

## **EVIDENCE-BASED PRACTICES – QUICK REFERENCE**

**Note:** The following descriptions of evidence-based practices (EBPs) are drawn primarily from the National Registry of Evidence-based Programs and Practices (NREPP) website, administered by the Substance Abuse and Mental Health Services Administration (SAMHSA); this site offers additional information about many of the EBPs listed below and can be accessed at <http://nrepp.samhsa.gov/ViewAll.aspx>. Descriptions of interventions marked with an asterisk \*, have been drawn from sources other than SAMHSA.

**Acceptance and Commitment Therapy** – A form of cognitive behavioral therapy focused on increasing an individual’s ability to manage negative thoughts and feelings and on maintaining positive behaviors.

**Active Parenting Now** – A video-based education program for parents that teaches parents to use encouragement, build their child’s self-esteem, improve communication and problem-solving skills, and use natural and logical consequences to decrease problem behaviors.

**Active Parenting of Teens: Families in Action** – A family systems-based intervention program designed to prevent and reduce substance use, irresponsible sexual behavior, and violence by teens, by teaching skills to teens and their parents.

**Adolescent Coping with Depression (CWD-A)** – A cognitive behavioral group intervention that targets problems (e.g., anxiety, negative thoughts, poor social skills) that are often experienced by depressed adolescents.

**Aggression Replacement Therapy (ART)\*** – A cognitive behavioral intervention program for aggressive youth that includes social skills training, anger-control training, and training in moral reasoning.

**Applied Behavior Analysis\*** – A treatment approach based on an understanding of how learning takes place and how behavior is affected by the environment that is often utilized for children with developmental disabilities, in order to improve a child’s skills and bring about meaningful behavior change.

**Behavior Therapy/Behavior Modification\*** – A general treatment approach that focuses on increasing or decreasing the frequency of specific behaviors through positive or negative reinforcement.

**Brief Strategic Family Therapy** – A family-based intervention that focuses on improving family functioning (e.g., parental leadership, positive parenting, and parental involvement with their adolescent, his or her peers, and school) in order to reduce the adolescent’s problem behaviors and improve their prosocial behaviors.

**Celebrating Families! (CF!)** – A skills training program for parents and children, based on a cognitive behavioral therapy model, which focuses on breaking the cycle of substance abuse, and facilitating successful family reunification.

**Chestnut Health Systems - Bloomington Adolescent Outpatient (OP) and Intensive Outpatient (IOP) Treatment Model** – A treatment model for adolescents with addiction issues that blends cognitive, behavioral, and other therapy approaches, and utilizes group sessions to build skills and provide an opportunity for peer feedback and discussion regarding problems and issues.

**Child-Parent Psychotherapy (CPP)** – An intervention for young children who have experienced trauma that focuses on strengthening the relationship between the child and their caregiver, in order to improve the child’s cognitive, behavioral, and social functioning.

**Cognitive Behavior Therapy (CBT)/Cognitive Therapy (CT)\*** – A general treatment approach that focuses on identifying and changing maladaptive patterns of thinking and beliefs, in order to bring about positive behavioral change.

**Cognitive Behavioral Therapy for Adolescent Depression** – A developmental adaptation of traditional cognitive behavior therapy that includes an increased focus on concrete examples, education about psychotherapy, exploration of autonomy and trust issues, and skill acquisition.

**Coping Cat** – A cognitive behavioral treatment that helps school-age children recognize anxious feelings, clarify thoughts related to anxiety-provoking situations, and develop a plan for coping with these situations.

**Creating Lasting Family Connections (CLFC)/Creating Lasting Connections (CLC)** – A program for youth and their parents/guardians that aims to build the resiliency of youth and reduce their substance use, through training sessions that include education and skill development.

**Dare to be You (DTBY)** – A prevention program that serves high-risk families with young children, with a focus on improving parenting skills and increasing youth resilience to later substance abuse.

**Dialectical Behavior Therapy** – A cognitive-behavioral treatment approach developed to address suicide and self-harm behaviors, that blends a focus on behavioral change, problem-solving, and emotional regulation with validation, mindfulness (related to meditation), and acceptance strategies.

**Eye Movement Desensitization and Reprocessing (EMDR)** – A form of psychotherapy that involves the client performing repetitive motor tasks (such as side-to-side eye movements) while focusing on a traumatic memory, in order to reduce trauma-related distress.

**Family Behavior Therapy (FBT)** – A family-based behavioral treatment that utilizes behavioral contracting and skills training to reduce substance use and co-occurring mood and behavior problems in youth.

**Functional Family Therapy (FFT)\*** – A strength-based intervention for youth with substance abuse issues or behavior problems that focuses on improving family communication, parenting, and conflict management.

