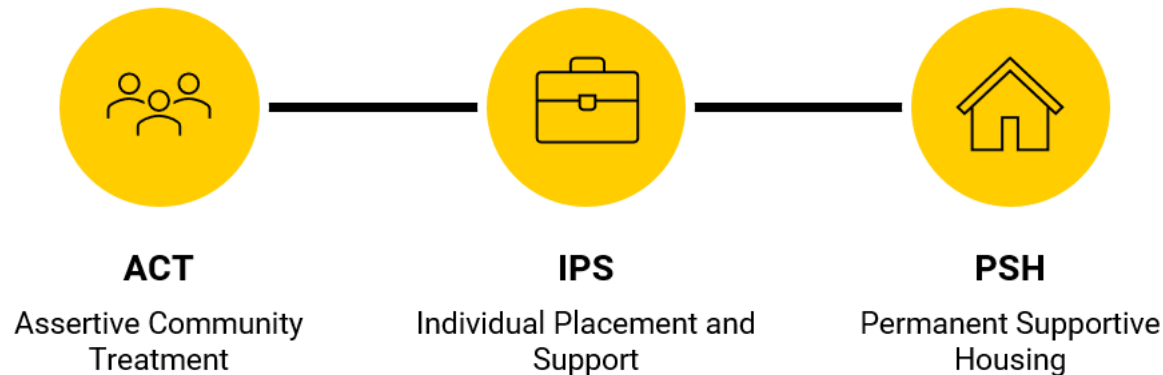

Center of Excellence in Behavioral Health

Update on Environmental Scan

March 15, 2023

Iowa's Center of Excellence for Behavioral Health

Provide training, technical assistance, and fidelity monitoring for entities responsible for developing and implementing evidence-based practices for individuals with serious mental illness, serious emotional disturbance, and co-occurring conditions in Iowa.



Environmental Scan – Preliminary Results

Between June 2022 and August 2022, the Center of Excellence for Behavioral Health met with 13 MHDS Regional CEOs, 13 ACT providers, 5 IPS providers, and 10 housing program service providers to gather information about their respective work on EBPs.

Assertive Community Treatment	Individual Placement & Support	Permanent Supportive Housing
<ul style="list-style-type: none"> ❖ Abbe Community Mental Health Center ❖ Southern Iowa Mental Health Center ❖ University of Iowa Hospitals and Clinics ❖ Hillcrest Family Services ❖ Heartland Family Services ❖ Berryhill Center ❖ Zion Integrated Behavioral Health ❖ Eyerlyball ❖ Inspiring Lives ❖ Plains Area Mental Health Center ❖ Vera French ❖ Resources for Human Development – CROSS & Cedar Rapids 	<ul style="list-style-type: none"> ❖ 43 North Iowa ❖ Hope Haven Rock Valley ❖ Hope Haven Burlington ❖ Robert Young Center ❖ Vera French 	<ul style="list-style-type: none"> ❖ Anawim* ❖ City of Cedar Rapids PHA ❖ Hawkeye Area Community Action Program (HACAP) ❖ Heartland Family Services* ❖ Hillcrest ❖ Resources for Human Development ❖ South Central Behavioral Health Region (SCBH)* ❖ Southeast Iowa Link (SEIL) ❖ Shelter House* ❖ Willis Dady* <p>*self-identified PSH program</p>

Environmental Scan – Key Takeaways

- Training:
 - Varying levels of training being provided, requested; all entities are completing staff training/onboarding
 - Barriers include staff time, turnover, and financing, awareness of trainings
- Fidelity Monitoring:
 - Varying levels of engagement with and completion of reviews
 - Barriers include time to complete reviews lack of understanding the fidelity review process

Environmental Scan – Fidelity Reviews

- What has worked well?
 - Immediate feedback, report review optional
 - Clear, positive approach
 - Prior familiarity with the review measure
 - Having well established provider operations
- Barriers Identified
 - Data – difficulty identifying, pulling, streamlining
 - Time-consuming for staff to prepare
 - Standardization – lack of standard forms and format
 - Staffing challenges create hesitancy to complete review

Environmental Scan – Trainings

- What has worked well?
 - Regions, providers, stakeholders are providing and participating in several in-person, hybrid, and virtual trainings paid for by agency funding, MHDS Regions, Medicaid, MHBG, CCBHC, and Zero Suicide Prevention.
- Barriers Identified
 - Limited staff time, causing time away from clients
 - Lack of funding (for training & travel)
 - Lack of knowledge of available trainings
 - Lack of focus on rural areas

