

2024 Annual Report

December 2024



Center for Evidence to
Practice - LSUHSC
School of Public Health

Prepared for:

Louisiana Department of Health -
Office of Behavioral Health

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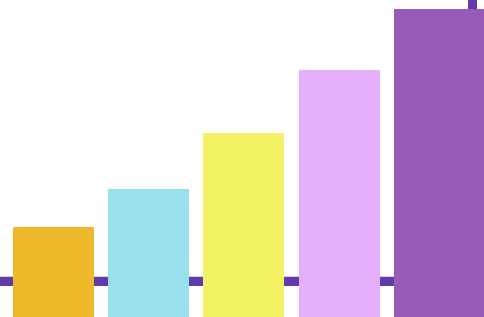
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About the Center



VISION

At the Center for Evidence to Practice, we envision a Louisiana where all individuals have access to a high quality, responsive and effective behavioral health system delivered by a well-trained workforce.

MISSION

We achieve this through the Center's mission to support Louisiana and its agencies, organizations, communities, and providers in the selection and implementation of research-driven behavioral health interventions while understanding and helping to address challenges related to sustaining quality practice that promotes well-being and improves outcomes.

VALUES

To do this work, the Center's core beliefs and principles include being:

- Collaborative;
- Strengths-based;
- Community-oriented;
- Solution-focused;
- Responsive;
- Data driven to inform decisions; and
- Excellent in communicating and supporting our partners



Words From the Director



HIGHLIGHTS FROM THE YEAR

The Center for Evidence to Practice (the Center) was created in 2018 to increase statewide access to evidence-based programs (EBPs) that address key behavioral health needs for Medicaid-insured children and families in Louisiana. These efforts are accomplished in collaboration with the Office of Behavioral Health (OBH) and Louisiana Medicaid. In 2024, we strengthened partnerships with OBH, Managed Care Organizations, children's behavioral health providers, organizations, and communities to select and implement evidence-based and research-driven models that promote youth and family well-being, improve behavioral health outcomes, and address challenges related to sustaining quality practice.

Highlights of the Center's progress and accomplishments in 2024 include:

- **549 professionals** from the Louisiana behavioral health workforce were trained.
- As strategically planned with OBH, the primary focus of much of this past year's training was on **8 EBPs (e.g., EMDR, TF-CBT, CPP, PPT/YPT, DBT, Triple P, and PCIT)**.
- **148 new EBP provider locations were added to the map**, which tracks EBP-trained practitioners serving Louisiana (see our [Interactive EBP Map](#) for details).
- **708 CEU certificates** were issued to participants, representing over **5,600 hours of professional education earned**.
- **94% of EBP trainees** rated their experience **4+ or better out of 5** for each training opportunities.
- **Generated Sankey diagrams showing the flow of participants through each EBP training to explore points to improve completion and certification rates** (see page 6 and Appendix A for details).
- Shifted the **training recruitment focus to emphasize more agency participation (vs. sole practitioners) to improve longer-term sustainability** and support for EBPs.

Clinicians have noted, ***“there is never a “one and done” when it comes to practice. We should always be mindful of ways to do things better.” [They] “enjoyed being able to use real clients in practice and training, as well as being able to see and complete examples of skills and exercises with others.”***

The Center's partnership with OBH and Medicaid is invaluable to sustain the delivery of behavioral health EBP services, expand the capacity of EBP-trained practitioners, increase access to EBP services, and examine improved utilization to better serve Medicaid-enrolled youth and families throughout Louisiana. Our team looks forward to this continued partnership in 2025.

Sincerely,

Stephen Phillippi, PhD, LCSW
Director of the Center for Evidence to Practice
Louisiana State University Health Sciences Center
School of Public Health

