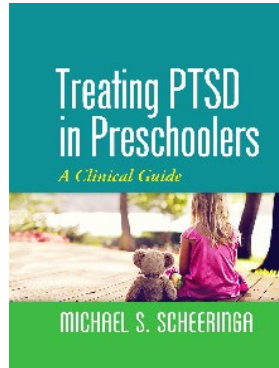


REQUEST FOR APPLICATIONS

For

Preschool and Youth PTSD Treatment (PPT/YPT)

Learning Collaborative for Louisiana Medicaid Behavioral Health Agencies



Issued by

LSUHSC Center for Evidence to Practice



Application Release Date: Tuesday, January 14, 2025

APPLICATIONS MUST BE RECEIVED BY TUESDAY, FEBRUARY 18, 2025

All applicants will be notified by Friday, February 28, 2025

Please direct questions to the Center for Evidence to Practice at

EvidencetoPractice@lsuhsc.edu

TABLE OF CONTENTS

- 1. PROJECT OVERVIEW..... 3
 - A. Introduction 3
 - B. Information about the Louisiana Center for Evidence to Practice 3
 - C. Continuing Education Credits 3
 - D. Training Commitment Expectation and Form..... 4
 - E. Training Costs..... 4
- 2. SCOPE OF WORK 4
 - A. Information about Preschool and Youth PTSD Treatment (PPT/YPT) 4
 - B. Training Program Introduction 6
 - C. Training Approach..... 6
 - D. PPT/YPT Informational Webinar 7
 - E. PPT/YPT Office Hours 7
 - F. PPT/YPT Agency Leadership Meeting Series 8
 - G. Sustained Practice..... 8
 - H. Consultation Calls..... 8
- 3. APPLICATION AND SELECTION PROCESS 9
 - A. Eligibility Requirements and Expectations..... 9
 - B. Application Review Process 9
 - C. Application Materials..... 9
 - D. Application Checklist..... 10
 - E. Notification of Application Status 10
 - F. Non-Discriminatory Policy 10

1. PROJECT 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 practitioner teams in Louisiana who are equipped to successfully participate in ***Preschool and Youth PTSD Treatment (PPT/YPT)*** training.

PPT/YPT has been selected by the Office of Behavioral Health (OBH) as an evidence-based program that will be expanded statewide. OBH has published a Medicaid service definition for PPT/YPT (pg. 421-428) in their [LA Medicaid Behavioral Health Services Provider Manual](#), which demonstrates their support of this EBP model.

Through this Request for Applications (RFA), the Center for E2P along with Dr. Devi Miron Murphy, Ph.D., 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 Louisiana Medicaid-insured children and families, and their readiness to participate in the training and to deliver the EBP. Dr. Devi Miron Murphy, Ph.D. 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 Louisianian 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) 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 of 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 its 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). That means that agencies and clinicians setting aside time for each of the required training days/times to fully participate in this training opportunity. For in-person training, 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 PRESCHOOL AND YOUTH PTSD TREATMENT (PPT/YPT)

(Source: [LA Medicaid Provider Manual](#))

Preschool PTSD Treatment (PPT) and Youth PTSD Treatment (YPT) are evidence-based cognitive behavioral therapy interventions for post-traumatic stress disorder (PTSD) and trauma-related symptoms. They were developed by Dr. Michael Scheeringa of the Department of Psychiatry and Behavioral Sciences at Tulane University.

PPT and YPT are adapted for different age groups:

- Preschool PTSD Treatment (PPT) is used for children ages 3-6; and
- Youth PTSD Treatment (YPT) is used for children and youth ages 7-18

PPT/YPT is a manualized, 12-session cognitive-behavioral therapy protocol to treat children, ages 3 to 18 years, with posttraumatic stress disorder (PTSD) and trauma-related symptoms. The sessions are either with the therapist working individually with the child (with the caregiver observing as much as possible) or with the caregiver and child together.

The protocol is applicable to all types of traumatic events. Sessions are conducted one-on-one with each child, but caregivers are encouraged to participate by observing the sessions, either from another room using a video monitor or in person.

PPT/YPT Session Format:

Session 1: Begins with a psychoeducation session in which the therapist and child discuss the concept of posttraumatic stress disorder (PTSD) and expectations for the remaining sessions.

Session 2: Is used to develop a discipline plan for oppositional behavior, in recognition of the comorbidity of oppositional defiant disorders with PTSD in very young children.

Session 3: Is used to practice the skills of identifying emotions.

Session 4: Therapists teach children three relaxation techniques.

Session 5: Children recount the narrative of their most distressing experience.

Sessions 6-10: Are used to expose the children to anxiety memories of the traumatic experience with drawings, mental imagery, and in vivo homework.

