UNIVERSITY OF WASHINGTON SCHOOL MENTAL HEALTH ASSESSMENT, RESEARCH & TRAINING (UW SMART) CENTER

UW SMART Center Trauma-Informed Intervention Project

Memorandum of Understanding (MOU)

This MOU is entered into by and between the University of Washington School Mental Health Assessment, Research & Training (UW SMART) Center and the Lake Stevens School District (LSSD) on this date, July 6th, 2021.

UW SMART Center

Name, Contact Information, and Affiliations(s) of Principal Investigators:

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Title of Study:

Examining the effects and implementation of trauma-informed interventions for students with trauma exposure

Background:

- Nearly **two thirds** of youth will experience a traumatic event by the time they reach adulthood.e
- Many youth exposed to trauma experience an array of short- and long-term mental health problems, includinge posttraumatic stress disorder (PTSD).e
- Studies indicate that **74%** of mental health providers' caseloads have trauma histories.e
- School support providers are responsible for **70-80%** of all mental health services.e
- Like other service sectors, schools are confronted with an **implementation gap** that is characterized by insufficiente availability of evidence-based interventions for youth trauma.e
- There is a need to enhance the consistent availability and use of evidence-based interventions in schools for youthe exposed to trauma.e

What is the project about?

This project is about increasing student access to needed trauma-focused intervention. Specifically, this project will examine a method of improving LSSD providers' adoption and delivery of trauma-focused cognitive behavioral therapy (see handout on TF-CBT). This project will also evaluate the effects of TF-CBT when delivered in schools to better understand how it supports student wellbeing and success.

The ultimate goal of this project is to increase the number of students in your school system with a history of trauma who are able to access the supports they need.

School supports for youth exposed to trauma:

TF-CBT Trauma-Focused Cognitive Behavior Therapy (TF-CBT) is an intervention with robust evidence supporting its effectiveness. TF-CBT is prescriptive and resource-intensive intervention (see handout for more information on the intervention).

RETI Resource-Efficient Trauma Intervention (RETI) is a less prescriptive and resource-intensive intervention. It includes four core components – initial assessment, psychoeducation, social connection, and planning – which involve identifying which students have trauma exposure, connecting them to a practitioner who provides psychoeducation and social support, and the development of a support plan. This second approach provides LSSD providers with greater flexibility and autonomy, but has been tested less extensively.

Having two different approaches will allow us to determine whether a more resource efficient and flexible approach to trauma intervention produces comparable results to a resource-intensive and less flexible approach like TF-CBT.

NOTE: *All trainings and follow-up consultation will be at no expense to the district. If desired, our team will also provide training to LSSD providers in the other intervention at the end of the project (for example, those who initially received training in RETI can receive TF-CBT training, and vice versa).*

Anticipated benefits to schools:

- Provides an opportunity for schools to increase their capacity to deliver quality LSSD supports for youth exposed to trauma.
- Access to free training (TF-CBT & RETI) and follow-up consultative support with regard to TF-CBT.
- School- and participant- level stipends to collaborate.

This project is designed to align with district- and building-level efforts to:

(1) Organize and deliver a multi-tiered system of support
(2) Improve equity through access based on need, and
(3) Build trauma-informed schools.

Who are the participants?

- Schools: All LSSD schools are eligible
- LSSD Providers: 1 provider per participating school
    - LSSD providers working in elementary through high schools will be included if they:
        - Provide school-based services to students within LSSD schools;
        - Have not previously received formal training in trauma-focused cognitive behavioral therapy (TF-CBT); and
        - Are not actively receiving intensive support to implement another intervention (e.g., ongoing coaching and consultation).
    - LSSD providers may be district employees or are part of a community-based agency that provides co-located mental health services.
    - LSSD providers will be assigned to one of three conditions to examine approaches to increase delivery of TF-CBT and effects of TF-CBT on student outcomes
- Students: 4 - 6 students per LSSD provider; 3rd – 12th grades, ages 8 and older
- Caregivers: 4 - 6 caregivers, 1 per student

Note: We request that at least 6 counselors/mental health providers participate from any one school district. There is no upper limit on the number of counselors/mental health providers who can participate from any one school district.

