

Dialectical Behavioral Therapy (DBT) Informational Webinar

Center for Evidence to Practice

Thursday, November 2, 2023

10:00AM-11:00AM CDT

LSU Health
NEW ORLEANS
School of Public Health

 **LOUISIANA
DEPARTMENT OF HEALTH**

Overview

- Treatment Implementation Collaborative (TIC)
- Dialectical Behavioral Therapy (DBT)
- DBT Application & Training Timelines
- Application Requirements & Process
- DBT Resources
- Questions & Answers

The Treatment Implementation Collaborative, LLC (TIC) is a premier provider of training and consultation in Dialectical Behavior Therapy (DBT), with a team of some of the most highly qualified experts in the world. With over 30 years of experience, they are one of only a few DBT training organizations lead by people who worked directly with the treatment developer, Dr. Marsha Linehan.

More information: www.ticllc.org

Trainers for this project:



Shari Manning, Ph.D.



Kate Comtois, Ph.D., MPH

What is Dialectical Behavior Therapy (DBT)?

DBT is a comprehensive treatment intervention designed to:

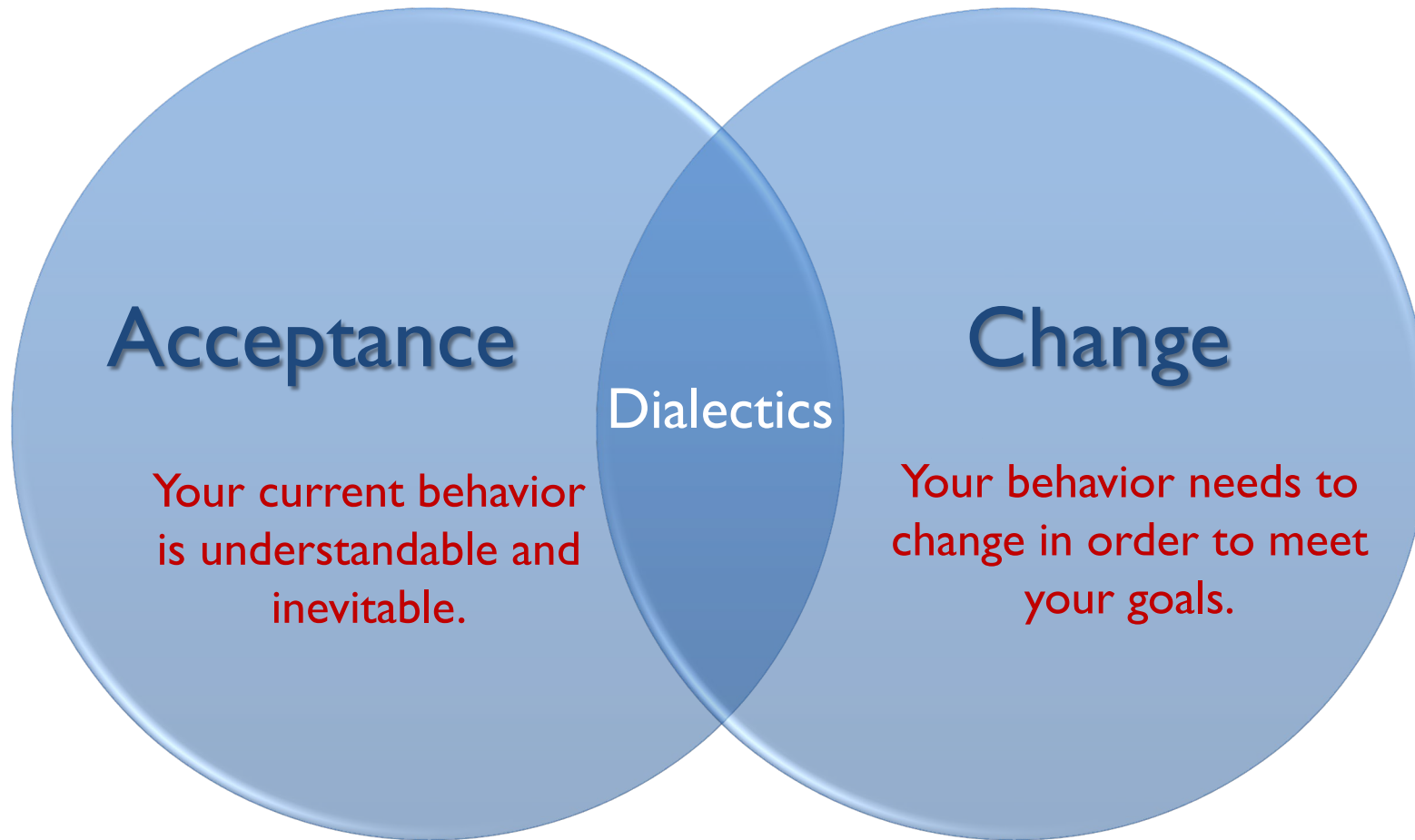
- **Enhance capabilities,**
- **Improve motivation,**
- **Assure generalization,**
- **Structure the environment,**
- **Enhance and improve therapist motivation and capabilities.**

WHAT are Dialectics?

