

REQUEST FOR APPLICATIONS

For

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Learning Collaborative for Louisiana Medicaid Behavioral Health Agencies



Issued by

LSUHSC Center for Evidence to Practice



Application Release Date: Thursday, September 12, 2024

APPLICATIONS MUST BE RECEIVED BY SATURDAY, OCTOBER 12, 2024

Notice of application will be sent Friday, October 18, 2024

Please direct questions to the Center for Evidence to Practice at

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1. TRAINING OVERVIEW

A. INTRODUCTION

The Center for Evidence to Practice (Center for E2P) has written this Request for Application (RFA) in order to identify behavioral health practitioners in Louisiana who are equipped to successfully participate in **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** training and implementation.

TF-CBT has been selected by the Office of Behavioral Health (OBH) as an evidence-based program that will be expanded statewide, to serve youth as well as adults. OBH has published a Medicaid service definition for TF-CBT in their [LA Behavioral Health Services Manual](#), which demonstrates their support for this EBP model.

Through this Request for Applications (RFA), the Center for E2P along with Kelly Wilson, LCSW look forward to identifying a strong cohort to participate in this training and learning collaborative opportunity.

The **goal of this RFA** is to help providers determine if this EBP is a good fit for their clinicians, organization, and the youth, families, and adults they serve. *It should also help providers determine if they are able to commit to the expectations of participating in this training opportunity and of delivering the EBP.* The application requests information about the providers' qualifications, the services they provide to Medicaid-insured children and families, and readiness to participate in the training and to deliver the EBP. Kelly Wilson, LCSW and the Center for E2P staff will be reviewing applications based on the **Application and Selection Process (Section 3) to select providers that are best able to take advantage of this training opportunity and to sustain delivery of the EBP.**

B. INFORMATION ABOUT THE LOUISIANA CENTER FOR EVIDENCE TO PRACTICE

The Center for E2P is a partnership between the Louisiana Department of Health – Office of Behavioral Health and the Louisiana State University, Health Sciences Center – School of Public Health, which is tasked with improving access to evidence-based behavioral health practices for Louisianan children and families insured by Medicaid. Our mission is to support the state and its agencies, organizations, communities, and providers in selecting and implementing evidence-based interventions to promote youth and family well-being, improve behavioral health outcomes, and address challenges related to sustaining quality practice. For more information on E2P please visit our [website](#) and [subscribe](#) to our newsletter for updates.

C. CONTINUING EDUCATION CREDITS

The Center has been authorized as a social work continuing education (CE) pre-approval organization through the Louisiana State Board of Social Work Examiners (LABSWE). Additionally, the National Board for Certified Counselors (NBCC) has approved the Center to become an NBCC Approved Continuing Education Provider (ACEP). Pending completion of training, complying with [Center Training Guidelines & Expectations](#), meeting the required amount of training minutes, and completing

the end-of-training evaluation, participants should receive a CE certificate for their participation in this training opportunity. The Center encourages participants who are not licensed social workers or licensed professional counselors to submit their certificates to their respective licensing board upon renewal for CE credit.

D. TRAINING COMMITMENT EXPECTATION AND FORM

Dedication and commitment to this training is the utmost importance to participating in this training opportunity. *These trainings are typically very costly and would be a significant financial investment for practitioners if they were to participate on their own, however, if an agency/practitioner team is chosen for this opportunity, it is provided at no cost to them.* With that in mind, **for each entity that is chosen for this training opportunity, we emphasize the necessity of completing all the training components as intended.** Should an entity drop out of this opportunity, it can impact their selection in a future training opportunity offered through E2P.

All chosen applicants are required to commit to participating in the training in its entirety. Upon selection, all applicants will be required to complete a **TRAINING COMMITMENT** between the applicant and E2P. *As this is a free, state-funded training, all participants must demonstrate their commitment to participate in ALL training days and to actively use the training approach with clients.*

E. TRAINING COSTS

There will be no cost to agencies for the course itself; however, agencies must financially commit to the time and effort required to complete the training and the delivery of the EBP. Agencies and clinicians must set aside the allotted training time to fully participate in this training opportunity, including any expectations outside of training (e.g. reading training manuals and related materials, completing web-based training, changing operations to accommodate delivery of the EBP). This includes agencies and clinicians setting aside time for each of the required training days/times to fully participate in this training opportunity. For in-person trainings, the provider is responsible for covering the cost of travel and travel time. Training manuals will be provided by the Center for E2P.

2. SCOPE OF WORK

A. INFORMATION ABOUT TF-CBT

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a component-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles.

