



CCBHC Evidence-Based Practices

Michigan Required Evidence-Based Practices

CCBHCs are required to implement Evidence-Based Practices (EBPs) and are expected to use interventions that are supported by empirical research and demonstrate positive outcomes in behavioral health. MDHHS has outlined Michigan specific CCBHC Demonstration EBP requirements. The table below provides resources to support implementation of required EBPs.

***For more information about required and alternative EBPs in Michigan, see the [Michigan CCBHC Handbook](#).**

EBP Implementation Resources

Overarching Resources

- **[Resource Guide for Implementing Evidence-Based Practices: A practical guide for CCBHCs](#)** - Designed to support CCBHCs in successfully implementing evidence-based practices within their clinics utilizing frameworks and principles of implementation science.
- **[CCBHC Evidence-Based Practice Reference Guide](#)** - Serves as a brief reference for CCBHCs on the most commonly required or implemented EBPs across CCBHCs — identifying the target populations, staffing considerations and training and fidelity resources available to aid them in implementation.
- **[Improving MI Practices \(IMP\)](#)** - A web-based platform tailored to support Michigan’s behavioral health professionals. IMP provides a wealth of free CEUs and other resources aimed at helping professionals better serve individuals in need and improving quality of care.
- **[Michigan Capacity Building Center \(CBC\)](#)** – Provides comprehensive training and resources to strengthen and expand behavioral health services statewide with the goal of helping all children and their families thrive.

Michigan-Required EBPs

Required EBP	Resources	Potential Alternative EBP
<p>“Air Traffic Control” Crisis Model with MiCAL</p>	<ul style="list-style-type: none"> • SAMHSA's National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit (pg. 16-17): Reviews the Air Traffic Control (ATC) Crisis Model • Crisis Now: Transforming Services is Within Our Reach (pg. 11-17): This report summarizes findings about the essential elements of effective, modern, and comprehensive crisis care, including ACT. • Michigan’s Crisis System: Basics and Beyond (pg. 143-192): This presentation provides an overview of Michigan’s crisis system, including the role of ACT. <i>*please note this resource from 2024 and some information may be out of date.</i> 	
<p>Assertive Community Treatment (ACT)</p>	<ul style="list-style-type: none"> • Assertive Community Treatment (ACT) Evidence-Based Practices (EBP) KIT • Assertive Community Treatment (ACT) SPIRIT Center at the University of Washington: Through a resource menu, learn about the SPIRIT lab’s various work supporting ACT implementation. • Assertive Community Treatment Center for Evidence-Based Practices Case Western Reserve University: The Center for Evidence-Based Practices has developed resources to help with the implementation of ACT, including posters, guides, booklets, binder resources, and videos, as well as further reading. • Center for Practice Innovations > Initiatives > ACT Assertive Community Treatment > Overview 	<p>Yes, upon request</p>

<p>Cognitive Behavioral Therapy (CBT)</p>	<ul style="list-style-type: none"> • Beck Institute for Cognitive Behavioral Therapy: The leading international source for CBT and CT-R training and resources, Beck Institute provides health and mental health professionals with high level training in CBT and CT-R. 	
<p>Dialectical Behavior Therapy (DBT)</p>	<ul style="list-style-type: none"> • DBT-Linehan Board of Certification: DBT-Linehan oversees DBT certification and includes a directory of certified clinicians and programs as well as additional resources. • DBT Fidelity Scale: The fidelity scale utilized by Linehan Board of Certification to assess all programs. • Behavioral Tech: Founded by the developer of DBT, Marsha Linehan, PhD, ABPP, Behavioral Tech provides multiple live and virtual training options, as well as individualized consultation and resources. 	
<p>Infant Mental Health</p>	<ul style="list-style-type: none"> • Integrating Infant and Early Childhood Mental Health into the CCBHC Model: A Toolkit for Action 	<p>Yes, upon request</p>
<p>Integrated Dual Disorder Treatment (IDDT)</p>	<ul style="list-style-type: none"> • Integrated Treatment for Co-Occurring Disorders Evidence-Based Practices (EBP) KIT: This toolkit gives practice principles for integrated treatment for mental illness, substance use disorders, or both, and offers advice from successful programs. 	

<p>Motivational Interviewing (MI) for adults, children, and youth</p>	<ul style="list-style-type: none"> • Motivational Interviewing Toolkit: This resource lists supplementary materials for MI training. IRETA also offers consulting and training services for organizations on MI. • Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence • Motivational Interviewing Network of Trainers 	
<p>Medication Assisted Treatment (MAT)</p>	<ul style="list-style-type: none"> • SAMHSA Treatment Improvement Protocol 63: Medications for Opioid Use Disorder: Includes guidance on OUD screening, assessment, treatment and referral as well as information and tools for health-care professionals who prescribe, administer or dispense OUD medications or treat other illnesses in patients who take these medications. • Practice Guidelines for the Administration of Buprenorphine for Treating Opioid Use Disorder: The practice guidelines highlight the exemptions that allows practitioners to expand treatment for OUD. • Opioid Response Network (ORN): The ORN has local consultants in all 50 states and nine territories to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of OUD and stimulant use. 	
<p>Parent Management Training – Oregon (PMTO) and/or Parenting through Change (PTC) Screening</p>	<ul style="list-style-type: none"> • Michigan Parent Management Training - Oregon Model 	

<p>Screening, Brief Intervention, and Referral to Treatment (SBIRT)</p>	<ul style="list-style-type: none"> • TAP 33: Systems-Level Implementation of Screening, Brief Intervention, and Referral to Treatment: This guide describes core elements of SBIRT programs for people living with or at risk for substance use disorders. It provides information on implementing SBIRT services and covering challenges, barriers, cost, and sustainability. • Screening, Brief Intervention, and Referral to Treatment (SBIRT): SBIRT Services Fact Sheet 	
<p>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</p>	<ul style="list-style-type: none"> • Trauma-Focused Cognitive Behavioral Therapy (TF-CBT): At-a-Glance • Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Implementation Resources Page: Includes implementation manuals for various populations as well as other implementation resources. 	<p>Yes, upon request</p>
<p>Zero Suicide</p>	<ul style="list-style-type: none"> • Zero Suicide Toolkit: A detailed guide to Zero Suicide implementation and strategy. 	