

BRAVE

TRAINING PROJECT

Request for Applications

IMPORTANT DATES	
RFA Issued	April 6, 2020
Informational Webinar (via Zoom)	April 24, 2020 10:00-11:00 am https://brown.zoom.us/j/688777286 --or-- May 6, 2020 1:00-2:00 pm https://brown.zoom.us/j/270571555
Applications Due	May 15, 2020
Applications Selected	May 22, 2020
NIMH project review	Fall 2020
NIMH funding decision	Spring 2021
Earliest project start	Summer 2021



BROWN
Alpert Medical School



HARVARD MEDICAL SCHOOL
AFFILIATE

Table of Contents

Overview of Organizations and Purpose	3
About PARC	3
About JBCC	3
Why are we doing this project?	3
About This Project	4
BRAVE Training Activities	4
BRAVE Treatment Activities	4
Learning Collaborative Activities	4
Learning Sessions	5
Implementation Team Meetings	5
Project Timeline	6
Application Information and Instructions	6
RFA Overview	6
Agency Eligibility Criteria	6
Informational Webinar	6
Funding Information	6
Roles and Requirements	7
Application	Error! Bookmark not defined.
Application Checklist	Error! Bookmark not defined.
Application Questions	Error! Bookmark not defined.
Example Letter of Support	11

Overview of Organizations and Purpose

The **Pediatric Anxiety Research Center** and **Judge Baker Children’s Center** are partnering on a new initiative to provide therapist training and organizational support for integrating and enhancing the use of exposure in practice. Exposure is a highly effective component of Cognitive Behavioral Therapy (CBT) for anxiety that involves helping clients gradually face their fears. This RFA seeks applications from agencies interested in an early opportunity to partner on this project, which will be reviewed for funding from the National Institute of Mental Health (NIMH) in Fall 2020.

About PARC

The Pediatric Anxiety Research Center (PARC) is a nationally recognized integrated treatment and clinical research program affiliated with Brown University. PARC is based at Bradley Hospital with Lifespan Corporation in East Providence, RI. The mission of PARC is to provide state-of-the-art assessment and treatment for children, adolescents, and emerging adults (ages 5 to 25) with anxiety disorders or obsessive-compulsive disorder (OCD) through direct care and research studies. Over the past 20 years, PARC has focused on bringing exposure-based CBT from clinical trials into practice, improving training for providers learning exposure therapy, and increasing access to exposure for youth and families. PARC has a longstanding history of providing therapist training in partnership with clinics across Rhode Island and Massachusetts. Additionally, PARC has received over 15 years of continuous funding from the NIMH for these projects.

About JBCC

Founded in 1917, Judge Baker Children’s Center, a Harvard Medical School Affiliate, has a proven history of leadership in children’s behavioral health. For over 100 years, Judge Baker has advanced and improved the quality and delivery of care for children and families. Judge Baker’s mission is to promote the best possible behavioral health of children by bridging the gap between science and practice and by giving children, families, and providers access to the highest quality care in community-based settings. The Department of Training and Implementation at Judge Baker Children’s Center, with its expert staff of nationally recognized leaders in the implementation and dissemination of evidence-based practices, is a resource for improving the quality of children’s behavioral healthcare in clinical and research applications across the country.

Why are we doing this project?

More than 30% of children, adolescents, and young adults have an anxiety disorder. Anxiety is one of the first mental health problems to emerge in childhood and, when untreated, contributes to later development of mood and substance problems and high rates of adult disability. CBT is the “gold standard” treatment for anxiety and has been very effective in over 150 studies. **Exposure** is the core component of CBT for anxiety, and is essential for treatment success:

- Exposure is included in nearly all CBT packages for anxiety
- Youth improve the most in CBT after exposure is introduced
- More exposures during the course of therapy strongly predicts better clinical outcomes

Despite the strong evidence, many therapists have not received exposure training. Even therapists who have (often as part of packages such as TF-CBT or MATCH) report that exposure is difficult to deliver and

request more support for implementation. Therefore, the goal of this project is to provide training and organizational support for therapists implementing exposure in practice.

About This Project

In the BRAVE project, we will work with partner agencies to support the use of exposure for clients with anxiety. Agency partnerships are expected to last for the duration of the project, but individual therapists and clients at each agency may participate for only a portion of that time. The goal is to train 100 therapists and include 300 client participants (all agencies combined) over 5 years.