- The overall goal of DBT is to balance thoughts, emotions, actions (Extremes are most often miserable)
- Synthesize seemingly opposite positions
- Dialectical Assessment
- Dialectical strategies
- We use dialectics in therapy and with each other



Interlocking Core Paradigms



The Overall Target of DBT is... a Life Worth Living



Standard Outpatient DBT

Enhancing Capabilities:

- skills training group 2-2.5 hours per week

Improving Motivation:

- individual therapy once a week

Assuring Generalization:

- Telephone consultation as needed

Structuring the Environment:

- Family therapy, family skills training, case management as needed

Enhance and Improve Therapists capabilities and motivation:

- Consultation team, training, supervision



DBT Application Timeline

<u>Event</u>	<u>Timeline</u>
DBT INFORMATIONAL WEBINARS	These webinars are being repeated over three (3) dates: 1. October 18, 2023 at 3:00PM CST 2. October 24, 2023 at 12:00PM CST 3. November 2, 2023 at 10:00AM CST
DBT LEADERSHIP MEETING	Taking place on November 8, 2023, from 11:00AM-2:00PM CDT. Registration can be accessed by CLICKING HERE . Attendance is MANDATORY to be eligible to apply.
RFA APPLICATION PERIOD	November 27, 2023-January 5, 2024
RFA NOTICE OF APPLICATION	January 22, 2024
DBT TRAINING COMMITMENT DUE	February 6, 2024

CE Certificates will be provided for social workers and counselors who participate in the informational webinars and who are accepted into the DBT Learning Collaborative. Other licensed individuals can apply through their own licensing boards.

DBT Virtual Training Requirements

<u>Training</u>	<u>Date & Time</u>	<u>Required Attendance</u>
2 X 2-HR TEAM LEADER CONSULTATION	February 8, 2024 @ 2pm-4pm CDT February 20, 2024 @ 2pm-4pm CDT	Team leaders/Supervisors
5 HALF-DAY KICK OFF	February 26-March 1, 2024 9am-1:00pm CDT	Overview of DBT/getting started
3 HALF-DAY BOOSTER	April 16-18, 2024 9am-1pm CDT	Individual sessions
TEAM CONSULTATION	March 4-November 22, 2024	18 x 90 minutes every other week (includes coaching review)
3 HALF-DAY BOOSTER	June 25-27, 2024 9:00am-1:00pm CDT	Case Conceptualizations

*CE Certificates will be provided for **social workers and counselors** who participate in the informational webinars and who are accepted into the DBT Learning Collaborative. Other licensed individuals can apply through their own licensing boards.*

DBT Ongoing Training Requirements

<u>Training</u>	<u>Date & Time</u>	<u>Required Attendance</u>
ONLINE SKILLS	February 26-June 28, 2024	3 months to complete first round
SESSION TAPES <i>(Individual, team and Skills)</i>	March 4, 2024 – July 31, 2024	4 x individual sessions, 1 skills, 1 team, coaching role play
TEAM CASE CONCEPTUALIZATIONS DUE	July 1, 2024	6 case Conceptualizations per team

*Participation is **MANDATORY** in all ongoing training requirements.*

Application Requirements:

- The DBT Training team is required to have **4-6 clinicians** per team who meet the eligibility requirements.

Interested team MUST attend the DBT Leadership Meeting:


- **Wednesday, November 8, 2023** from **11:00AM-2:00PM CST**
- You can [CLICK HERE](#) to register.

DBT Application Materials:


Request for Application (RFA)

REQUEST FOR APPLICATIONS

For
Dialectical Behavioral Therapy (DBT)
Learning Collaborative for Louisiana Medicaid Behavioral Health Agencies

 Treatment Implementation Collaborative
Overcoming Ourselves, Together across the Commonwealth of Louisiana

Issued by
LSUHSC Center for Evidence to Practice



Application Release Date: Monday, November 27, 2023
APPLICATIONS MUST BE RECEIVED BY JANUARY 5, 2024
All applicants will be notified by Monday, January 22, 2024

Please direct questions to the Center for Evidence to Practice at
EvidencetoPractice@lsuhsc.edu

Agency Agreement

Dialectical Behavioral Therapy (DBT) Agency Agreement

Upon completion of this application, please email a copy with signatures to EvidencetoPractice@lsuhsc.edu.

