

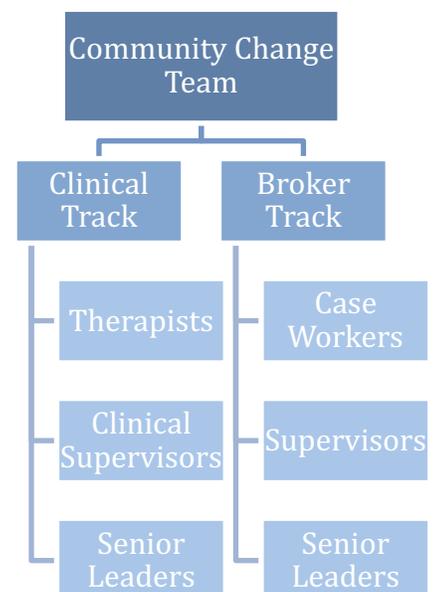
What is the C-START Trauma Practices Collaborative?

The **C-START Trauma Practices Collaborative** is a training and implementation project for professionals who are committed to working together to build the capacity of their communities to provide evidence-based trauma informed practices to all abused and traumatized children who need it.

C-START uses a Community Based Learning Collaborative (CBLC) model that brings together professionals from multiple agencies to participate in a one-year training in trauma practices.

Participating **mental health professionals** will learn to do **Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)** with a high degree of skill and fidelity. **“Broker”** professionals, those who identify abused children, make treatment plans, refer them for mental health services, and case manage will learn about TF-CBT, referral criteria for TF-CBT, and be trained in **Trauma-Focused Case Management (TF-CM)**. All participants will be trained in **Evidence Based Trauma Assessment** and **Collaborative Progress Monitoring**. Clinical and Broker professionals will form a **Community Change Team** and work together to:

- **Build capacity to provide TF-CBT in their community**
- **Implement TF-CBT and TF-CM in their community**
- **Ensure that all children and families who need TF-CBT and TF-CM receive it**
- **Identify and overcome barriers to receiving TF-CBT**
- **Monitor progress in achieving these goals**
- **Sustain the use of TF-CBT and TF-CM over time after the learning collaborative is completed**



The **C-START CBLC** is about learning new practice skills **and** applying and using them regularly in everyday practice over time. The **C-START CBLC** learning activities consist of a **Pre-Work** learning period, two 2-day **Learning Sessions** with **Action Periods** over a one-year period. During the Action Periods, individuals participate in scheduled **Consultation Calls** to enhance their application of the skills. CBLC participants commit to actively participating in **all** of the learning and implementation activities.

What is a Community-Based Learning Collaborative?

A **Community Based Learning Collaborative (CBLC)** is an approach to training and implementation of new practices designed to:

1) Build practitioner **knowledge, skills, and competence** in a best practice through intensive, collaborative training and consultation activities; and 2) overcome organizational, community, and other common **barriers** to using and sustaining the new practice in everyday practice.

A Learning Collaborative is **not**:

- A one-time training event
- A trainer lecturing to you
- Concerned only with building knowledge

A Learning Collaborative involves:

- Multiple Learning Sessions
- Ongoing consultation
- Implementing the new practice
- Overcoming barriers
- Sustaining the use

In a CBLC, clinical and broker professionals from several organizations come together to form **Community Change Teams** that will work collaboratively with a training faculty to **build the capacity of their communities** to deliver a new, evidence-based practice to clients who need it.

Professionals in the Community Change Teams include **mental health professionals** who provide or supervise mental health treatment, and **Brokers**, professionals who identify clients who need mental health services, refer them for mental health services, monitor the outcome of treatment, and often take action based upon the outcome of treatment. Both mental health and broker participants include front-line practitioners, supervisors, and senior leaders of agencies and organizations.

Learning is designed for immediate application in daily work. Each **Learning Session** is followed by an **Action Period** during which practitioners apply their new knowledge and skills while receiving regular consultation from the trainers. During Action Periods, barriers to treatment implementation are identified. Problem-solving as a team to overcome identified barriers to implementation is a central part of the CBLC. During the CBLC, case, agency, and community level **metrics** are used to assess progress and provide regular feedback to team members. Strengths, successes and areas for improvement are highlighted.



What will the C-START CBLC Include?

- Training for therapists and clinical supervisors in TF-CBT from a nationally certified trainer who has completed the Train-the-Trainers program conducted by the developers of TF-CBT
- Training for brokers on Trauma Focused – Case Management, from a nationally recognized trainer in multidisciplinary collaboration and community case planning. Brokers will also learn about TF-CBT so that they can communicate with clinicians about treatment progress
- Brokers will learn how to screen for trauma and trauma symptoms using evidence based screening tools to make appropriate trauma-specific referrals
- Brokers will learn to make engaged referrals to appropriate trauma-specific services and continue monitoring their cases for progress
- Information and consultation for senior leaders on methods for developing and sustaining a supportive organizational and community environment for delivering TF-CBT and other evidence supported treatments
- Training in identifying and overcoming barriers to using TF-CBT with appropriate clients.
- Ongoing consultation for all participants during the Action Period
- Access to the web-based resources library through the C-START online portal

What are the Benefits of the C-START CBLC?

