

## Workshop Descriptions for 2010 NPC

Wednesday PM 1 <sup>st</sup> break out	
<b>Supporting Strong Program Start-up via Collaboration between program developers, MNPs, and the expert receiving new teams (geared towards both PDs and experts)</b>	Szumski
<p>Description: Come learn about the emerging best practices for ensuring a smooth transition from program development to implementation for new teams. Strategies for ensuring organizations are well equipped to get their teams off to a healthy start through staff recruitment, hiring support, and policy and procedure development will be shared. In addition, we will discuss clarifying the roles and responsibilities of Program Developers, Experts and MNPs. Emphasis will be placed on sharing lessons learned from participants about both successes and challenges in this domain, including details of these real examples that provide participants with ideas of concrete strategies they can use to be effective in this process.</p>	
<b>NP-MSTS collaboration: Jointly developing a cohesive image and experience of MST in the practice world (geared towards PDs)</b>	Strother
<p>Description: This workshop will cover various avenues in which Network Partners and MST Services can work together to foster a consistent, cohesive presentation of MST, including 5 Day training coordination, the use of regional conferences as a means of building a cohesive MST community, incorporating MST adaptations alongside standard MST, as well as additional topics suggested by attendees.</p>	
<b>Cultivating a sharp focus and strong sense of urgency in consultation - addressing consult objectives in a clear and concise manner (geared towards experts)</b>	Shifko/Moore
<p>Description: This workshop is designed to provide participants the opportunity to practice and sharpen skills in order to be Better, Sharper, and Faster in the area of clinical consultation. Participants will share examples of strengths and struggles in a small group format. Participants will be asked to bring clinician weekly reviews, supervision preparation notes, consultation preparation notes and a recording of an interaction, all centered on a single case.</p>	
<b>Effectively implementing the New Supervisor Boosters (geared towards experts)</b>	Chinitz/Pascucci
<p>Description: This session will focus on helping experts effectively plan and implement supervisor boosters, as well as ensure/assess change in supervisor behavior after the booster. We will review the newest supervisor boosters. The new boosters focus on using supervision to efficiently develop core clinical strategies; ensuring that therapists have the skills they need to be effective; and helping therapists address urgent clinical concerns quickly and effectively. In this session, we will review common drivers that impede successful supervisor booster implementation and will help the expert develop interventions to address prioritized drivers. Prior to the session, experts will identify one or more supervisors who would benefit from one of the new booster topics. By the end of the session, experts can expect to have customized one of the new boosters to use with the identified supervisor(s).</p>	
<b>Strategies for the expert and supervisor to teach basic therapy skills (geared towards experts)</b>	Brunk
<p>Description: This workshop will provide an opportunity for Experts to practice training supervisors to assess their therapists' strengths/needs in specific basic therapy skills (e.g., empathy, reflective listening, positive reframing, open-ended questions, etc.) and teach those skills when needed. Participants will provide recordings of therapy sessions to review, and will engage in experiential exercises designed to help therapists increase knowledge and skills to address areas of identified need.</p>	

