

Developing and Implementing an Action Plan for Improving Women's Mental Health Care Delivery - DoD Participants

30 August 2018

National VA/DoD Women's Mental Health Mini-Residency:
Building Clinical Expertise to Meet Women's Unique Treatment Needs
Crystal City, Virginia | August 28-30, 2018



Presenters



MAJ Aimee C. Ruscio, Ph.D., is the Acting Section Chief, Prevention and Early Intervention, Psychological Health Center of Excellence (PHCoE). For the last three years, MAJ Ruscio has worked in and managed clinics providing outpatient mental health services to Army Soldiers. Her experience includes managing the Special Operations Forces (SOF) Embedded Behavioral Health (EBH) Clinic at Joint Base Lewis-McChord and the Behavioral Health Clinic at Camp Arifjan, Kuwait. Prior to graduate training in psychology, MAJ Ruscio served in the 299th Forward Support Battalion, 2nd Brigade, 1st Infantry Division. She deployed twice to Iraq during that time and served as a platoon leader, company executive officer, and battalion S1. MAJ Ruscio has over 14 years of service in the Army.



Dr. Garnette J. Cotton is a clinical psychology Subject Matter Expert (SME) and provides contract support for the Practice-Based Implementation (PBI) Network, Psychological Health Center of Excellence (PHCoE). She has 14 years of experience in evidence-based psychological healthcare, academic teaching and training, and integrating technology into clinical care. Prior to providing contract support for the PBI Network Division, Dr. Cotton was a clinical leader and administrator with Veterans Health Affairs (VHA). Prior to her VHA service, Dr. Cotton was primarily a clinical academician/assistant clinical professor dedicated to medically underserved patient populations. Dr. Cotton has provided frontline clinical services, administrative and supervisory leadership, and health policy development for both public sector and military clinical populations.

Disclosure Statement



We have no current affiliation or financial arrangement with any grantor or commercial interest that might have direct interest in the subject matter of this program or presentation.

Content



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Learning Objectives



- Identify the intersection of behavior change and action planning within a behavioral health clinical or organization setting
- Develop Individual Action Plan with goals outlined for 1, 3 and 6 months post the three-day Women's Mini Residency

Purpose of Action Plans



An action plan is a document that lists what steps must be taken in order to achieve a specific goal.

- The purpose of an action plan is to clarify what resources are required to reach the goal, formulate a timeline for when specific tasks need to be completed and determine what resources are required.

GOAL >>> Behavior Change



<https://www.youtube.com/watch?v=EsUpTfNiCBQ>

[Duan, A.]. (2012, January 22). Change (Motivational Video) [Video File]. Retrieved from <https://www.youtube.com/watch?v=EsUpTfNiCBQ>

<https://www.youtube.com/watch?v=EgOPrYgjvs4>

[Verma, P.]. (2014, April 22). Motivational Video - Change Yourself First [Video File]. Retrieved from <https://www.youtube.com/watch?v=EgOPrYgjvs4>