**Guiding Good Choices (GGC)** – A brief family-based intervention program that helps parents establish clear expectations for behavior and promotes family bonding, in order to decrease youth drug use and problem behaviors.

**Homebuilders®** – A home and community-based intensive family preservation treatment program that focuses on teaching families the skills they need to prevent their child’s placement away from home or successfully reunify with their child.

**Interpersonal Individual Psychotherapy for Depressed Adolescents (IPT-A)** – A short-term treatment that focuses on improving adolescents’ communication and social problem-solving skills in order to improve current relationships and ultimately decrease depression.

**Matrix Model** – An intensive treatment approach for stimulant abuse/dependence that includes individual counseling, relapse prevention, education and social-support groups, and drug-testing.

**Mindfulness-Based Cognitive Therapy (MBCT)** – A group therapy approach for adults with recurrent major depressive disorder that focuses on preventing major depression relapse and reducing residual depression symptoms, through teaching mindfulness meditation and cognitive behavioral therapy techniques.

**Motivational Enhancement Therapy (MET)** – An adaptation of Motivational Interviewing (see below) that includes sessions in which feedback is presented to the client in a non-confrontational manner in order to strengthen the client’s commitment to change.

**Motivational Interviewing (MI)** – A general, goal-directed counseling approach that focuses on helping clients explore and resolve their ambivalence about behavior change, in order to achieve lasting change for a range of problematic behaviors.

**Multidimensional Family Therapy (MDFT)\*** – A family-based treatment program for substance-abusing and at-risk youth that focuses on developing youth coping and problem-solving skills, and improving interpersonal relationships.

**Multidimensional Treatment Foster Care (MTFC)** – A treatment approach for delinquent youth that coordinates intervention in the foster home with intervention in the youth’s biological family, and focuses on providing structure, supervision, encouragement and support to the youth.

**Multisystemic Therapy (MST) for Juvenile Offenders** – Home- and community-based intervention for delinquent youth that focuses on decreasing a range of problem behaviors and improving family relations and school performance, using behavioral, cognitive-behavioral, and family therapy strategies.

**Multisystemic Therapy for Youth with Problem Sexual Behaviors (MST-PSB)** – An adaptation of Multisystemic Therapy (see above) for youth who have committed sexual offenses and have other problem behaviors.

**Nurturing Parenting Programs (NPP)** – Family-based programs for the prevention and treatment of child abuse and neglect that include a focus on increasing parents’ sense of self-worth and personal empowerment, empathy and attachment, age-appropriate expectations, and use of nurturing disciplinary practices.

**Parent-Child Interaction Therapy (PCIT)** – A treatment program that teaches specific skills to parents in order to establish a nurturing relationship with their child, while encouraging prosocial child behavior and discouraging negative child behavior, in coached parent-child sessions.

**Parenting Wisely** – A set of interactive, computer-based training programs for parents aimed at increasing parental communication and disciplinary skills, based on social learning, cognitive behavioral, and family systems theories.

**Parenting with Love and Limits (PLL)** – An intervention program that combines group therapy and family therapy to treat youth who have severe emotional and behavioral problems by helping parents reestablish adult authority while reclaiming a loving parent-child relationship.

**Peaceful Alternatives to Tough Situations (PATTS)** – A school-based aggression management program that teaches a variety of skills including conflict resolution skills, identification of emotions, recognition of anger cues, calming techniques, and forgiveness.

**PRIME for Life (PFL)** – A motivational intervention used in group settings to prevent or intervene in substance use problems, through a focus on changing participants' perceptions of the risks of substance use, increasing motivation to change behavior, and helping participants develop a plan for behavior change.

**Prolonged Exposure (PE) Therapy for Posttraumatic Stress Disorders** – A cognitive-behavioral treatment program designed to help individuals process traumatic events and reduce their PTSD symptoms as well as depression and anxiety.

**Promoting Alternative Thinking Strategies (PATHS), PATHS Preschool** – A school-based preventive intervention program designed to improve social-emotional skills such as self-control, emotional awareness, and interpersonal problem-solving, while reducing aggression and other behavior problems.

**Psychoeducational Multifamily Groups (PMFG)** – A series of groups designed to help individuals with mental illness attain as full participation in typical community life as possible, through educating their families about mental illness, developing coping skills, problem-solving, and creating social supports and alliances.

**Real Life Heroes (RLH)** – An intervention based on cognitive-behavioral therapy models for treating youth with attachment, loss, and trauma issues, that uses an activity-based workbook built around the metaphor of heroes to develop skills, decrease problem behaviors, rebuild attachments, and restore hope.

