

Breaking Down Silo's to Improve Integrated Care:

The Common Elements Treatment Approach (CETA)

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USAID
FROM THE AMERICAN PEOPLE

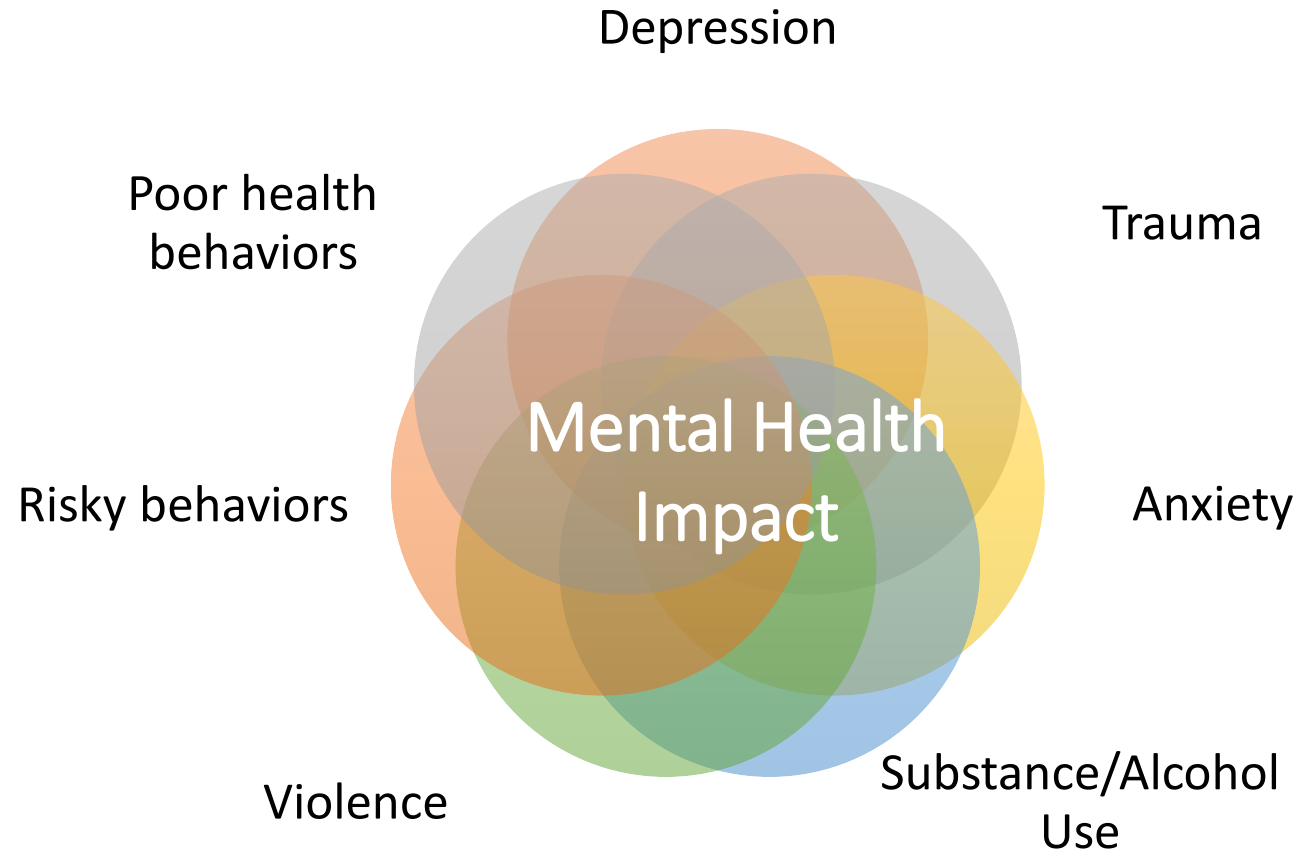


National Institute
of Mental Health



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of PUBLIC HEALTH

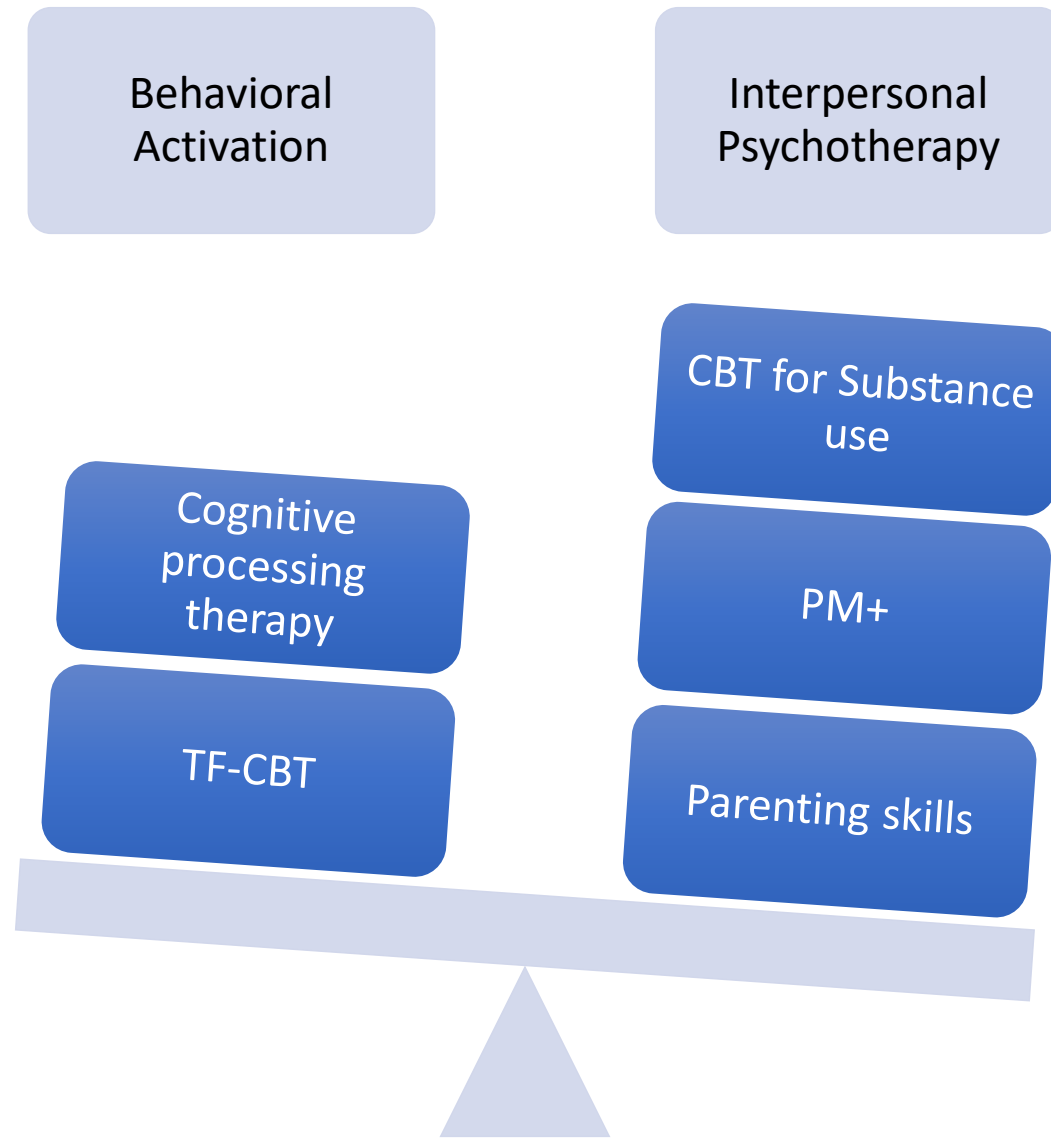




Comorbidity!