Target Population Characteristics

TF-CBT was created for young people who have developed significant emotional or behavioral difficulties following exposure to a traumatic event (e.g., loss of a loved one, physical abuse, sexual abuse, domestic or community violence, motor vehicle accidents, fires, tornadoes, hurricanes, industrial accidents, terrorist attacks).

TF-CBT may benefit children with a known trauma history who are experiencing significant posttraumatic stress disorder (PTSD) symptoms, whether or not they meet full diagnostic criteria. In addition, TF-CBT may benefit children with depression, anxiety, and/or shame related to their traumatic exposure. Children experiencing childhood traumatic grief can also benefit from the treatment.

TF-CBT may be delivered to children ages 3-18 and their parents.

TF-CBT may not be appropriate for the following:

- Acutely suicidal youths;
- Adolescents with current para-suicidal behaviors (self-cutting or non-fatal self-harm);
- Youth with extensive inappropriate/illicit substance use;
- Youth with a history of significant behavioral problems present before the trauma exposure;
- Youth with significant conduct problems (aggressive, destructive).

Philosophy and Treatment Approach

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is designed to help those 3 to 18- year-olds and their parents overcome the negative effects of traumatic life events, such as child sexual or physical abuse. TF-CBT aims to treat serious emotional problems such as posttraumatic stress, fear, anxiety, and depression by teaching children and parents' new skills to process thoughts and feelings resulting from traumatic events.

TF-CBT is a structured, short-term treatment model that integrates cognitive and behavioral interventions with traditional child-abuse therapies. Its focus is to help children talk directly about their traumatic experiences in a supportive environment. TF-CBT components are described by the acronym PRACTICE:

- **Psychoeducation.**
- **Parenting**
- **Relaxation**
- **Affective modulation**
- **Cognitive coping**
- **Trauma narrative**
- **In-vivo exposure**
- **Conjoint sessions with caregivers**
- **Enhancing safety and resilience**

Typically, TF-CBT is implemented through 12 to 18 weekly sessions. These aim to provide the parents and children with the skills to better manage and resolve distressing thoughts, emotions, and reactions related to traumatic life events. The sessions also aim to improve the safety, comfort, trust, and growth of the child and to develop parenting skills and family communication.

Goals

- Improving child PTSD, depressive and anxiety symptoms
- Improving child externalizing behavior problems (including sexual behavior problems if related to trauma)
- Improving parenting skills and parental support of the child, and reducing parental distress
- Enhancing parent-child communication, attachment, and ability to maintain the safety
- Improving child's adaptive functioning
- Reducing shame and embarrassment related to traumatic experiences. ;

Learn more about TF-CBT by accessing their National website by [clicking here](#) or accessing this link: <https://tfcbt.org/about-tfcbt/>

B. TF-CBT TRAINING COMMITMENTS

The objectives of this TF-CBT training are to support the adoption and implementation of TF-CBT by behavioral health organizations in Louisiana that serve trauma-exposed children and families. Over one year, clinicians and supervisors will learn the TF-CBT model, along with how to implement systems and infrastructure for the long-term sustainability of TF-CBT.

Upon acceptance into the TF-CBT cohort, there is a **MANDATORY Pre-Requisite TF-CBT Assessment Training** scheduled on **OCTOBER 29, 2024, from 9:00AM-1:00PM**. Accepted applicants **MUST** attend to fully understand the scope and commitment of the TF-CBT online training as well as receive an introduction in executing assessments with clients in regard to the TF-CBT model.

All selected practitioners will participate in a two-part TF-CBT training which will be implemented online via Zoom. ***This TF-CBT training altogether consists of 11 hours of self-paced online training, 37.5 hours of live online training, and one year of monthly consultation calls consisting of 12 additional hours in group consultation to support the development of the therapist's understanding of TF-CBT therapy and their ability to use it.*** All practitioners must have access to a computer with a webcam and a stable internet connection to participate in the training.

The Center for Evidence to Practice expects all selected agencies/clinicians to complete the course and consultation calls. Once the course is complete, clinicians will be expected to continue pursuing national TF-CBT certification and take the required TF-CBT Therapist Certification Program Knowledge-Based Test administered through the [National TF-CBT Therapist Certification Program](#).

This training and implementation program aims for participating Medicaid agencies to successfully implement TF-CBT in their agency and community. Providers should be able to demonstrate the capacity to identify and engage appropriate children and families for TF-CBT, deliver the model to fidelity, and sustain the model long-term.