Session 11: Children are taught to cope with future trauma reminders.

Session 12: Used to review and consolidate autobiographical narratives.

The essential components of PPT/YPT include:

- Psychoeducation about posttraumatic stress disorder (PTSD) with pictorial aids for young children
- A focus on defiant behavior and discipline plans following trauma
- Identification of feelings and gradations of feelings
- Relaxation exercises as new coping skills
- Narrative techniques for recall of traumatic events
- In-office and homework exposure exercises
- Development of developmentally appropriate safety plans
- Relapse prevention session
- Attunement of caregivers to children's internalized phenomena through observation of sessions and reflection with therapist
- Involvement of caregivers in every aspect of treatment
- Direct discussion of reluctance to attend therapy
- Time for caregivers to discuss their personal issues if appropriate

PPT involves the family or other support systems in the individual's treatment. At least one primary caregiver is involved in every therapy session, either in the room with the therapist and the child, observing the child's sessions on TV, or talking alone with the therapist. Caregivers are also essential for conducting in vivo (outside the office) exposure exercises as homework with the children.

YPT also involves the parents/caregivers. Three sessions - session 1 (psychoeducation), session 2 (oppositional defiant behavior), and session 12 (review) – are joint parent-child sessions. For the other nine sessions, parents will join the therapist and children at the beginning briefly (less than 5 minutes), and then watch the children's sessions on a monitor. This is flexible and can be opted out of if the youth

desires more privacy or the therapist believes the parent has boundary issues and would not respect the privacy of the youth.

Goals

The primary goal of PPT and YPT is the reduction of PTSD symptoms in children and the reduction in functional impairment.

B. TRAINING PROGRAM INTRODUCTION

The goal of this training and implementation program is for participating Medicaid agencies to successfully implement PPT and/or YPT into their agency and community. Providers should be able to demonstrate the capacity to identify and engage appropriate children and families for PPT and/or YPT, deliver the model to fidelity, and sustain the model long-term.

E2P expects all selected practitioners, supervisors, and administrators to complete all required responsibilities over the duration of the training. If selected for training, practitioners will sign a training agreement demonstrating their commitment to this EBP to ultimately obtain the Advanced Training designation.

Individual practitioners and teams from agencies are invited to apply for this training opportunity. Additionally, we highly encourage participation from supervisors and administrators as their understanding and support of the model contributes to long-term sustainability.

Upon completion of achieving the PPT and/or YPT Advanced Training designation, 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 YPT (EB04) or PPT (EB05) is outlined in the [Louisiana Medicaid Behavioral Health Services Provider Manual](#) on pages 407-416. 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 EB04 and/or EB05 tracking codes to document the utilization of the EBP model.

C. TRAINING APPROACH

PPT/YPT training consists of one full day of training with Tulane-based PPT/YPT trainer, Dr. Devi Murphy. The training day is online and scheduled for **Friday, March 21, 2025 from 8:30am-4:30pm CDT** sponsored by the Center for Evidence to Practice. All participants must have adequate technology (computers with webcam access and working audio) and internet access to participate in this training.

After completing the day of online PPT/YPT training, practitioners will begin consultation calls. To complete the Advanced Training designation, clinicians must attend the one-day training, complete PPT and/or YPT with at least one case (pending the client's age), attend weekly one-hour consultation calls, and receive consultation on each therapy session with Dr. Devi Murphy for a minimum of 12 calls with that case.

The training will unfold as follows:

EVENT	DATE
Informational Webinar:	Accessible as free course " Introduction to PPT/YPT " on E2P:Learn
RFA Opens	Tuesday, January 14, 2025
PPT/YPT Office Hours	Thursday, January 23, 2025 from 12pm-1pm CST You can CLICK HERE to register!
Application Deadline	Tuesday, February 18, 2025 9am-10:30am CST
Notice of Application Status	Friday, February 28, 2025
Training Commitment Due	Monday, March 10, 2025
Textbook Request Form Due	Monday, March 10, 2025
Agency Leadership Meeting Part 1 (i.e., Clinic Manager/Supervisor/Director, etc.)	Thursday, March 13, 2025 from 12pm-1pm CDT
8-Hour Training Day	Friday, March 21, 2025 from 8:30am-4:30pm CDT
CE Evaluation Deadline	Friday, March 28, 2025
Consultation Calls (finalized during the PPT/YPT Training Day)	Attend weekly 1-hour consultation calls for up to 3-6 months
Agency Leadership Meeting Part 2	Tuesday, June 17, 2025 12pm-1pm CDT

D. PPT/YPT INFORMATIONAL WEBINAR

E2P hosted a Preschool PTSD Treatment and Youth PTSD Treatment (PPT/YPT) Informational Webinar in 2024. At this webinar, attendees had the opportunity to meet the trainer, learn about the basics of the modality, and get an overview of the application process. This webinar was recorded and posted as a free course on our online learning platform, [E2P:Learn](#). If you plan on applying to the upcoming PPT/YPT training, it is highly recommended that you take the free course to learn more about the model and training requirements.

