

New York



FY2018 TTI PROJECT:

RECOVERY ORIENTED COGNITIVE THERAPY (CT-R)

KEY OUTCOMES:

- The New York State Office of Mental Health (OMH) used the Transformation Transfer Initiative funding to provide Recovery Oriented Cognitive Therapy (CT-R) training at the South Beach Psychiatric Center (SBPC) on Staten Island. OMH collaborated with the Aaron Beck Center (AB Center) and the Center for Practice Innovations at Columbia University (CPI) to expand the use and availability of CT-R in New York.
- SBPC leadership selected a cohort of approximately 50 inpatients, outpatients, and Transitional Living Residence (TLR) clients whose lives have been stalled by the weight of their psychiatric illnesses, and who might benefit significantly from this engaging, activating, new treatment technology. SBPC leadership also selected approximately 25 staff - trainees from the organization's full continuum of care: i.e. from two inpatient units, one outpatient clinic, three TLRs, and the Mobile Integration Team (MIT).
- In February of 2018, there were two sets of three full-day training programs presented by Dr. Grant and two of his Aaron Beck Center colleagues. The participants included the group of 25 SBPC staff, and four staff from Baltic AEH and St. Joseph's. Approximately 20 other OMH staff also attended this training (from Creedmoor, Manhattan, Kingsboro, Bronx, Pilgrim and Rockland PCs, along with Bureau of Education and Workforce Development from Central Office.)
- Weekly case consultations were conducted every Thursday with Dr. Grant and his two Beck Center colleagues began in late-January 2018. One of every four consultations in-person at SBPC; the other three weekly consultations were via VTC.
- Every week has involved at least two 1 ½ hour consultations. One has been with a group of staff who work with outpatients at one of SBPC's clinics, residents at SBPC's three TLRs, and clients in the community who are served in part by SBPC MIT program. The other weekly consultation has been with staff from two SBPC inpatient units and the Power Center (SBPC's "treatment mall").

- In March 2018, a third Thursday consultation was added once per month that is devoted to the Power Center staff who are adapting CT-R to a group modality.
- Outpatient staff trainees began process of training their co-workers in CT-R by introducing it in “Grand Rounds”-style overview presentations and in weekly clinical rounds meetings. Similarly, inpatient and Power Center staff have been doing the same.
- Three staff from the CT-R trainee group, including one trained psychiatrist, presented “CT-R for Prescribers” at a Psychiatry Department meeting on 8/1/18.

Ongoing Project Activities After Grant Period:

- Periodic outcome measure collection continues, using the three instruments mentioned above (i.e. the Hopelessness, Loneliness and Flourishing Scales, as well as the Readiness for Community Living Functional Assessment).
- SBPC staff who have participated in the six-month training program continue working with the original cohort of patients, and have already begun expanding their efforts with other inpatients, outpatients, TLR residents, and MIT clients

Benefit of the 2018 TTI Project:

- The SAMHSA grant has provided funding for a training program whose content facilitated opportunities for individuals with psychiatric illnesses to be fully integrated into their communities, and to explore their aspirations in relation to work, education, independent housing, and expanded social networks. Clinically, this has been a unique training experience in that it not only consisted of immersive training, but continued for weekly clinical consultations over a six-month period. These consultations have provided a structured framework that has continually reinforced the principles and practices of CT-R.

For more information, contact:

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