

# CCBHC EBP Requirements

June 10, 2016

By

Danny Silbert

DMH CCBHC Project Manager



# EBP Structure Summary

- State will be utilizing a 2 TIER System
- TIER I EBP's will be required by **all** CCBHC's
- TIER II EBP's are divided into 5 areas, of which CCBHC's **must** choose at **least** 1 EBP per category
- CCBHC's are expected to have at least 10 EBP's in total implemented at the time of the demonstration phase
- During the Certification process, CCBHC's will need to identify EBP's and a detailed plan for any not implemented yet

# Tier I CCBHC State Required EBP's

- Cognitive Behavioral Therapy (CBT)\*
- Individual Placement and Support-Supported Employment (IPS)\*
- Medication Assisted Treatment (MAT)\*
- Motivational Interviewing (MI)\*
- Wellness Recovery Action Plan (WRAP)\*

*\*Site must provide the EBP to be in compliance as a CCBHC*



# Tier II EBP's

Requires a CCBHC to Provide at Least  
1 EBP Per Category

- Health/Integrated Care
- Children 0-5
- C&A 6-18
- Geriatrics
- Trauma

# Health/Integrated Care

- Nutrition and Exercise through Wellness and Recovery (New-R)
- Recovering through Nutrition and Exercise for Weight Loss (ReNeW)
- Self Health Action Plan for Empowerment (In Shape)
- Whole Health Action Management (WHAM)
- Smoking Cessation

# Children 0-5

- Chicago Parent Program
- Behavioral Parent Training

# C&A 6-18

- CBT specific intervention (please specify)
- Practicewise system\*

*\*Conduct a P-Webs search to identify appropriate EBP*

# Geriatric

- Program Encouraging Active and Rewarding Lives for Seniors (PEARLS)
- Problem Solving Therapy
- Improving Mood – Access To Collaborative Treatment (Impact)



# Trauma

- Dialectical Behavior Therapy (DBT)
- Trauma Recovery and Empowerment Model (TREM)
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
- Trauma Informed Cognitive Behavioral Therapy (TF-CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)

# TIER II EBP's

- CCBHC has to identify at least one EBP for each of the Tier 2 categories, and that CCBHC's will be providing at least ten EBP's total.
- The State has identified some strong examples of EBP's for each category (above), however, the applicant CCBHC can use any SAMHSA identified EBP (link below), especially if it is supported by local needs assessment and/or the past experience of the provider in the identified category of need.
- The State has identified some strong examples of EBP's for the category Children 0-5 (above), however, the applicant CCBHC can use any Blueprints Program identified EBP (link below), especially if it is supported by local needs assessment and/or the past experience of the provider in the identified category of need.

# TIER II

## EBP Web Links

- <http://www.samhsa.gov/ebp-web-guide>
- <http://www.blueprintsprograms.com/about>

# Questions?

[daniel.silbert@illinois.gov](mailto:daniel.silbert@illinois.gov)

[DHS.DMHCCBHC@illinois.gov](mailto:DHS.DMHCCBHC@illinois.gov)

