

Prolonged Exposure RFA Questions & Answers

1. How quickly are chosen agencies expected to ramp up to the minimum 3-5 consumers per trained clinician?

All participating clinicians will be required to begin providing PE treatment immediately upon the conclusion of the 4-day workshop. Clinicians will provide PE treatment to two individuals to obtain certification. For the first individual, the clinician will receive 1:1 consultation for 8 to 15 sessions with a CTSA consultant. For treatment for the second individual, the clinician will participate in group consultation with a CTSA consultant and all PE clinicians at the respective agency for 20 weeks. Both treatment cases must be completed within 6 months after the 4-Day PE Workshop. Clinicians will be expected to increase their PE caseload to 3-5 individuals once the two initial treatment cases are complete.

2. Is there a specific credentialing process in place for the EBP designation?

DBHIDS will be launching an EBP Program Designation later this year.

3. What is the process for the annual EBP recertification?

DBHIDS will be launching an EBP Program Designation later this year. The application for the EBP Program Designation is web-based and requires the submission of narrative responses and supporting documents. The content of the application-from the previous year will be saved and providers will need to submit program updates or changes annually.

4. If we are applying for more than one location, do we need to complete an application for each location or complete one application for all locations?

Applications for more than one location do not need to be separate but should clearly reference both locations, providing thoughtful responses that reflect building PE programs at each site. The application should reflect consideration of agency practice as well as site-specific information.

Additionally, the Executive Leader will be the person to ensure the implementation and sustained delivery of PE and identify specific roles and responsibilities among all staff to manage PE implementation. The agency should determine if the same Executive Leader can serve in this capacity for both locations or if two different Executive Leaders should be identified, depending on the agency infrastructure.

5. Will specific measures be used when implementing PE?

CTSA will work with each agency to implement specific outcome measures related to the assessment of PTSD symptoms. Additionally, CTSA will work with the identified data management staff within each agency to report the results of the outcome measures to CTSA and CBH.

6. How long is post consultation training?

CTSA aims to provide consultation to each agency for 6-8 months after training depending on agency and clinician need.

7. Who is appropriate for PTSD treatment? Is it also recommended and successful for individuals who have a diagnosis of schizophrenia, bipolar disorder, or borderline personality disorder?

PE is an evidence-based treatment for adults with symptoms of posttraumatic stress disorder (PTSD) that helps decrease trauma-related distress. PE is also shown to be successful with other disorders including depression, anxiety disorders, substance use, personality disorders, and dissociative symptoms.

8. Is there specific documentation required of this initiative?

Progress notes and recovery plans should reflect the treatment modality and the treatment-specific interventions used. CTSA will require the use of specific outcome measures related to assessing PTSD symptoms.

9. Does our agency have to have 4 PE Clinicians?

Agencies should have 4 clinicians participate in the PE training. Exceptions may be considered on a case-by-case basis. Applicants proposing a different number of clinicians should detail the reasons within your RFA application; each agency's unique circumstances will be taken into consideration.