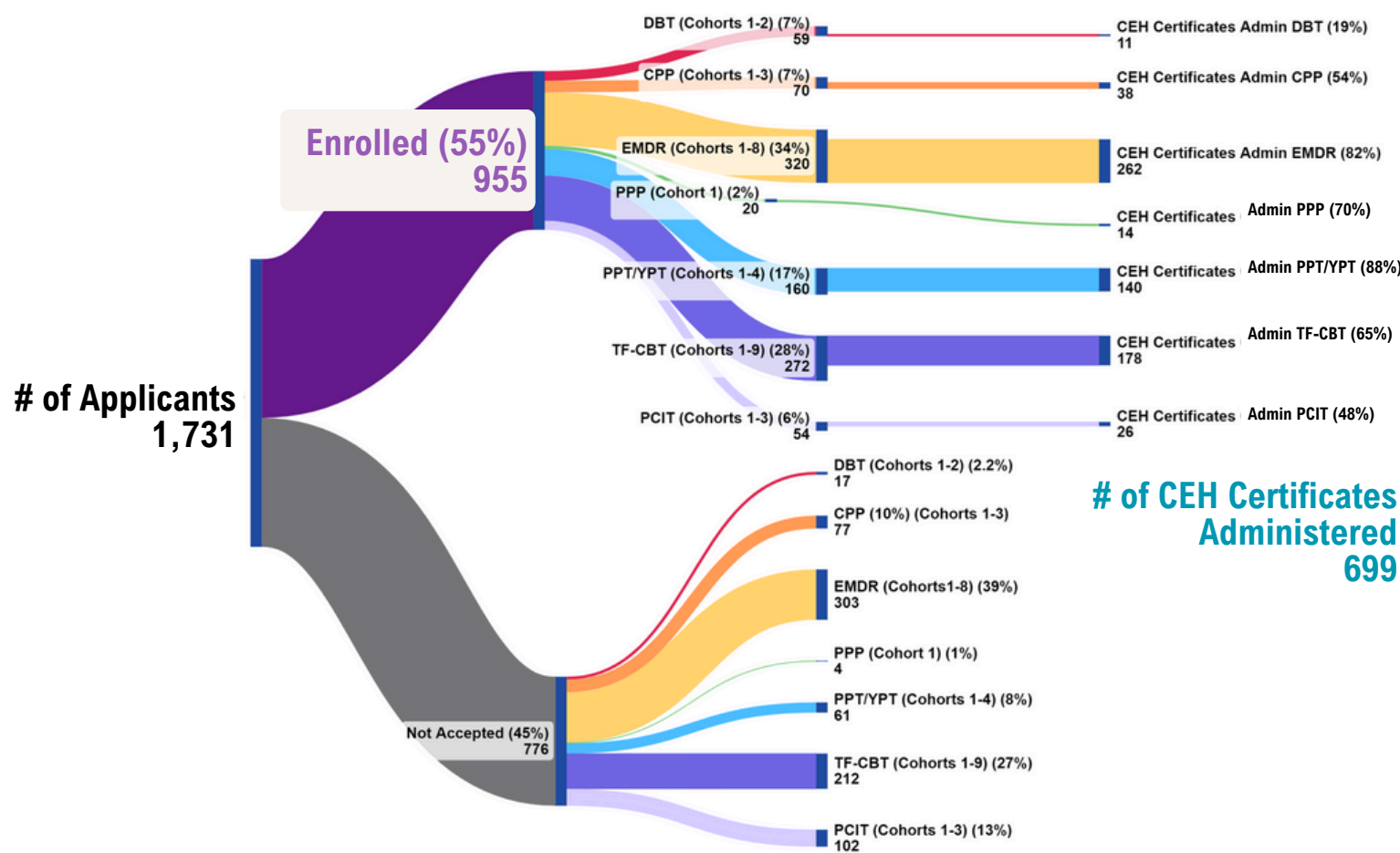


Center Training Progress

2019-2024 TRAINING PROGRESSION

The Center has worked diligently this past year accumulating training data over the past six (6) years. This is illustrated in a Sankey Diagram per EBP (see Appendix A for details). **Below, is a Sankey Diagram that shows the Center’s EBP training and progress from those who applied, are accepted and enrolled (by meeting training criteria), and how many Continuing Education Hours (CEH) are administered.** Each of the EBPs highlighted are Dialectical Behavioral Therapy (DBT), Child-Parent Psychotherapy (CPP), Eye Movement Desensitization and Reprocessing (EMDR), Positive Parenting Program - Triple P (PPP), Preschool PTSD Treatment (PPT) & Youth PTSD Treatment (YPT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Parent-Child Interaction Therapy (PCIT).

6-YEAR SANKEY DIAGRAM OF CENTER TRAINING



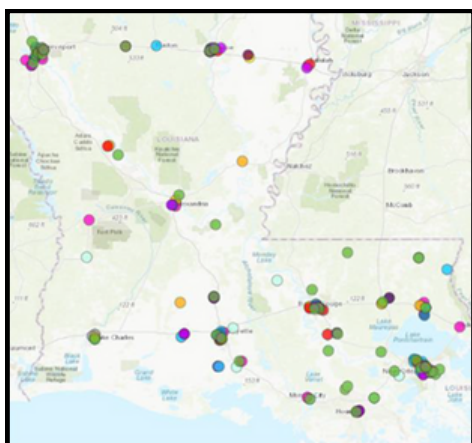
EBP Agency & Provider Map Growth



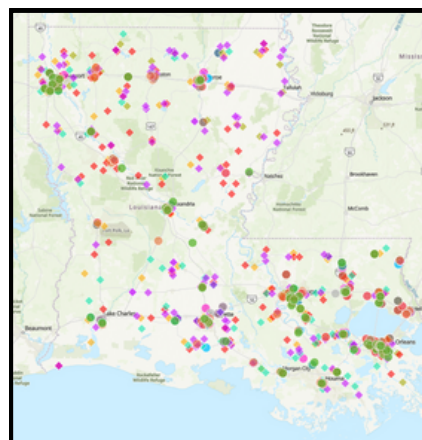
This past year, the Center updated the methods by which EBP data are collected. Since launching the new agency data collection methods in January 2024, we have received **one hundred forty-eight (148) new agency additions for the statewide tracking map**. Other responses have been recommended edits to update the map. The negative amount (-1) for PPT was because one agency removed themselves from our EBP map as they no longer provide that service.

Additionally, we have captured the number of providers that self-identify as providing an EBP service. For those who responded, **79% self-report being aware of the EBP tracking codes for Medicaid billing (108% increase compared to June 2024)**, and **32% report using the EBP codes when filing claims (68% increase compared to June 2024)**.

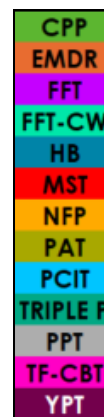
2019



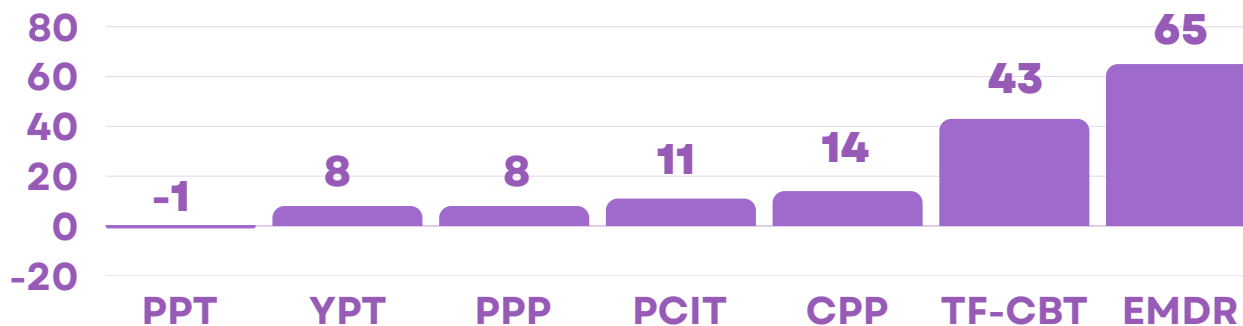
2024



+ 148 new entries
just since
December 2023!