Additional EBPs (as reported by current EBP providers)

- Illness management and recovery
- Intensive psychiatric rehab
- Parent child interaction therapy (PCIT)
- Cognitive-Behavior Therapy (CBT)
- Trauma-focused CBT
- Dialectical Behavioral Therapy (DBT)
- Acceptance and commitment therapy (ACT)
- Eye movement desensitization & reprocessing (EMDR)
- Cool Kids
- Play Therapy
- STEPPS
- Internal Family Systems (IFS)
- Rapid Re-housing
- Housing First
- Multisystemic Therapy
- Positive Behavior Supports

Environmental Scan – Addt. EBPs

- Dispersed an electronic survey to over 300 behavioral health service providers in Iowa
- Received 72 responses
 - Mental Health Service Provider – 61
 - Youth Service Provider – 22
 - Substance Use Service Provider – 35
 - Housing Service Provider – 14
 - Employment Service Provider – 25
 - HCBS Provider – 20
- Service coverage across all 99 counties

Environmental Scan – Addt. EBPs cont.

- Providing EBPs to adults: 49 providers
 - CBT, TF-CBT
 - DBT
 - EMDR
 - Motivational Interviewing
 - PCIT
 - Supported Employment
 - Brief Solution Focused Therapy
 - Wellness Recovery Action Planning (WRAP)
 - ACT-V
 - STEPSS
 - Living in Balance
 - Seeking Safety
 - CCRS
 - Interpersonal Therapy
 - Stage-Matched Integrated Co-occurring Treatment
 - Acceptance and Commitment Therapy
 - Strengthening Families
 - Multi-dimensional Family Therapy (MDFT)
 - Mindfulness-based Relapse Prevention
 - START
 - Medical Model of Addiction
 - SBIRT
 - 12-Step Facilitation Therapy
 - Medication Assisted Treatment
 - Rational Emotive Behavioral Therapy
 - Motivational Enhancement Therapy
 - Integrated Dual Disorder Treatment (IDDT)

Environmental Scan – Addt. EBPs cont.

- Providing EBPs to children: 35 providers
 - EMDR
 - DBT
 - CBT, TF-CBT
 - Continent Behavior Therapy
 - Reality Therapy
 - Schema Therapy
 - Motivational Interviewing
 - Existential Therapy
 - Person-centered Therapy
 - Structural Family Therapy
 - Multicultural Therapy
 - Solution Based Casework
 - Multisystemic Therapy
 - Supported Employment
 - Functional Family Therapy
 - Trust Based Relational Interventions (TBRI)
 - Applied Behavior Analysis
 - Seeking Safety
 - STEPPS
 - Motivational Enhancement/Cognitive Behavioral Therapy (ET/CBT)
 - PCIT
 - Play Therapy
 - Adlerian Play Therapy
 - Mindfulness-based Substance Use Treatment for Adolescents
 - Aggression Replacement Training (ART)
 - Collaborative Problem Solving
 - Theraplay

Environmental Scan – Addt. EBPs cont.

- Barriers to selecting/implementing/documenting
 - Not clear what treatments are considered EBPs
 - Training for new employees
 - Trainings are costly and/or difficult to obtain
 - Staff turnover creates ongoing need for training
 - EBPs not funded by Medicaid
 - Cost of EBP implementation
 - Time needed to implement/maintain EBPs
 - Not enough guidance on documenting EBPs
 - Documenting EBPs is excessively burdensome

Environmental Scan – State Search

- Continuing to examine other states work towards EBP implementation
- Currently providing technical assistance to Kansas for the development of their ACT Teams

States Explored as of March 2023			
Arizona	California	Colorado	Kansas
Massachusetts	Minnesota	Missouri	North Carolina
North Dakota	Ohio	Oregon	Pennsylvania
Tennessee	Texas	Washington	Wisconsin

How Can CEBH Help?

- Streamline fidelity review processes
 - Clear, standardized expectations
- Meeting rural-specific needs
- Supporting co-occurring conditions, cross-EBP collaboration
- Onboarding of new staff members within EBPs
- General and advanced EBP training
- Support agency, community connections

Center of Excellence for Behavioral Health

ACT Webinar Series for Providers and ACT Partners

The Assertive Community Treatment (ACT) Webinar Series occurs on the 3rd Thursday of each month from 10:00 am to 11:00 am CST

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact CEBH in advance at iowa-cebh@uiowa.edu.