Current Approach – Siloed







CETA



**MULTI-
PROBLEM**



MODULAR



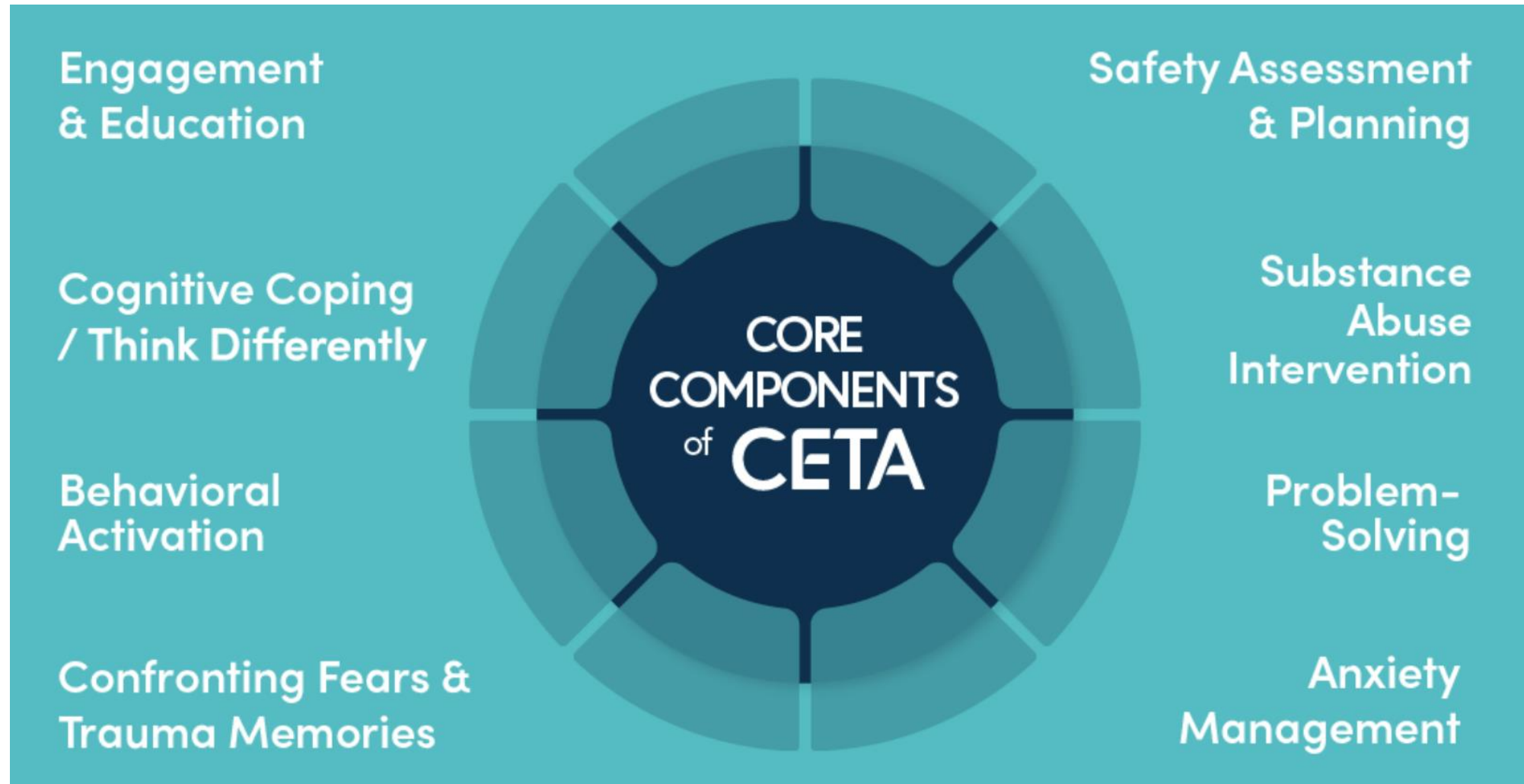
CUSTOMIZEABLE



