

## EVIDENCE-BASED PRACTICES

SEFBHN Network Providers are required to complete a Service Delivery Narrative each year. The Service Delivery Narrative is an opportunity for providers to describe how they are in compliance with contractual obligations and to report on how they deliver services including their use of Evidence Based Practices. Evidence Based Practices utilized within the Southeast Florida Behavioral Health Network are numerous as noted herein. *A description of these practices is in the attached document: SEFBHN EBP Descriptions 2019*

**Prevention Services:** Prevention services are funded through SPTBG and Prevention Partnership Grants. SEFBHN employs a Prevention Specialist to work closely with providers and to ensure Fidelity to the models they use.

- Botvin Life Skills
- Atlas – Athletes Training & Learning to Avoid Steroids
- Athena – Athletes Targeting Healthy Exercise & Nutrition Alternatives
- Too Good For Drugs
- Too Good For Violence
- Strengthening Families
- Tuf Talk Life Skills
- Project Success
- Marijuana Prevention + Wellness (A Promising Practice)

### Prevention Coalitions

The Prevention Coalitions utilized the following recognized environmental prevention strategies.

- Friday Night Done Right Campaign
- Not My House Campaign
- Alcohol Compliance Checks
- Talk – They Hear You Campaign

**Substance Use and Mental Health Disorders:** Many of the Evidence Based Practices listed are used by multiple SEFBHN providers. SEFBHN has taken a special interest in many of these Evidence Based Practices as they are congruent with many statewide initiatives including the Statewide Opioid Response and a Recovery Oriented System of Care. We have sponsored or directly provided training for network providers for these practices to further ensure fidelity to the models. These practices are noted with an asterisk.

- Medication Assisted Treatment
- Motivational Interviewing\*
- Eye-Movement and Desensitization Processing (EMDR)

- Prolonged Exposure Therapy (PE)
- Psychodrama
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Wellness Recovery Action Plan (WRAP)\*
- Whole Health Action Management (WHAM)\*
- Harm Reduction Therapy
- SSI/SSDI Outreach, Access and Recovery (SOAR)\*
- Child Parent Psychotherapy (CPP)\*
- Play Therapy
- Helping Others Heal\* (for Certified Recovery Support Specialists)
- Twelve Step Facilitation Therapy Group
- Adolescent-Community Reinforcement Approach (A-CRA)
- Seeking Safety
- Wraparound\*
- Applied Behavioral Analysis
- Mental Health First Aid
- NAVIGATE (For first episode of psychosis)\*
- Solution Focused Therapy
- Supported Employment
- Supported Housing
- Active Parenting
- QPR (Question, Persuade, Refer)\*
- QPRT (Question, Persuade, Refer, Treat)\*
- MyStrength\*
- Assertive Community Treatment
- ASAM Continuum\*
- LOCUS\*
- CALOCUS\*