BRAVE Training Activities

Participating therapists at partner agencies will receive “gold standard” exposure training that includes 12 hours of workshop training plus ongoing feedback and case consultation through video-recorded therapy sessions. Half of participating therapists will be randomly selected to use a brief self-feedback tool called the **Exposure Guide** as part of their training and consultation. The Exposure Guide was developed through a series of projects funded by the NIMH, and outcomes of those projects show that the Exposure Guide is practical and acceptable in community settings and it improves exposure practice.

BRAVE Treatment Activities

Participating clients will receive exposure therapy from participating therapists at partner agencies. The BRAVE project will also assess clinical outcomes for participating clients.

Learning Collaborative Activities

In addition to training and outcome monitoring, we are committed to providing organizational support that can help promote sustainability of exposure following the end of the project. To accomplish this, the BRAVE project will utilize the **Learning Collaborative (LC) Model**. The LC model uses quality improvement methods to help Provider Agencies develop their internal capacity and the local and state partnerships needed for EBPs such as BRAVE to be used consistently and effectively. Learning Collaboratives bring together teams from multiple Provider Agencies to work on improving a process, practice, or system, with team members learning from their collective experiences and challenges. An active learning process, Learning Collaboratives engage participants in identifying their own learning needs as well as other components of the learning process, through in-person “Learning Sessions” and between-session “Action Periods”. The goals of this LC are to:

- Implement and sustain the BRAVE model in Provider Agencies across the region.
- Work collaboratively with local community-based providers and community and family representatives to implement the BRAVE model with fidelity and good outcomes.
- Implement the necessary data collection and monitoring systems to monitor metric and outcome data generated by the BRAVE implementation to support effective research evaluation and sustainability of the program.
- Engage senior leadership and agency supervisors in ongoing implementation support and experiential learning to improve and sustain its implementation.
- Identify and implement evidence-based sustainability approaches that fit each organization’s individual needs

Learning Sessions

Staff from Provider Agencies identified to participate in the Learning Collaborative will attend three (3) Learning Sessions (18 hours total). This time will be reimbursed as described in the “Roles and Requirements” table on page 8. Participation by clinicians, administrators, and senior leaders, and family partners (as applicable) is mandatory. Learning Sessions will focus on advanced topics to supplement training and consultation calls and foster implementation. Sample topics include:

- Case presentations;
- Advanced clinical issues;
- Identifying implementation barriers and developing strategies to overcome them;
- Enhanced methods for engaging and/or training family partners to support BRAVE implementation;
- Additional training on screening and referrals;
- Data-driven clinical decision-making; and
- The use of CQI tools to help identify, prioritize, address, and evaluate identified challenges (e.g., Plan-Do-Study-Act cycles).

Implementation Team Meetings

Periods between the three Learning Sessions are referred to as Action Periods. During this time, Implementation Teams will meet every other week to implement what they have learned and follow through on plans from Learning Sessions, through **Plan-Do-Study-Act Cycles (PDSAs)**, a core aspect of the Learning Collaborative’s model for quality improvement. In these cycles, teams develop ideas or innovations for addressing barriers in implementation by testing them in the field on a limited or short-term (“pilot”) basis, assessing successes or challenges experienced in testing, adjusting the idea or innovation accordingly, and then expanding their use to a larger scale (e.g., on a more long-term basis, or throughout the agency). In addition to completing PDSAs, during the action periods, Provider Agencies will:

- Receive implementation data reports;
- Have access to consultation (e.g., clinical phone consultations, implementation consultation);
- Complete a **Change Toolkit**, a structured set of assessment and planning tools to aid Provider Agencies in developing a work plan to guide BRAVE implementation and self-evaluate progress; and
- Collaborate with study staff to develop and implement continuous quality improvement tools and processes.

Project Timeline



*Earliest start in summer 2021

Application Information and Instructions

RFA Overview

This Request for Applications seeks multiple agencies across Rhode Island and Massachusetts who are interested in implementing exposure for youth and young adult clients with anxiety. Agencies with selected applications will be included in a review of this project for possible funding from the National Institute of Mental Health (NIMH).