AGENCY INFORMATION

NAME OF APPLICANT AGENCY	
AGENCY STREET ADDRESS	
CITY, STATE AND ZIP CODE	
AGENCY NPI	

PRE-APPLICATION REQUIREMENTS

FIRST AND LAST NAME of clinic leadership who attended the DBT TRAINING PROTOCOL ORIENTATION CALL: <i>This was recorded on November 8, 2023 from 11:00am-2:00pm CDT. If your agency was unable to attend, contact Helen Best (HBest@lsuhsc.edu) directly for details.</i>	
POPULATION THAT WILL BE TREATED WITH DBT: <i>(e.g., Adult Outpatient, Transitional Age Youth (TAY), Residential, etc.)</i>	

TIME COMMITMENT REQUIREMENTS

The Center for Evidence to Practice will be sponsoring one (1) cohort of DBT training. Applicants must commit to participating and attending ALL training days and consultation calls. **PLEASE CHECK OFF EACH BOX BELOW TO VERIFY COMMITMENT:**

<input type="checkbox"/> Two 2-hour Team Leader Consultations: The DBT Leadership are able to attend February 8 & 20, 2024 @ 2:00PM-4:00PM CDT.
<input type="checkbox"/> 1 Half-Day Kick-Off: The DBT team are able to attend February 26-March 1, 2024 @ 9:00AM-1:00PM CDT.
<input type="checkbox"/> 3 Half-Day Boosters: The DBT team are able to attend April 16-18, 2024 @ 9:00AM-1:00PM CDT.
<input type="checkbox"/> 3 Half-Day Boosters: The DBT team are able to attend June 25-27, 2024 @ 9:00AM-1:00PM CDT.
<input type="checkbox"/> Team Consultation Calls: The DBT team is able to attend 18 Bi-Weekly consultations calls for 90 minutes each.

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Trainee Application

Dialectical Behavioral Therapy (DBT) Trainee Application

The DBT online training is scheduled to begin in Fall 2023 with the Treatment Implementation Collaborative (<https://www.ticllc.com/>) for this training opportunity. The course is limited to four (4) agencies/teams.

The training application requires **TWO (2) FORMS** to be completed for **EVERY APPLICANT**, the Trainee Application, **AND** the Agency Agreement.

Please review the DBT Request for Applications (RFA) in its entirety for complete details about the training prior to completing an application.

You can click here to access the DBT RFA:
XXXX

Application Instructions

- 1) The **TRAINEE APPLICATION** must be completed by each applicant and can be accessed by filling out the online application (through Microsoft Forms) by **FRIDAY, JANUARY 5, 2024**.
- 2) The **AGENCY AGREEMENT** must be completed and signed through Adobe PDF (a fillable PDF) by a supervisor and/or administrator at the agency requesting participation in the DBT training. The agency agreement **MUST BE EMAILED TO EvidencetoPractice@lsuhsc.edu** by **FRIDAY, JANUARY 5, 2024**.

You can click on this link to access the **AGENCY AGREEMENT**:
XXXX

****BOTH FORMS MUST BE SUBMITTED TO BE CONSIDERED FOR THIS TRAINING OPPORTUNITY****

NOTE: The application form allows you to save and return where you previously left off. Use the "Back" and "Next" buttons on the bottom left of each page to navigate through the application. Use the "Submit" button to complete your application at the end of the questions.

Next

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Training Commitment

Dialectical Behavioral Therapy (DBT)
Online Learning Collaborative
Training Commitment Form

For Louisiana Medicaid Behavioral Health Agencies Serving Children and Families

Sponsored by the Center for Evidence to Practice and the Treatment Implementation Collaborative, LLC

Facilitated by: Dr. Shari Manning, Ph.D. and Dr. Katherine Ann Comtois, PhD, MPH

 Treatment Implementation Collaborative
Overcoming Ourselves, Together across the Commonwealth of Louisiana

Congratulations!

Thank you for your interest and acceptance into the Dialectical Behavioral Therapy (DBT) training! We are excited to have your agency involved in our upcoming Learning Collaborative.

Training Commitment

As this training will be fully sponsored by state Medicaid funds through the Center for Evidence to Practice, we request all participating agencies submit a training commitment. This document demonstrates your commitment to completing the DBT training and delivering this service to children and families served by Medicaid for the next several months (January 2024-September 2024).

Please complete the commitment by TUESDAY, FEBRUARY 6, 2024, to verify your participation in this training opportunity.

Electronic signatures are accepted.

