STAIR-Well

As therapists at your UCC begin to register for the STAIR Training Workshop, we wanted to reach out to make sure you have all the information and resources you need to begin implementing STAIR and assessing its progress and success. For a quick reference, check out this [STAIR-Well Workflow](#). We are so excited to partner with you to bring STAIR to students!

Directors or site contacts, please complete and return the accompanying checklist for the STAIR-Well Team.

STAIR modality selection
>**Please think about what STAIR modality/modalities you will initially plan to offer in your counseling center.**
>   1. Individual Brief STAIR (5-6 sessions)
>   2. Individual STAIR (10 sessions)
>   3. 6 week Group STAIR (series of 2 groups: 1) emotion reg, 2) interpersonal
>   4. 12 week Group STAIR
>   5. WebSTAIR with individual coaching
>   6. WebSTAIR with group coaching
>   7. STAIR with Narrative Therapy (longer therapy course)

STAIR Consultation
>Following the STAIR Training Workshop, please plan to sign up for one-hour biweekly (every other week) sessions with a STAIR Institute consultant. We encourage everyone to sign up even if they do not have a client. There are two options for consultation:
>   1. STAIR skills - this is for clinicians delivering individual, brief, group, and with narrative modalities.
>   2. webSTAIR - this is for clinicians who are delivering webSTAIR - the online version of STAIR.
>
>Therapists will become certified by the STAIR Institute after completing a STAIR intervention with two cases. Sites should identify someone who will become their own site consultant during year two, and this person should begin consultation as soon as possible.

Screening students to offer STAIR
>The **PTSD Checklist-5 (PCL-5)** will be used to screen all students who present for treatment. Please consider where the PCL-5 will be added to your intake procedures. The PCL-5 can be **found in the measure library of the commonly used electronic medical record systems.** The measure is **scored by adding up the ratings of the 20 items to calculate a total sum score.**
>
>If you need help finding a different solution for administering the PCL-5, please reach out! We are asking that you **offer STAIR to students who score a 31 or higher on the**

PCL-5 and have experienced trauma. Clinicians may also consider offering STAIR to students who score 28, 29, or 30 if they believe the student would benefit. Exceptions, based on your clinical expertise would be students who are actively experiencing psychosis, who are acutely considering suicide, who are engaging in non-suicidal self-injury that is life-threatening or requiring hospitalization or who have other presenting concerns that are more pressing (e.g. substance use). If you are already working with a client who you think will benefit from STAIR, it is fine to administer the PCL-5 to screen the student.

Offering STAIR to students

You may choose to share the "Client Information Sheet" when offering STAIR to students. It describes the treatment and provides information on the STAIR-Well program. (Feel free to personalize with your UCC information)

STAIR-Well Database

To support clinicians in tracking STAIR clients and administering measures, we have developed a STAIR-Well Database. Please use this database to administer all baseline and session measures. The only exception is the PCL5 screener, which is embedded into your UCC procedures. A STAIR-Well Database Tutorial and STAIR-Well Video Training summarizes the process for signing up and using the database.

We recommend that you register for the database now. If you decide to enter a test case to practice, please write TEST as the unique identifier so we do not count this as data.

We ask that **NO identifying information regarding clients is entered into the database**. Clinicians will track clients based on a unique identifier that they create (it could be their client ID for your clinic or some other string of letters or numbers). Clinicians will be able to generate links to the surveys that can then be emailed and opened by students. If you use tablets or computers in your waiting room for administering forms, you can also pull up the forms for clients to fill out in the waiting room. If you have a center admin that sends out emails, there is a way to allow the admin to access the link generation.

Initiating STAIR with students

We will ask clinicians to **enter any student that initiates STAIR into the STAIR-Well database**. **Only de-identified data is entered into the database**. All survey administration after a student has initiated STAIR will be conducted through the database. We hope that you and your clinicians find the data from your clients helpful in guiding treatment.

Data Tracking

For our progress reports to PCORI, we will need a few metrics:

1. **Number of eligible students** - Eligible students include any student who scores 31 or higher on the PCL5. **Please develop a way to track this for your UCC.**
2. **Number of students who are offered STAIR** - Therapists will keep a tally in the STAIR-Well Database of the number of students who they offer STAIR.
3. **Number of students who initiate STAIR** - All students that begin a STAIR intervention should be added to the STAIR-Well database. Measures will be administered through the database, so once a student is entered, we can keep track of this "initiation" total through the database.
4. **Number of students who complete STAIR** - the STAIR-Well database will track this number.