- Be a partner in creating positive change in your community to improve mental health services for all abused and traumatized children and their families.
- Be involved with highly trained, experienced colleagues from relevant agencies in your community and around the state in an ongoing professional learning community.
- Receive intensive, **free** training and case consultation from experienced, recognized specialists in child trauma and the intervention.
- Clinicians become highly clinically trained in the use TF-CBT, the most well-supported treatment approach for traumatized children and their families.
- Clinicians receive a **Certificate of Completion and obtain training toward National TF-CBT Certification. Therapists are also listed on a public roster** as successfully completing Trauma Practices Collaborative.
- Brokers become highly trained in understanding TF-CBT and implementing TF-Case Management
- Brokers become certified in Trauma Focused Case Management and are listed on a **public roster** as being certified in Trauma Focused Case Management.
- Senior Leaders will have highly trained staff in Trauma Practices and receive consultation on how to successfully implement and sustain the Trauma Practices skills learned during the collaborative
- Access to a library of practice materials and resources.
- Earn up to \$20 for completion of evaluation measures.
- Receive **FREE continuing education hours.**

What are the C-START Learning Activities?

- A **Pre-Work** phase prior to the first Learning Session is needed for participants to do preliminary reading and web-based learning in order to maximize the utility of the in-person learning session.
- **Learning Session 1 (2 days) and Learning Session 2 (2 days).**
- During the **Actions Period**, clinicians and brokers practice skills with expert consultation, identify barriers, and apply strategies to overcome these barriers to implementation
- Regular telephone **Case Consultation** with trainers for therapists, supervisors, brokers, and senior leaders will be provided.
- Throughout the CBLC, ongoing training evaluation will be used to evaluate CBLC success and obtain participant feedback about their experience.

What are the training requirements?

- Training requirements are specific to each role, see your role specific training requirement page below.
- An agency supervisor and/or Senior Leader needs to register and participate in the CBLC in order for therapists and brokers to be accepted into the training.

Which training role should I participate in?

- There are two training tracks in C-START, each with three roles. Select your training role based on which description applies best to your current position.
 1. **Clinical Track:** Participants are professionals who provide mental health treatment to abused children, youth and their families or who supervise this treatment or who direct mental health agencies and programs.
 - a. **Therapists:** refers to clinicians who regularly deliver psychotherapy to child trauma clients. Therapists must hold a master's degree or above. They will be trained in TF-CBT and will complete at least 2 training cases.
 - b. **Clinical Supervisors:** refers to participants who provide direct clinical supervision to therapists. They will be clinically trained in TF-CBT so that they can adequately supervise clinicians learning and implementing TF-CBT within their organization. Some supervisors do not currently see clients in their work. However, as part of the C-START CBLC, supervisors are asked to personally complete at least 2 TF-CBT training cases.
 - c. **Clinical Senior Leader:** refers to directors, administrators, program managers and others who have agency leadership responsibilities and set policies and procedures. In the C-START CBLC, Senior Leaders will not be clinically trained in TF-CBT. They will learn to encourage and facilitate the adoption, implementation, and sustained use of TF-CBT in their organization and community.

2. **Broker Track:** Participants are professionals who work in agencies which identify abused children and youth; develop service and treatment plans for them; refer children, youth and families to providers for mental health treatment; and case manage and follow the family over time. Examples of broker professionals include full case managers, guardians ad litem, juvenile justice caseworkers and officers (JPO), victim advocates, domestic violence shelter case managers, family advocates, guidance counselors and nonclinical CAC personnel.
 - a. **Brokers** refers to frontline professionals whose primary role is to work with abused children, youth and their families, determine if they likely need mental health services, develop service and treatment plans, refer them to therapists for treatment, and manage the case over time.
 - b. **Broker Supervisors:** refers to participants whose primary role is to provide direct supervision to frontline caseworkers. Supervisors may carry a caseload themselves, but their primary role is supervision of others.
 - c. **Broker Senior Leaders:** refers to directors, administrators, program managers and others whose primary role is organizational or program leadership and management.

Therapist & Clinical Supervisor Training Requirements

Applicants for participation in the Trauma Practices Collaborative are expected to complete the requirements listed below. Participants who complete the below training requirements will be **rostered as TF-CBT providers**, listed in the publicly available referral list on the C-START webpage, and obtaining training toward National TF-CBT certification. Please note that completing this training DOES NOT make therapists TF-CBT nationally certified, but does assist in completing some of the requirements toward national certification.

