

Appendix D.2: NJ CCBHC EBP List

EBP	Required or Recommended EBP	Delivery Method Allowed: Directly by CCBHC ¹ , and/or via DCO or via Referral Agreement ²	Notes
1. Motivational Interviewing (MI)/Motivational Enhancement Therapy (MET)	Required	Directly	
2. Trauma Informed Care (TIC) (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. Cognitive Behavioral Therapy (CBT) (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: • Trauma-Focused CBT (TF-CBT) — Children age 4–17 • For Veterans: ○ Depression (CBT-D) ○ Insomnia (CBT-I)

¹ 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.

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

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			○ Substance Use Disorders (CBT-SUD) ○ Cognitive Behavioral Conjoint Therapy (CBCT)
4. Medication Assisted Treatment (MAT) – Medications for Opioid Use Disorder (MOUD), Alcohol Use Disorder (AUD), Tobacco Use Disorder (TUD)	Required	Directly Via DCO or referral agreement for Methadone only	
5. Evidenced-based practice for family-based therapy that is subject to adherence to fidelity monitoring (in various forms of provider choosing)	Required	Directly	Examples of EBPs to consider: • Functional Family Therapy (FFT) • Structural Family Therapy • Systemic Family Therapy • Family Systems Therapy (FST) • Multi-Family Systemic Therapy (MFST) • Family Psychoeducation
6. Learning About Healthy Living³ or other evidenced-based integrated health wellness plan	Required	Directly	

³ Learning About Healthy Living: [2012_lahl.pdf](#)

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(in a form/s of the provider's choosing)			
7. Zero Suicide Framework	Required	Directly	
8. Gambling Screen – provider choice of validated tool	Required	Directly	Examples to consider: • Nower Screening • Lie/Bet • Brief Gambling Screening
9. 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.	Required	Directly or via DCO with Peer Run Organization	Examples to Consider: • Wellness Recovery Action Plan (WRAP) • Psychiatric Advance Directive (PAD) • Illness and Management Recovery (IMR) • Living in Balance • Gorski-CENAPS Model
10. Dialectical Behavioral Therapy (DBT)	Recommended	Directly	
11. Eye Movement Desensitization Reprocessing (EMDR)	Recommended	Directly	
12. EMDR-PTSD – recommended for individuals with PTSD	Recommended	Directly	
13. Behavioral Activation (BA)	Recommended	Directly	Recommended for veterans
14. CRAFT Community Reinforcement and Family Training (CRAFT)	Recommended	Directly	

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