

**COUNTY OF LOS ANGELES-DEPARTMENT OF MENTAL HEALTH**  
Program Support Bureau-MHSA Implementation & Outcomes Division

**SUMMARY FOR:**  
Group CBT for Depression Learning Network  
November 14, 2013, 10:00AM – 12:00PM

**Location:**

695 S. Vermont Ave  
15<sup>th</sup> Floor, Large Conference Room  
Los Angeles, CA 90005

**Facilitator:**

Michael Villaescusa, L.C.S.W., Psychiatric Social Worker II

**Participants:**

Dawn Beechner, Rio Hondo Community MHC  
Li-Ting Chao, Long Beach Adult MHS  
Marlene Chavez, Palmdale Mental Health  
Anne Choe, Long Beach API Family MHC  
Josh Cornell, MHSA Implementation & Outcomes  
Renee de Vicq, Long Beach Adult MHS  
Brian Dow, South Bay MHC  
George Eckart, MHSA Implementation & Outcomes  
Rosalie Finer, ASOC Admin  
Lee Gomberg, Long Beach Adult MHS  
Norma Huerta, West Valley MHC

Carey Kim, West Valley MHC  
Linda Lee, Costal API Family MHC  
Alex Silva, MHSA Implementation & Outcomes  
Nuri Merino-Jaques, Arcadia MHS  
Marilou Nguyen, MHSA PEI Admin  
Gerald O'Day, Arcadia MHS  
Urmi Patel, ASOC Admin  
Alex Silva, MHSA Implementation & Outcomes  
Lucian Song, Edelman Westside MHC  
Toya Swan, West LA Admin  
Michael Villaescusa, MHSA Implementation & Outcomes

I. Welcome and Introductions

*Participants introduced themselves and briefly described their work roles.*

II. Updates since previous PPLN

- Action item follow-up from previous meeting

*None*

III. Review of Reports

- Review of available reports
  - Subscale analysis
  - End of Treatment Dispositions
- What information is unexpected?
- What data/information may be helpful in future meetings?
- Hot tips or new strategies that are being utilized to integrate outcomes into clinical practice

*G. Eckart reviewed the Countywide Group CBT Aggregate Report with particular attention paid to changes in data trends since the previous learning network and then a PowerPoint presentation that compared OQ Total score and subscale scores. Participants discussed*

*strategies for collecting PHQ-9, tracking results, and communicating results to clients in open groups: with strategies including use of an Excel spreadsheet to track results; use of website called "Community Change" (participant agreed to send the link to U. Patel), sharing scores weekly with clients during group so clients can track their own progress.*

IV. Open Forum

- Claiming for group practices
- Training Update
- Open question & discussion

*Participants shared relapse prevention strategies: offering clients a couple of "maintenance" individual sessions post group treatment; meeting with the client just after they attend their last group to discuss relapse prevention strategies; inviting a person who had just successfully completed treatment to come to a group that just started and share their experience of treatment. Participants shared recruiting strategies: triaging new clients into PEI services when appropriate; discussing the importance of motivation and commitment with the client at the beginning of treatment; case managers conducting orientation groups for clients who are waiting for the next round of groups to start. Participants discussed how to determine if the client has completed treatment with general consensus that treatment should be considered completed if the client completes all modules and misses no more than 2 group sessions with absences made up for by attending individual sessions. In response to participants' asking how long a client can continue to be billed to an PEI Group CBT after group treatment ends, U. Patel stated billing to PEI funded Group CBT should stop once treatment ends and to either refer out or move the client to a different funding source if the client still needs other services, e.g., meds support, case management. U. Patel reported DMH is trying to contract for future Group CBT trainings and participants will be notified as trainings become available.*

V. Next PPLN Meeting

- Future agenda items
- Location-Host Agency?
- Scheduling of date/time

TBD