Agency Eligibility Criteria

- Must provide mental health outpatient services for children, adolescents, and/or young adults (ages 5-25) with anxiety and/or obsessive-compulsive disorder
- Must be willing to meet agency responsibility requirements as outlined in requirements section

Informational Webinar

Join us for an informational webinar on April 24, 2020 at 10:00 (<https://brown.zoom.us/j/688777286>) or May 6, 2020 at 1:00 (<https://brown.zoom.us/j/270571555>). We will provide an overview of the project and answer any questions that you may have about the project or application process. If you are unable to attend either webinar, please contact Dr. Kristen Benito with questions (Kristen_Benito@brown.edu).

Selection Process

Agencies whose applications are selected will be notified by **May 22, 2020**. We will provide selected agencies with a drafted Letter of Intent (LOI), which should be edited as needed, signed by the appropriate agency official, and returned to Dr. Kristen Benito (Kristen_Benito@brown.edu) no later than **June 6, 2020**.

Funding Information

Funding for this project is contingent upon review and acceptance from the National Institute of Mental Health. Letters of support for chosen agency partners will be included in the NIMH funding application. Notification of award from NIMH would be in spring of 2021, with an earliest start date in summer of 2021. Subcontracts will be issued once funding is distributed based upon agreed upon responsibilities outlined in this RFA. Total budgets per agency will depend on the number of therapists trained and clients enrolled in the project.

Roles and Requirements

Project Role & Description	Role Responsibilities	JBCC/PARC Responsibilities
<p>Therapists: A mental health provider employed at a participating agency who treats clients ages 5 to 25 in outpatient care. There are no specific requirements for therapist licensure status.</p>	<p>Attend a 12-hour (2 day) clinical workshop training</p> <p>Participate in web-based consultation groups supporting use of exposure with clients</p> <p>Complete project questionnaires</p> <p>Videotape treatment sessions with consenting clients</p> <p>Provide treatment for multiple project clients by incorporating exposure into usual therapy procedures</p> <p>Participate in three Learning Sessions (18 hours total)</p> <p>Participate in agency implementation team meetings every other week</p>	<p>Provide 2-day (12 hour) workshop for participating therapists and agency staff</p> <p>Provide CE credits for full 12-hour attendance at workshop (pending certification agency approval)</p> <p>Provide weekly to monthly consultation to support therapists using exposure with project clients including feedback from video-recorded sessions</p> <p>Provide the following compensation to agency:</p> <ul style="list-style-type: none"> ○ Stipend of \$1,020 per therapist for 12-hour attendance at workshop ○ Stipend of \$85 per therapist per hour for participation in consultation or learning sessions <p>Provide compensation to therapist directly for completing project questionnaires</p> <p>Facilitate the three Learning Sessions</p> <p>Provide implementation consultation monthly during agency implementation team meetings</p>

<p>Clients: An individual (ages 5-25) and caregiver (if a minor) who are being treated by a BRAVE trained therapist at your agency and agree to project activities and procedures</p>	<p>Participate in an informed consent process for project activities</p> <p>Complete clinical assessment to determine fit with project</p> <p>Complete follow-up assessments for outcome monitoring</p> <p>Agree to videotaping of treatment sessions while in project</p>	<p>Provide clinical assessment to determine appropriateness of project enrollment; share results with treating therapist</p> <p>Provide ongoing outcome assessments; share results with treating therapist</p> <p>Complete informed consent procedures</p> <p>Ensure confidentiality of client project materials, including video</p>
<p>Administration: Any individual at your agency that would participate in administrative aspects of this project, including senior leadership, program directors, intake staff.</p>	<p>Complete an organizational needs assessment as part of learning collaborative prior to training</p> <p>Ensure at least 6 therapists from your agency participate and are willing to be randomly assigned to a training group (“gold standard” or “gold standard” + Exposure Guide)</p> <p>Provide space for two-day workshop trainings (yearly) and three learning sessions (first year)</p> <p>Provide space for project evaluators to conduct assessments with participating clients</p> <p>Provide a location for a locked box for therapists and clients depositing project materials</p> <p>Facilitate referrals to the project by offering the opportunity to clients/families seeking services at the agency</p> <p>Participate in three Learning Sessions (18 hours total)</p> <p>Participate in implementation team meetings every other week</p>	<p>Provide and maintain video-recording equipment</p> <p>Regularly collect and deliver project materials for participating therapists</p> <p>Ensure confidentiality of project materials, including video</p> <p>Obtain and maintain IRB approval for all project activities</p> <p>Complete informed consent procedures with all participants</p> <p>Provide stipend of \$1000 for every 10 eligible and enrolled client participants to offset administrative burden of referral coordination</p> <p>Facilitate the three Learning Sessions</p> <p>Remotely attend monthly implementation team meetings at each agency</p> <p>Collect, analyze, and disseminate monthly implementation metrics to agencies</p>

Application

Instructions

The following application is a fillable document. Please click on each blank to enter your response.