Number of EBP Providers Growth since December 2023 (N=148)



2024 Training Center Impact



The Center impacted the behavioral health workforce with the amount of EBP trainings offered and the number of clinicians reached. Below is a snapshot of what has been completed in the last year.

of EBP Webinar Attendees

223

of RESEARCH-INFORMED Webinar Attendees

68

of EBP Training Cohorts

8

of RESEARCH-INFORMED Trainings

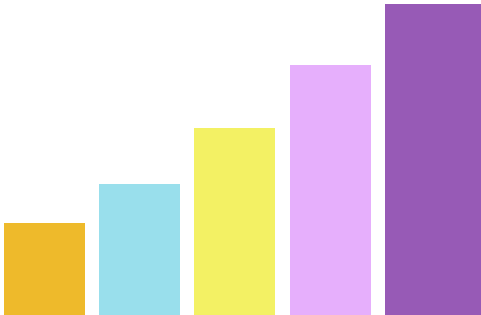
10

of Clinicians who Received EBP Trainings

181

of Clinicians who Received RESEARCH-INFORMED Trainings

368



2024 EBP Training: At-A-Glance



For these EBP training opportunities, the Center was selective in the application process to increase the likelihood of success of the clinicians participating. Each EBP requires multiple days of training as well as monthly consultation calls that result in anywhere from six (6) months to twenty-four (24) months of commitment. Seeing this all through, leads to the ability of clinicians to apply for certification in a particular practice.

EMDR

Eye Movement Desensitization & Reprocessing (EMDR) is an effective therapy to help youth manage negative thoughts and feelings related to a traumatic experience. During EMDR therapy, the patient is conditioned using eye movements, tones, or taps while focusing on the traumatic experience and any negative thoughts or body sensations. Youth learn to replace negative thoughts and feelings with positive ones.

Amount Trained

36

EMDR Trainees

TF-CBT

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a therapy to help traumatized youth manage their thoughts and feelings related to their trauma experience, change inaccurate or unhelpful thoughts, and build skills to relax, control emotions, and improve safety. Gradual exposure is used to desensitize the youth to traumatic memories and trauma reminders.

Amount Trained

58

TF-CBT Trainees

CPP

Child-Parent Psychotherapy (CPP) examines how trauma affects the child-caregiver relationship and the child's development. A central goal is to support and strengthen the caregiver-child relationship, while restoring and protecting the child's mental health.

Amount Trained

15

CPP Trainees

PPT/YPT

Preschool PTSD Treatment (PPT) is a therapy to treat very young children and **Youth PTSD Treatment (YPT)** is a therapy to treat youth with post-traumatic stress disorder (PTSD) and trauma-related symptoms.

Amount Trained

28

PPT/YPT Trainees

DBT

Dialectical Behavioral Therapy (DBT) is a comprehensive, multi-diagnostic, behavioral intervention designed to treat both adults and children/adolescents with severe mental disorders and out-of-control cognitive, emotional and behavior patterns, including suicidal and/or self-harming behaviors.

Amount Trained

43

DBT Trainees

Triple P

The Triple P - Positive Parenting Program is a parenting and family support system designed to prevent and treat behavioral and emotional problems in children.

Amount Trained

19

Triple P Trainees

2024 Research-Informed (R-I) Training: At-A-Glance



Research-informed approaches are often more general, usually don't result in a "certification", and often use less rigorous training requirements to complete. Many of these approaches are foundational to more complicated evidence-based models. Regardless, participants can immediately use research informed practices to serve their clients and improve outcomes.

Engaging Youth & Families (EY&F)

This training centered on family engagement research to engage youth and family involvement in behavioral health services.

Family Interaction Training (FIT)

This program consists of lessons, informed by existing evidence regarding critical elements of effective parent training programs, that focused on strengthening the parent-child relationship, structuring the environment to prevent misbehavior, and using effective strategies for addressing misbehavior.

Introduction + Advanced EMDR & TF-CBT Human Trafficking Training Series

The objective of this series was to equip Louisiana behavioral health practitioners to work with children and adolescent survivors of human trafficking. Additionally, it provided advanced training to those who are TF-CBT Certified and EMDR Basic-Trained.

Human Trafficking Intervention for Wrap-Around Agencies (WAA)

The training opportunity gave an overview to WAA on the impact of human trafficking, and discussed signs and symptoms, at-risk populations, and treatment needs for survivors. It equipped them with the knowledge needed to assist families, treatment teams/providers, and child-serving agency representatives.

Motivational Interviewing (MI) Training Series

This well-established approach to counseling interactions helped practitioners build motivation for change when engaging individuals. There were three (3) types of training provided on this topic: Introduction, Intermediate, and Cognitive Behavioral Therapy: Tips for Integrating MI into Practice.

Advanced Cognitive Processing (ACP)

This training is an advance topic for practitioners previously trained in TF-CBT. It helps the development of the trauma narrative involves collaborating with the youth to identify thinking errors, flush out trauma themes, and challenge unhelpful critical beliefs that may be overly personalized, pervasive, and/or permanent.

