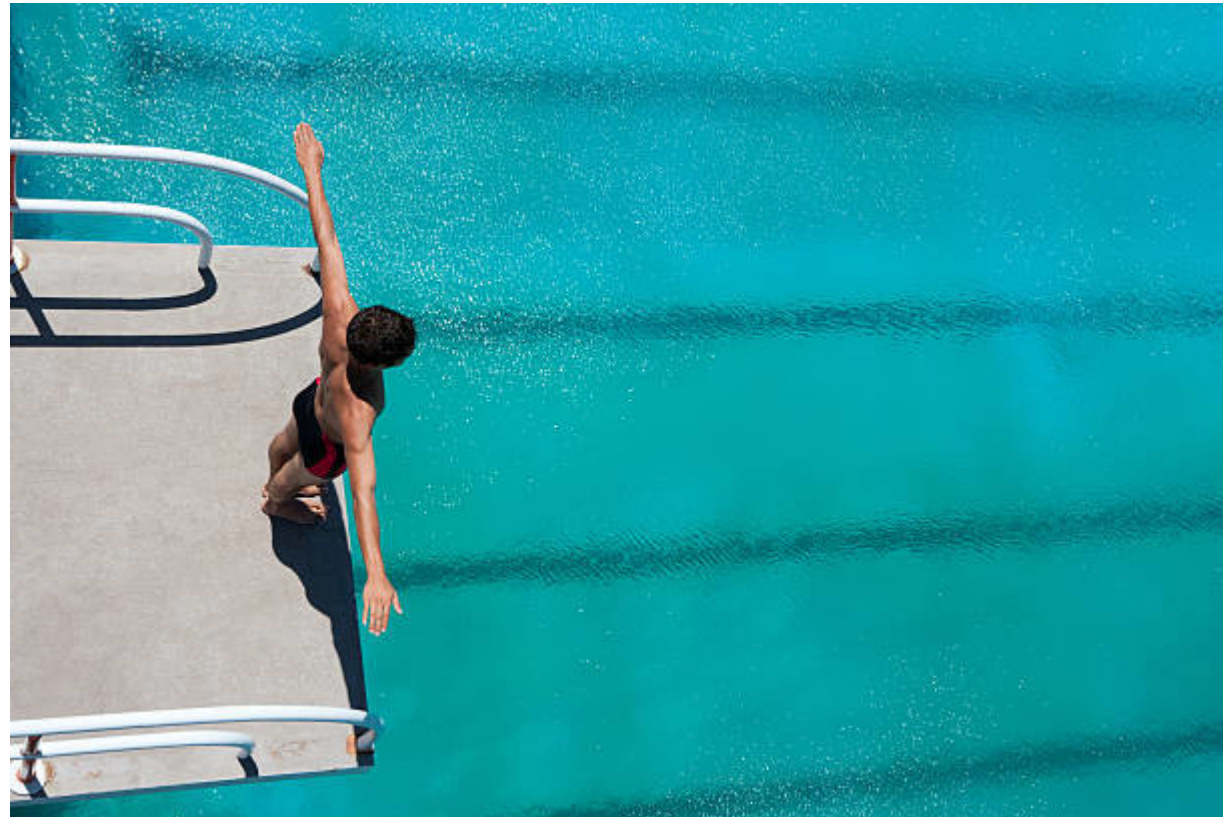


# BH Services with the Most Telehealth Utilization

Per week in March 2020

- Evidence-based practice services
  - ◆ Functional Family Therapy (FFT): approximately 500 recipients
  - ◆ Multi-systemic Treatment (MST): approximately 300 recipients
  - ◆ Homebuilders (HB): approximately 30 recipients

# *Jumping In:* Supporting Providers in Effective Use of Telehealth



Center for Evidence to Practice  
**Trained CPP Practitioners:** 

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**Trained EMDR Practitioners:**  
Register Now!

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**Multisystemic Therapy Agencies:**  
Register Now!

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**Trained TF-CBT Practitioners:**  
Register Now!

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**Trained Dialectical Behavior Therapy (DBT) Practitioners:** Register Now!

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**Trained PPT and YPT Practitioners:**  
Register Now!

Center for Evidence to Practice  
**Trained PCIT Practitioners:**  
Register Now!