Upon completion of achieving TF-CBT certification, licensed practitioners will be able to specifically use an EBP tracking code to document the delivery of this model within Outpatient Therapy. The EBP

Tracking code for TF-CBT (EB07) is outlined in the [Louisiana Medicaid Behavioral Health Services Provider Manual](#) on pages 435-444. Practitioners can also reference the [EBP Qualifications & Billing Guide](#), which provides a summary of the EBP tracking codes and Medicaid billing guidance. Upon certification, it is **highly recommended** that practitioners utilize the EB07 to document the utilization of the EBP model, TF-CBT.

C. TF-CBT TRAINING OVERVIEW (MANDATORY)

1. Upon acceptance into the TF-CBT cohort and **BEFORE** the first TF-CBT training day, **all practitioners must complete the 11-hour web-based course**, TF-CBT Web 2.0, available at: <http://tfcbt2.musc.edu>.
 - a. The course is comprised of 11 learning modules that cover the foundations of TF-CBT and each of the treatment components. CEUs will be given for the online training. **The cost for the entire eleven-module course is \$35.00 per learner.**
2. **MANDATORY Pre-Requisite TF-CBT Assessment Training: A 4-hour training** where trainees will be given an overview of training expectations as well as provided an introduction to executing assessments with clients in regard to the TF-CBT model.
3. **Basic Training:** Three (3) days of online training from an approved national TF-CBT trainer.
4. **Advanced Training:** Two (2) days from an approved national TF-CBT trainer.
5. **Ongoing Phone Consultation Calls (12 calls total):** Groups of 5-12 clinicians receive ongoing case consultation from an approved national TF-CBT trainer or consultant to implement TF-CBT for patients in their setting over the course of **one (1) year**.

An additional benefit if accepted to participate in the TF-CBT basic and advanced online training is that practitioners will be given the opportunity to receive CEs approved through The Center as authorized by the Louisiana State Board of Social Work Examiners (LABSWE) and the National Board of Certified Counselors (NBCC).

D. TF-CBT INFORMATIONAL WEBINAR OPPORTUNITY

The Center for Evidence to Practice has previously hosted an informational webinar on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); which gave practitioners interested in learning more about TF-CBT and the opportunity to understand the basics of the model, learn about the training course and consultation process, and meet the trainer, Kelly Wilson, LCSW. A question and answer (Q&A) session followed. This previous webinar was recorded and added as a free course on our learning platform, [E2P:Learn](#). ***If you are planning on applying to the upcoming TF-CBT training, it is highly recommended that you take this free online course.*** Individuals who already have an account can login and self-enroll. If an applicant has an account and has taken the course previous to 2024, they will need to re-take it as the content matter has changed.

**Make an account here: [Register for a FREE Account](#)
Sign-Up for the course here: [Introduction to TF-CBT](#)**

E. SUSTAINED PRACTICE

Following the completion of the full course and implementation program, agencies will be expected to independently sustain TF-CBT, including: facilitating ongoing referrals and engagement, maintaining a caseload, and ensuring supportive supervision, leadership, and policy. **Having an agency's leadership (e.g., CEO, supervisors, and other decision-makers) directly involved in the implementation of an EBP is key to its long-term success.** Strategies of an engaged leadership include being knowledgeable about TF-CBT and directly involved in:

- 1) supporting clinicians and supervisors in maintaining fidelity to TF-CBT,
- 2) recruiting staff to participate in learning and using the EBP,
- 3) integrating the EBP into the culture of the agency, and
- 4) demonstrating a commitment to the EBP through follow-through with the implementation plan.

In addition, each agency should also consider how their policies might support or conflict with EBP practice and identify ways to integrate TF-CBT into their policies and procedures.

Examples may include:

- Considering an applicant's knowledge of (or openness to) EBPs in hiring decisions and integrating information about TF-CBT into new employee orientations
- Setting participation in EBP supervision as a regular requirement
- Creating processes to track fidelity and measures in electronic medical records
- Integrating TF-CBT into clinical documentation
- Recognizing EBP clinicians formally in performance reviews and merit raises and informally in newsletters, websites etc.