Amount Trained

19

EY&F Trainees

Amount Trained

91

FIT Trainees

Amount Trained

58

HT Trainees

Amount Trained

141

WAA Trainees

Amount Trained

74

MI Trainees

Amount Trained

18

ACP Trainees

EBP Demographic Summary Data



EBP Demographic Overview

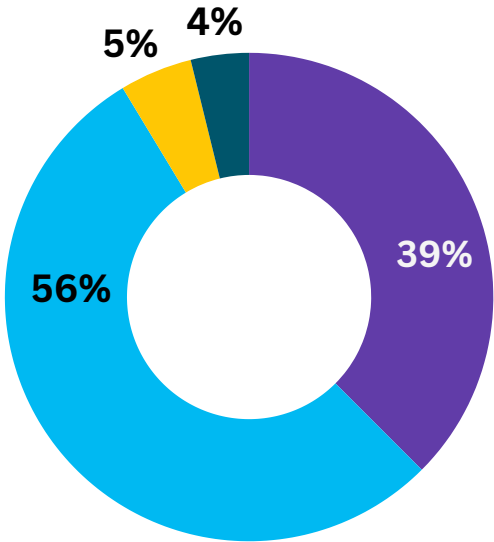


For all EBP training opportunities, the Center collects demographic data to better understand who the trainings are reaching. In 2024, the majority of participants were from **Mental Health Agencies (61%)**. Trainees reported that they were **Counselors (53%)**, who work **Full-Time (74%)**. For EBP opportunities, the Center reached professionals who are largely **Female (89%)** **ages 35-44 years old (32%)**. They identified as being largely **Black or African American (56%)**. They are also geographically diverse with 1 out of 5 (the largest group of 2024) from **Region 1 (20%)**. For more individual EBP training demographic data, please see pgs. 31-49 (Appendix C).

EBP Data by Race

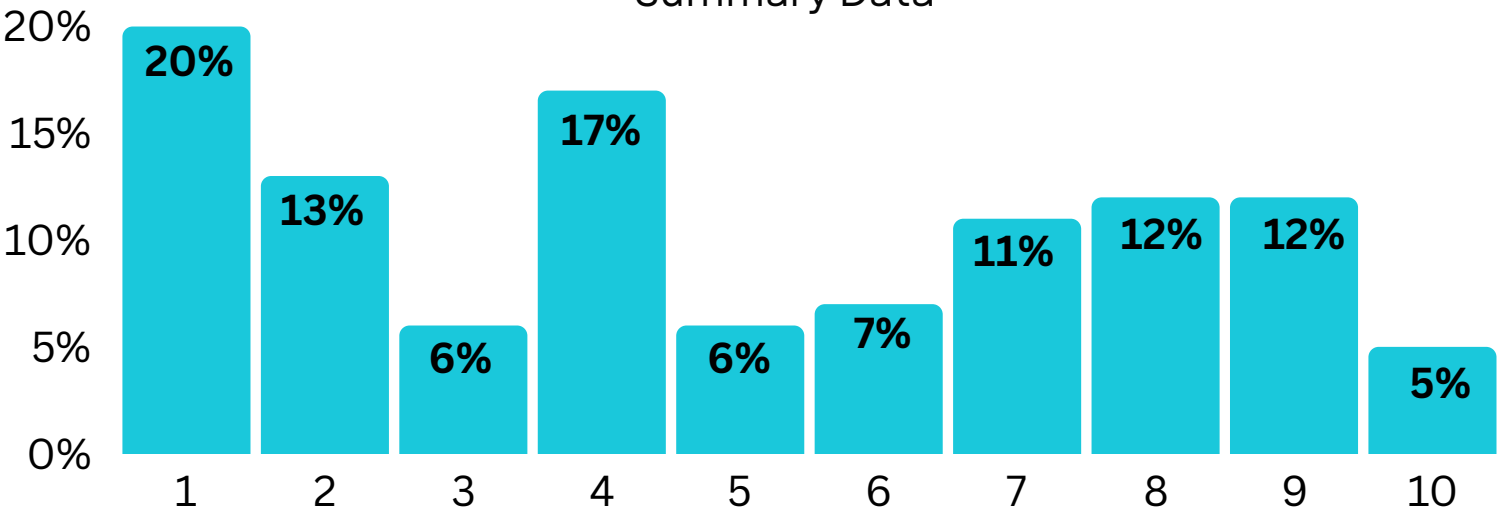
Summary Data

- White or Caucasian - 39%
- Black or African American - 56%
- More than One Race - 5%
- Other - 4%



EBP Data by Louisiana Regions

Summary Data



R-I Demographic Summary Data

R-I Demographic Overview

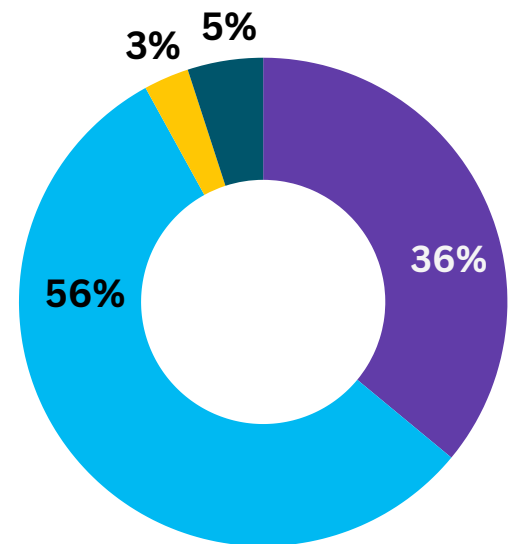


For all R-I training opportunities, the Center collects demographic data to better understand who these trainings are reaching. In 2024, just under half of participants were from **Mental Health Agencies (43%)**. Trainees reported that they were **Counselors (38%) and Social Workers (43%)**, who work **Full-Time (83%)**. One opportunity, **Family Interaction Training (FIT)**, predominately reached **non-credentialed (57%) individuals** as that training was open to a broader audience. For R-I opportunities, the Center reached professionals who are largely **Female (91%) ages 45-54 years old (27%)**. They identified as being largely **Black or African American (56%)**. They consisted of trainees from every region of the state, with a quarter being from **Region 1 (25%)**. For demographic data on individual R-I trainings, please see pgs. 50-63 (Appendix D).

