

CCBHC PROGRAM UPDATE

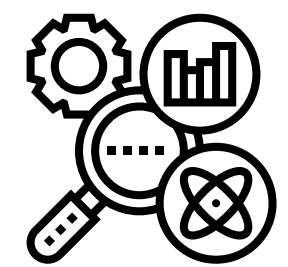
Evidence-based Practices

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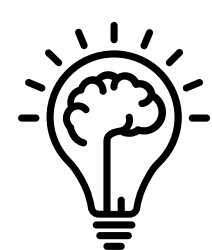


CCBHC Required Evidence-Based Practices

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



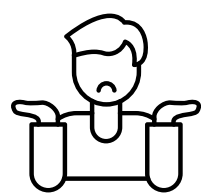
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

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.



Dialectical Behavior Therapy (DBT)

Teaches individuals 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 individuals to change their behavior.



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.



Assertive Community Treatment (ACT)

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



Medications for Addiction Treatment (MAT)

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



Integrated Dual Disorder Treatment (IDDT)

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



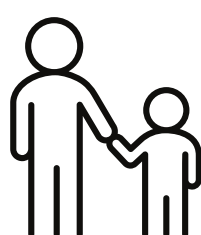
Zero Suicide

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 individuals 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 individuals are screened and the care they receive.



Infant Mental Health

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



Parent Management Training - Oregon (PMTO)

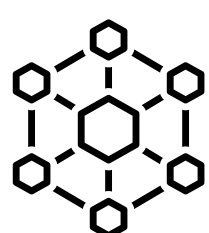
Designed to promote prosocial skills and cooperation and to prevent, reduce, and reverse the development and maintenance of mild to moderate to severe conduct problems in children ages 4 - 18 years. PMTO empowers parents as primary treatment agents to sustain positive change in their families.



Crisis Model with MiCAL

MiCAL provides phone, chat, and text support for individuals 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.



Permanent Supportive Housing

A Housing First approach that integrates stable housing with behavioral health supports to create long-term solutions for individuals experiencing chronic homelessness.



Dimensions Tobacco Free Toolkit

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