

COUNTY OF LOS ANGELES-DEPARTMENT OF MENTAL HEALTH
Adult System of Care-MHSA Implementation & Outcomes Division

SUMMARY FOR:

Interpersonal Psychotherapy (IPT) for Depression Learning Network
March 13, 2017

Location:

600 South Commonwealth Ave.
Los Angeles, CA 90005
2nd Floor Conf. Room 113

Facilitator:

Ivy Levin, LCSW, Psychiatric Social Worker II

Practice Lead for IPT:

Keri Pesanti, Psy.D.

Participants:

Sandy Alcantar, Long Beach MH
Ceth Ashen, Gateways
Michelle Bilotta-Smith, Rio Hondo MHC
Abby Chappell, Edelman MHC
Giselle Collins Didi Hirsch
Denise Copeland, Helpline
Muriel Cormier, PEI Administration
Josh Cornell, MHSA Implementation and Outcomes
Terri Decker Chandler, Amanecer
Oreta Draper, The Guidance Center
George Eckart, MHSA Implementation and Outcomes
Nicole Gutman, West Valley MHC
Kristen Howard, Los Angeles Child Guidance Clinic

Andrea Lee, Child and Family Guidance Center
Victoria Lee, DMH ASOC
Audrey Morchy, Child and Family Guidance Center
Ann-Marie Murphy, DMH
Tammy Perez, Community Family Guidance Center
Elizabeth Powers, American Indian Counseling Center
Lucian Song, Long Beach API MHC
Olga Tuller, Providence St John's Health Center
Jenna Walters, LA Child Guidance Clinic
Samantha Wettimuny, DMH ASOC
Valarie Williams-Siler, VIP
Janet Yang, Heritage

I. Welcome and Introductions

I. Levin encouraged participants to think of questions they would like to ask for the Clinical Question and Answer Session. Participants briefly introduced themselves.

II. Clinical Questions & Answer Session with IPT Institute Consultants

IPT Institute consultants, S. Ashen and O. Tuller, fielded IPT practice questions.

*Question 1) would using CBT interventions ever be appropriate in the course of IPT treatment?
Responses: S. Ashen stated CBT interventions are appropriate if they fit within the context of the Interpersonal Framework. O. Tuller encouraged considering the overlaps and differences between treatment models and, whichever interventions you choose to use, focusing on interpersonal concerns, considering if the client has interpersonal relationships that can be "tapped into."*

Question 2) how do you keep [IPT] alive, for example, how do you get your clinicians to really follow the [IPT] framework?



Responses: S. Ashen referred to the Model Adherence Rating Scale as a guide in IPT supervision and that the scale can be obtained on the IPT Institute Website, www.iptinstitute.com.

Question 3) what can you do to determine if your staff are “getting” the [IPT] model?

Responses: O. Tuller suggested agencies have ongoing consultation groups focused on staying within the IPT lens; encouraged using handouts related to clinician concerns; reading Stuart and Robertson’s book *Interpersonal Therapy: A Clinician’s Guide*, which led some LN participants to report that they didn’t receive the book during training...K. Pesanti responded that she would see about the possibility of DMH reimbursing providers for the cost of purchasing the book. S. Ashen encouraged using the method of “three ways to self-rate” and self-rating audio/video recorded sessions. O. Tuller added on, regarding portfolios, suggested sending consultants recordings as soon as possible after attending IPT training in order to get early feedback from the consultant while the practice is still “fresh” in your mind.

Question 4) can I get IPT supervision/support outside my agency (e.g., phone consultation)?

Responses: K. Pesanti stated she is discussing the possibility of starting ongoing topic-based training supports with Dr. Stuart and encouraged DO clinic participants to contact her directly if extra support in implementing IPT is needed.

III. PEI Administration

- Administrative Training and Updates

K. Pesanti provided information on the EBP Symposium, scheduled for April 3-4, 2017, in Long Beach, CA. Those who work for LEs can have 3 staff persons per LE attend and registration information is on the CIBHS website, www.cibhs.org. DMH employees who want to attend should notify their program heads. The symposium will have 3 tracks, Clinical, Research, and Administrative.

K. Pesanti announced upcoming IPT trainings. Level A training is scheduled for April 20-21 and June 5-6, 2017. Adolescent Training is scheduled for July 7-8, 2017. Staff persons at LEs, go to www.iptinstitute.com to register. Staff persons DOs, contact K. Pesanti to register.

IV. IPT Data: A Pot of Gold

G. Eckart presented A Closer Look at IPT Data. G. Eckart encouraged participants to share thoughts and reactions to several graphs that showed IPT data: graphs that showed trends in number of sessions received by clients during the course of treatment, broken down by age groups (12-18, 19-59, 60+) and treatment completion status (completed vs dropped out); graphs that showed average PHQ-9 pre and post scores as well as average change in scores from pre to post, broken down by number of sessions clients received during the course of treatment, age groups, and treatment completions status; trends in change in clients’ PHQ-9 scores from pre to post treatment, broken down by those with PHQ-9 scores that started above and below the clinical cut-off, age groups, number of sessions received, treatment completion status; drop out trends by number of sessions completed by age groups. G. Eckart n discussion of data that showed little difference in average improvement for clients who received 15-19 sessions and those who received 30-39 sessions.

V. Next PPLN Meeting

- Future agenda items?
- Scheduling of data and time

Please email proposed future agenda items to: PEIOutcomes@dmh.lacounty.gov.

Date/Time/location of next meeting TBD