You can sign up for a **free account** here: <https://learn.laevidencetopractice.com/registration/ebp-registration/>

If you already have an account, you can self-enroll in the **free course** here: <https://learn.laevidencetopractice.com/courses/introduction-to-preschool-ptsd-treatment-youth-ptsd-treatment-ppt-ypt/>

E. PPT/YPT OFFICE HOURS

Do you still have questions about the PPT/YPT Model?

On **Thursday, January 23, 2025, from 12pm-1pm CST**, the PPT/YPT Trainer, Devi Miron Murphy, Ph.D., from Tulane University and the Center for Evidence to Practice team, will host [PPT/YPT Office Hours](#) to answer any questions about the PPT/YPT model and/or PPT/YPT application. If you have any questions, please join us throughout this hour and we would be happy to answer them!

You can register for the PPT/YPT Office Hours by [CLICKING HERE](#) or clicking this link: <https://isuhscc.zoom.us/join/9jv1h1rZT0SqwE6nbDD9qQ>

F. PPT/YPT AGENCY LEADERSHIP MEETING SERIES

In addition to the informational webinars, E2P has also begun incorporating Agency Leadership Meetings for all new training opportunities to help maintain sustained practice and fidelity with the model after the completion of training. All agencies who are accepted into this training will be expected to have leadership representation at **BOTH** of the scheduled leadership meeting opportunities. The **first meeting will be held on Thursday, March 13, 2025 from 12pm-1pm CDT** and the **second meeting will be held on Tuesday, June 17, 2025 from 12pm-1pm CDT**. At these meetings, we will discuss EBP implementation best practices for agencies to consider as they support their trainees in the model.

G. SUSTAINED PRACTICE

Following the completion of the full course and implementation program, agencies will be expected to independently sustain PPT/YPT, 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 engaged leadership include being knowledgeable about PPT/YPT and directly involved in:

- 1) supporting clinicians and supervisors in maintaining fidelity to PPT/YPT,
- 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 PPT/YPT 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 PPT/YPT 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 PPT/YPT into clinical documentation
- Recognizing EBP clinicians formally in performance reviews and merit raises and informally in newsletters, websites etc.

H. CONSULTATION CALLS

To complete the Advanced Training designation, clinicians must complete consultation calls. That includes completing PPT and/or YPT with at least one case (pending the client's age) and attending weekly one-hour consultation calls to receive consultation on each therapy session with Dr. Devi Murphy for a minimum of 12 calls with that PPT and/or YPT case. This process can last up to 3-6 months.

3. APPLICATION AND SELECTION PROCESS

A. ELIGIBILITY REQUIREMENTS AND EXPECTATIONS

Selection will be based on organization's readiness for PPT/YPT implementation, acceptance of Medicaid-insured families, and relevance of PPT/YPT 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 PPT/YPT entails and the necessity of inter-practitioner support.*** Organizations must also demonstrate an understanding of the necessary changes to practitioner caseload for a trainee to include PPT/YPT, the training for which is highly time-intensive as compared to standard therapy. ***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); and are actively (currently) treating children and their caregivers.

Additionally, 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 PPT/YPT training will be expected to complete all training components to achieve PPT and/or YPT Advanced Designation. Upon selection, all agencies will be requested to sign a [Training Commitment](#) 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 PPT/YPT.

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 **PPT/YPT** online training is scheduled for **Spring 2025**. The course instructor is Dr. Devi Miron Murphy, Ph.D., for this training opportunity.

- 1.) The **TRAINEE APPLICATION** must be completed by each applicant and can be accessed by filling out the **online application (through REDCap) by TUESDAY, FEBRUARY 18, 2025**.
- 2.) The **AGENCY AGREEMENT** must be completed and signed **ELECTRONICALLY** by a supervisor and/or administrator at the agency requesting participation in the PPT/YPT training using **Adobe PDF (or a similar PDF editing/filling software)**. The agency agreement **MUST BE SUBMITTED in the REDCap Application by TUESDAY, FEBRUARY 18, 2025**.

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*) **COMPLETE FREE ONLINE COURSE CONTAINING THE INFORMATIONAL WEBINAR** so applicants are aware of the training expectations and time commitment.
- SAVE ALL IMPORTANT TRAINING DATES:** See **pgs. 8 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 who 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 **Friday, February 28, 2025**, 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!*