Responsibilities of the UW SMART Center

Timeline/Duration of Study

Project trainings will occur the last 2 weeks in July or throughout August, depending on your agreed upon training dates. LSSD providers will participate in the active phase of the study (i.e., training/consultation, student recruitment/appointments, and data collection) during Year 1 and the sustainment phase of the study (data collection only) during Year 2. Students and caregivers will be asked to participate for 6 months from enrollment. No large-scale data collection will occur in any school or in any classroom. The dates and timeline for data collection will be specific to the providers. The research team supports the commitment of NIMH to publish and disseminate materials and data generated using NIMH funding. Any reports of findings will use de-identified, aggregate data to ensure that no participants (treatment providers or students) are identifiable. We plan to provide LSSD with an intermediate report regarding the number of providers who participated, number of students who receive supports, and pre-post effects on relevant measures of school functioning (at the beginning of school year 2021/2022). Because LSSD will participate in the second of three study cohorts, final project analyses (integrating data across districts and sites) will occur after cohort 3 has concluded study activities in 2023-2024.

District Data Collection

Research staff will request and obtain consent from caregivers (via signed FERPA forms) for their student's school administrative records (e.g., attendance, discipline, achievement), or in the case that a student is 18 years old, from the student directly. We will ask for district assistance with obtaining the student records for which we have received caregiver consent.

Note: Some aspects of data collection will be audio-recorded and may be professionally transcribed. Data will be protected with encryption; the transfer of audio files will be done via secure, HIPAA-approved cloud services. We will destroy all audio files and any information that could identify research participants in accordance with University of Washington Human Subject's policy. All data will be stored securely on study computers and servers without names. If the transcription is done via transcription companies (vs. research study staff), the research team will only contract with transcription companies that provide secure data uploading and have adequate data protection measures in place. When our research team looks at or reports study findings, all answers will be combined with the answers of the other participants and no names will be used.

Incentives

LSSD Provider Incentives/Reimbursements. Provider incentives include participation in data collection during both the active implementation (first year of participation) and sustainment phases (second year of participation). Payments will be $400 during the active implementation phase and $200 during the sustainment phase, if allowed by LSSD. All providers will complete measures on their own time outside of contract hours.

Student/Caregiver Incentives/Reimbursements. Students and their caregivers will receive $60 each, $20 for each time point of student data collection (total per family: $120) to encourage participation and offset the inconvenience of completing additional study measures.

School Incentives/Reimbursement. To offset the burden accompanying school-based data collection, the schools where each participating provider will be embedded will receive $500.

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Responsibilities of LSSD

Person	Ask	Incentive/Reimbursement
District	• Engage in brief pre-planning meetings with the UW project team to ensure the project runs as smoothly and as consistently as possible with ongoing school operations. • Assist with recruiting LSSD providers to participate in the project. • Permit LSSD providers to participate in training and post-training coaching (brief calls 2x per month). • **Provide student academic record data to the research team for participating students for whom there is written consent to access these records (i.e., signed FERPA form). At the end of the school year, academic records will be requested for all participating students during that year. Students' attendance, discipline, and achievement (e.g., standardized test scores, grades) will be extracted from these academic records.**	
School	• Permit LSSD providers to participate in training and post-training coaching (brief calls 2x per month).	$500 per school
Provider	• Participate in training and post-training coaching (brief calls 2x per month). • Assist with identifying students to participate in the project. • Record sessions with the student, once consented. • Complete brief (5 – 15 min) surveys at up to 12 time points over 2 years.	$100 during training $400 during Year 1 (active implementation) $200 during Year 2 (sustainment phase)

This MOU will become effective on the date of signature by all parties and will remain in effect until 06/30/2024.

We the undersigned agree to the terms of the foregoing MOU.

University of Washington SMART Center

7/16/21

Signature of Principal Investigator — Date

Aaron Lyon, PhD

Associate Professor, Department of Psychiatry & Behavioral Sciences - University of Washington School of Medicine

Co-Director, UW School Mental Health Assessment, Research & Training Center

Title of Principal Investigator

Stevens

Lake ~~Washington~~ School District

7/9/21

Signature of Organization's Administrative Representative — Date

Assistant Superintendent

Title of Administrative Representative