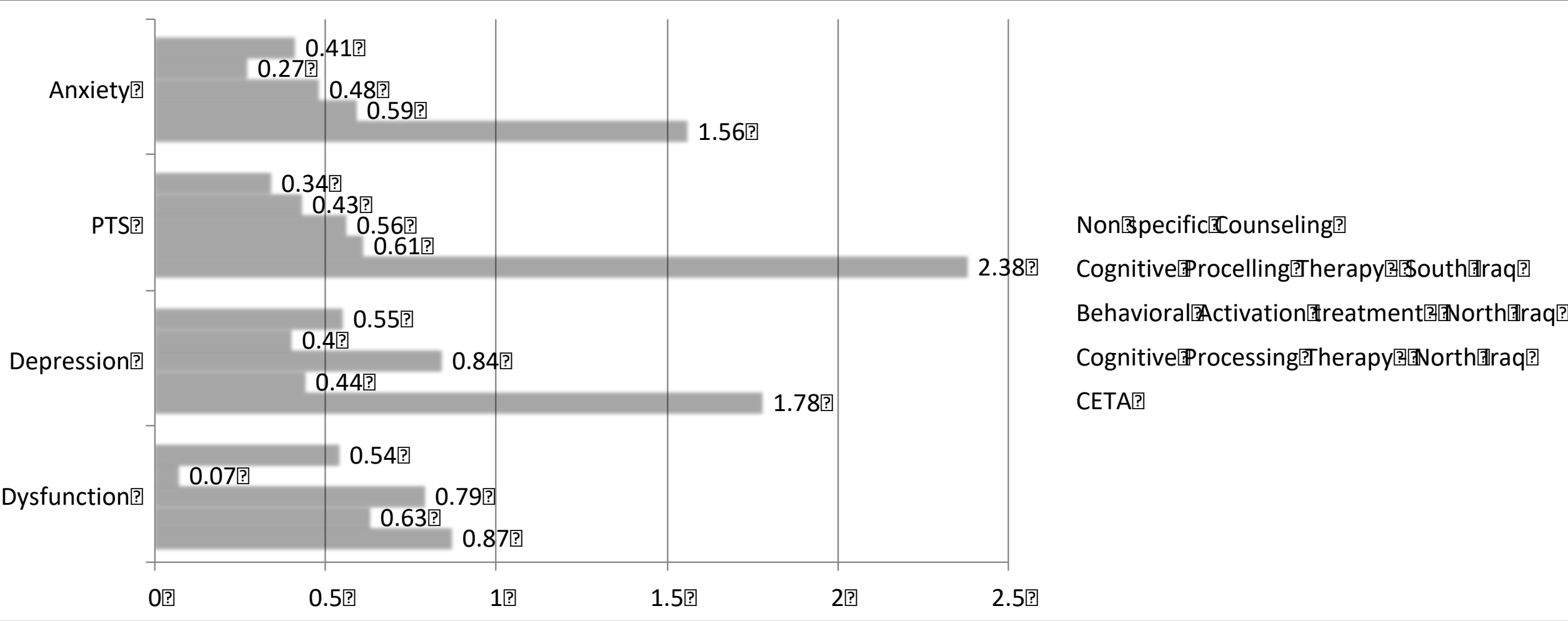
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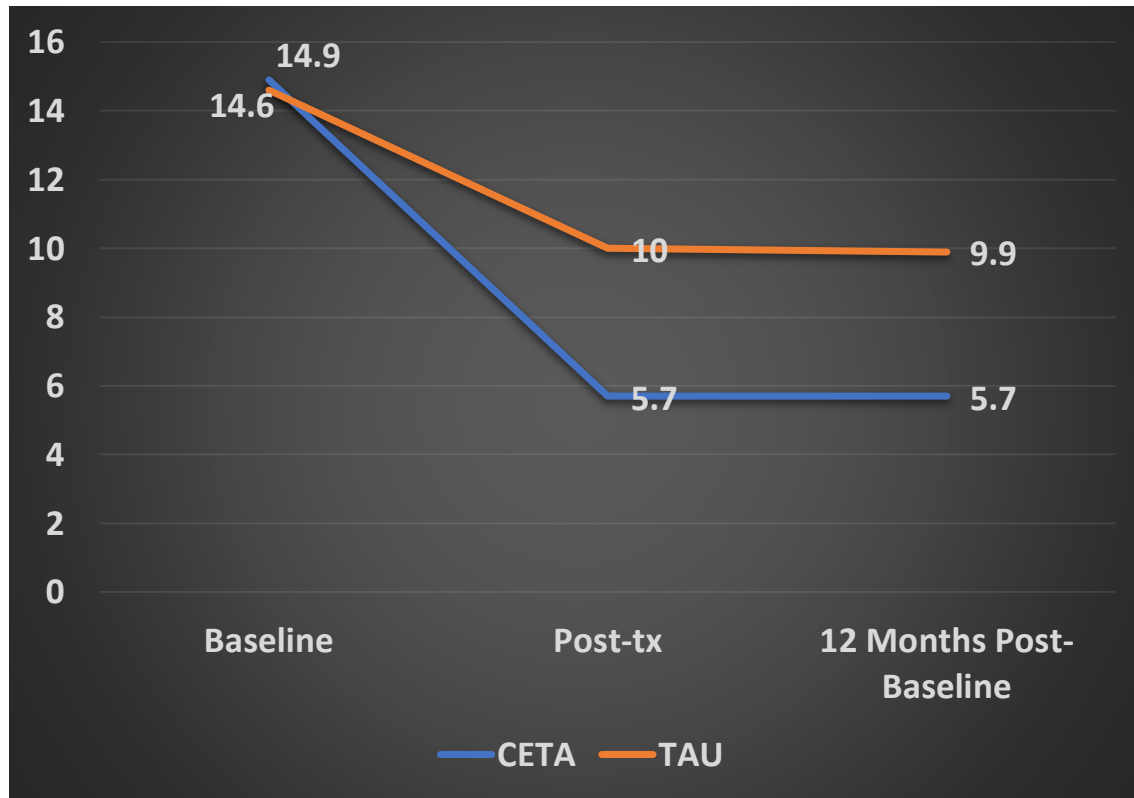
SCALEABLE



