NCTSN The National Child Traumatic Stress Network

Breakthrough Series Collaborative Information Packet
National Center for Child Traumatic Stress

Revised 2-28-05

This project was funded by the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

NCTSN The National Child Traumatic Stress Network

Table of Contents

Purpose and Overview 1

Types of Network Breakthrough Series Collaboratives 1

Why Choose The Breakthrough Series Collaborative Model? 1

Introduction to Breakthrough Series Collaboratives 3

Why is the Network Utilizing This Approach? 4

Example of a Breakthrough Series Collaborative 5

National and Regional Breakthrough Series Collaboratives 6

An Outline of the Breakthrough Series Collaborative Approach 7

Breakthrough Series Collaborative Approach Flowchart 8

Collaborative Expectations 9

Responsibilities of Key Members 9

Criteria for Team Selection 12

Criteria for Selection of a Topic or Practice 12

Application Process for Sites Interested in Participation in the National BSC 13

Application Process for Sites Interested in Participation in a Regional BSC 13

Note: In the electronic MS Word or pdf version of this document you can jump to the appropriate section by clicking on the links above.

Purpose and Overview

The purpose of this Information Packet is to help Network members understand the Breakthrough Series Collaborative (BSC) methodology and its application within the NCTSN.

Information Contained In This Packet

- Information on the various components and phases of Breakthrough Series Collaboratives and how these are distinct from traditional training approaches
- Practical expectations for organizations participating in BSCs
- Criteria for selection of teams interested in participating in a BSC
- The application process and timeline for teams interested in the national BSC
- Resources to learn more about the BSC methodology

Types of Network Breakthrough Series Collaboratives

With support from SAMHSA, the National Center for Child Traumatic Stress is pleased to be sponsoring its first National Breakthrough Series Collaborative (BSC) on Adoption and Implementation of Trauma-Focused Cognitive Behavioral Therapy.

In this National BSC, all participating Network Partners will share a common goal to improve the way we identify, engage, and deliver services to a diverse population of children and families who have experienced trauma. Participants will be supported to make major, rapid changes that will produce "breakthrough" results and to share knowledge, strategies, challenges, and successes.

The National Center is also sponsoring a number of smaller, Regional BSCs, which will be described later in this document.

Why Choose The Breakthrough Series Collaborative Model?

The Breakthrough Series Collaborative, also referred to as the Learning Collaborative Approach, is an adoption and improvement model that is focused on spreading and adapting best practices across multiple settings and creating changes within organizations that promote the delivery of effective clinical practices.

This approach was developed by the Institute for Healthcare Improvement (IHI) and identified within the Kauffman Report as a recommended method for dissemination of best practices. The Institute for Healthcare Improvement helps organizations around the world

transform "what if" thinking into the reality of better health care for clients and patients everywhere with a constant focus on innovation, collaboration and results (for more information about IHI, you can visit their website at www.ihi.org).

The BSC approach has been implemented with several national initiatives largely within healthcare, pediatrics, and foster care. While we plan to closely adhere to the BSC model, we are also working on making adaptations specific to mental health and child trauma.

Ultimate Goal of NCTSN Breakthrough Series Collaboratives

The goal of this approach for our Network is to promote adoption of trauma-focused treatment practices in diverse settings, including Network sites and their local communities.

Introduction to Breakthrough Series Collaboratives

The overall goal of a Breakthrough Series Collaborative is to get results and to close the gap between the best care and usual practice for a specific topic.

What the BSC Is

- A model that **focuses on *adoption* of best practices** in healthcare settings and emphasizes adult learning principles, interactive training methods and skill-focused learning.

