Cognitive Behavioral Interventions for Substance Abuse

Train the Trainer Protocol

The University of Cincinnati Corrections Institute (UCCI) offers a Train the Trainer (T4T) process for Cognitive Behavioral Interventions for Substance Abuse (CBI-SA). As such, agencies and organizations can develop internal capacity and sustain long-term use of the curriculum within the provision of services. A description of the T4T process, the staff selection and certification criteria, and costs are outlined below.

General Description of Train-the-Trainer

The CBI-SA T4T is a 4-day training that prepares previously trained facilitators in CBI-SA to train other staff. UCCI-approved Master Trainers provide the T4T training. The maximum number of T4T training participants is 12 individuals.

The training covers CBI-SA training logistics, content and strategies, practices by trainees via teach-back activities. Teach-backs are participant practice demonstrations of the core CBI-SA trainer lessons, during which Master Trainers determine participant ability to deliver the sessions. At the end of the T4T training, participants will be administered a written examination. The exam tests participant’s knowledge of basic cognitive-behavioral theory components, effective group facilitation skills, and the CBI-SA curriculum.

T4T Selection Criteria

To be selected for this training, staff must have:

1) Attended and participated in a CBI-SA end-user training as conducted by a UCCI certified CBI-SA trainer.

2) Facilitated at least one full cycle of the CBI-SA curriculum.  

T4T Participant Selection Guidelines

In addition to attending the facilitator training and conducting a full CBI-SA cycle, individuals selected to attend T4T training should:

1) Possess skill and comfort with public speaking, preferably with experience conducting trainings;  

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1 Facilitation of a complete cycle must occur prior to the T4T to be eligible to participate in the T4T.

2 The CBI-SA T4T focuses on the content of the training, not general training skills or adult learning.
2) Demonstrate a thorough understanding of cognitive behavioral theory and evidence-based strategies for correctional treatment;
3) Value the use of cognitive behavioral strategies in treating individuals;
4) Have a flexible schedule that allows for training time, supported by your organization;
5) Be a reliable and long-term employee within your agency; and
6) Express interest and enthusiasm in becoming a trainer.

**T4T Participant Certification**

Based upon training participation, training ratings and written examination scores, T4T participants will be classified into one of three categories: 1) Certified Trainer; 2) Co-Trainer; or 3) Uncertified.

After completing the training and receiving acceptable scores on teach-backs and the exam, Certified Trainers may begin training CBI-SA facilitators. If a participant does not meet the expectations needed to be certified, the individual may be classified as a Co-Trainer. These individuals require additional practice delivering the material or learning the key concepts and must co-train with a Certified Trainer until deemed appropriate for certification by the Master Trainer and approved by UCCI (process and pricing to be determined on an individual basis).

Uncertified participants are individuals who are unable to successfully complete the training requirements. Cases are rare when an individual is appropriately selected for the training and then does not demonstrate the necessary skills for certification. However, if the Master Trainer, via objective evidence, determines a participant is unable to demonstrate the necessary trainer skills needed, the person will not be certified.

To be certified as either a Certified Trainer or a Co-Trainer, T4T participants must:

1) Attend the entire 4-day T4T Training;
2) Fully participate in the 4-day training process;
3) Receive an acceptable rating score from the UCCI Master Trainer on their ability to effectively deliver the training material; and
4) Pass the written T4T examination.

**T4T Training Agreement and MOU**

Individuals certified as Trainers for CBI-SA are only permitted to train within the scope of their employment with the contracting agency. Any exceptions to this must be granted by UCCI. If a certified trainer is no longer with the contracting agency, they forfeit all rights to train the material unless specific permission is granted by UCCI. All trainers are required to sign the MOU (see Appendix A) at the time of the training which outlines these restrictions. If participants do not sign the agreement, they will not be certified.
T4T Cost

The initial 3-day CBI-SA facilitator training for up to 18 staff is $10,000 within driving distance ($12,000 if flying).

The 4-day CBI-SA T4T training for up to 12 staff is $16,000 within driving distance ($18,000 if flying).

If you are interested in learning more or scheduling a CBI-SA T4T, please contact Jennifer Scott at Jennifer.Scott@uc.edu or 513-556-7765.
Appendix A

COGNITIVE BEHAVIORAL INTERVENTIONS FOR SUBSTANCE ABUSE (CBI-SA)

TRAIN THE TRAINER (T4T) MEMORANDUM OF UNDERSTANDING

Under this Agreement, ________________________________ (PRINT NAME), from ________________________________ (PRINT AGENCY NAME), I consent to the following:

(a) I forfeit all rights to train the Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) material upon termination of employment with the contracting agency, full-time, part-time or contractual, unless specific permission is granted by the University of Cincinnati Corrections Institute (UCCI).

(b) I will not train the Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) material outside the scope of my current employment, unless granted permission by the University of Cincinnati Corrections Institute (UCCI).

(c) Upon completion of each Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) training session, I will submit the names, titles, and emails of all trainees to the University of Cincinnati Corrections Institute (UCCI) for certification of attendance.

(d) I recognize that the University of Cincinnati holds ownership and copyright of the Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) curriculum, and as such I will abide by all copyright laws and restrictions as outlined by the curriculum.

__________________________________________  ______________
Trainee                                      Date

__________________________________________  ______________
University of Cincinnati Representative    Date