Application Checklist

- Completed Application Questions
- Letter of Support on letterhead
- Return applications to Dr. Kristen Benito via e-mail Kristen_Benito@brown.edu or mailed to 1011 Veterans Memorial Parkway, East Providence, RI 02915

Application Questions

1. Agency Applicant Information

- a. Agency Name: _____
- b. Street Address: _____
- c. City, State, ZIP Code: _____
- d. Telephone Number: _____
- e. Website Address: _____

2. Agency Representative Information

- a. Name: _____
- b. Title: _____
- c. Mailing Address: _____
- d. City, State, ZIP Code: _____
- e. Email Address: _____
- f. Telephone Number: _____

3. Why does your agency want to participate in the BRAVE Training Project?

4. What other trainings in evidence-based practices have been offered through your agency?

5. How many outpatient therapists are employed at your agency? _____
- a. Of these therapists, how many of them work with children and adolescents? _____
6. Please estimate the **number** of clients served annually in the following age groups:
- _____ *Children* (ages 5-11)
- _____ *Adolescents* (ages 12-18)
- _____ *Young adult* (ages 19-25)
7. Please estimate the **percentage** of youth clients (age 5-25) served annually with each of the following problems among the main reasons they are seeking care:
- _____ *Anxiety disorders* (panic disorder, agoraphobia, social anxiety disorder, generalized anxiety disorder, specific phobia, separation anxiety disorder, adjustment disorder with anxiety, illness anxiety disorder, anxiety disorder unspecified)
- _____ *Trauma- and stressor-related disorders* (reactive attachment disorder, posttraumatic stress disorder, attachment disorder)
- _____ *Obsessive-compulsive and related disorders* (obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, excoriation disorder)
- _____ *Mood disorders* (dysthymia, major depression, bipolar disorder)
- _____ *Substance use disorders*
- _____ *Feeding and eating disorders* (anorexia nervosa, bulimia nervosa, binge-eating disorder, pica, avoidant/restrictive food intake disorder)
- _____ *Personality disorders*
- _____ *Psychotic disorders* (schizophrenia)
- _____ *Neurodevelopmental disorders* (intellectual disabilities, communication disorders, autism spectrum disorder, attention-deficit/hyperactivity disorder, learning disorders)
- _____ *Disruptive, impulse-control, and conduct disorders* (oppositional defiant disorder, conduct disorder)
- _____ *Other:* _____

Letter of Support Example

Letters of support are not required to follow this example, but it may be used as a guide. Please include details that will 1) highlight the mission, goals, and setting of your agency, and 2) illustrate how the BRAVE project aligns with those goals.

Kristen Benito, Ph.D.
Alpert Medical School of Brown University
Bradley Hospital
1011 Veterans Memorial Parkway
Riverside, RI 02915

RE: "BRAVE Training Project"

Dear Dr. Benito,

I am pleased to write this letter to offer my support for your grant application proposing to examine therapist training approaches for exposure therapy. As [your position] of [agency], I am glad to offer the participation of our therapists and staff in this project. We strongly support this project and its mission, which is in line with our agency's goals.

[Paragraph description of your agency and mission]

i.e. [Agency] provides behavioral health services to clients throughout New England in [settings].... It is therefore consistent with our mission to participate in your project.

[Paragraph description of why your agency is choosing to partner on the BRAVE project]

i.e. The BRAVE project proposes to use a promising training tool, the Exposure Guide, for enhancing the quality of exposure therapy

i.e. The BRAVE project will use a Learning Collaborative model to Identify and implement evidence-based sustainability approaches that fit [Agency's] needs

i.e. The BRAVE project will help us offer exposure therapy, an important Evidence Based Practice (EBP) for our clients with anxiety.

During this project, your team will provide financial support for therapist training in the form of Continuing Education credits for workshops and hourly reimbursement for project time, including initial training, attending clinical consultation, attending learning sessions, and completing project questionnaires. During this time, we will support the voluntary participation of our therapists and clients in this project, including confidentiality of project materials.

Sincerely,

[Your name]

[Your position]

[Name of Agency]