



DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF MENTAL HEALTH, DEVELOPMENTAL DISABILITIES
AND SUBSTANCE ABUSE SERVICES

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To: LME-MCO Medical Directors, Clinical Directors,
and Provider Network Managers

From: Jason E. Vogler, Ph.D. *jav*

Subject: Six Core Strategies and Building Bridges Initiative for Psychiatric Residential Treatment
Facilities and Child Facility based Crisis Services

DMHDDSAS is excited to announce the start of an Initiative to promote best practices and improved long-term outcomes for youth and families served in North Carolina's residential settings. DMHDDSAS has chosen to use the Six Core Strategies© and the National Building Bridges Initiative (BBI) as the core components of our NC Initiative. DMHDDSAS will focus the initiative on Psychiatric Residential Treatment Facilities (PRTFs), Child Facility Based Crisis Services, and State Child and Adolescent inpatient units

The Six Core Strategies© provides a framework for culture change that leads to safer and more effective programs. The Six Core Strategies© have strong evidence for preventing/reducing the use of coercive interventions, including the use of restraint and seclusion, and promoting trauma-informed, family-driven and youth-guided care. The work of the national Building Bridges Initiative stems from the research on effective residential practices that correlate to sustained positive outcomes post-residential discharge for youth and families. The BBI best practices operationalize core systems of care principles, including family-driven, youth-guided and trauma-informed, cultural and linguistic competence, and promote partnerships between all residential and community stakeholders, families and youth.

To launch phase 1 of the Initiative, we are asking the targeted residential services to send a five-person team with a mixture of administrative, clinical, and direct care staff for two days of Six Core Strategies© training followed by monthly consultation calls/TA activities. The two-day training will be held on May 21-22, 2018 at the Wake Tech Main Campus Conference Center at 9101 Fayetteville Road, Raleigh, NC 27603. After the two-day training in May, the residential services will be asked to develop a strategic plan to address the Six Core Strategies©. The monthly consultation calls/TA activities will support the residential services as they develop and implement their strategic plan.

In phase 2, we'll reinforce the Six Core Strategies© and add in additional best practices from the Building Bridges Initiative so all targeted services are implementing trauma-informed, youth-guided, and family-driven care. Through both phases, DMHDDSAS will be monitoring incident reports including seclusion and restraint trends.

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DMHDDSAS will also be convening a state level team to review state policies, regulations, procedures and contract language to support prevention of coercive practices, with a special focus on seclusion and restraint, and the promotion of trauma-focused, youth guided, and family-driven care, as well as ensure language, expectations and practices that correlate to the research on sustained positive outcomes for youth and families post residential service discharge

The Six Core Strategies© are:

1. Leadership focused on organizational change
2. Use of data to inform practice
3. Workforce development
4. Use of seclusion and restraint prevention tools
5. Youth and family advocate roles
6. Debriefing techniques

We are asking the LME-MCOs to support the initiative by:

- Reinforcing expectations that PRTFs and Child Facility Based Crisis Facilities participate in the initiative
- Reviewing the data on coercive practices including seclusion and restraint and exploring problematic trends while encouraging positive trends
- Alerting the state team to regulations, policies, procedures, and contract language that is not aligned with the prevention of coercive practices and the promotion of trauma-focused, youth guided, and family-driven care
- Identifying a LME-MCO point person to receive communication re: this Six Core Strategies and Building Bridges Initiative.
- Sending at least one LME-MCO staff member to the Six Core Strategy Kick-Off May 21-22. Registration information to follow.

Click on these links to learn more:

Six Core Strategies©:

<https://www.nasmhpd.org/sites/default/files/Consolidated%20Six%20Core%20Strategies%20Document.pdf>

Building Bridges Initiative: <http://www.buildingbridges4youth.org>

Thank you for your commitment to safe and effective interventions for youth in PRTFs and Child Facility Based Crisis Services.

For more information or questions, please contact Glenda Stokes (Glenda.stokes@dhhs.nc.gov), Eric Harbour (eric.harbour@dhhs.nc.gov), or Stacie Forrest (Stacie.forrest@dhhs.nc.gov).

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