

# **Lessons Learned: A Community-Based Therapy Training Outcome Evaluation Project**

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The Center for Research on  
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# In the Beginning...

Local Community  
Mental Health  
Center  
(MHC) serving  
youth



Antioch's Center  
for Research on  
Psychological  
Practice  
(CROPP)



Mutual Vision for new **Training** and  
sound **Evaluation** of its  
effectiveness

# Stepping Stones for Project

- ◆ **Define Goals**: Training in brief psychotherapy with adolescents, evaluation of training
- ◆ **Logistics**: Collection of data, organization of trainings
- ◆ **Internal Review Board**: Heightened sensitivities due to clinical population (youth)
- ◆ **Structure**: Meetings for updates, mid-flight corrections, changes

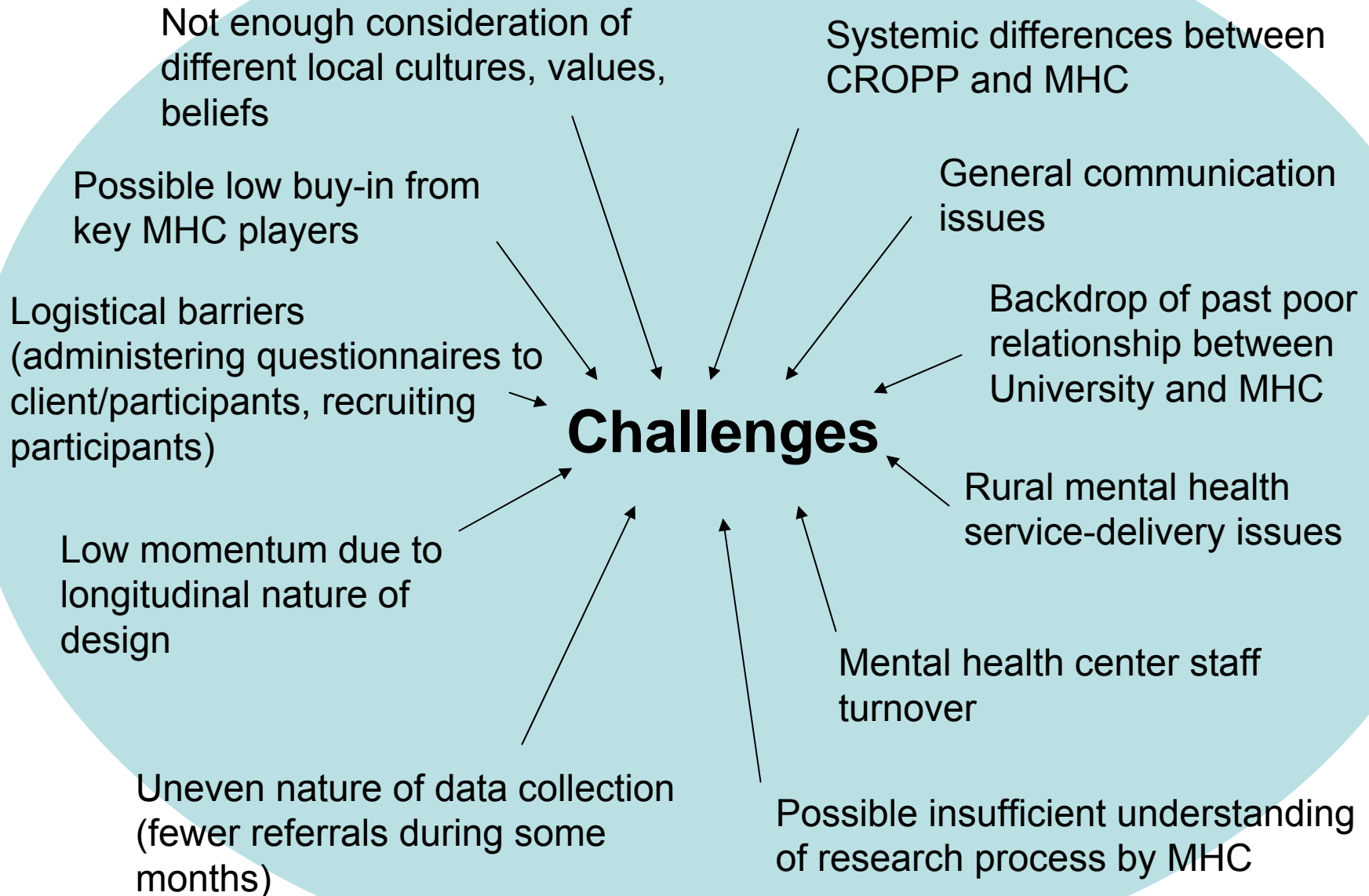
# Anticipated Challenges

- ◆ **Data collection logistics**: technological concerns, ease for Mental Health Center staff
- ◆ **Participant recruitment**: Insufficient participant interest
- ◆ **Length of Timeline**: Delayed training due to need for sufficient baseline