Research-Informed Data by Race

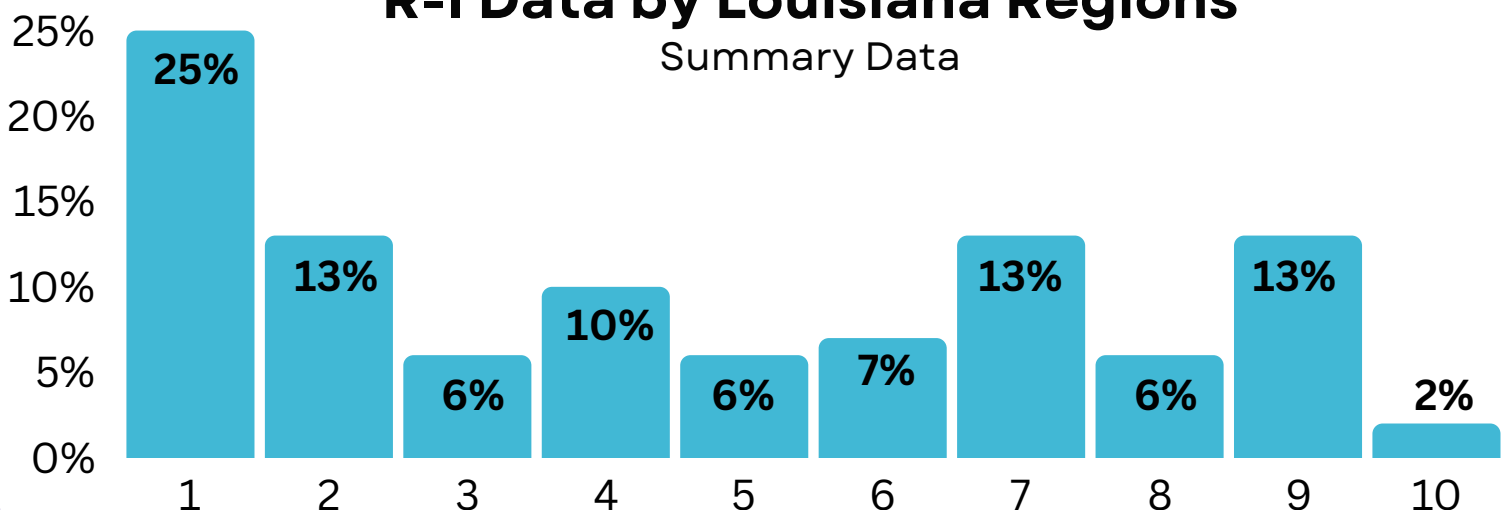
Summary Data

- White or Caucasian - 36%
- Black or African American - 56%
- More than One Race - 3%
- Other - 5%



R-I Data by Louisiana Regions

Summary Data



Training Evaluation Feedback



EBP TRAINING Evaluation Feedback



Overall satisfaction of the EBP Training Experience was rated as 5 out of 5 by 70% of the participants. Feedback from CPP Cohort 3 training included participants (N=49) strongly agreeing that the training was interactive and engaging and challenged previous knowledge (65%). Feedback from Triple P Cohort 1 training included participants (N=32) strongly agreeing that the training was relevant to their work (88%). Feedback from DBT Cohort 1 training included participants (N=35) strongly agreeing that the training was interactive and engaging (54%). Feedback from DBT Cohort 2 training included participants (N=48) strongly agreeing that the training was relevant and relevant to their work (84%). Feedback from TF-CBT Cohort 8 training included participants (N=73) strongly agreeing that the training was relevant to their work (82%). Feedback from TF-CBT Cohort 9 training included participants (N=24) strongly agreeing that the training course appropriately challenged a licensed/provisionally licensed clinician (88%). Feedback from EMDR Cohort 8 training included participants (N=69) strongly agreeing that the training was relevant to their work and appropriately challenged a licensed/provisionally licensed clinician (79%). Feedback from the PPT/YPT Cohort 4 training included participants (N=31), participants strongly agreed that they would recommend this training to colleagues (78%). For additional EBP training evaluation data, please see pgs. 64-68 (Appendix E).

Research-Informed TRAINING Evaluation Feedback



Overall satisfaction of the Research-Informed Training Experience was rated at 5 out of 5 by 80% of the participants. Engaging Youth and Families Training (N=9), Advanced Cognitive Processing Training (N=17), and Introduction and Advanced EMDR & TF-CBT Human Trafficking Intervention Training (N=39) participants strongly agreed that the training was interactive and engaging and they would recommend the training to colleagues (78%, 88%, and 82% respectively). Feedback from the Human Trafficking Intervention for Wrap Around Agencies training included participants (N=116) strongly agreeing that they would recommend the training to colleagues (67%). Feedback from the Motivational Interviewing (MI) training included participants (N=57) strongly agreeing that the training was relevant to their work (79%). Feedback from the LGBTQ+ Foundations and Champions Track training included participants (N=3) strongly agreeing that the training was interactive and engaging, relevant to their work, and would recommend it to colleagues (67%). Feedback from the Family Interaction Training (FIT) included participants (N=79) strongly agreeing that the training was current and relevant to their work (78%). For additional Research-Informed training data, please see pgs. 69-73 (Appendix F).

2024 Annual CE's Impact



The Center remains a continuing educational approval entity noticed by the **National Board for Certified Counselors (NBCC)** and the **Louisiana State Board of Social Work Examiners (LABSWE)**. This enables us to provide CE approved hours for social workers and counselors, which helps our provider network in maintaining licensure requirements.