Implementation & Knowledge Translation Practices

Outline



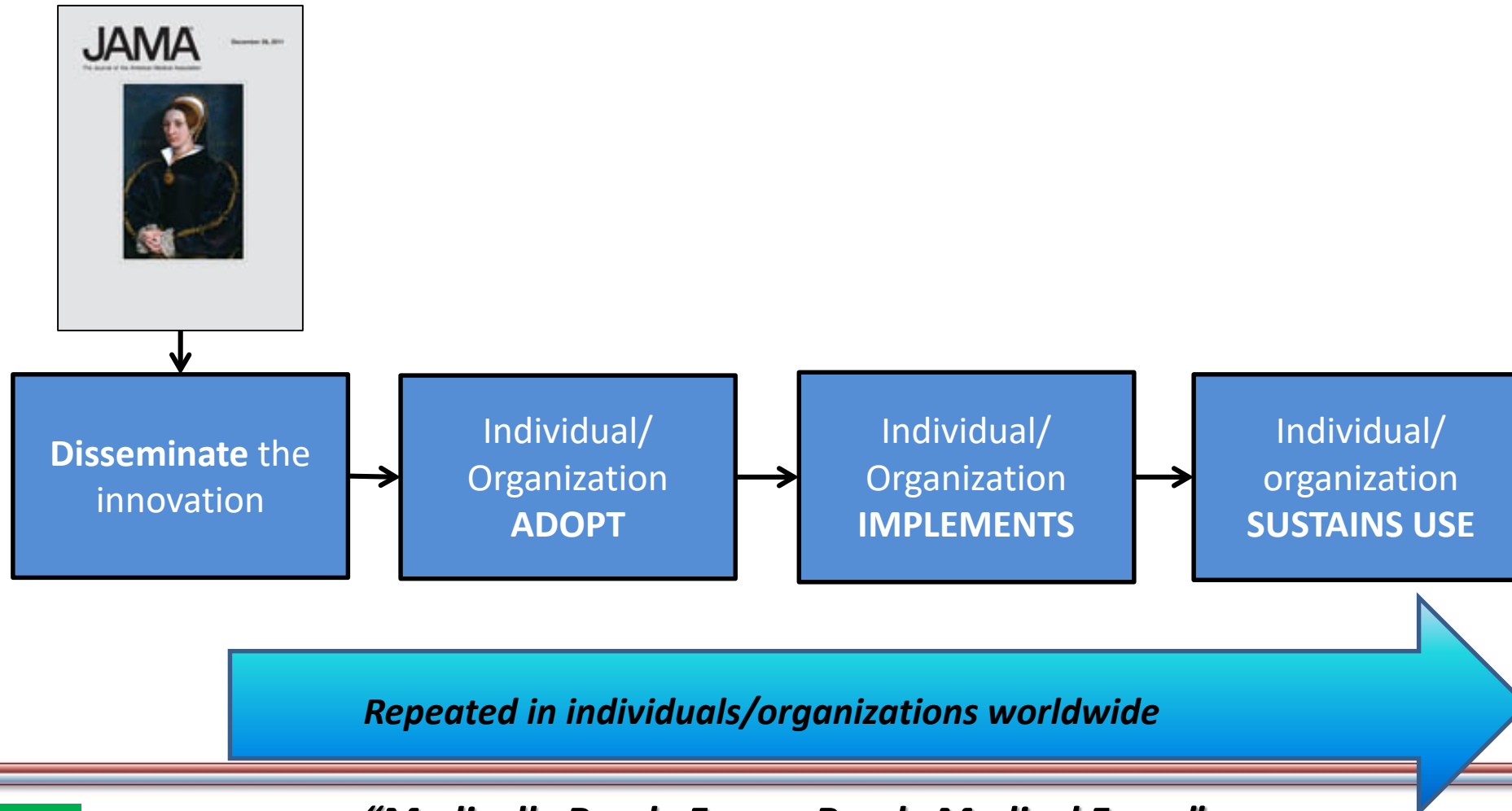
- Innovative and Adaptive IS & KT practices needed
- VA Quality Enhancement Research Initiative (QUERI) QUERI and Promoting Action on Research Implementation in Health Services (PARIHS)
- Lessons learned and process adaptations during sustainment

Why?



“Up to two decades may pass before the findings of original research becomes part of routine clinical practice”
(IOM, 2014)

Historical or “Natural”: Dissemination & Implementation Framework



Models of Implementation: VA QUERI & PARIHS



QUERI (Ongoing Feedback)

- Targeted
- Integrative/Collaborative
- Measured/Evaluated
- Omni-directional feedback

PARIHS (Facilitators & Barriers)

- Clinician/Consumer Driven
- Context/Culture
- Leadership/Organizational support
- Importance of Facilitation/
Training Factors