The DBT application materials will open on **Monday, November 27, 2023.**

Application Process:

- The application materials will open on **Monday, November 27, 2023** and the following is needed:
 - 1) AGENCY AGREEMENT** is REQUIRED with signatures and emailed to EvidenceToPractice@lsuhsc.edu by **JANUARY 5, 2024**.
 - 2) TRAINEE APPLICATION** is completed online, and **MUST** be submitted by **JANUARY 5, 2024**.
- *Applicants will be notified by **January 22, 2024** regarding their application status.*

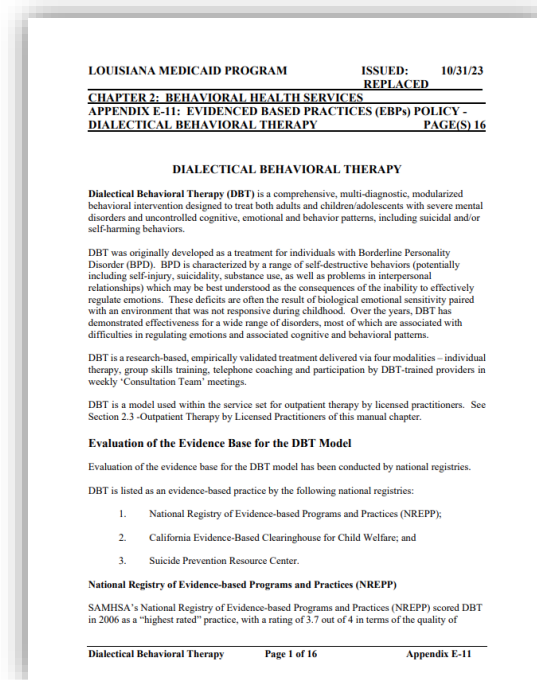
Where can I learn more about DBT?



Visit the trainer's organization website for resources:
<https://www.ticllc.org/dbt-resources>

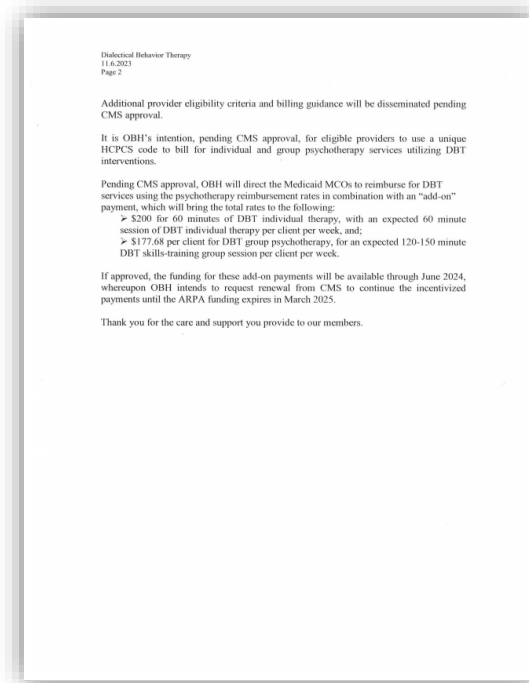
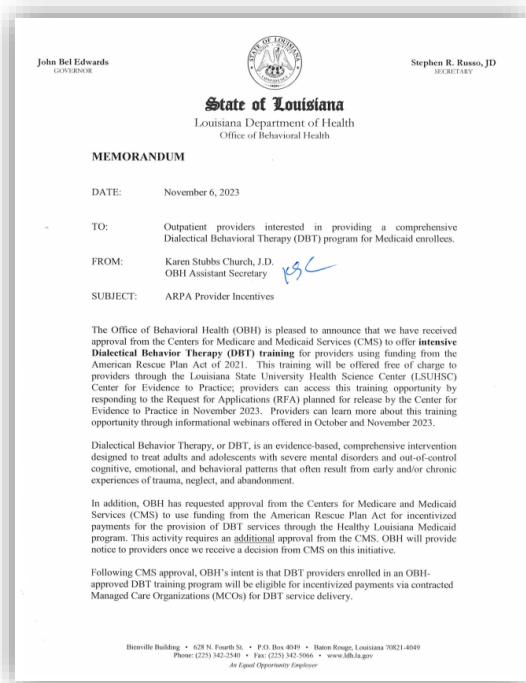
Behavioral Health Services Provider Manual:

➤ Check out the [DBT Service Definition](#) recently finalized by the Louisiana Department of Health – Louisiana Medicaid Program:



LDH-OBH Memo on DBT rate:

➤ Please review the [Louisiana Department of Health-Office of Behavioral Health \(LDH-OBH\) Memo on the DBT Rate](#) that was released on Nov. 6, 2023.



What Questions Do You Have?



Contact Information:

Treatment Implementation Collaborative (TIC)

Email: hbest@ticllc.org

Phone: (206) 251-5134

Center for Evidence to Practice (E2P)

Email: EvidenceToPractice@lsuhsc.edu

Phone: (504) 568-5731