We will send monthly emails to provide updates on these numbers for your site. If you notice discrepancies, please let us know!

Treatment Resources

The therapist guides and client workbooks for all treatment modalities can be found on a shared drive that has been distributed to clinicians who have completed the STAIR workshop. Additionally, hardcopies of the published treatment manual (Cloitre et al, 2020) have been sent to your counseling center to add to your resource library for clinicians.

WebSTAIR Access

Clinician and client access codes for WebSTAIR can be obtained by emailing Kelly Valentin (valentkc@plu.edu). Any clinician planning to use WebSTAIR with clients can obtain a therapist access code for themselves and can distribute client access codes.

STAIR Coach Mobile App

There is a STAIR Coach mobile app for you and your clients to download. It contains guides for exercises and tools for tracking, self-care, and skills activities. STAIR Coach can be used with any STAIR modality and can be helpful for continuity during academic breaks or after treatment has concluded as well.

Administrator and Clinician Listservs

Please join the Administrator Listserv and the Clinician Listserv and please urge your therapists to join the clinician listserv. Our hope is that this can be a resource for administrators and clinicians throughout the implementation process to share information, ask questions, and build community.

Psychoeducation Package

We have a [Psychoeducation Package](#) of developed flyers, brochures, digital material, and social media posts to distribute on your campuses so that both students and other campus members(faculty, student affairs professionals, etc.) are aware that your center is providing STAIR. We will add to this package as the project continues and we receive feedback on what might be helpful to have. You may personalize these materials with specific information/links for your own UCCs.

Site Visits

Throughout the course of the project, Tiffany and Katie are scheduled to make site visits. This would be a time for us to connect with you and your center and problem solve challenges. Let us know if there is a time of year that would be better for us to visit you.

Clinician Surveys, Qualitative Interviews, and Fidelity Checks

We will reach out to clinicians occasionally to request your feedback through surveys and interviews. Additionally, we will invite clinicians to demonstrate that sites are using STAIR consistent with the intervention through role-plays. We will compensate clinicians who choose to participate in these activities. In addition to these more formal ways of collecting feedback, we would love informal feedback. Please feel free to reach out with any feedback or questions at any time.

STAIR-Well

Readiness Checklist

- ☐ Please indicate your selection of the STAIR modalities you plan to offer
    - ☐ Individual Brief STAIR (5-6 sessions)
    - ☐ Individual STAIR (10 sessions)
    - ☐ 6 week Group STAIR (series of 2 groups: 1) emotion reg, 2) interpersonal
    - ☐ 12 week Group STAIR
    - ☐ WebSTAIR with individual coaching
    - ☐ WebSTAIR with group coaching
    - ☐ STAIR with Narrative Therapy (longer therapy course)

- ☐ Integrate the PCL-5 into your clinic procedures.
    - ☐ Explain how the PCL-5 will be administered (Pull PCL-5 from your EMR's medical library, program PCL-5 into your EMR, use paper-pencil administration, or use the STAIR-Well database)

    - ☐ When do you plan to administer the PCL to clients?

- ☐ We have copies of the Client Information Sheet available for clinicians to share with clients.

- ☐ Clinicians are aware that they can begin signing up for consultation groups following the upcoming training workshop.

☐ We have created a procedure to track the number of students who score a 31 or higher on the PCL-5. This might be a good question for the listserv as well. We've already heard some sites say that they can easily grab this number from their EMR.

☐ Clinicians have registered for the STAIR-Well Database and reviewed the Database Guide and/or training videos.

☐ We have signed up for the administrator and clinician listserv's (although this is optional, we hope you will use this resource!)

☐ We have accessed the STAIR Implementation Materials which includes STAIR therapists manuals and client workbooks.

☐ We have accessed the Psychoeducation Package to review its contents

☐ Clinicians planning to use WebSTAIR have contacted Kelly Valentin (valentkc@plu.edu) to receive access codes for WebSTAIR as needed.

☐ We have started thinking about who we will designate to be trained to be our consultant for future consultant training in STAIR after this year. THIS PERSON SHOULD BEGIN CONSULTATION IMMEDIATELY TO BE ELIGIBLE FOR TRAINING AS A CONSULTANT NEXT YEAR.
If you know, enter their name and email here:

What additional questions or concerns do you have?