F. CONSULTATION CALLS

Following Learning Session 1, practitioners will be expected to begin participating consultation calls. Consultation calls will be scheduled for one hour once a month for up to twelve (12) months following the initial training day. To be eligible to pursue TF-CBT Nationally Certified status, participants **must** participate in a **minimum of nine (9) out of the twelve (12) scheduled consultation calls.**

G. TIMELINE OF EVENTS

<u>Events</u>	<u>Date</u>
RFA Released	September 12, 2024
APPLICATION DEADLINE	OCTOBER 12, 2024
Notification of Application Status	October 18, 2024

TRAINING COMMITMENT DUE	NOVEMBER 1, 2024
MANDATORY Pre-Requisite TF-CBT Assessment Training:	October 29, 2024 9am-1pm CDT
COMPLETE 11-Hour Online Training	November 8, 2024
TF-CBT Online Learning Session 1 (LS1):	November 12-14, 2024, 9am-4:30pm CST
CE Evaluation Deadline for LS1 Training:	November 21, 2024
TF-CBT Online Learning Session 2 (LS2):	February 26-27, 2025, 9am-4:30pm CST
CE Evaluation Deadline for LS2 Training:	March 6, 2025
Consultation Call Commitment:	Twelve (12) hours, 1-hr once per month

3. APPLICATION AND SELECTION PROCESS

A. ELIGIBILITY REQUIREMENTS AND EXPECTATIONS

Selection will be based upon organizational readiness for TF-CBT implementation, acceptance of Medicaid-insured families, and relevance of TF-CBT to the population served by the applicant organization. ***Preference will be given to organizations with multiple practitioners applying to be trained, in recognition of the long training process TF-CBT entails and necessity of inter-practitioner support.*** Organizations must also demonstrate understanding of the necessary changes to practitioner caseload in order for a trainee to include TF-CBT in their sessions. ***Additionally, we highly encourage participation from supervisors and administrators as their understanding and support of the model contributes to long-term sustainability.***

Training Acceptance Criteria: Qualified behavioral health agencies/providers will be those who: serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge; are licensed (or actively working towards licensure) in Louisiana; and are actively (i.e. currently) treating children and their caregivers.

Note: Only complete applications will be considered, and all should include the individual Trainee application AND the signed Agency Agreement.

All behavioral health agencies selected to participate in the TF-CBT training will be expected to complete all training components to become TF-CBT Certified. Upon selection, all agencies will be requested to sign a Training Agreement between the agency and E2P. As this is a free, state-funded training, all agencies must demonstrate their commitment to the training and sustaining implementation of TF-CBT.

B. APPLICATION REVIEW PROCESS

Upon receiving all the training applicants, an initial review of the applicants that meet the threshold requirements outlined in the **Eligibility Requirements** section will be executed. Following that initial review, the E2P staff will meet with the trainers and review the applicants based on their individual trainee application and agency agreement responses.

C. APPLICATION MATERIALS

The TF-CBT online training is scheduled for **Fall 2024**. The course instructor is Kelly Wilson, LCSW for this training opportunity. The course is limited to 30 participants.

- 1.) The **TRAINEE APPLICATION** must be completed by each applicant and can be accessed by filling out the **online application (through RedCAP) by SATURDAY, OCTOBER 12, 2024**
- 2.) The **AGENCY AGREEMENT** must be filled out and signed **ELECTRONICALLY** by a supervisor and/or administrator at the agency requesting participation in the TF-CBT training using **Adobe PDF (or a similar PDF editing/filling software)**. *Even if an applicant is a sole practitioner, they must submit an agency agreement on behalf of themselves.* The agency agreement **MUST BE SUBMITTED in the RedCAP Application by SATURDAY, OCTOBER 12, 2024**

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

D. APPLICATION CHECKLIST

- Please review the **Request for Application (RFA)** to be aware of training expectations.
- (HIGHLY RECOMMENDED)* **WATCH RECORDING OF THE INFORMATIONAL WEBINAR via [E2P:Learn](#)** so applicants are aware of the training expectations and time commitment.
- SAVE ALL IMPORTANT TRAINING DATES:** See **pgs. 8-9 of the RFA** for important dates and deadlines.
- Submit a **TRAINEE APPLICATION** on behalf of yourself as an applicant. Acceptance into the program will be evaluated on an individual basis based on the application responses.
- Submit an **AGENCY AGREEMENT** on behalf of your agency. *This step is necessary for those that are sole practitioners as well, please fill it out on behalf of yourself.*

E. NOTIFICATION OF APPLICATION STATUS

Applicants will be notified via email by **October 18, 2024** regarding their status in the training.

F. NON-DISCRIMINATORY POLICY

The Center for Evidence to Practice appreciates diversity and does not discriminate based on race, national origin, religion, color, ethnicity, age, sex, ability status, sexual orientation, or gender identity.

*Thank you for your commitment to serving Louisiana's children and families.
We look forward to reading your application!*