**Webinar: Implementing PCIT via Telehealth Platforms**

May 21st, 2020  
9:00 AM - 11:00 AM



EBP-  
Specific  
Telehealth  
Webinars

# Uptake: Therapist Participation in EBP-specific Telehealth Webinars

Training	# participants	Date
Implementing CPP via Telehealth	24	30-Apr
Implementing EMDR via Telehealth	60	8-May
Introduction to Telemental Health	82	15-May
Implementing TF-CBT via Telehealth (phase 1)	35	22-May
Implementing TF-CBT via Telehealth (phase 2)	24	5-Jun
Implementing TF-CBT via Telehealth (phase 3)	17	12-Jun
Implementing PPT/YPT via Telehealth	32	19-May
Implementing PCIT via Telehealth	30	21-May
Implementing DBT via Telehealth	22	26-May
Implementing MST via Telehealth	78	2-Sep
Implementing FFT via Telehealth	128	10-Oct
TeleMental Health Certification Program	50	Oct 1, 16, 22
<b>582</b>		

# Therapist Response to EBP-specific Telehealth Webinars

“I learned new evidenced-based strategies to use with my clients that have been successful on them.”

“Just that validation from others, hearing what they were doing was my confirmation that I’m doing things as others gave me my confidence.”

“The PCIT training increased my confidence level regarding attempting to conduct PCIT virtually.”

“I learned new skills, ways to navigate thru some tough barriers that may have been unknown. Secondly also felt nice to hear some similar challenges other clinicians and I had in common and so the self doubt was less.”

# Telehealth Financial Support for Providers

To help protect your privacy, PowerPoint has blocked automatic download of this picture.

Funding from SAMHSA Emergency COVID grant

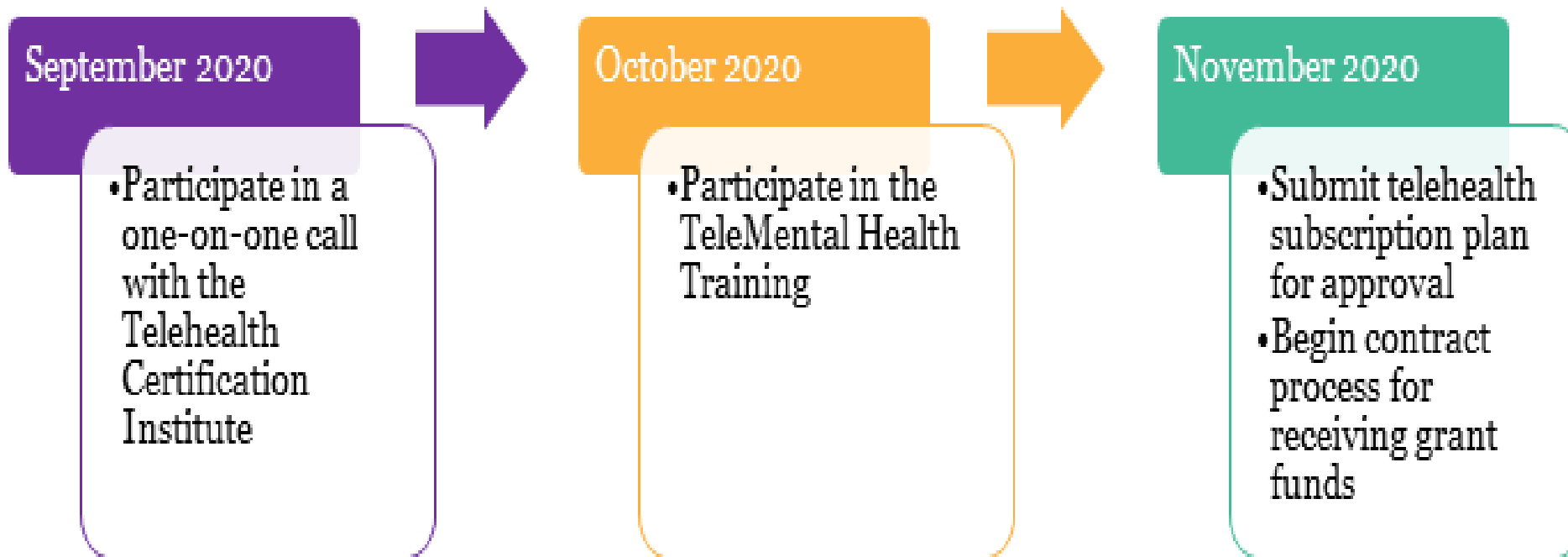
# Telehealth Financial Support for Providers

## Eligibility Criteria:

- ▶ Agencies **must be currently serving Medicaid-insured clients** for child/adolescent behavioral health treatment.
- ▶ Practitioners must **be working towards certification (i.e. trained or currently in training) or certified** in one of the evidence-based practices from the LA Medicaid “menu.”

Funding from SAMHSA Emergency COVID grant

# Telehealth Financial Support for Providers Building Sustainable Telehealth Strategies



Funding from SAMHSA Emergency COVID grant



# Thank you!

Kristin Savicki, Ph.D.  
Kristin.Savicki@la.gov