**Relapse Prevention Therapy (RPT)** – A behavioral self-control program that teaches individuals with substance addiction how to anticipate and cope with the potential for relapse through a focus on coping skills training.

**Safe Dates** – A school-based curriculum designed to help teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.

**Sanctuary Model\*** – An organization-wide versus a youth-specific intervention that focuses on creating an environment in which healing from trauma can be addressed, and includes the modeling and encouragement of skills related to safety, affect management, self-discipline, communication, and social connection.

**Second Step** – A classroom-based social skills program that teaches socioemotional skills including empathy, impulse control, and anger management, in order to reduce impulsive and aggressive behavior and increase social competence.

**Seeking Safety** – An integrative treatment for clients with a history of trauma and substance abuse that focuses on coping skills and psychoeducation to help clients attain safety in their relationships, thinking, behavior, and emotions.

**Seven Challenges** – A program designed to treat adolescents with substance use issues and associated problems through a focus on a set of concepts including honesty, impact of drug use, responsibility, and decision-making.

**SITCAP-ART (a modification of Structured Sensory Intervention for Traumatized Children, Adolescents and Parents)** – A trauma intervention program for adjudicated and at-risk youth that focuses on reducing trauma-related symptoms and problem behaviors, and utilizes sensory-based activities and cognitive-reframing strategies.

**SOS Signs of Suicide** – A brief, school-based intervention that includes screening for depression and suicide risk, and education about these issues.

**Social Skills Groups\*** – A treatment approach that teaches individuals with autism spectrum disorder various skills that will help them to interact appropriately with peers, utilizing instruction, role-playing or practice, and feedback.

**Social Skills Group Intervention (S.S. GRIN) 3-5** – A social skills curriculum for children in grades 3 – 5 with peer relationship issues that focuses on building social skills, reinforcing prosocial attitudes and behaviors, and building coping strategies for social problems.

**Storytelling for Empowerment** – A school-based intervention that targets Latino/Latina teenagers at risk for substance abuse, HIV, and other problem behaviors, and focuses on cognitive decision-making, positive cultural identity, and resiliency.

**Street Smart\*** – A small-group, skills-building intervention designed to help runaway youth reduce incidents of unprotected sex and number of sex partners.

**Strengthening Families Program (SFP)** – A program designed to increase children’s resilience and reduce their behavioral, emotional, academic, and social problems through skill-building sessions (focusing on skills such as effective discipline, problem-solving, and communication) with parents, children, and families.

**Supportive-Expressive Psychotherapy (SE)** – An analytically oriented form of psychotherapy for individuals with substance abuse issues that focuses on increasing the ability to discuss personal experiences and on understanding problematic relationship patterns.

**Systematic Training for Effective Parenting (STEP)** – A skills training program for parents that promotes responsibility, independence, and competence in children through a focus on improved communication and use of logical consequences.

**TCU (Texas Christian University) Mapping-Enhanced Counseling** – A therapy technique involving the creation and use of “maps” that visually represent treatment issues (such as thinking errors, or relationships), to improve treatment success for individuals with substance use issues.

**Together Facing the Challenge\*** – A training/consultation approach to improving practice in treatment foster care that includes a focus on building therapeutic relationships between foster parents and youth, teaching youth cooperation and independence skills, implementing effective parenting techniques, and creating a positive foster home environment.

**Too Good for Drugs and Violence** – A high school-based prevention and education program that works to promote prosocial skills, positive character traits, and violence- and drug-free norms.

**Transtheoretical Model (TTM)-Based Stress Management Program** – A self-directed, computer-based intervention that can be applied to a range of problem behaviors and helps participants develop and use stress management strategies.

**Trauma Affect Regulation: Guide for Education and Therapy (TARGET)** – A strength-based treatment approach for survivors of trauma that teaches a set of skills focused on regulating emotion, managing trauma memories, increasing self-efficacy, and achieving lasting recovery.

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** – An individual and parent-child intervention model designed to treat posttraumatic stress, and related emotional and behavioral problems in children and adolescents, through a focus on a series of skills including parenting skills, relaxation, affect regulation, cognitive processing, and safety.

**Trauma Recovery and Empowerment Model (TREM)** – A group-based intervention for women who have histories of physical or sexual abuse, emphasizing the development of coping skills and social support.

**Twelve-Step Facilitation Therapy (TSF)** – A brief, structured, individual approach to facilitating early recovery from drug and alcohol abuse, based on the behavioral, spiritual, and cognitive principles of 12-step programs such as Alcoholics Anonymous.

**Wraparound\*** – A team-based, collaborative process that works to build and implement a creative plan to meet the individual and family needs of children who have a variety of severe emotional and behavioral difficulties.