



**ARMY MEDICINE**

*One Team... One Purpose!*

*Conserving the Fighting Strength Since 1775*

# Army Family Advocacy Program (FAP)

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## D, FAPM, Clinical Services

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# Purpose and Outline

**Purpose:** To provide an overview of steps involved in the implementation of an EBT within the U.S.Army

## Outline

1. Selection of CPC-CBT
2. Steps in Implementation
3. Implementation
4. Challenges
5. Way ahead



## Selection of CPC-CBT

- My clinical history
  - Exposed very early to the work of the family therapy pioneers
- My teaching history
  - Army Medical Department Center and School
  - Family Advocacy Staff Training Courses (FAST and FASTA)
  - Passionate about the quality of instruction
  - Inclusion of evidence based theories
  - Implementation of learning
  - “We don’t treat children”
- Case Review Committee (CRC) and DoD Data Bases



# Selection, cont.

- Joined the MEDCOM team in 2014
  - No child abuse treatment
  - Rarely even interview children
  - Wrong!!!
- Identified CPC-CBT
- Why CPC-CBT?
  - Strong belief in family systems
  - Worked w/ at-risk families and families w/ more profound abuse
  - Allowed for the development of a “train-the-trainer” program



# Implementation

- 2015 Child Abuse Family Advocacy Staff Training Course
  - Participation not restricted
  - FAP Regional Consultants included
- 2016 Child Abuse FASTA launched CPC-CBT
  - Message to the field requesting volunteers
  - Articles
  - Participation limited to clinicians
  - 14 installations – 32 Clinicians
  - Introductory preparatory phone calls
  - Training
  - Post TCONS



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# Implementation

- 2017 Child FASTA – February -Refresher training
  - Attrition
  - Included prevention staff
  - Definitely needed
  - On-going TCONS
- 2018 Child FASTA
  - Recruiting participants



# Challenges

- Finding families
- Engaging families
- Time commitment
- Location challenges
- Handling discouragement
- Gaining leadership support and buy in
- “Tyranny of the urgency”
- TCONS
- Contracting





# Way Ahead

- Brief Behavioral Health Leadership to gain senior leader support
- Assist participating installations in trouble shooting installation specific challenges.



# Questions