- A learning **process that brings together teams from multiple NCTSN centers** working on **improving a process**, practice, or system in healthcare and **learning from their collective experiences and challenges.**

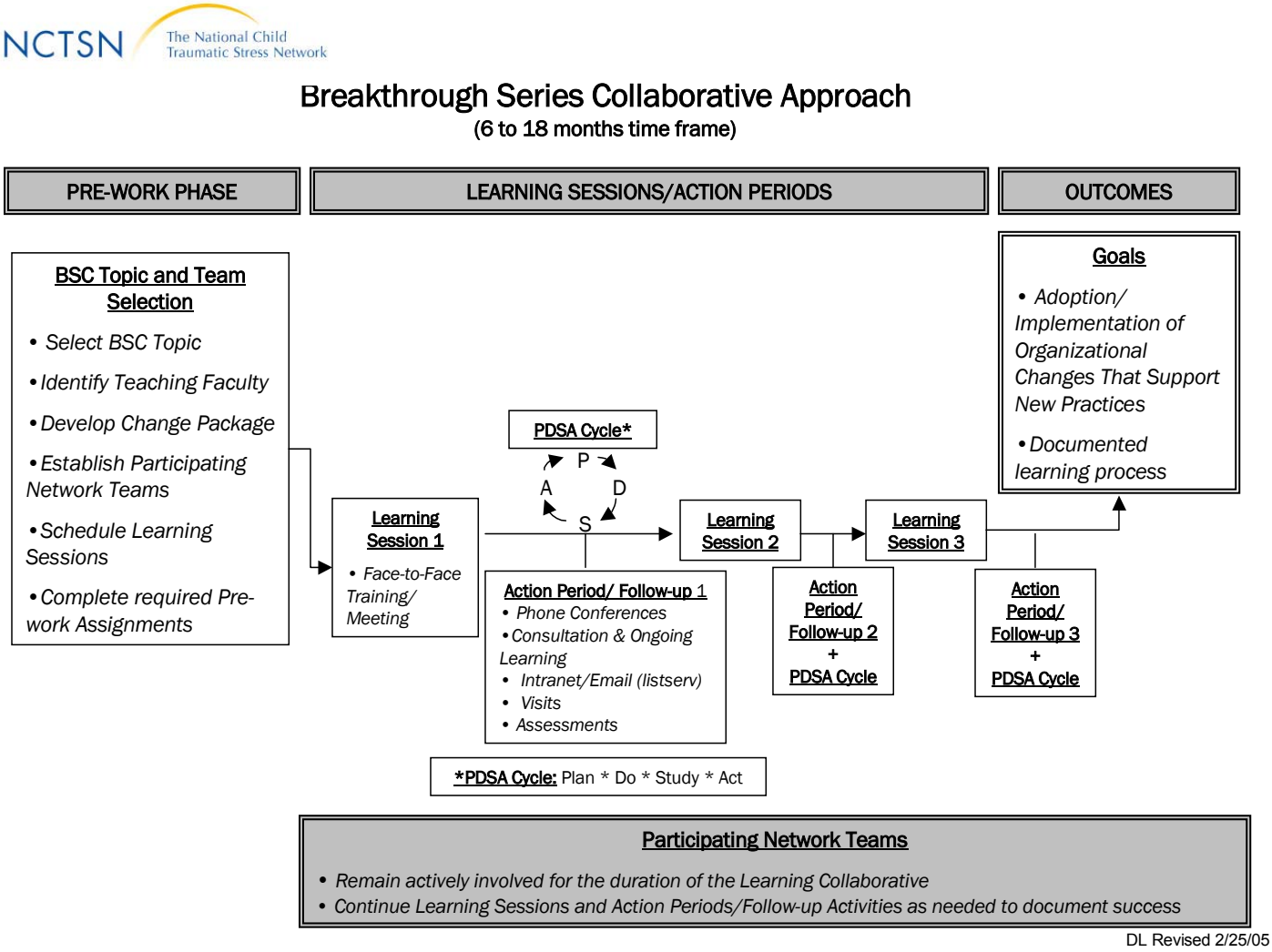
- A model that requires **focused work by each team to adapt effective practices** to their settings over the course of a **9-18 month learning process.**

- An **ongoing learning process** that includes the following components:

    1) Approximately **3 in-person training sessions** over the course of 9-12 months,
    2) **Follow-up consultation activities** (through phone and internet),

Breakthrough Series Collaborative Approach Flowchart

The diagram below provides a visual illustration of the BSC approach, identifying the Pre-Work phase, the Learning Session and Action Period phase, and the Outcomes phase.



Collaborative Expectations

Expectations for Network centers participating in national and regional BSCs are detailed below.