Practice-Based Implementation Network: Background

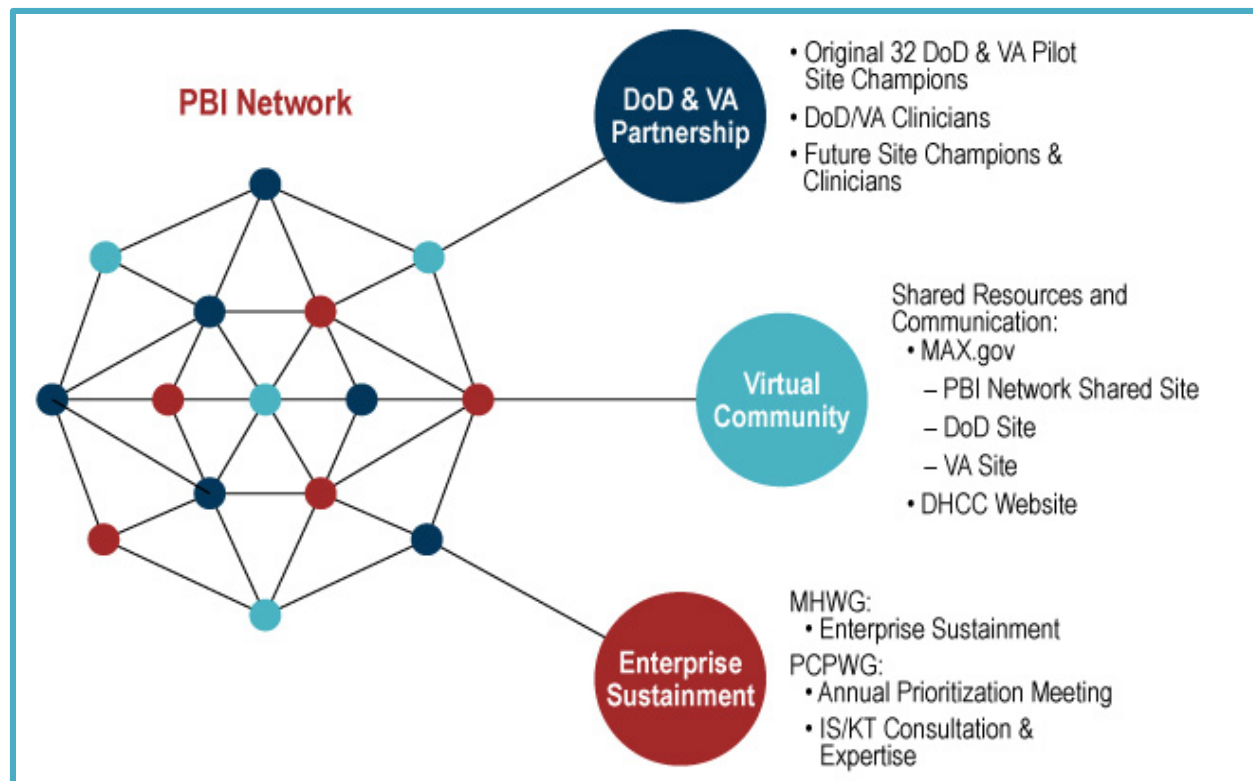


- DoD/VA Joint Incentive Fund grant awarded to pilot the development and implementation of an enduring collaborative network that would:
 - Improve dissemination, implementation and evaluation of evidence-based treatments
 - Facilitate effective clinical practice changes across the enterprise and between Departments
- DoD and VA piloted the Practice-Based Implementation (PBI) Network from 2013 -2015 to more rapidly translate psychological health research findings into clinical practice by promoting practice change

What is the PBI Network?



"A community of behavioral health providers that will lead the rapid translation of research findings into routine clinical practice"



- Currently consists of the original 32 DoD & VA Pilot Sites, their champions and Clinicians
- A Virtual “Knowledge Sharing” Community
 - Resources on MAX.gov and DHCC Website
- Sustained and guided by the DoD Mental Health Work Group (MHWG)

Developing Your Action Plan



- Review of Template
 - Goal Setting
 - Action Steps & Timeline

- Review Sample Action Plan

- Breakout workgroups
 - By Practitioner
 - By Type of Clinic

BRAG & STEAL

Discussion & Questions

Points of Contact



LCDR Jorielle Houston, USPHS, PBI Network Chief, PHCC

jorielle.b.houston.mil@mail.mil

Garnette Cotton, Subject Matter Expert, PBI Network

garnette.j.cotton.ctr@mail.mil

MAJ Aimee Ruscio, Army, Acting Section Chief, Prevention & Early Intervention

aimee.c.ruscio.mil@mail.mil



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