



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

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February 12, 2018

To: Psychiatric Residential Treatment Facilities
Child Facility Based Crisis Services
State Child/Adolescent Inpatient Units

From: Eric Harbour, Child Mental Health Lead *EH*
Stacie Forrest *SF*
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Subject: Six Core Strategies and Building Bridges Initiative

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 services. 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.

We are excited to welcome you to this initiative for we know you are committed to providing trauma-Informed, safe, and effective interventions.

The first phase of this initiative is focused on Six Core Strategies©. Six Core Strategies© provides a framework, training, and consultation in six areas that are proven to reduce the use of seclusion and restraint. DMHDDSAS will provide:

- Two-day Six Core Strategies© Training for a five-person team from the targeted residential providers. This team is ideally comprised of the CEO and clinical leadership along with well-respected representatives from nursing, education,

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and direct care staff. This 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. Registration information will follow.

- 12 monthly consultation calls or technical assistance activities for the targeted residential interventions with the Six Core Strategies© consultant
- Review of each targeted residential service's progress in the development and implementation of their strategic plan as well as their trends in their use of coercive practices
- Several targeted residential services will have the benefit of a site visit by the Six Core Strategies© consultant

PRTFs, Child Facility Based Crisis Services, and Child/Adolescent State Hospital Units will be expected to:

- Send a team of five members including the CEO to a two-day Six Core Strategy© training on May 21-22, 2018.
- Participate in 12 monthly consultation calls or technical assistance activities with the Six Core Strategies consultant
- Develop a team to develop and implement a Six Core Strategies'© strategic plan
- Submit their Six Core Strategies'© strategic plan to DMHDDSAS followed by quarterly progress reports that includes the trends in the use of coercive techniques.

The Six Core Strategies which are covered in the Strategic Plan 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 voice/choice/roles
6. Debriefing techniques

Some PRTFs have already been implementing Six Core Strategies©. We applaud your efforts to reduce coercive practices in your residential services. We do ask for your participation in the two-day training and monthly consultation calls. Other residential services can learn from your experiences, and we hope you will also learn from our consultant as well as other residential services. You will already have developed a strategic plan focused on Six Core Strategies© so we'll ask for that plan as well as quarterly progress reports.

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. Our state team will be keeping LME/MCO network and clinical staff apprised of facilities' progress on the reduction of coercive practices.

Please begin preparing to send a team to the initial two-day training in Six Core Strategies© will be on May 21-22, 2018. This training will prepare you to develop your facility team and start work on your strategic plan. You'll also hear more about Building Bridges Initiative which will start in SFY 2019.

If you would like to learn more about either of these approaches, please click on these links.

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 providing effective and safe interventions for the young people in your care.

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