CETA is more Effective than Single Focused Treatments



CETA Significantly more Effective than TAU+safety-checks in Reducing Alcohol Use



Male Self-Report of Alcohol Use

Between-group ES: 0.43, $p < .0001$

Family Units

- Males perpetrating IPV, alcohol mis-use
- Women reporting significant IPV
- 1 child in household

PLOS MEDICINE

RESEARCH ARTICLE

Effectiveness of the Common Elements Treatment Approach (CETA) in reducing intimate partner violence and hazardous alcohol use in Zambia (VATU): A randomized controlled trial

Laura K. Murray^{1*}, Jeremy C. Kane^{1,2}, Nancy Glass³, Stephanie Skavenski van Wyk¹, Flor Melendez¹, Ravi Paul⁴, Carla Kmett Danielson⁵, Sarah M. Murray¹, John Mayeya⁶, Francis Simenda⁷, Paul Bolton⁸



<https://doi.org/10.1371/journal.pmed.1003056>

What We Know:



One approach that addresses multiple mental and behavioral health problems – the “whole individual”



Trainable to even lay providers



Effective

Policies to help with Integrated Care from the Clinical side

- De-silo'ing efforts
 - Universities/Training programs
 - Primary care settings/ Community organizations
 - Funding
- Policies recognizing wide and diverse comorbidity
- Re-examination of licensing requirements

Thank you!

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