

## SFY27 Evidence-Based Models and Practices

*StarkMHAR maintains a list of evidence-based practices that are approved and supported by StarkMHAR. StarkMHAR may also show support for these approaches by offering trainings in the model. There are many other evidence-based practices and models that may not have been included below; these other models may also be considered for approval for funding. Please see the following non-exhaustive list of prevention, program, and treatment models approved and supported by StarkMHAR. All ages/populations within a model may not be approved for funding. Updates to this list will be made at least annually.*

Evidence-Based Program Models		
Programs	Age/Population	Resources
Celebrating Families	Families with children	<a href="https://nacoa.org/celebrating-families-main/">https://nacoa.org/celebrating-families-main/</a>
Nurturing Parenting	Families with children	<a href="https://www.nurturingparenting.com/">https://www.nurturingparenting.com/</a>
WHAM	Adults; Peer led	<a href="https://www.center4healthandsdc.org/wham-training-guide.html">https://www.center4healthandsdc.org/wham-training-guide.html</a>
WRAP	Adults; Peer led	<a href="https://www.wellnessrecoveryactionplan.com/">https://www.wellnessrecoveryactionplan.com/</a>

Evidence-Based Prevention Models		
Programs	Age/Population	Resources
Botvin Life Skills	Elementary through High school	<a href="https://www.lifeskillstraining.com/">https://www.lifeskillstraining.com/</a>
CAST	Middle and High school	<a href="https://reconnectingyouth.com/portfolio-items/cast/">https://reconnectingyouth.com/portfolio-items/cast/</a>
Dina	3 or 4 to 8 years old	<a href="https://www.incredibleyears.com/early-intervention-programs/child">https://www.incredibleyears.com/early-intervention-programs/child</a>
Ohio Model for Infant and Early Childhood Mental Health Consultation (formerly known as the Georgetown Model)	Birth to 6 years	<a href="https://mha.ohio.gov/community-partners/early-childhood-children-and-youth/early-childhood-mental-health">https://mha.ohio.gov/community-partners/early-childhood-children-and-youth/early-childhood-mental-health</a>
Positive Parenting Program (Triple P)	Parents	<a href="https://www.triplep.net/glo-en/home/">https://www.triplep.net/glo-en/home/</a>
Signs of Suicide	Adolescents	<a href="https://www.mindwise.org/sos-signs-of-suicide/">https://www.mindwise.org/sos-signs-of-suicide/</a>
Smart Choices	Intermediate through High School	<a href="https://www.mdproblemgambling.com/back-to-school-have-the-conversations/">https://www.mdproblemgambling.com/back-to-school-have-the-conversations/</a>
Strengthening Families	Children, Teens, and Parents	<a href="https://strengtheningfamiliesprogram.org/">https://strengtheningfamiliesprogram.org/</a>

Strong African American Families (SAAF)	Children, Teens, and Parents	<a href="#">Blueprints Programs – Blueprints for Healthy Youth Development</a>
Too Good	Elementary through High school	<a href="https://toogoodprograms.org/">https://toogoodprograms.org/</a>

Evidence-Based Treatment Models			
Counseling Model	Age/ Population	Diagnosis/ Issues	Website: training resources/education/research
Acceptance and Commitment Therapy	Children Adolescents Adults	Depression, Anxiety, Stress, Chronic Pain	<a href="https://contextualscience.org/list_of_resources_for_learning_act">https://contextualscience.org/list_of_resources_for_learning_act</a>
Action-Based Cognitive Remediation (ABCR)	Young Adults Adults	Schizophrenia, psychosis	<a href="https://www.neomed.edu/bestcenter/practices/cognitive/">https://www.neomed.edu/bestcenter/practices/cognitive/</a>
Affirmative Therapy for LGBTQ+	LGBTQ+ Individuals	Sexual Orientation Issues, Identity Development	<a href="https://lgbtquequity.org/affirm/">https://lgbtquequity.org/affirm/</a> <a href="https://affirmativecouch.com/training-for-therapists/?srsltid=AfmBOorCTWHckPAD5kZzE6MSUNWGeqCgmV0RHPKkbqGwi-KEG9mFlhyq">https://affirmativecouch.com/training-for-therapists/?srsltid=AfmBOorCTWHckPAD5kZzE6MSUNWGeqCgmV0RHPKkbqGwi-KEG9mFlhyq</a>
Assertive Community Treatment (ACT/ACT-IDDT)	Adolescents Adults	Severe Mental Illness	<a href="https://case.edu/socialwork/centerforebp/practices/assertive-community-treatment">https://case.edu/socialwork/centerforebp/practices/assertive-community-treatment</a>
Child-Parent Psychotherapy	Families with Young Children	Trauma and Loss, Behavior, Parenting Skills	<a href="https://childparentpsychotherapy.com">https://childparentpsychotherapy.com</a>
Cognitive Behavioral Therapy (CBT)	Children Adolescents Adults	Depression, Anxiety Disorders, PTSD, OCD, Substance Use Disorders	<a href="https://beckinstitute.org">https://beckinstitute.org</a>
Cognitive Behavioral Therapy- Psychosis (CBT-P)	Young Adults, Adults	Schizophrenia, psychosis	<a href="https://www.neomed.edu/bestcenter/practices/cognitive-behavioral/cognitive-behavioral-therapy-for-psychosis-cbt-p-resources/">https://www.neomed.edu/bestcenter/practices/cognitive-behavioral/cognitive-behavioral-therapy-for-psychosis-cbt-p-resources/</a>
Cognitive Processing Therapy	Adults	Trauma and related conditions	<a href="https://cptfortpsd.com/">https://cptfortpsd.com/</a>
Collaborative Assessment & Management of Suicidality (CAMS)	Adolescents Young Adults	Suicidal Behavior, Self harm	<a href="https://cams-care.com/the-cams-framework/">https://cams-care.com/the-cams-framework/</a>
Contingency Management	All Ages	Substance Use Disorders, Behavioral Change	<a href="https://case.edu/socialwork/centerforebp/ohio-sud-coe/evidence-informed-practices-and-other-best-practices">https://case.edu/socialwork/centerforebp/ohio-sud-coe/evidence-informed-practices-and-other-best-practices</a>
Counseling on Access to Lethal Means (CALM)	All Ages	Those at risk for suicidal behaviors, Suicidal Behaviors	<a href="https://www.calmamerica.org/">https://www.calmamerica.org/</a>
Dialectical Behavior Therapy (DBT)	Adolescents Adults	Borderline Personality Disorder, Self-harm, Suicidal Behavior	<a href="https://behavioraltech.org/">https://behavioraltech.org/</a>