National Breakthrough Series Collaborative (National BSC)

Key Roles

- Collaborative Chair (s) (1-2)
- Faculty (6-8)
- BSC staff (2-3)

- Participant teams (10-12 teams, with 5-10 members per team)
  - Senior leader
  - Supervisor
  - Trainer
  - Clinical staff
  - Community Partner (as relevant to practice or intervention model)

Responsibilities of Key Members

Collaborative Chair * Faculty * BSC Staff

- Teach the Breakthrough Series methodology and design Learning Sessions
- Provide information on successful strategies for identifying, assessing and delivering effective services for traumatized children and their families
- Offering coaching and mentoring to teams at and between meetings
- Facilitate communication and peer to peer learning between teams, faculty and other experts
- Use tools that encourage collaboration among participants

Regional Breakthrough Series Collaborative (Regional BSC)

Key Roles

- Faculty (2)
- BSC staff (2-3)

- Participant teams (3-5 teams, with 4-10 members per team)
  - Supervisor
  - Clinical staff
  - Community Partner (as relevant to practice or intervention model

Responsibilities of Key Members

Faculty * BSC Staff

- Teach the Breakthrough Series methodology and design Learning Sessions
- Provide information on successful strategies for identifying, assessing and delivering effective services for traumatized children and their families
- Offering coaching and mentoring to teams at and between meetings
- Facilitate communication and peer to peer learning between teams, faculty and other experts
- Use tools that encourage collaboration among participants

National BSC

Responsibilities of Key Members
Continued

Senior Leaders of BSC Team

- Select and convene a core team according to requirements and recommendations from Collaborative faculty
- Identify a day-to-day leader for the team who will be persistent in ensuring that necessary work is completed
- Complete organizational readiness assessment
- Provide the teams with the resources, including time, materials and equipment and support from agency leadership necessary to implement changes
- Attend and participate in the three, two day Learning Sessions
- Participate in conference calls on a regular basis
- Connect the BSC goals to strategic initiatives in the agency or organization
- Provide time and financial support for team members to attend all three learning sessions (SAMHSA will be providing some support)
- Hold team members accountable for initiating, maintaining and evaluating the change processes they test
- Facilitate the implementation of successful changes throughout the agency
- Provide continuing opportunities to disseminate what has been learned

Regional BSC

Responsibilities of Key Members
Continued

Supervisors of Selected BSC Teams

- Select and convene a core team according to requirements and recommendations from Collaborative faculty
- Identify a day-to-day leader for the team who will be persistent in ensuring that necessary work is completed
- Complete organizational readiness assessment
- Provide the teams with the resources, including time, materials and equipment and support from agency leadership necessary to implement changes
- Attend and participate in the three, two day Learning Sessions
- Participate in conference calls on a regular basis
- Connect the BSC goals to strategic initiatives in the agency or organization
- Provide time and financial support for team members to attend all three learning sessions (NCCTS will be providing limited support)
- Hold team members accountable for initiating, maintaining and evaluating the change processes they test
- Provide continuing opportunities to disseminate what has been learned
- Host a learning session. Activities associated with hosting:
  - Locate and secure a training venue
  - Reserve a location for evening meal
  - Arrange for lunch during learning sessions

National BSC

Responsibilities of Key Members
Continued

Participating BSC Teams

- Complete pre-work activities such as readings, organizational readiness, and training videos. Includes preparation of a storyboard- a visual presentation on a large poster board, describing your organization and how it functions
- Attend all three Learning sessions
- Communicate regularly with extended work group members, other teams, BSC faculty and staff
- Participate on BSC conference calls once per month
- Track and report on all required data measures monthly
- Initiate, maintain, and evaluate the change processes
- Share results of change process on a monthly basis with the Collaborative

Regional BSC

Responsibilities of Key Members
Continued

Participating BSC Teams

- Complete pre-work activities such as readings, organizational readiness, and training videos. Includes preparation of a storyboard- a visual presentation on a large poster board, describing your organization and how it functions
- Attend all three Learning sessions
- Communicate regularly with extended work group members, other teams, BSC faculty and staff
- Participate on BSC conference calls once per month
- Track and report on all required data measures monthly
- Initiate, maintain, and evaluate the change processes
- Share results of change process on a monthly basis with the Collaborative

National BSC

Criteria for Team Selection

- Be a Network site. Non-Network or community partners may be included as part of a Network team. Non-Network organizations may also apply as separate teams but will not be financially supported for participation.