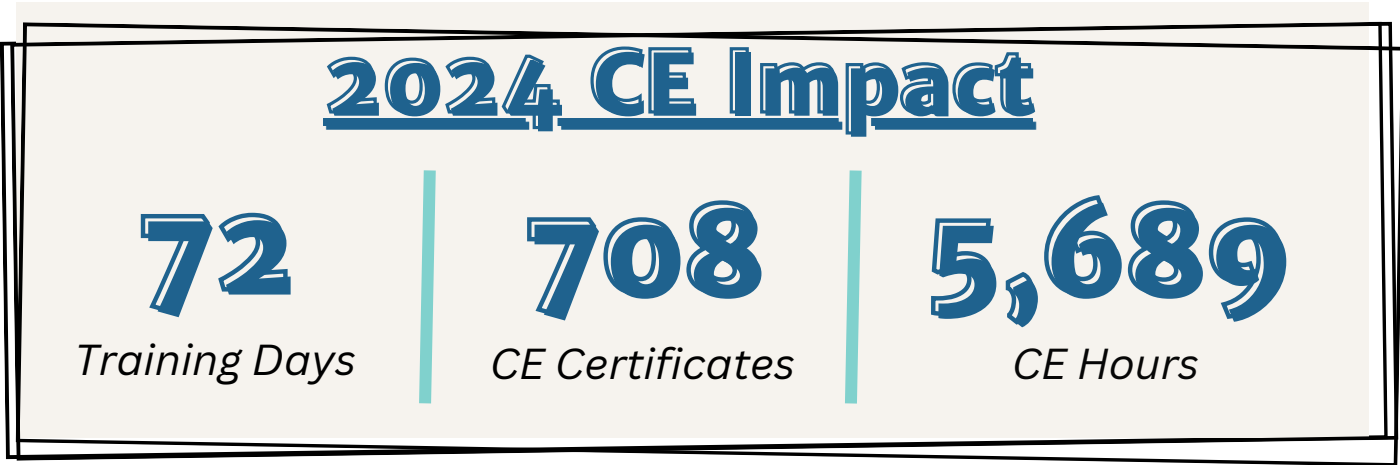
Webinar Opportunities



Research-Informed Trainings



EBP Trainings



Stakeholder & Partner Collaboration



Quarterly Implementation Team Meeting



In 2024, The Implementation team (aka our EBP advisory board) **met in March, September, and December.** In lieu of a June meeting, the team reviewed and provided feedback on the gaps and needs survey instrument the Center used in August. In fact, most of the meetings this year focused on developing a plan for assessing gaps and needs in Louisiana's behavioral health system and then helping interpret the findings of the survey. The team is made of **twenty (20) members representing provider agencies, child/family advocates, state leadership and more.**

Quarterly MCO Meeting



The Center meets with each of the **six (6) Managed Care Organizations (MCOs) and the CSoC Contractors (Magellan) quarterly.** Attendance in the meetings ranged from **13-32 participants.**

These meetings focused on reviewing current and upcoming EBP & Research-Informed Training opportunities as well as sharing information about our online e-learning platform, E2P:Learn, which is accessible to anyone interested in pursuing asynchronous learning. Additionally, we discussed the ARPA Recruitment & Retention bonuses for providers, future DBT code utilization for the trained teams, the Communities in Practice support that is continuing post-training for EMDR and TF-CBT clinicians, and how to successfully outreach to the MCO provider networks for the G&N Assessment survey.

Progress of EBP Outreach & Communications



Website Analytics



Since January 2024, the Center's website has seen:

- **52,275 page views**, a **255% increase** over 12-months.
- **25,601 sessions**, a **166% increase** over 12-months.
- **19,996 active users** (within U.S. and globally), a **156% increase** over 12-months.
- **45% engagement rate** of users on our website, a **2% increase** over 12-months.

MailChimp Communications

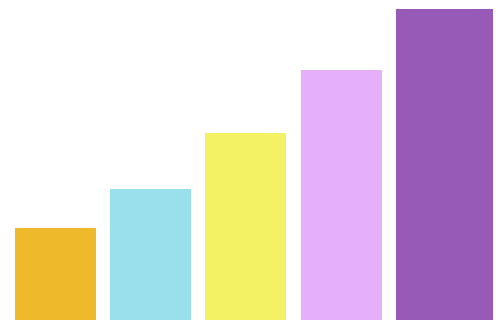


- **62 MailChimp Campaigns** issued in from January to December 2024
- **2,589 successful deliveries** were logged per email campaign, with a **39% average open rate** of emails sent.
- **13,196 current subscribers** represents a **275% increase** in 12-months.

Social Media Outreach



- **143 Facebook Followers**, a **12% increase** compared to 2023.
- **79 YouTube subscribers**, a **27% increase** compared to 2023.