<b>Thursday AM - 2nd break out</b>	
<b>Collaborating with Stakeholders to Leverage Strengths and Overcome Barriers in Maintaining Treatment Fidelity in a Medicaid Environment (geared towards both PD's and experts)</b>	Strother/Dailey
<p>Description:</p> <p>Experts and PD's in this workshop will have an opportunity to share strengths, challenges and lessons learned in working with stakeholders to support adherent implementation of MST by teams receiving Medicaid funding. Representatives from various states will discuss their experiences using Medicaid funding to support MST teams. We will discuss the impact that Medicaid funding has on team adherence to program practices, and participants will have the opportunity to share successful strategies used to capitalize on the strengths of Medicaid funding and to tackle barriers to adherence. Participants are asked to bring examples, as we will discuss strategies to tackle barriers to adherence in a small group exercise.</p>	
<b>Persistent poor performance by MST teams: Assessment and Intervention (geared towards both PD's and experts)</b>	Boggs
<p>Description:</p> <p>The results of multiple assessments of the poorest-performing MST teams revealed persistent challenges with staff hiring / attrition and stakeholder engagement. Program Developers and Experts attending this workshop will learn about the methodology used in these assessments. Potential interventions for the identified challenges will be discussed using large- and small-group exercises.</p>	
<b>Supporting organizations in the development and decision-making process when a therapist or supervisor presents persistent, significant struggles in performance (geared towards experts)</b>	Duffy
<p>Description:</p> <p>Challenges with staff performance potentially can affect programs in many ways, including poor outcomes, poor relationships with stakeholders, and extra demands and strain on other members of the MST team. This workshop is designed to assist experts in helping MST program staff develop strategies to address significant performance concerns. Topics will include the development of plans to enhance performance, thorough monitoring of performance and progress on development plans, and the decision and process of helping a team member consider whether MST is the right fit for him/her. The workshop will include large group discussions and participants sharing lessons from their experiences. Participants are encouraged to bring a current example, if relevant, for use in a small group exercise designed to assist in the development of a cohesive strategy.</p>	
<b>Tailoring the expert's training and support processes for therapists and supervisors with strong clinical and MST skills (geared towards experts)</b>	Shortt
<p>Description:</p> <p>Do you have strong therapists and supervisors on your teams? Do you find it difficult to add value to their plans? What great problems to have! This workshop is for you. We will share strategies to strengthen your focus on priority areas in consultation with strong therapists, discuss ways to assess and incorporate developmental tools, and brainstorm ideas to motivate strong therapists and supervisors using actual work samples submitted by you.</p>	
<b>Recognizing and addressing therapist low engagement with MST concepts and/or specific intervention recommendations in consultation (geared towards experts)</b>	Centeio/Steinmetz
<p>Description:</p> <p>This session will offer Experts the opportunity to improve their ability to increase clinicians' engagement during consultation. Experts will share ideas and practice in-the-moment strategies to improve therapist engagement with both the MST model and expert recommendations. This workshop is aimed at a specific target area, so Experts at all levels of experience are welcome. Work samples and some brief advance preparation may be requested.</p>	

<b>Thursday PM - 3rd break out</b>	
<b>Cultivating and Sustaining Alignment With Stakeholders/Funders Regarding MST Program Practices (geared towards both PDs and Experts)</b>	Duncan/Dailey
<p>Description:            In this workshop, MST Experts and PD's will have an opportunity to explore MST teams' responses to lack of alignment with stakeholders and funders regarding MST program practice requirements. We will discuss the impact that community stakeholders have on MST program adherence to program practices, and participants will have the opportunity to share successful strategies. Common areas of MST program drift and barriers to coming to alignment will be used in experiential activities. Participants will have opportunities to present their most persistent areas of drift or most challenging barriers to addressing drift, and will work to develop strategies to address drift in a small group format.</p>	
<b>Positioning MST for Growth (geared towards PDs)</b>	Cohen/Strother/ Swenson/Duffy
<p>Description:            This session will cover strategies to stimulate growth of MST and have a greater impact helping systems adopt the MST model. Areas to be addressed include; marketing and branding, success story development and more.</p>	
<b>Supervisor Development and Group Supervision: Helping supervisors overcome barriers to alignment with therapists on clinical targets and intervention plans (geared towards experts)</b>	Dean/Clipper
<p>Description:            This workshop is for Experts at any developmental level who want to support Supervisors in recognizing therapist "push back" during group supervision, and to develop strategies to manage challenging therapist behavior. Increasing your sense of urgency and maintaining a sharp training focus in this domain can help achieve better outcomes for families. Hone in on your expert skill set to provide quality feedback to supervisors that can enhance the supervisor development process. Participants will have the opportunity to develop strategies tailored to their supervisors' needs, learn from the practice of their peers, and advance their own skill-set through experiential exercises and reviewing group supervision tapes.</p>	
<b>Friday AM - break out (optional)</b>	
<b>New expert orientation, continued (geared towards experts)</b>	Reiter-Lavery
<p>Description:            Please consult with your coach about whether this workshop is well suited to meet your needs.</p>	