

CCBHC PROGRAM UPDATE

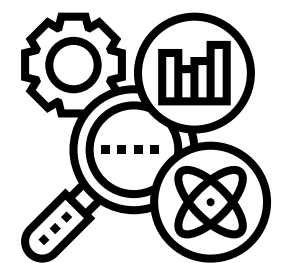
Evidence Based Practices

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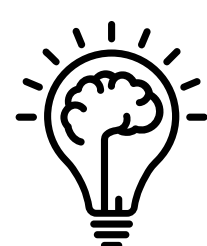


CCBHC Required Evidence-Based Practices

CCBHC are responsible for ensuring that Evidence Based Practices (EBPs) are provided by individuals with appropriate training and credentials and have an established process for monitoring model fidelity, either locally or with Michigan Fidelity Assistance Support Team (MIFAST) reviews. Under Michigan CCBHC Demonstration, we are required to implement all required EBPs by the end of the first demonstration year.



Twelve Required Evidence-Based Practices



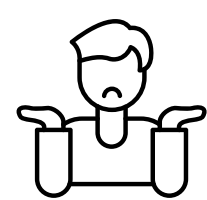
Cognitive Behavioral Therapy (CBT)

Helps consumers with inaccurate or negative thinking view challenging situations more clearly and respond to them in a more effective way.



Dialectical Behavior Therapy (DBT)

Teaches people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.



Motivational Interviewing (MI) for adults, children, and youth

A set of techniques that has been specifically developed to help motivate ambivalent patients to change their behavior.



Assertive Community Treatment (ACT)

A multidisciplinary approach for Serious & Persistent Mental Illness and co-occurring disorders. Reduces hospitalizations, housing stability quality of life.



Integrated Dual Disorder Treatment (IDDT)

Improves quality of life for people with co-occurring severe mental illness and substance use disorders by combining substance abuse services with mental health services. It helps people address both disorders at the same time—in the same service organization by the same team of treatment providers.



Infant Mental Health

Provides Parent-infant support and family-focused therapy services in the home and community.



Parent Management Training - Oregon (PMTO)

Designed to promote prosocial skills and cooperation and to prevent, reduce, and reverse the development and maintenance of mild to moderate to severe conduct problems in children ages 4 - 18 years. PMTO empowers parents as primary treatment agents to sustain positive change in their families.



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT addresses the mental health needs of children, adolescents, and families suffering from the destructive effects of early trauma. The treatment is particularly sensitive to the unique problems of youth with post-traumatic stress and mood disorders resulting from sexual abuse, as well as from physical abuse, violence, or grief.



Screening, Brief Intervention, and Referral to Treatment (SBIRT)

SBIRT helps identify individuals who use alcohol and other drugs at risky levels. SBIRT has been shown to be valid and reliable in identifying and improving outcomes for people who use substances. The goal of SBIRT is to prevent or reduce use of substances to prevent related health consequences, disease, accidents, and injuries through an early intervention approach.



Medication Assisted Treatment (MAT)/ Medications for opioid use disorder (MOUD)

MAT uses medications with counseling to treat the whole patient. Helps break the cycle of cravings and withdrawal, which can last for years after the last drug use. This allows patients to fully benefit from counseling and peer support.



Zero Suicide

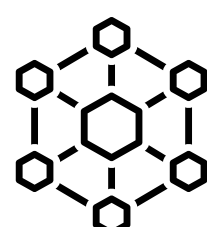
Zero Suicide models what it takes to make a system-wide, organizational commitment to safer suicide care. Zero Suicide is based on the realization that people experiencing suicidal thoughts and urges often fall through the cracks in a sometimes fragmented and distracted health care system. There is an opportunity for health care systems to make a real difference by transforming how patients are screened and the care they receive.



"Air Traffic Control" Crisis Model with MiCAL

MiCAL provides phone, chat, and text support for residents experiencing mental health or substance abuse crises. MiCAL is a coordinated crisis system for all Michiganders, regardless of the severity of issues or payment type.

Additional Selected Evidence-Based Practices



MATRIX Model

Intensive treatment for stimulant use disorders. Increases coping skills to abstain from stimulants.



Dimensions Tobacco Free

Toolkit Skills enhancement for tobacco cessation. Change in behavior, increased awareness, and smoking cessation.