# Unanticipated Challenges

- ◆ **Wavering commitment to project**
  - ◆ Local competing priorities
  - ◆ Courtship of alternate training projects
- ◆ **Ineffective communication regarding concerns**
  - ◆ Underlying concerns
  - ◆ Discordant perceptions (When we say “easy,” do they hear “*unimportant*” or “*burden?*”)
- ◆ **Mental Health Center staff turnover and changes**
  - ◆ Key administrative collaborator/internal cheerleader
  - ◆ Participant recruiter
- ◆ **Systemic cultural differences between CROPP and Mental Health Center**

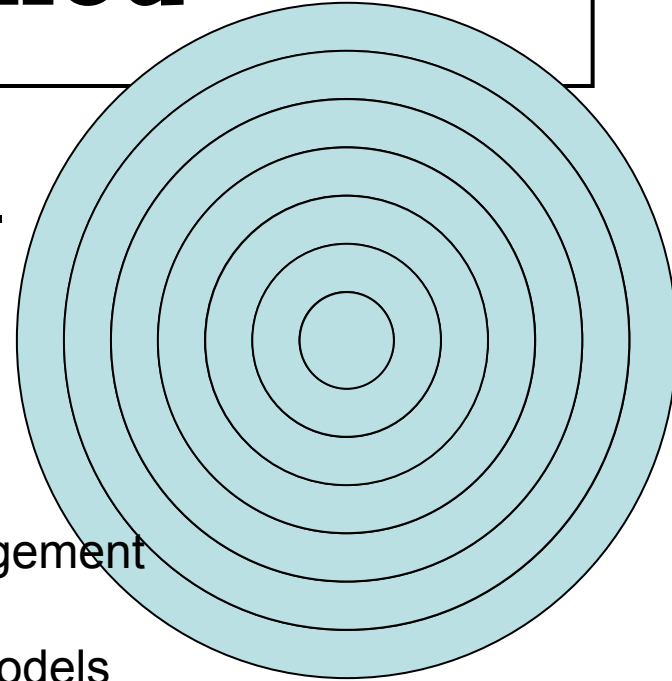
# Possible Sources of Barriers to Our Success



# Lessons Learned

## 1. Use a framework or theory to guide collaborative project

- ◆ Systemic Approach (Bronfenbrenner, 1979) →
- ◆ Educational/Organizational Change Models (citations)
- ◆ Community-based Research Model of Engagement (Harris, 2006)
- ◆ Community-based Participatory Research Models (Minkler, Blackwell, Thompson, & Tamir, 2003, Israel...citation)



2. Concretely utilize the framework or theory to anticipate, discuss, and address the various project factors, variables, stakeholders, concerns, barriers, values

# Lessons Learned

3. **Think organization-wide** when building & maintaining collaborative, trusting relationships beyond the initial, key collaborator
4. **Include anticipated challenges and role expectations** for problem-solving in the contract
5. **Tailor CROPP's collaboration approach to MHC's local culture**

# **We Would like YOUR Suggestions & Thoughts**

Please share any literature, personal stories of success or challenge, or theories/models to guide us:

# Poster Citations

- Bronfenbrenner, U. (1979). *The ecology of human development*. Cambridge, MA: Harvard University Press.
- Harris, G.E. (2006). Practicing HIV/AIDS community-based research. *AIDS Care, 18 (7)*, 731-738.
- Israel, B.A., Shulz, A.J., Parker, E.A., & Becker, A.B. (1998). Review of community-based research: Assessing partnership approaches to improve public health. *Annual Review of Public Health, 19 (1)*, 173-203.
- Minkler, M., Blackwell, A.G., Thompson, M., & Tamir, H. (2003). Community-Based participatory research: Implications for public health funding. *American Journal of Public Health, 93 (8)*, 1210-1213.



- McCracken, S. G. & Corrigan, P. W. (2004). Staff development in mental health. In H. E. Briggs & T. L. Rzepnicki (Eds.) *Using evidence in social work practice*, pp. 232 – 256. Chicago, Illinois: Lyceum Books, Inc

# Extra stuff to embed...

- Behavior change = intention + skill – environmental constraints (McCracken, Corrigan, 2004).