

COUNTY OF LOS ANGELES-DEPARTMENT OF MENTAL HEALTH

Program Support Bureau-MHSA Implementation & Outcomes Division

SUMMARY FOR:

Aggression Replacement Training (ART) Learning Network
September 21, 2015

Location:

550 S. Vermont Ave
2nd floor conference room
Los Angeles, CA 90020

Facilitator:

Ivy Levin, L.C.S.W., Psychiatric Social Worker II

Practice Lead:

Sermed Alkass, Psy.D, Clinical Psychologist II

Participants:

Sermed Alkass, DMH TAY
Jacqueline Camacho-Gutierrez, Hillside
George Eckart, MHSA Implementation & Outcomes
Meghan Gorden, Leroy Haynes Center
Kristen Jones, SSG/OTTP
Hilary Kornbluth, SSG/OTTP
Ivy Levin, MHSA Implementation & Outcomes
Victoria Otto, Penny Lane

Frances Pavon-Lara, MHSA Implementation & Outcomes
Jessica Pena, Child and Family Guidance Center
Jeffery Schmidt, Penny Lane
Alex Silva, MHSA Implementation & Outcomes
Janine Strasner, Tobinworld
Alison Tarczynski, Penny Lane
Jay Walsh, Pacific Lodge Youth Services
Edward Washington, PEI Administration

I. Welcome and Introductions

Participants briefly introduced themselves.

II. Updates

S. Alkass stated there will be an ART Agency Trainer training in the upcoming months (date TBD). S. Alkass stated participants who are trained must complete the entire 1-year training protocol. There is no cost to receive this training. Space is limited to one staff per agency with the cohort ranging from 5 to 6 participants. S. Alkass clarified that participants don't have to be licensed clinicians.

J. Schmidt from Penny Lane asked about "Peace for Kids" which is a separate component of ART focusing on anger management skills for children under 12. S. Alkass reported the practice has not been approved by PEI Administration and informed J. Schmidt that new practices need to be vetted by the EBP/CDE/PP committee before it can be implemented by DMH and contract providers. Information was provided on how to submit an application for review of a new EBP/CDE/PP. S. Alkass reminded participants that ART Skillstreaming is for clients ages 5-12 and only 10 sessions.

III. Review of Reports



G. Eckart reviewed Table 1. of the ART aggregate report. He noted an increase in clients seen and an increase in the compliance rate. I. Levin asked anyone new to the learning network to stay after the meeting if they needed help in understanding their packet of reports.

I. Levin went over the PEI Optional Worksheet for the End of Treatment so providers were aware of what is required to enter into PEI OMA. A discussion ensued regarding the total number of EBP treatment sessions and how it was being calculated. Some providers reported counting all core services claimed to the practice and some counting every session claimed to the practice regardless if it was core or noncore. S. Alkass and the PEI outcomes team reiterated what is to be counted as EBP treatment session. Providers shared how the practice was being implemented at their agency. It was reported that in group homes that ART was being implemented simultaneously with Seeking Safety. The practice lead, PEI Administration representative and PEI Outcomes team stated the possible problems implementing two EBPs simultaneously and how this may be seen as more intensive services and perhaps not PEI target population and that it would be difficult to attribute a client's improvement if they received more than one EBP concurrently. Providers discussed how difficult it has been to implement ART to fidelity in a school based setting when children are not allowed to be taken out of class three times per week for group.

IV. Supporting Implementation of ART

S. Alkass mentioned where to find the FAQ sheet and encouraged providers to use it as a point of reference and that individual sessions should only be provided as a make-up session, once per module. He stated areas of focus for ART are Group Psychotherapy and Group Rehabilitation.

J. Camacho-Gutierrez from HillSides did a presentation based on a CIBHS symposium she attended recently that focused on enhancing ART Skillstreaming by the use of movement. Movement has been used to engage youths in a group setting, but is not a research component of ART. J. Camacho-Gutierrez provided everyone with the benefits of movement in enhancing group process. Benefits of movement in enhancing group process, included but were not limited to, boosts brain function; increases learning and retention; activates more than one area of the brain simultaneously; improves mood, reduces stress, and helps balance sleep cycles. Providers participated in several group exercises using movement to enhance group process. Handouts and direct web links were provided.

S. Alkass answered question related to after-care, specifically, what to do if a client continues to need services after ART is completed. I. Levin informed providers to look at different "markers" such as meds management and ancillary services that may suggest need for a higher level of care or further services. S. Alkass reiterated that PEI services should not be utilized as a "step-down" program.

V. Open Forum

S. Alkass asked if the next Learning Network should be in 3 months, as we have had, or 6 months. J. Schmidt stated if we provide it in 3 months we should do another presentation, possibly on how to keep clients motivated and how to work with resistant clients. J. Schmidt agreed to present on the subject matter at the next Learning Network.

VI. Next PPLN Meeting

Scheduling of date/time TBD