

# **PBI Network Pilots**

## **Behavioral Health Technician (BHT) Optimization Pilot (2021)**

The purpose of the BHT Optimization pilot is to facilitate practice change for MHS outpatient behavioral health clinics to optimize the use of BHTs as effective clinical extenders. The results of this pilot will be used to inform potential enterprise-wide dissemination of practice change to optimize the use of BHTs in MHS outpatient behavioral health clinics. To find out more contact the [PBI Network](#).

## **Written Exposure Therapy (WET) for Posttraumatic Stress Disorder (PTSD) Pilot (2020)**

The purpose of the pilot is to evaluate the acceptability and feasibility of WET in Military Health System (MHS) outpatient behavioral health clinics. The PBI Network partnered with the Department of Veterans Affairs' National Center for PTSD (NCPTSD) to provide self-directed training resources, access to the NCPTSD on-demand consultation service, and electronic resources to support the implementation of WET. The results of this pilot will be used to inform potential enterprise-wide dissemination of WET as a first-line treatment for PTSD in the MHS. To find out more contact the [PBI Network](#).

## **Sexual Assault Intensive Outpatient Program (SA IOP) Pilot (2019)**

The PBI Network conducted the SA IOP Pilot in response to Section 702(a) of the National Defense Authorization Act (NDAA) for Fiscal Year 2019 (Public Law 115-232), which authorized the execution of a pilot program to assess the feasibility and advisability of using intensive outpatient programs (IOPs) to treat Service members diagnosed with posttraumatic stress disorder (PTSD) and other psychological health conditions related to sexual trauma. The results of this pilot was used to inform a report to Congress. To find out more contact the [PBI Network](#).

## **Cognitive Processing Therapy Trained Trauma Specialist (CPT-TS) Pilot (2019)**

In the CPT-TS Pilot the PBI Network partnered with the Center for Deployment Psychology (CDP) to facilitate the implementation of a specialist model for delivering Cognitive Processing Therapy (CPT), an evidence-based treatment (EBT) for PTSD, in MHS behavioral health clinics. The results of this pilot indicated implementation of a specialist model for CPT delivery for PTSD within the MHS is not feasible within the current resource constraints. To find out more contact the [PBI Network](#).

## **Technology (Tech) Into Care Pilot (2017)**

The purpose of the Tech Into Care Pilot was to facilitate practice change for MHS behavioral health providers to integrate mobile into clinical practice. The results of this pilot indicated that the training and facilitation providers received prepared them to use mobile apps as an adjunct to psychological health treatment. To find out more contact the [PBI Network](#).

## **Screening, Brief Intervention, and Referral to Treatment (SBIRT) Pilot (2016)**

The purpose of the SBIRT Pilot was to assess the feasibility and benefit of using the SBIRT approach in the DoD Patient Centered Medical Home (PCMH) setting. The results of this pilot indicated that SBIRT is a feasible evidence-based approach to address alcohol misuse screening and management in the DoD PCMH setting. To find out more contact the [PBI Network](#).

## **Establishment of a Practice-Based Implementation (PBI) Network in Mental Health (2015)**

This project was a VA/DoD Joint Incentive Fund (JIF) project focused on establishing the PBI Network as an essential resource for facilitating the implementation of best practices in psychological health across the DoD and VA and facilitating the use of PTSD outcomes monitoring in behavioral health care. Overall, the results of the pilot indicated that the pilot approach positively impacted PTSD outcomes monitoring and that the PBI Network could serve as a viable avenue through which to promote practice change in both Departments. To find out more contact the [PBI Network](#).