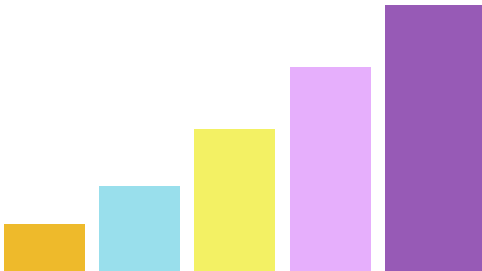
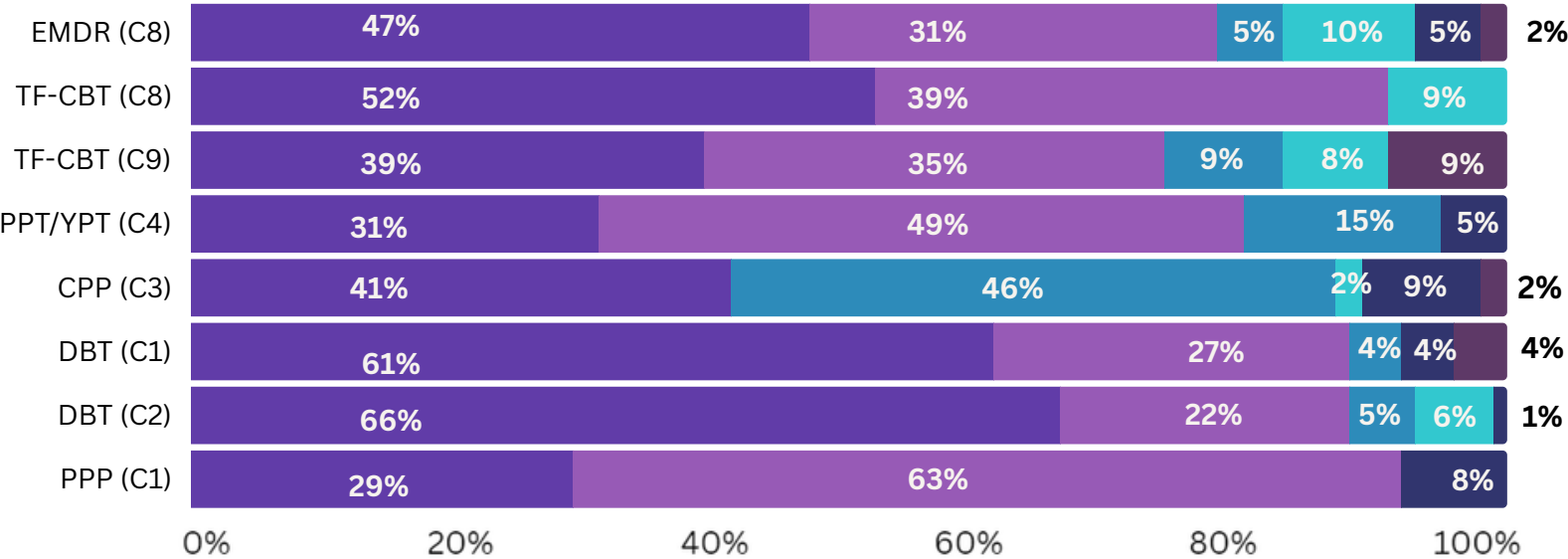
Methods of EBP Outreach & Communications

With each EBP training, we captured data on how applicants found out about the opportunities. Please note, the abbreviations next to each EBP, (e.g. “C8”) references the cohort number of that particular practice. For most EBPs, outreach directly to agency leadership appears most effective. This included employers, directors, supervisors, and/or managers. The second most impactful outreach appears to be using our E2P MailChimp email listserv. In the latter part of 2024, we began strategic outreach to agencies we viewed might be a good fit for training. We found that to be an effective approach as well.

EBP Outreach



Agency Leadership E2P MailChimp Direct Email Outreach Word of Mouth
More than one of these Other



E2P Learn Asynchronous Learning Platform Impact: At-A-Glance

- Contains 30 **EBP courses** - a **20% increase** in course offerings compared to 2023.
- Currently serves **988 registered EBP users** - a **41% increase** in 12-months.
- As of June 2024, all E2P Learn courses offer **Continuing Education (CE) credit**.
- The **most registered E2P Learn Course** is the (8 course series) **Working with LGBTQ+ Populations**.
- The **most completed E2P Learn Course** is, **Introduction to Human Trafficking Intervention for Licensed Mental Health Providers**.

*Below is a snapshot of course activity from the E2P Learn Platform from **January - December 2024**:*

of CE Courses Available

30

courses

of CE Hours Available

51

hours

of Registered Participants

509

Participants

of CE Certificates Issued

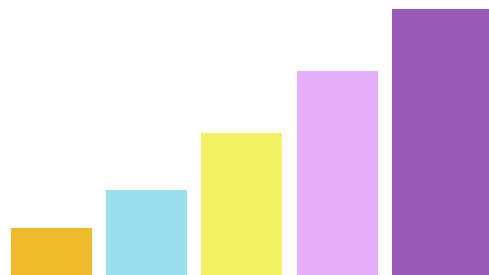
267

CE Certificates Issued

of CE Hours Completed

493

CE Hours Completed



Publications, Presentations, & Poster

EBP Publication



Gonzalez, G., Whiting-Green, W., Danos, D. et al. Barriers and Facilitators to Delivering Tele-Mental Health Services to Children and Families: 2022 Follow-up Survey Results of Louisiana Medicaid Providers After Rapid Telehealth Implementation During COVID-19. *J. technol. behav. sci.* (2024). <https://doi.org/10.1007/s41347-024-00458-y>

EBP Presentations & Posters



Throughout 2024, the Center team has presented at various local and national opportunities:

1. Davis, S., Johnson, C. Phillippi, S., Singleton, T., Womack, G. (2024). Panel Presentation. Policy & Advocacy: Advancing LDH CoP around SHIP goals and objective for state health improvement. Louisiana Department of Health. Statewide live remote online meeting.
2. Phillippi, S. (2024). Invited Presentation. Gaps and Needs: Services and Workforce Analyses. State Mental Health Policy Support Centers. March 12, 2024. National Webinar- Live Online.
3. Tate, M, Watts, K., Thrasher, S. & Phillippi, S. Age, Coping, and Well-Being in Black LGBTQ+ Adults. LSUHSC School of Public Health Annual Delta Omega Honor's Day, April 2024 (poster).
4. Savicki, K. & Phillippi, S. (2024). Update on Medicaid Services, Initiatives, and Best Practices for Children and Youth. Louisiana Psychological Association Annual Conference. May 31, 2024. New Orleans, Louisiana.
5. Phillippi, S. (2024). Identifying Substance Abuse and mental Health Concerns within My Family, My Workspace and My Community—How to Assist Those Who are In Need. 2024 LSBA Annual Meeting & Louisiana Judicial College/Louisiana State Bar Association Joint Summer School. June 4, 2024. San Destin, Florida.
6. Phillippi, S. (2024). Vicarious Trauma: Why the Practice of Law is So Draining – How to Identify and Cope with the Challenges. 2024 LSBA Annual Meeting & Louisiana Judicial College/Louisiana State Bar Association Joint Summer School. June 4, 2024. San Destin, Florida.
7. Phillippi, S. (2024). Presentation. More Resources is #1 Need in JJ: Update on Medicaid Services for Youth and Families. 43rd Governor's Conference on Juvenile Justice. August 22, 2024. Bossier, Louisiana.
8. Daly, C. Bergeron, A, Shealy, A, Hamilton, R & Phillippi, S (2024). Panel Presentation. How Juvenile Diversion & Intervention Programs are Successfully Serving At-Risk Youth. 43rd Governor's Conference on Juvenile Justice. August 22, 2024. Bossier, Louisiana.
9. Walker, S., Weaver, C., Phillippi, S, Southam-Gerow, M, & Vanderploeg, J (2024) Advancing Implementation Policy-Practice-Research Synergy at Scale: A Panel Discussion with a National Network of State Intermediary Organizations. Accepted for symposium presentation. Society for Implementation Research Collaboration (SIRC) bi-annual conference. September 2024. Denver, Colorado.
10. Staples, L., Rubin, R., Gonzales, G, & Phillippi, S. Research-Policy-Practice Synergy to Support Louisiana's Behavioral Health Workforce - Feasibility and lessons learned from the capacity and sustainability funding pilot. Society for Implementation Research Collaboration (SIRC) Bi-Annual Conference, September 2024 (abstract). Accepted for Poster Presentation.
11. Tate, M, Watts, K., Thrasher, S. & Phillippi, S. Age, Coping, and Well-Being in Black LGBTQ+ Adults. National Delta Omega Session- The American Public Health Association (APHA) Annual Meeting and Exposition, October 2024 (Accepted for poster presentation), Minneapolis, MN.
12. Staples, L., Rubin, R., Gonzales, G, & Phillippi, S. (2024). Oral Presentation. Louisiana behavioral health workforce- Feasibility and lessons learned from the capacity and sustainability funding pilot. The American Public Health Association (APHA) Annual Meeting and Exposition, October 27, 2024. Minneapolis, Minnesota.
13. Phillippi, S. (moderator), Manley, E., Stevens, M. (2024) Addressing Complex Behavioral Needs with Youth. National Dialogs on Behavioral Health Conference. November 4, 2024. New Orleans, Louisiana.
14. Phillippi, S. (moderator), Stewart, D., Braud, J. (2024) Complex Needs and Systems Responses to Substance Misuse. National Dialogs on Behavioral Health Conference. November 4, 2024. New Orleans, Louisiana.
15. Lentz, T, Larson, M, Phillippi, S., Juneau, S., Valezquez, T. (2024). Selected Thematic Session. Landscape Analyses of Criminal Legal Systems: Data, Disparities, and Reform. 79th American Society of Criminology Annual Meeting. November 15, 2024. San Fracisco, CA.

Looking Ahead to 2025-2026



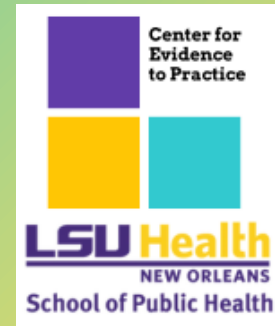
Future Two-Year Training Progression



What we have accomplished within the first fiscal year (shaded in gray) and what our plans are moving forward are illustrated in the Gantt Chart below. New training opportunities include Narrative for Complex Trauma (Advanced TF-CBT topic) and Infant and Early Childhood Mental Health (pre-cursor training for CPP).

YEAR	2023		2024				2025				2026	
QUARTER	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2
MONTHS	July-Sept.	Oct.-Dec.	Jan.-March	April-June	July-Sept.	Oct.-Dec.	Jan.-March	April-June	July-Sept.	Oct.-Dec.	Jan.-March	April-June
Evidence-Based Practice Trainings												
EMDR	Cohort 7			Cohort 8			Cohort 9			Cohort 10		
TF-CBT			Cohort 8			Cohort 9			Cohort 10			
PPT/YPT			Cohort 4			Cohort 5			Cohort 6			
DBT			Cohort 1			Cohort 2			Cohort 3			
CPP			Cohort 3			Cohort 4			Cohort 3			
Triple P	Cohort 3			Cohort 1			Cohort 2			Cohort 3		
PCIT	Cohort 3			Cohort 4			Cohort 5			Cohort 6		
Research-Informed Trainings												
Introductory HT Training			Cohort 6	Cohort 1			Cohort 2			Cohort 3		
Introductory HT for CSOC Training			Cohort 2	Cohort 3			Cohort 4					
Advanced EMDR +TF-CBT HT Training			Cohort 2	Cohort 3			Cohort 4					
Introduction to Trauma			Cohort 2	Cohort 3			Cohort 4					
Family Interaction Training (FIT)			Cohort 2	Cohort 3			Cohort 4					
Engaging Youth & Families			Cohort 2	Cohort 3			Cohort 4					
Narrative for Complex Trauma			Cohort 2	Cohort 3			Cohort 4					
Advanced TF-CBT Cognitive Processing			Cohort 2	Cohort 3			Cohort 4					
Motivational Interviewing			Cohort 2	Cohort 3			Cohort 4					
Infant & Early Childhood Mental Health			Cohort 2	Cohort 3			Cohort 4					
LGBTQ+ Foundations & Champions Training	Cohort 2			Cohort 3			Cohort 4			Cohort 5		





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