Webinar Series Dates and Topics

Overview of Assertive Community Treatment Thursday, February 16, 2023 10:00 am to 11:00 am	Day to Day Operations (Admissions, Discharge, and Treatment Planning) Thursday, March 16, 2023 10:00 am to 11:00 am
Shared Case Management and How Does it Work in ACT? Thursday, April 20, 2023 10:00 am to 11:00 am	
Approach to Individuals with Substance Use Disorder (Part 1) Thursday, May 18, 2023 10:00 am to 11:00 am	Approach to Individuals with Substance Use Disorder (Part 2) Thursday, June 15, 2023 10:00 am to 11:00 am
Supported Employment (What is it and Why is it Important in ACT?) Thursday, July 20, 2023 10:00 am to 11:00 am	
Overview of Schizophrenia and How You Can Help Thursday, August 17, 2023 10:00 am to 11:00 am	High Stakes and Hard Choices (Case Based Discussions in ACT) Thursday, September 21, 2023 10:00 am to 11:00 am

TO REGISTER, VISIT → www.iowacebh.org/training

→ iowacebh.org

Certificates of Attendance are available after post-survey completion.

The Center of Excellence for Behavioral Health and all related trainings are sponsored by the Iowa Department of Health and Human Services

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IPS Webinar Series for Providers and IPS Partners

The IPS Webinar Series occurs on the 4th Thursday of each month in addition to integration within Iowa's IPS Learning Community Quarterly Meeting.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact CEBH in advance at iowa-cebh@uiowa.edu.

Webinar Series Dates and Topics

Implementation of an IPS Program to Good Fidelity Thursday, February 23, 2023 12:00 pm to 1:00 pm	Overview of Individual Placement and Support Thursday, March 23, 2023 12:00 pm to 1:00 pm
Iowa IPS Learning Community Meeting ~ Fidelity Review Processes and Action Plan Thursday, April 20, 2023 RESCHEDULED TO: Thursday, April 27, 2023 10:00 am to 12:00 pm	
IPS 101 for Employment Specialists & Supervisors Thursday, May 25, 2023 12:00 pm to 1:00 pm	Documentation Thursday, June 22, 2023 12:00 pm to 1:00 pm
Iowa IPS Learning Community Meeting ~ Time Unlimited Supports Thursday, July 20, 2023 10:00 am to 12:00 pm	
Disclosure Thursday, August 24, 2023 12:00 pm to 1:00 pm	MH Integration – Collaborative Treatment Teams Thursday, September 28, 2023 12:00 pm to 1:00 pm
Iowa IPS Learning Community Meeting ~ Supported Employment as a Recovery Oriented Service Thursday, October 19, 2023 10:00 am to 12:00 pm	

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PSH Webinar Series for Providers and PSH Partners

The Permanent Supportive Housing (PSH) Webinar Series occurs on the 2nd Friday of each month from 12:00 PM to 1:00/2:00PM CST

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact CEBH in advance at iowa-cebh@uiowa.edu.

Webinar Series Dates and Topics

Permanent Supportive Housing – Provider Panel Friday, March 10, 2023 12:00 pm to 1:00 pm	Permanent Supportive Housing – Funding 101 Friday, April 14, 2023 12:00 pm to 1:30 pm
Harm Reduction in Permanent Supportive Housing Friday, May 12, 2023 12:00 pm to 1:00 pm	
Connecting Paradigms Part 1: Motivational Interviewing Friday, June 9, 2023 12:00 pm to 2:00 pm	Connecting Paradigms Part 2: Trauma-Informed Care Friday, July 14, 2023 12:00 pm to 2:00 pm

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CEBH Trainings This Month:

- ACT Webinar – Day to Day Operations
 - Thursday, March 16th
 - 10:00AM to 11:00AM
- IPS Webinar – Overview of IPS
 - Thursday, March 23rd
 - 12:00PM to 1:00PM

Center of Excellence for Behavioral Health



Supporting Iowa's Behavioral Health Workforce:

