Disseminating Parent-Child Interaction Therapy (PCIT) via TOT Training Model: Sustaining Results through Multiple Generations of Clinicians

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Made Possible by: CAARE Diagnostic and Treatment Center, UC Davis Children’s Hospital:
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- Chris Home, LCSW – Preschool 0-5 Prog Sup – LEADER!

- ALL our PRESCHOOL 0-5 STAFF and TOT’S
When, Where, Who, Why & How Did it Grow?

- Began PCIT Training 2003, completed ’04
- Riverside Co DMH & UC Davis CAARE
- Increasing need to tx preschool bx problems
- Funding increased with OUTCOMES
  - Start with 1 PCIT 2003, Van Horn
  - 2005 = 10 PCIT rooms across county
  - 2008 = 11 (+Mission Trails)
  - 2010=12 -2 +1 (-Cat City, -Indio, +Nuevo)
  - 2011=12 (+ Jurupa)
Where to find PCIT...

12 Rooms
3 Mobile Clinics
Family Tree

Jean McGrath
- Emma Girard
  - Guillermima Valdes
  - David Davamony
- Tanya Strickland
  - Debbie Kelley
  - Susan Farrington
  - Alia Paula
  - Dustin Texeira
  - Debbie Goin
- Ana Loza
  - Lila Samandy
  - Vanessa Torres
  - Sara Yeung
  - Vera Zhukov
  - Randy Stier
  - Ruth Joseph-Pike
  - Ruben Lopez

Brenda Placidos
Jennifer Dixon
Noemi Medina-Flores

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Family Tree

Jean McGrath

Ascension Amado

Dinery Villagomez
Jennifer Inness
Jeanne Jackson
Nisha Elliot

Starr Rameriz
Diana Brown
Donna Monroe
Debbi Bond
Sueann Ken-Noz

Zulma Espinoza
Marisela Gutierrez
Tammy Gallegos
Isabel Santilli

Elena Inzunza
Christina Riemer
Christina Saiz

Vikki Gerdes

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Demographic Info

<table>
<thead>
<tr>
<th>DESCRIPTIVE STATISTICS</th>
<th>1ST Generation (G1; N = 51)</th>
<th>2ND Generation (G2; N = 192)</th>
<th>3RD Generation (G3; N = 74)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Sex (% male)</td>
<td>52.9%</td>
<td>74.0%</td>
<td>75.7%</td>
</tr>
<tr>
<td>Child Age (yrs)</td>
<td>3.53 (1.1)</td>
<td>3.88 (1.2)</td>
<td>3.58 (1.1)</td>
</tr>
<tr>
<td>Child Ethnicity: % White</td>
<td>33.3%</td>
<td>47.9%</td>
<td>23.0%</td>
</tr>
<tr>
<td>Caregiver type: % Bio parent</td>
<td>76.0%</td>
<td>74.5%</td>
<td>83.6%</td>
</tr>
<tr>
<td>Caregiver Age (yrs)</td>
<td>35.2 (9.6)</td>
<td>35.1 (11.6)</td>
<td>34.7 (9.6)</td>
</tr>
<tr>
<td>Caregiver Ethnicity: % White</td>
<td>35.3%</td>
<td>55.2%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Preferred Language: % English</td>
<td>62.7%</td>
<td>86.9%</td>
<td>52.7%</td>
</tr>
<tr>
<td>Cumulative Risk (% &gt;0)</td>
<td>29.4%</td>
<td>43.7%</td>
<td>33.8%</td>
</tr>
</tbody>
</table>

Cross tabulations with chi-square analyses and analyses of variance revealed significant generational differences in child sex, child and caregiver ethnicity, and preferred language. These characteristics and amount of therapist training were covaried in subsequent analyses.
Change in Externalizing & Internalizing Bx Problems Pre- to Post-Treatment by Therapist Generation

Results of a repeated measures MANCOVA of the CBCL Externalizing and Internalizing scales showed significant change from pre- to post-treatment, but no further variation by generation (Assess pt: F(1, 164) = 17.8, p < .001; Assess pt x Gen: F(1,164) = 1.0, p = .37).
Change in Intensity & Numbers Bx Problems from Pre- to Post-treatment by therapist generation

Results of a repeated measures MANCOVA of the ECBI Intensity and Problem scales showed significant change from pre- to post-treatment, but again, no further variation by generation. (Assess pt: F(2, 204) = 12.5, p<.001; Assess pt x Gen: F(2, 204) = .03, p= .97).

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Change in Parenting Stress (Total Score) from Pre- to Post-Treatment by Therapist Generation

Results of a repeated measures ANCOVA of the PSI Total Parenting Stress scale showed significant change from pre- to post-treatment, but no further variation by generation. (Assess pt: F(1, 254)= 4.73, p=.03; Assess pt x Gen: F(1,254)= .03, p= .97).
Implementing Training Standards

- 2-day Fundamental Training
- 2-day Skill-Building Training
- 1-day PDI Training
  - Include live PCIT supervision of sessions
  - Include co-therapy model
  - Include DPICS reliability checks
- Flying solo = 200 hours completed + 2 cases
- Guidelines of UC Davis CAARE Center
TOT Training Across the Years (2005-2011)

- 12 PCIT Sites, end of FY ‘11
- 3 Mobile clinics start of FY ‘12
- TOT Total Stats:
  - 4 current TOT’s
  - 5 pending TOT certification
  - 8 missed TOT’s turnover
Trained Clinicians Across the Years

- Current PCIT Clinicians in Department
  - 23 fully complete
  - 9 accruing hours under supervision
  - 3 parent partners as co-staff/back-up

- Total Exposure of PCIT Clinicians
  - 114 attended portion of training
  - 28 fully trained lost to turnover
  - 43 outside agency participation
Obstacles Over the Years

- **Budget Cuts / Turnover $**
  - Internal transfers, promotions, clinic changes
  - Full clinic closures, loss of funding
  - People move, change jobs, licensure status

- **Some Branches Stopped Growing, ?**
  - Limited support vs strength in numbers
  - Age group of clients served
  - Not a therapeutic match for clinician
Lessons Learned
You’re Not the Boss of Me

- Training within agency
  - Colleague versus supervisor role
  - Level of expertise coach & clinician

- Mandatory Training?
  - Match of clinician to model
  - Internal case referrals for PCIT among staff

- Program support
  - Management level/line staff level
Lessons Learned
“Who’s on 1st?”

Program Infrastructure
- Identification of lead staff to manage training
- Dedicated staff meeting time for PCIT review/practice
- Code & role play to mastery prior to seeing families
- Tracking system for research data & analysis
- Creation of uniform progress notes/charting
- Use of a back-up/co-staff therapist
- Development of “generations” to track clinician progress
Lessons Learned
“I Don’t Know is on 2nd”

- Management Infrastructure
  - Online PCIT log - “Imagenet”
  - Standard e-mail with explanation of training process
    - 2 day fundamental
    - 2 day skill building
    - In vitro training & support 40+ weeks

- TOTs monthly meeting “brown bag”

- Front office support/supplies
When Are You Ready to Train Within Your Clinic?

- Met all competencies
- Completed enough cases to allow for different learning experiences
- Read all supporting materials (book, articles)
- Developed videos to demonstrate key concepts
- TIME!!!
Thank You

Open to Questions, Comments and Feedback

(PRIDE skills encouraged!)