New Approach to Network Training: The Breakthrough Series Learning Collaborative

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Session Objectives

- Develop an understanding of the rationale and context for implementing the Breakthrough Series Collaborative (BSC) approach with the NCTSN.
- Recognize the value of the BSC approach for our Network in terms of dissemination and adoption of trauma-focused practices.
- Develop an understanding of the differences between the BSC approach and “training as usual.”
- Identify some of the processes and challenges in implementing the learning collaborative model at NCTSN centers.
“The Future is Here............... 
It’s Just Not Widely Distributed Yet”

» William Gibson
To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.
“The final report of the New Freedom Commission decries the length of time that it takes for mental health research to influence practice. The NCTSN is intentionally structured to address this problem; its close collaborations ensure that evidence-based interventions reach practice sooner, and that they are informed by the needs of community-based providers.”
Moving to an Evidenced Based or Informed Practice

- Identify Desired Practice
- Training Knowledge Skill
- Evidence Based Practice
- No Evidence of Long Term Impact
Moving to an Evidenced Based or Informed Practice

- Identify Desired Practice
- Organization Structure Culture
- Provider Knowledge Skill
- Client Access & Engagement
- Evidence Based Practice
- Institutionalize Practice
- Maintain Practice Over Time
National Child Traumatic Stress Network

- Data Core
- Policy Core
- Service systems Core

- Training Core

- Learning from Research to Clinical Practice Core
Understanding Why EBT has not spread

Understanding How to Spread EBT

Kauffman Best Practices Project Final Report

Download at www.musc.edu/cvc/ or www.chadwickcenter.org
What are we trying to accomplish?

How will we know that a change is an improvement? (Measures)

What changes can we make that will result in improvement? (Changes)
NCTSN Breakthrough Series-
Topic Selection

NCTSN surveyed all sites and 32 responded

Centers indicated a willingness to send staff and community partners to a BTS

Trauma Focused Cognitive Behavioral Therapy was the most often selected subject of a BTS

70% reported prior training and exposure to TF-CBT
NCTSN Breakthrough Series

Focus will be on Overcoming Implementation Challenges
- Clinical Application
- Administrative and Clinical Supervision
- Management
- Assessment
- Developmental issues
- Culture issues

This first BTS will serve as a laboratory for use of BTS methodology to spread evidence supported practices within the NCTSN and beyond.
Moving to an Evidence Based or Informed Practice Using The Breakthrough Series

- Agree on Practice To Implement-
  - TF-CBT
- Commit the staff time and resources to participate
- Acquisition of Specialized Knowledge and Skills
- Build Organizational/Community Support
- Implementation of Practice
- Institutionalize Practice
- Evaluate/Assess Practice Outcomes
- Maintain Practice
National Breakthrough Series Collaborative Approach
(6 to 18 months time frame)

**PRE-WORK PHASE**

- LC Advisory Group Meeting
  - Select LC Topic
  - Identify Expert Panel

- Expert Panel Meeting
  - Develop clinical content
  - Identify Teaching Faculty

- Teaching Faculty
  - Develop LC curriculum based on topic areas
  - Plan for future learning sessions

- Participating Network Team Formation
  - NCTSN centers establish teams based on identified time and resource criteria

**LEARNING SESSIONS/ACTION PERIODS**

- Learning Session 1
  - Face-to-Face Training/Meeting

- Action Period/Follow-up 1
  - Phone Conferences
  - Consultation & Ongoing Learning
  - Intranet/Email (listserv)
  - Visits
  - Assessments

- Learning Session 2

- Learning Session 3

- Action Period/Follow-up 2 + PDSA Cycle

- Action Period/Follow-up 3 + PDSA Cycle

**OUTCOMES**

**Goals**

- Adoption/Implementation of New EB Practice
- Support for best practices
- Documented learning process

**Participating Network Teams**

- Remain actively involved for the duration of the Learning Collaborative
- Continue Learning Sessions and Action Periods/Follow-up Activities as needed to document success
Breakthrough Series Collaborative Approach
(6 to 18 months time frame)

**PRE-WORK PHASE**

- **BSC Topic and Team Selection**
  - Select BSC Topic
  - Identify Teaching Faculty

- Develop Change Package
- Establish Participating Network Teams
- Schedule Learning Sessions
- Complete required Pre-work Assignments

**LEARNING SESSIONS/ACTION PERIODS**

- **Learning Session 1**
  - Face-to-Face Training/Meeting

- **Action Period/ Follow-up 1**
  - Phone Conferences
  - Consultation & Ongoing Learning
  - Intranet/Email (listserv)
  - Visits
  - Assessments

- **Learning Session 2**

- **Action Period/ Follow-up 2**
  + PDSA Cycle

- **Learning Session 3**

- **Action Period/ Follow-up 3**
  + PDSA Cycle

**OUTCOMES**

- **Goals**
  - Adoption/Implementation of Organizational Changes That Support New Practices
  - Documented learning process

- **Participating Network Teams**
  - Remain actively involved for the duration of the Learning Collaborative
  - Continue Learning Sessions and Action Periods/Follow-up Activities as needed to document success

*PDSA Cycle: Plan * Do * Study * Act*
The Journey

We each can make the journey alone-making our own mistakes and finding our own way

Or

We can make the journey together, learning from those who passed before us, and from one another, as we proceed toward our destination