

Children's Mental Health Skills Training Protocols: Implementation Plan

New CMH Skills Training Interventions	
Name of Intervention	Type of Skill
Nurturing Parenting	Individual Skills Training for Parents and Caregivers
Aggression Replacement Techniques <ul style="list-style-type: none"> • Skillstreaming (<i>a component that can be used as a single protocol for Life Skills Training</i>) 	Anger Management Life Skills Disruptive Behavior Disorders
Seeking Safety	Substance Abuse/Trauma
Preparing Adolescents for Young Adulthood	Transitioning Youth

September 19th-21st, 2012 **Aggression Replacement Techniques*** (includes *Skillstreaming*)

- o DSHS will coordinate one on-site training for identified Trainers/Supervisors/QM staff
- o DVD used to train additional staff (facilitated by Trainers/Supervisors/QM Staff)

*A separate broadcast message with specific details regarding this training will be distributed.

Fall: (Sept.-Nov.) 2012 **Nurturing Parenting Training**

- o Regional trainings for clinicians who will be trainers in Nurturing Parenting
 - Clinicians must deliver at least two full courses of a Nurturing Parenting protocol before attending a train-the-trainer session (a full course takes approximately 15 weeks, meeting 1x/week)
 - Train-the-trainer sessions will be scheduled for Spring/Fall 2013
- o Clinicians seeking to be trainers must demonstrate competency at a train-the-trainer session
- o Providers should consider local needs and available resources. Providers may wish to send only staff identified as future Nurturing Parenting trainers or numerous staff members who will be delivering the protocol.

September 2012 **New Evidenced Based Treatments May Be Implemented**

- The following protocols* will be allowable:
 - o Aggression Replacement Techniques* utilizing the Aggression Replacement Training[®] curriculum
 - o Nurturing Parenting*
 - o Seeking Safety* (DVD Training for QMHPs)
 - o Preparing Adolescents for Young Adulthood (PAYA)
 - o Barkley's Defiant Child/Barkley's Defiant Teen

- o Bloomquist's "Skills Training for Children With Behavior Problems: A Parent and Practitioner Guidebook."

*Note: All staff delivering these protocols must have documentation of completed training in personnel file.

January 2013

Aggression Replacement Techniques utilizing Aggression Replacement Training® Curriculum Required

September 2013

All Evidence Based Treatment Become Required Protocols:

- Aggression Replacement Techniques utilizing the Aggression Replacement Training® curriculum(Required September 2012)
- Nurturing Parenting
- Seeking Safety
- Preparing Adolescents for Young Adulthood