Application Requirements

- Read the *C-START Trauma Practice Collaborative Orientation Manual*
- Complete the web-based [Participant Application Form](#)

Pework (Complete by January 9, 2020)

- Read the [Child Welfare Information Gateway](#) TF-CBT summary
- Read the [California Evidence-Based Clearinghouse for Child Welfare](#) TF-CBT summary
- Read the summary of TF-CBT components, [PRACTICE](#)
- Complete the web-based learning course, [TF-CBTWeb 2.0](#) & bring the certificate to the first learning session. Registration Fee is \$35. Agencies can register & [pay as a group](#).
- After completing TF-CBTweb2.0, complete the [Pre-Work Assessment Measures](#)
- Download, complete, and sign the [Pre-Work Learning Activities Attestation Form](#) and bring it to the first learning session.
- Therapists are *highly encouraged* to purchase the book [Treating Trauma and Traumatic Grief in Children and Adolescents, Second Edition](#) by Judith Cohen, Anthony P. Mannarion, and Esther Deblinger

Learning Sessions

- Attend the **two** 2-day in-person Learning Sessions (4 training days total) over the course of the one-year learning collaborative.
- Learning Session Dates: January 16 & 17, 2020 and May 21 & 22, 2020

Consultation Calls

- Participate in a minimum of **12** of the scheduled 1-hour teleconference group clinical consultation calls over the one-year period
- Present two of your training cases on the calls

Training Cases

- Complete the **Intake and Termination Assessment** with all training cases
- Complete the full TF-CBT treatment protocol (average of 12-16 sessions) with at least **two** child or adolescent trauma clients prior to the end of the learning collaborative. (**Note:** We recommend registering at least five child or adolescent trauma clients in order to complete the two required cases due to unexpected client premature termination of therapy)
- Complete web-based client monitoring assessments and therapist metric for each scheduled session. These instruments are designed to be completed in less than 10 minutes per session.

Broker and Broker Supervisor Training Requirements

Applicants for participation in the Trauma Practices Collaborative are expected to complete the requirements listed below. Participants who complete the below training requirements will be **certified** by C-START as **Trauma-Focused Case Managers** and listed in the publicly available roster of trauma-informed case managers on the C-START webpage.

Application

- Read the *C-START Trauma Practice Collaborative Orientation Manual*
- Complete the web-based [Participant Application Form](#)

Pework (Complete by January 9, 2020)

- Read the [Child Welfare Information Gateway](#) TF-CBT summary
- Read the [California Evidence-Based Clearinghouse for Child Welfare](#) TF-CBT summary
- Read the summary of TF-CBT components, [PRACTICE](#)
- Complete all modules of the free online learning course **ChildVictimWeb** (available at <http://cv.musc.edu>) and bring the certificate to the first learning session.
- After completing ChildVictimWeb, complete the [Pre-Work Assessment Measures](#)
- Download, complete, and sign the [Pre-Work Learning Activities Attestation Form](#) and bring it to the first learning session.

Learning Sessions

- Attend the **two** 2-day in-person Learning Sessions (4 training days total) over the course of the one-year learning collaborative.
- Learning Session Dates: January 16 & 17, 2020 and May 21 & 22, 2020

Consultation Calls

- Participate in a minimum of **6** scheduled 1-hour teleconference group broker consultation calls over the one-year period.
- Present **one** of your cases on the call

Training Cases

- Complete the Child and Adolescent Trauma Screen (CATS) with **two** cases
- Follow **one** case through treatment completion and turn in a completed Case Monitoring Form

Monthly Metric

- Complete a Broker metric each month, summarizing your progress in implementing TF-CM

Clinical and Broker Senior Leader Training Requirements

Applicants for participation in the Trauma Practices Collaborative are expected to complete the requirements listed below. Senior Leaders who complete the training requirements below will be listed in the publicly available roster of trauma-informed agency leaders on the C-START webpage.

Application

- Read the *C-START Trauma Practice Collaborative Orientation Manual*
- Complete the web-based [Participant Application Form](#)

Pework (Complete by January 9, 2020)

- Read the [Child Welfare Information Gateway](#) TF-CBT summary
- Read the [California Evidence-Based Clearinghouse for Child Welfare](#) TF-CBT summary
- Read the summary of TF-CBT components, [PRACTICE](#)
- Read the [Kauffman Best Practices Report](#)
- Read Morris, [How to Support Your Organization/Program in Implementing Evidence-Based Practices](#)
- Complete the [Pre-Work Assessment Measures](#)
- Download, complete, and sign the [Pre-Work Learning Activities Attestation Form](#) and bring it to the first learning session.

Learning Sessions

- Attend the Senior Leader lunch during day 1 of each 2-day Learning Session
- Senior Leaders are *highly encouraged* to attend some or all of the **two** 2-day in-person Learning Sessions (4 training days total) over the course of the one-year learning collaborative.
- Learning Session Dates: January 16 & 17, 2020 and May 21 & 22, 2020

Consultation Calls

- Participate in a minimum of **6** of the scheduled 1-hour teleconference group senior leader consultation calls over the one-year period.