

# Dropout Reduction in Outpatient Psychotherapy (DROP) Pilot



**PBI NETWORK**  
PRACTICE-BASED IMPLEMENTATION



*The Practice-Based Implementation (PBI) Network is launching a pilot of Dropout Reduction in Outpatient Psychotherapy (DROP), an intervention aimed at increasing patient engagement in treatment and decreasing dropout*

## PARTICIPANT & SITE SELECTION

- ❖ Participation is open to credentialed mental health professionals and providers-in-training who provide individual psychotherapy to adults in outpatient mental health clinics
- ❖ Clinics must have local leadership support and identify a pilot champion, and can involve as many of their providers in the pilot as possible given current clinic demands and capacity

## PROVIDER ACTIVITIES

- ❖ Attend 90-minute online training with DROP experts
- ❖ Implement DROP components (progress-informed treatment and review of therapeutic alliance ratings) with individual therapy patients and provide related weekly summaries for four months
- ❖ Complete pilot surveys (four time points)
- ❖ Participate in optional consultation calls

Time estimate: 90-minute DROP training  
+ 12 hours over 6 months

## PILOT CHAMPION ACTIVITIES

- ❖ Participate in pilot orientation teleconference
- ❖ Serve as site POC and support implementation of DROP
- ❖ Participate in monthly facilitation calls with PBI network members
- ❖ Complete pilot survey

Time estimate: 6 hours over 6 months

## CONTACT

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Top photo: Air Force Photo by Senior Airman Melody Bordeaux  
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