

**Appendix D.2: NJ CCBHC EBP List**

EBP	Required or Recommended EBP	Delivery Method Allowed: Directly by CCBHC <sup>1</sup> , and/or via DCO or via Referral Agreement <sup>2</sup>	Notes
1. <b>Motivational Interviewing (MI)/Motivational Enhancement Therapy (MET)</b>	Required	Directly	
2. <b>Trauma Informed Care (TIC)</b> (in various forms of provider choosing)	Required	Directly	CCBHCs may choose the type/s of TIC that align with the needs of the populations served by the CCBHC. Needs should be identified via the CCBHCs’ individual needs assessments.
3. <b>Cognitive Behavioral Therapy (CBT)</b> (in various forms of provider choosing)	Required	Directly	CCBHCs may choose the type/s of CBT that align with the needs of the populations served by the CCBHC. Needs should be identified via the CCBHCs’ individual needs assessments. Examples to consider for certain populations: <ul style="list-style-type: none"> <li>• Trauma-Focused CBT (TF-CBT) — Children age 4–17</li> <li>• For Veterans: <ul style="list-style-type: none"> <li>○ Depression (CBT-D)</li> </ul> </li> </ul>

<sup>1</sup> The State has determined that some required EBPs must be provided directly by CCBHCs. CCBHCs may not utilize a DCO or a referral agreement to deliver these EBPs.

<sup>2</sup> The State has determined that some required EBPs may be provided via DCO and/or via a referral agreement.

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			<ul style="list-style-type: none"> <li>○ Insomnia (CBT-I)</li> <li>○ Substance Use Disorders (CBT-SUD)</li> <li>○ Cognitive Behavioral Conjoint Therapy (CBCT)</li> </ul>
<p>4. <b>Medication Assisted Treatment (MAT) – Medications for Opioid Use Disorder (MOUD), Alcohol Use Disorder (AUD), Tobacco Use Disorder (TUD)</b></p>	<p>Required</p>	<p>Directly</p> <p>Via DCO or referral agreement for Methadone only</p>	
<p>5. <b>Evidenced-based practice for family-based therapy that is subject to adherence to fidelity monitoring</b> (in various forms of provider choosing)</p>	<p>Required</p>	<p>Directly</p>	<p>Examples of EBPs to consider:</p> <ul style="list-style-type: none"> <li>● Functional Family Therapy (FFT)</li> <li>● Structural Family Therapy</li> <li>● Systemic Family Therapy</li> <li>● Family Systems Therapy (FST)</li> <li>● Multi-Family Systemic Therapy (MFST)</li> <li>● Family Psychoeducation</li> </ul>
<p>6. <b>Whole Health Action Management (WHAM) or Learning</b></p>	<p>Required</p>	<p>Directly</p>	

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<b>About Healthy Living<sup>3</sup></b>			
7. <b>Zero Suicide Framework</b>	Required	Directly	
8. <b>Gambling Screen – provider choice of validated tool</b>	Required	Directly	Examples to consider: <ul style="list-style-type: none"> <li>• Nower Screening</li> <li>• Lie/Bet</li> <li>• Brief Gambling Screening</li> </ul>
9. <b>Evidenced-based personal wellness plan that is subject to adherence to fidelity monitoring (in various forms of provider choosing) – Delivered by peers if appropriate based on the tool.</b>	Required	Directly or via DCO with Peer Run Organization	Examples to Consider: <ul style="list-style-type: none"> <li>• Wellness Recovery Action Plan (WRAP)</li> <li>• Psychiatric Advance Directive (PAD)</li> <li>• Illness and Management Recovery (IMR)</li> <li>• Living in Balance</li> <li>• Gorski-CENAPS Model</li> </ul>
10. <b>Dialectical Behavioral Therapy (DBT)</b>	Recommended	Directly	
11. <b>Eye Movement Desensitization Reprocessing (EMDR)</b>	Recommended	Directly	
12. <b>EMDR-PTSD – recommended for individuals with PTSD</b>	Recommended	Directly	
13. <b>Behavioral Activation (BA)</b>	Recommended	Directly	Recommended for veterans

<sup>3</sup> Learning About Healthy Living: [2012\\_lahl.pdf](#)

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14. <b>CRAFT Community Reinforcement and Family Training (CRAFT)</b>	Recommended	Directly	
15. <b>Car, Relax, Alone, Forget, Friends, Trouble (CRAFT)</b>	Recommended	Directly	Screening tool for children/adolescents
16. <b>Multisystemic Therapy (MST)</b>	Recommended	Directly	
17. <b>Integrated Illness and Management Recovery (I-IMR)</b>	Recommended	Directly	Recommended for older adults