

A new way of providing telehealth.

One 60-minute phone call with a health care professional will provide the **tools** and **options** necessary to aid in the decision-making process for individuals hesitant to seek treatment for **opioids, mental health**, or other concerns.

Introducing: CBT-TS



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What Is Cognitive Behavioral Therapy for Treatment-Seeking Patients (CBT-TS)?

An effective, cost-efficient, phone-based engagement program that provides treatment options for individuals who are struggling with **substance use, PTSD**, and/or **suicidal ideation** and are currently unwilling to seek treatment. Those who are interested are connected with a licensed health care provider who can explain treatment options. No appointment is needed. Data collected from seven funded trials (two pilot trials, three R01-level trials, and two implementation trials) indicates this intervention is effective in encouraging treatment utilization. These trials have been tested and evaluated in VA primary care settings and within the Veterans Crisis Line (HSR&D RRP 13-204; HSR&D IIR-298).

? How Can It Help?

As compared to the control group: Individuals with substance use disorders were **three times as likely** to seek SUD treatment within one month (R21 AA17143); those with PTSD were **twice as likely** to seek PTSD treatment within one month (R01 MH-086939); and suicidal individuals were **more than twice as likely** to seek treatment within one month (W81XWH-13-2-0032). In addition to seeking treatment, all groups had significant decreases in symptoms.

Successful Outcomes

09/06-09/09; NIMH R34 MH078898, PI: Stecker, T; Outreach Intervention for OIF Veterans to Promote Use of Mental Health Services

09/07-08/09; NIAAA R21 AA17143; PI: Stecker, T; Mechanisms of Changing Beliefs about Treatment for Alcohol Use Disorders

07/09-06/12; NIMH R01 MH-086939; PI: Stecker, T; Increasing PTSD Treatment Engagement among Returning OEF/OIF Veterans

07/13-12/14; Department of Veterans Affairs, HSR&D RRP 13-204; PI: Possemato, K; Increasing Engagement in Evidence-Based PTSD Therapy for Primary Care Veterans

02/14-02/16; Department of Veterans Affairs, HSR&D IIR-298; PI: Stecker, T; Increasing Treatment Seeking among Suicidal Veterans Calling the Crisis Line

09/12-10/18; Department of Defense W81XWH-13-2-0032; PI: Stecker, T; Increasing Treatment Seeking among At-Risk Service Members Returning from Warzones

10/18-10/22; National Institute for Alcohol Abuse and Alcoholism R01AA026815; Co-PIs: Stecker, T & Conner, K; CBT by Phone to Promote the Use of Alcohol Related Care and Reduce Drinking

What Are We Offering?

Drs. Stecker and Ashrafioun can (1) train health care providers to deliver this brief intervention, (2) provide ongoing case consultation, and (3) work with your clinic or treatment center to track treatment utilization and clinical outcomes.

How to Recommend Care

If you know of an individual who is currently struggling with or showing signs of **substance use disorder** or **mental health concerns** and is unwilling to seek treatment, provide them with the **clinical brochure**.

Remind them that all it takes is one 60-minute phone call with a **health care provider**, who will be able to provide them with the necessary resources to aid in their decision-making process about seeking treatment.

For more information on CBT-TS or the clinical trials, contact Sarah Szafranski at szafrasa@musc.edu or 952-210-4248. For additional resources about this program, contact *UR Medicine Recovery Center of Excellence* at URMedicine_Recovery@urmc.rochester.edu or 1-844-263-8762.

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