

9/1/13 through 8/31/15

### **Texas Resilience and Recovery (TRR) Requirements**

Contractor shall ensure that providers of services and supports within TRR are trained in the DSHS-approved evidence-based practices prior to the provision of these services and supports.

Contractor shall ensure that supervisors of personnel providing services and supports within TRR are trained as trainers in the DSHS-approved evidence-based practices as set forth in this Appendix 21, or have provided the evidence-based practices set forth in this Appendix 21 prior to the supervision of personnel providing the evidence-based practice service.

#### **DSHS-approved evidence-based practices:**

##### **Adult Services**

- **Assertive Community Treatment:**
  - Dartmouth Assertive Community Treatment
- **Counseling:**
  - Cognitive Behavioral Therapy
- **Psychosocial Rehabilitation:**
  - Substance Abuse Mental Health Services Administration (SAMHSA) Illness Management and Recovery
- **Supported Employment:**
  - Dartmouth Psychiatric Research Center – Individual; Placement and Support or
  - SAMHSA Supported Employment
- **Supported Housing:**
  - SAMHSA Permanent Supported Housing;

##### **Child and Adolescent Services**

- **Skills Training and Development:**
  - Aggression Replacement Techniques
    - Attendance at a live Aggression Replacement Training hosted by any of the following: The Behavioral Institute for Children and Adolescents, G&G Consultants, Education and Treatment Alternatives, Inc., or an individual or entity designated as approved trainers by the aforementioned institutes; *or*
    - Completion of the 6-DVD set workshop series “Teaching Prosocial Behavior to Antisocial Youth: A Live Workshop Presentation” by Dr. Arnold P. Goldstein” and completion of one of the following A.R.T.® curriculum fidelity observation forms within one year of completion of training: Anger Control Fidelity Form, Skillstreaming Fidelity Form, Moral Reasoning Fidelity Form.
  - Nurturing Parenting:
    - Attendance at a 3-day training on Nurturing Parenting by a trainer who has been certified as an Organizational Trainer or National Trainer by Nurturing Parenting Programs®.
  - Seeking Safety:
    - Attendance at a 1-day live training on Seeking Safety by a trainer or training entity that has been designated as a trainer by Seeking Safety®; *or*

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- Documented completion of the 4 DVD set “Video Training Series on Seeking Safety” workshop and completion of the fidelity form “Seeking Safety Adherence Scale” within one year of completion of training.
  - Preparing Adolescents for Young Adulthood (PAYA): There are no training requirements.
- **Wraparound Process Planning**
- **Counseling:**
  - Cognitive Behavioral Therapy (CBT): All staff providing CBT must meet DSHS-approved Competency requirements.
  - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): TF-CBT.
    - Documentation of completed training from the DSHS TF-CBT Training (2009, 2010 Trainings) with Dr. Susana Rivera; *or*
    - Completion of Basic Online Training on TF-CBTWeb© from the Medical University of South Carolina; completion of Online Training on Complex Traumatic Grief on TF-CBTWeb© from the Medical University of South Carolina; completion of at least 2 days of face-to-face TF-CBT training by a National Approved TF-CBT Trainer as designated by the Medical University of South Carolina or the developers of TF-CBT (Dr. Judith Cohen, Dr. Anthony Mannarino, or Dr. Esther Deblinger), *and*
    - Completion of minimum clinical consultation calls required by the trainer.
  - Parent-Child Psychotherapy (Dyad Therapy):
    - Certificate for training from the DSHS/Early Childhood Mental Health Training with Dr. Sarah Hinshaw-Fuselier (2006-2009 Trainings); *or*
    - Certificate for training from the Early Childhood Mental Health Online Training with Dr. Neil Boris and Dr. Hinshaw-Fuselier (2011); *or*
    - Parent-Child Psychotherapy certification from a DSHS approved university based institute or program; *or* Certified in Parent-Child Interaction Therapy (PCIT) by a trainer or training entity that follows the current PCIT training guidelines as outlined by PCIT International®.

### **DSHS-approved CBT Competency Requirements:**

#### **Current & Existing Staff**

- Submission of a tape to be reviewed and rated by one of the following entities:
  - Beck Institute for Cognitive Behavioral Therapy <http://www.beckinstitute.org/>
  - Academy of Cognitive Therapy <http://www.academyofct.org/>
  - Reach Institute (Child & Adolescent Providers Only) <http://www.thereachinstitute.org/>
- Existing practitioners need a score of 40 or greater to be considered competent (rating is done using the Cognitive Therapy Rating Scale by Beck). This documentation should be maintained in employment record.
- By 2014a practitioner who receives a score of less than 40 is not able to provide CBT until such time that they have documented proof that they have passed a tape rating as outlined in the competency standards.

#### **New Hires**

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- All new hires employed after Fiscal Year (FY)2014 have 1 year to demonstrate competency as outlined in the competency standards.
- Should a new hire be employed during a timeframe that is less than a year from targeted implementation date, they will have one year from hire date to achieve competency (i.e. a staff hired two months before targeted implementation date).
- It is recommended that new hires must submit a tape for competency review within 6 months of hire.
- If a new hire does not meet the competency standards within 1 year of hire they cannot be a provider of CBT until such time that they have documented proof that they have passed a tape rating as outlined in the competency standards.

**Staff Pursuing Permanent Licensure**

- Staff with temporary licenses (i.e. LPC-Intern, LMSW, LPA, LMFT-A ) may provide CBT in the event they are under the supervision of a fully licensed clinician that meets the criteria to be a Licensed Professional of the Healing Arts (LPHA) and is deemed competent as per the competency requirements.
- Staff with temporary licenses must be actively seeking full licensure as a LPHA.
- Staff with temporary licenses should refer to your respective licensing board requirements regarding frequency of supervision.
- Upon acquisition of full licensure staff will have 1 year to demonstrate competency per the competency standards as set forth in this document.

**Exceptions to Competency Requirements**

There may be exceptions if there is documentation of the following:

- Any practitioner that has been trained as a trainer by Dr. Monica Basco. Practitioners that attended the CBT training workshops with Dr. Basco in the past do not meet this requirement. You must have been trained as a trainer.
- Any practitioner that has been certified by the Academy of Cognitive Therapy.
- Any practitioner that has been certified as a trainer by the REACH Institute.

**Additional Considerations**

- Trainers in adult CBT may serve as a resource in preparing providers for the competency review.

**CONTACT INFORMATION FOR COMPETENCY TAPE REVIEW**

<u>Organization</u>	<u>Contact Person</u>	<u>Contact Information</u>	<u>Approximate Cost Per Tape (rates include narrative feedback)</u>
The Academy of Cognitive Therapy	<b>Troy Thompson</b> , Acting Executive Director	<a href="mailto:tthompson@academyofct.org">tthompson@academyofct.org</a> P: (267) 350.7683 F: (215) 731.2182	\$150
The REACH Institute	<b>Dr. Lisa Hunter Romanelli</b> , PhD, Executive Director	485 Seventh Avenue, Suite 1510 New York, NY 10018 <a href="mailto:lisa@thereachinstitute.org">lisa@thereachinstitute.org</a> phone: 212.947.7322, ext. 227	\$170- \$175

		fax: 212.947.7400	
<a href="#">Beck Institute for Cognitive Behavior Therapy</a>	<b>Dr. Julie Hergenrather,</b> PhD, Executive Director	One Belmont Avenue, Suite 700 Bala Cynwyd, PA 19004 phone: 610.664.3020 <a href="mailto:jh@beckinstitute.org">jh@beckinstitute.org</a>	\$300