Connecticut Collaborative on Effective Practices for Trauma (CONCEPT)

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Learning Collaborative[*]

Overview: TF-CBT is a short-term evidence-based psychosocial treatment model for children suffering from traumatic stress following exposure to a range of traumatic experiences, including sexual abuse, physical abuse, and domestic violence. DCF and CHDI have previously disseminated TF-CBT to 16 community provider agencies in Connecticut using Learning Collaboratives. CONCEPT will build upon this work to expand TF-CBT to an additional 8-10 provider agencies and DCF's congregate care facilities.

KEY COMPONENTS OF TF-CBT LEARNING COLLABORATIVES:

- **Learning Collaborative Implementation Methodology**
  CONCEPT will utilize the Learning Collaborative methodology to disseminate TF-CBT. The Learning Collaborative model includes staff from multiple roles, intensive year-long training, ongoing consultation and technical assistance, and use of data for quality improvement.

- **Inclusion of child welfare staff and other "brokers"**
  CONCEPT will develop a Learning Collaborative training plan that includes child welfare staff and other "brokers" of children's mental health services. Including these staff in trainings will increase their knowledge about the traumatic stress and appropriate referrals for TF-CBT, will increase collaboration between brokers and TF-CBT providers, and will increase demand for evidence-based trauma-focused treatments.

- **Bringing TF-CBT to DCF's congregate care facilities**
  CONCEPT will bring TF-CBT programs to DCF's psychiatric hospital and residential treatment center (Solnit North and Solnit South). Staff from these facilities will participate in the Learning Collaborative training with other TF-CBT providers to facilitate cross-site learning and collaborations. Adaptations to the TF-CBT model and training plan for congregate care facilities will be provided by Judith Cohen, MD (TF-CBT developer) and Carrie Epstein, LCSW (TF-CBT Trainer).

- **Quality Improvement and Technical Assistance**
  Data will be collected at the client, clinician, and agency levels to support implementation and for quality improvement purposes. CONCEPT staff and expert trainers will provide technical assistance and consultation to sites participating in the TF-CBT Learning Collaborative.

- **Support for existing TF-CBT providers**
  CONCEPT staff will provide limited ongoing technical assistance and consultation to the existing network of 16 TF-CBT provider agencies to support sustainability and expansion of their programs. Technical assistance will be provided through ongoing data collection and reporting, telephone consultation, and site visits.

FOR MORE INFORMATION CONTACT:

Jason Lang, Ph.D.
Connecticut Center for Effective Practice
Child Health & Development Institute of CT
jalang@uchc.edu
860-679-1550

Kim Campbell, MSW (Project Coordinator)
Connecticut Center for Effective Practice
Child Health & Development Institute of CT
kcampbell2@uchc.edu
860-679-2907

Marilyn Cloud, LCSW
Connecticut Department of Children & Families
marilyn.cloud@ct.gov
860-723-7260

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[*] the planned interventions selected are subject to change based on the needs assessment and federal review.

Child Health and Development Institute of Connecticut, Inc.

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