

# Turning Training Into Action: EBT Implementation

The research study *Turning Training into Action: Translating Training of Behavioral Health Providers into Evidence-Based Practices* is a collaborative project between the Center for Deployment Psychology and the Military Family Research Institute at Purdue University.

## PROJECT GOAL

The study aims to improve the implementation of evidence-based treatments (EBTs) for insomnia and PTSD among community-based behavioral health providers serving military members and their families.

## BACKGROUND

Military populations have high rates of insomnia and PTSD. Many civilian providers lack EBT training (CBT-I, CPT). This study optimizes how the Star Behavioral Health Providers program translates training into practice.

## STUDY DESIGN

This 12-month two-phase study tests the effectiveness of strategies to strengthen CBT-I and CPT implementation through training follow-up support. Star Behavioral Health Program-trained providers receive post-training support through a community of practice and are randomized into one of two groups:

- Consultation Group: Weekly consultation with CDP
- No Consultation Group

After six months, participants are assessed on their application of the Star Behavioral Health Program training protocols through a simulated clinical encounter with a medical actor.

## CURRENT STATUS

The team has successfully achieved the target sample size and completed recruitment. Data collection continues for consultation groups and patient simulation encounters.

## FUNDING

Funding for this research is provided by the Congressionally Directed Medical Research Programs (CDMRP); total funding is \$1,294,062, with \$469,733 allocated to CDP. The project runs from June 2023 through June 2027.