- Demonstrate the commitment of a senior leader or coordinator to removing necessary barriers and supporting changes throughout the system. The Senior Leader must commit to:
  - ✓ Participating in regularly scheduled conference calls with Leaders of other teams
  - ✓ Meeting with the team on a regular basis
  - ✓ Reviewing the progress of the team monthly
  - ✓ Supporting the creativity and innovation of the team
  - ✓ Providing an environment which supports "trial by learning"
  - ✓ Committing to spread successes throughout the system

- Commit to full participation of a team for the full time period of the Collaborative.

- Identify a minimum of four team members, including an agency administrator, a clinical supervisor, and at least two clinicians.

- Engage community partners as team members and/or in planning for the further spread of BSC innovations.

- Exhibit a desire and commitment to innovate in order to improve outcomes for children who have experienced trauma

Criteria for Selection of a Topic or Practice

- Based on Network needs and interests

- Determined by the Learning Collaborative Advisory Group and Network feedback (Through the BSC Topic Choices Survey)

Regional BSC

Criteria for Team Selection

- Be a Network site. Non-Network or community partners may be included as part of a Network. team. Non-Network organizations may also apply as separate teams but will not be financially supported for participation.

- Supervisors will commit to:
  - ✓ Participating in regularly scheduled conference calls with supervisors of other teams
  - ✓ Meeting with the team on a regular basis
  - ✓ Reviewing the progress of the team monthly
  - ✓ Supporting the creativity and innovation of the team
  - ✓ Providing an environment which supports "trial by learning"
  - ✓ Committing to spread successes throughout the system

- Commit to full participation of a team for the full time period of the Collaborative.

- Identify a minimum of three team members, including at least one clinical supervisor.

- Engage community partners as team members and/or in planning for the further spread of BSC innovations.

Criteria for Selection of a Topic or Practice

- Completion of an application regarding the practice or intervention that will be the focus of the Collaborative

- The Network Training Advisory Committee will review applications and make selections based on current need within the Network and resources available to support the initiative

- Willingness to commit to the utilization of the Breakthrough Series methodology.

National BSC

Application Process for Sites Interested in Participation in the National BSC

- Following the development of the Change Package by the Expert Faculty, an application will be available for all Network sites to consider and complete.
- The projected date for distribution of the application is early June. Sites will have four weeks to complete the application.
- The Network sites chosen for the BSC will be notified by the beginning of July and will then begin the pre-work phase of the Learning Collaborative process.
- The first Learning Session will take place in Washington DC in September.
- SAMHSA will be supporting teams financially utilizing a match formula that will be outlined in the application.
- The application process will be a competitive process with 10-15 teams being selected based on their readiness to participate in a Breakthrough Series Collaborative.

Regional BSC

Application Process for Sites Interested in Participation in a Regional BSC

- Network sites will be notified when new Regional BSCs are forming and applications will be distributed. Because these Collaboratives are smaller in scale, fewer teams will be selected to participate.
- The Network sites chosen for the Learning Collaborative will be notified 4-6 weeks prior to the first Learning Session and begin to participate in pre-work activities.
- The Learning Sessions will rotate location among participating teams or be centrally hosted, in order to limit travel costs.
- The National Center will be supporting travel for the Expert Faculty and some funds will be distributed when available to participating teams to offset travel costs.
- Several topics are currently being considered for Regional Breakthrough Series. The National Center hopes to launch 6-8 Regional Collaboratives during this fiscal year.

Application Process for Organizations Interested in Leading a Regional BSC

- Applications will be available to Network sites interested in initiating a collaborative at the March 2005 All Network Meeting.
- The Network Training Advisory Committee will consider applications based on Network need/interest in a specific intervention or practice.
- The National Center will support travel for two expert faculty for participation in the Learning Sessions.

If you have questions or would like more information about this process, please contact any of the following key National Center staff:

Cassie Kisiel – ckisiel@mednet.ucla.edu; Jan Markiewicz – jan.markiewicz@duke.edu; Lisa Amaya-Jackson – Amaya001@mc.duke.edu; Jenifer Wood – jlwood@mednet.ucla.edu; Debbie Ling – Dling@mednet.ucla.edu