Addressing Barriers to Implementation of a School-Based Group Treatment for Trauma

Center for Trauma Care in Schools
Alliance for Inclusion and Prevention
31 Heath Street, Boston, MA 02130
www.aipinc.org
Alliance for Inclusion and Prevention

Center for Trauma Care In Schools
All Change is Challenging

“The thing is, you have to really want to change.”
What is CBITS?

10-Week Group Treatment Model for Students Grade 5-12

- 10 individual sessions
- 2 parent education sessions
- 1 teacher education session
What is CBITS?

CBT Techniques

- Psycho-education
- Relaxation
- Cognitive Restructuring
- Exposure
- Social Problem Solving
What is CBITS?

Bounce Back Adaptation for elementary students

Support For Students Exposed to Trauma (SSET)
Adaptation to be delivered by non-clinical school staff
Why Trauma Care in Schools?

Prevalence of Traumatic Experiences

41.2% of children and youth experienced a physical assault within the previous year, 10.1% resulting in injury

89.7% of adults report exposure to traumatic events
Physical assault: 43.7%, Sexual assault: 29.7%

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Why Trauma Care in Schools?

Research Related to the Usage of Outpatient Child Mental Health Services

Average Length of Treatment:
3.9 sessions

Children Remaining in Treatment After 12 weeks:
9%

“Making treatment available outside the traditional clinic walls through school- and home-based service delivery models is promising for the promotion of initial engagement and service retention.”
Why Trauma Care in Schools?

Research Related to Access to School-based Services

Study following Hurricane Katrina in which students were randomly assigned to CBITS or TF-CBT

91% of students assigned to CBITS completed treatment
15% of students assigned to TF-CBT completed treatment

Jaycox, et al., 2010
Successful Implementation

Barriers
- Competing Responsibilities
- Lack of Parent Engagement
- Logistics
- Lack of Leadership Support

Facilitators
- Availability of Implementation Support
- Perception of the Program
- Clinical Consultation

Langley, et al., 2010
Special Commission on
Behavioral Health Promotion and
Upstream Prevention
PromotePrevent.com
April 2018

A plan to promote mental, emotional, and behavioral health
and to prevent behavioral health issues in our Commonwealth

Representative James M. Cantwell, House Chair
Vice Chair, Joint Committee on Judiciary
4th Plymouth, Marshfield and Scituate
# DPH-DMH-RESULTS FIRST ANALYSIS: Summary Report

(Full analysis from DPH and DMH can be found on page 89)

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Implementation Drivers

- Performance Assessment
- Recruitment
- Consultation and Coaching
- Training
- Hospitable Organizational Structures
- Information and Data Resources
- Systems Interventions and Brokering
- Technical Management
- Engaged Leadership
- Vision
- Highly Competent Staff
- Adaptive Leadership

Interconnected, Integrated, and Mutually Compensating

Adapted from: Fixsen and Blase, 2005
Staffing and Training Drivers

- Recruitment
- Training
- Consultation and Coaching

- Binders
- Train the Trainer
- Community of Practice/Dr. Bitsy
- Professional Resilience
- Appreciation
- CBITS Book: Sometimes I’m a Pillow
- Trauma-Focused Intern Training
SOMETIMES I'M A PILLOW

WRITTEN BY SUSAN LOVETT, LICSW
ILLUSTRATED BY LARISA IVANKOVIĆ
Trauma-Focused Intern Training

- Teaching Platform: In-person Training and Zoom
- Training Techniques: Problem-based Learning/Case Vignettes
- Satisfaction Data/Quality Improvement
- Brokering Partnerships
- Defining Roles and Responsibilities
- Program Expansion
- Training Logistics/Scheduling

Alliance for Inclusion & Prevention
Organizational Drivers

- Information and Data Resources
- Systems Interventions and Brokering
- Flex Funds
- Non-billable Hours
- Website Portal
- Steering and Implementation Committees
- Clinical Asset Mapping
Clinical Asset Mapping

Graduate Schools of Social Work: Where and how can we place our students in more public school settings?

Social Work Interns: How can I get an internship in a school setting?

School Districts: Where are all of the school-based clinical assets deployed throughout our district?

District Schools: How can we increase our capacity to meet the mental health needs of our students?

Community Mental Health Partners: How do we meet the clinical needs of the students in the schools we serve?

School-based Supervisors: How can I get a Social Work intern to work with students no one else has the time to see?

Center for Trauma Care in Schools: Can we maximize the provision of CBITS groups by training clinicians in schools with multiple clinical assets, including interns?
## Clinical Asset Mapping

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Performance Assessment

- Training Satisfaction Surveys
- Consultation Satisfaction Surveys
- Boston ACE Checklist & School Behavior Checklist
- Online Group Tracking Form
Boston ACE Checklist

Center for Trauma Care in Schools
Boston ACE Checklist

Abuse

- EMOTIONAL ABUSE
- PHYSICAL ABUSE
- SEXUAL ABUSE

Neglect

- EMOTIONAL NEGLECT
- PHYSICAL NEGLECT

Family Dysfunction

- DOMESTIC VIOLENCE WITNESS
- FAMILY SUBSTANCE MISUSE
- FAMILY MENTAL ILLNESS
- INCARCERATED FAMILY MEMBER
- PARENTAL SEPARATION OR DIVORCE

Boston ACE Indicators

- ADVERSE NEIGHBORHOOD EXPERIENCE
- BULLYING (CHRONIC OR SEVERE)
- COMMUNITY VIOLENCE WITNESS
- FOSTER CARE OR GROUP CARE
- HOMELESSNESS
- LOSS OF SIGNIFICANT FAMILY MEMBER
- PEER VIOLENCE VICTIM
- RACISM AND/OR DISCRIMINATION
School Behavior Checklist

Center for Trauma Care in Schools
School Behavior Checklist

Almost ✖ Never ✓ Some- times ✓ Often ✖

Appears Anxious, Fidgety, or Squirmy
Appears Depressed, Sad, or Tearful
Demonstrates Angry Outbursts Toward Peers
Fights with or Threatens Peers

Difficulty Following Directions
Argues with Teachers

Unable to Concentrate in Class
Difficulty Completing Assignments
Disruptive in Class

Sleeps During Class
Avoidant of School (Tardy or Absent)
Appears Socially Withdrawn or Isolated
Avoidant of Class (Arrives Late, Asks to Leave)

Substance Misuse
Sexually Inappropriate
Online Group Tracking Form

Pre-Group Summary

Total Number of Students Screened
7

Total Number of Students participating in Group
4

Type of Group
- [ ] CBITS
- [ ] Bounce Back

Date Group Started
- [ ]
- [ ]
- [ ]
04 / 06 / 2018

Are you ready to track Group Progress?
- [ ] Yes
- [ ] No

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References


Contact Us

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