Eye Movement Desensitization and Reprocessing (EMDR)	Adolescents Adults	PTSD, Trauma-related Disorders	<a href="https://www.emdr.com/us-basic-training-overview/">https://www.emdr.com/us-basic-training-overview/</a>
First Episode Psychosis	Young Adults	Initial episode of psychotic illness	<a href="https://www.neomed.edu/bestcenter/practices/first/">https://www.neomed.edu/bestcenter/practices/first/</a>
Integrated Dual Disorder Treatment (IDDT)	All Ages	Co-occurring SMI and SUD	<a href="https://case.edu/socialwork/centerforebp/practices/substance-abuse-mental-illness/integrated-dual-disorder-treatment">https://case.edu/socialwork/centerforebp/practices/substance-abuse-mental-illness/integrated-dual-disorder-treatment</a>
Intensive Home-Based Therapy (IHBT)	Youth at risk of out-of-home placement	Severe Mental Health Challenges	<a href="https://ihbtoho.org/best_practice/intensive-home-based-treatment-high-fidelity-hf-ihbt/">https://ihbtoho.org/best_practice/intensive-home-based-treatment-high-fidelity-hf-ihbt/</a>
Matrix Model	Adults	Substance Use Disorders	<a href="https://www.clarematrixtraininginstitute.org/about-us">https://www.clarematrixtraininginstitute.org/about-us</a>
Medication Assisted Treatment	Adolescents Adults	Substance Use Disorders	
Mindfulness-Based Cognitive Therapy	Adults	Depression, Bipolar Disorder, OCD	<a href="https://professional.brown.edu/executive/mindfulness/mindfulness-based-cognitive-therapy">https://professional.brown.edu/executive/mindfulness/mindfulness-based-cognitive-therapy</a>
Motivational Interviewing (MI)	Adolescents Adults	Substance Use Disorders, Behavioral Change	<a href="https://motivationalinterviewing.org/understanding-motivational-interviewing">https://motivationalinterviewing.org/understanding-motivational-interviewing</a>
Multisystemic Therapy (MST)	Adolescents with Severe Behavioral Issues	Conduct Disorder, Delinquency, Family Issues	<a href="https://socoio.org/soc_best_practices/best-practice-1/">https://socoio.org/soc_best_practices/best-practice-1/</a>
Narrative Therapy	Children Adolescents Adults	Various, particularly identity and trauma issues	<a href="https://www.narrativetherapyinitiative.org/training-program">https://www.narrativetherapyinitiative.org/training-program</a>
Parent-Child Interaction Therapy (PCIT)	Families with Young Children	Behavioral Issues in Children, Parenting Skills	<a href="https://www.pcit.org/what-is-pcit-for-professionals.html">https://www.pcit.org/what-is-pcit-for-professionals.html</a>
Person-Centered Therapy	Children Adolescents Adults	Depression, Anxiety, Self-esteem Issues	<a href="https://centerfortheperson.org/">https://centerfortheperson.org/</a>
Play Therapy	Children	Behavioral Issues, Trauma, Emotional Difficulties	<a href="https://www.a4pt.org/">https://www.a4pt.org/</a>
Prolonged Exposure Therapy (PET)	Adults	PTSD	<a href="https://www.apa.org/ptsd-guideline/treatments/prolonged-exposure">https://www.apa.org/ptsd-guideline/treatments/prolonged-exposure</a>
Seeking Safety	Adults	PTSD, Substance Use Disorders	<a href="https://www.samhsa.gov/resource/dbhis/seeking-safety">https://www.samhsa.gov/resource/dbhis/seeking-safety</a>
Structured Sensory Intervention for Traumatized Children, Adolescents and Parents (SITCAP)	Children Adolescents Adults	Trauma and Loss, PTSD	<a href="https://starr.org/sitcap/">https://starr.org/sitcap/</a>
Thinking For A Change	Adolescents Adults	Justice system-involved	<a href="https://nicic.gov/resources/resources-topics-and-roles/topics/thinking-change">https://nicic.gov/resources/resources-topics-and-roles/topics/thinking-change</a>

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	Children Adolescents Adults	PTSD, Trauma, Anxiety, Depression	<a href="https://tfcbt.org/">https://tfcbt.org/</a>
Trauma-Informed Therapy	LGBTQ+ Individuals	Trauma, PTSD, Anxiety, Depression	<a href="https://occrpa.org/ohio-professional-registry/trauma-informed-care/">https://occrpa.org/ohio-professional-registry/trauma-informed-care/</a> <a href="https://www.ticti.org/training/intensive-trauma-therapy/itft-certification/">https://www.ticti.org/training/intensive-trauma-therapy/itft-certification/</a>