

## **Evidence Based Treatment Dissemination Center (EBTDC): Clinical Training for Childhood Depression and Trauma in New York State**

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The Evidence Based Treatment Dissemination Center (EBTDC) is a new initiative in the New York State Office of Mental Health (OMH) to train clinicians working in community-based public mental health clinics and other public mental health settings in the use of evidence-based treatments (EBTs) for children and youth. The EBTDC has two-year planning cycles for the introduction of new evidence based treatment practices into the clinical community. An expert steering committee consisting of senior OMH program and evaluation staff as well as clinicians and researchers at Columbia University determine the training priorities for the Center. The first two year cycle (2005-2007) consists of a combined training on cognitive-behavioral therapies for depression and trauma in children and adolescents (ages 7-17). Approximately 600 clinicians who practice in outpatient clinic settings in New York State (NYS) will participate in these trainings. In an effort to have the greatest potential impact on integrating these new treatments into everyday practice, the EBTDC model utilizes a 2-phase training approach which consists of a comprehensive didactic workshop in the selected treatments followed by one year of bi-weekly telephone consultations between treatment experts and small groups of newly trained clinicians working in the field. Manualized cognitive-behavioral treatments for trauma (Trauma-Focused Cognitive Behavior Therapy, Cohen, Mannarino et. al, 2001) and for depression (Cognitive Behavior Therapy for Depression, Curry & Stark 2006) were adapted for the OMH EBTDC by expert treatment developers (Drs. J. Curry, K. Stark, J. Cohen and A. Mannarino) and a team of clinical consultants from Columbia University (Drs. A.M. Albano, J. Mass-Leavitt, E. Goldman, A. Taylor). Three-day workshops are being organized by NYS OMH and provided to groups of 40 clinicians across NYS during the summer and fall of 2006. The three-day workshops are conducted by the treatment developers and the expert clinical consultants from Columbia University. The workshops include trainings on the treatments and on the use of standardized assessment measures that will be required by OMH for participating sites to use in their routine clinical practice with potential depression or trauma cases. Bi-weekly phone consultations between clinical consultants from Columbia University and small groups of clinicians who received the three-day workshops are designed to support clinicians as they develop their skills in applying the manualized treatment methods in their clinical practice. Participating clinicians are asked to present three cases

over the course of the year of consultation. Clinicians will be encouraged to see more than the minimum number of cases but it is not expected that clinicians will see more than 8 cases on average. It is expected that the number of youth participants will be between 1800-4800. The OMH evaluation of the EBTDC has three primary aims: (1) determine the feasibility of this training and consultation process, (2) to assess the impact of the training and consultation on clinician knowledge and skills, and to (3) monitor the impact of these treatments on youth symptoms and functioning. The EBTDC team has worked with the treatment developers to develop measures that will be collected from clinicians that assess changes in their knowledge about CBT principles, attitudes towards EBPs, skills in using the techniques, and fidelity to the treatment model. In addition we are assessing child-level changes in the primary clinical targets of depression and trauma using standardized measures of these clinical syndromes. In order to evaluate the effectiveness of training and dissemination efforts, the project will collect these measures and OMH administrative data from clinicians and youth/family at regular intervals throughout the course of their participation. Initial data will be presented at the February 12-14, 2006 conference.