Staff Resiliency & Wellness and Trauma-Informed Leadership

In this two-day workshop, attendees will explore two foundational concepts for supporting behavioral health service professionals: **Staff Resiliency & Wellness**, healing and helping professionals are at risk of experiencing issues that mirror those of the people they serve. Research demonstrates the dangerous impact on physical and emotional health when exposed to trauma combined with a stressful work environment. Knowledge is the best defense against burnout, vicarious trauma, and compassion fatigue. This training goes further than other self-care trainings by addressing the critical elements of health to enhance productivity and quality of work on both an individual and organizational level; and **Trauma-Informed Leadership**, the stress of working with people struggling with trauma has put those in the helping and healing professions at significant risk for burnout and other dangers. Trauma-Informed Leadership gives leaders the skills and knowledge necessary to propel their programs and organizations towards excellence. This training provides a practical model to enhance staff health while maximizing system and organizational outcomes. Learners will leave this training with a new paradigm of Leadership and trauma-informed approaches for the supervision of staff and management of programs.



Matt Bennett, MBA, MA, is a relentless advocate for trauma-informed care and other interventions that help people and communities heal. His passion manifests in his books *Connecting Paradigms*, *Talking about Trauma & Change*, *Heart Variability*, and *Trauma-Sensitive Early Education* as well as his *Trauma-Informed Lens* and *Heart Rate Variability* Podcasts. Mr. Bennett combines his masters' degrees in community psychology and business administration with his practical experience as a therapist and leader to develop research-based solutions to improve the health of individuals, staff, organizations, and systems. As a sought-after trainer, Mr. Bennett utilizes a participant-centered approach, which includes interactions and adult learning activities to maximize learning, retention, and application. Mr. Bennett's presentations are a dynamic dance of innovative research, practical applications, and a passion for the art and science of helping others

TO REGISTER, VISIT → www.iowacebh.org/training

This webinar is hosted by the Center of Excellence for Behavioral Health (CEBH). CEBH is sponsored by the Iowa Department of Health and Human Services

Date:

Tuesday, April 11th &
Thursday, April 13th, 2023

Time:

1:00 PM – 3:00 PM CST

Location: Zoom **Cost:** Free

Certificates of Attendance for 1.75 contact hours will be available for those who attend the event in its entirety and completed the post-training survey. Please contact Iowa CEBH at iowa-cebh@uiowa.edu if you are unable to access the survey or certificate.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact Iowa CEBH in advance at iowa-cebh@uiowa.edu.

Center of Excellence for Behavioral Health



Connecting Paradigms: Trauma-Informed Motivational Interviewing for Behavioral Health Service Providers

In a quick-paced and dynamic training, participants learn Motivational Interviewing (MI) skills in the context of trauma-informed care, Harm Reduction, and the Stages of Change. Many of those who engage in services face critical changes if they are to reach the employment and social outcomes, we hope for them. Recent research on the brain and trauma gives those working with clients a new paradigm to improve outcomes for clients experiencing issues such as homelessness, substance abuse, mental health issues, post-traumatic stress disorder, and poverty. This training presents the trauma-informed paradigm in a practical context, giving participants both a theoretical basis and tools to apply immediately to their work with patients.



Matt Bennett, MBA, MA, is a relentless advocate for trauma-informed care and other interventions that help people and communities heal. His passion manifests in his books *Connecting Paradigms*, *Talking about Trauma & Change*, *Heart Variability*, and *Trauma-Sensitive Early Education* as well as his *Trauma-Informed Lens* and *Heart Rate Variability* Podcasts. Mr. Bennett combines his masters' degrees in community psychology and business administration with his practical experience as a therapist and leader to develop research-based solutions to improve the health of individuals, staff, organizations, and systems. As a sought-after trainer, Mr. Bennett utilizes a participant-centered approach, which includes interactions and adult learning activities to maximize learning, retention, and application. Mr. Bennett's presentations are a dynamic dance of innovative research, practical applications, and a passion for the art and science of helping others.

TO REGISTER, VISIT → www.iowacebh.org/training

Date:

Tuesday, May 16th &
Thursday, May 18th, 2023

Time:

1:00 PM – 3:00 PM CST

Location: Zoom **Cost:** Free

Certificates of Attendance for 1.75 contact hours will be available for those who attend the event in its entirety and completed the post-training survey. Please contact Iowa CEBH at iowa-cebh@uiowa.edu if you are unable to access the survey or certificate.

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Thank you!

→ iowacebh.org

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