



Evidence-Based Curriculums and Therapies

| Treatment Type | Definition | Resources |
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| Moral Reconciliation Therapy (MRT) | SAMHSA NREPP evidence-based substance abuse treatment for adults/juveniles; originally designed to be used in a prison-based drug treatment therapeutic community; cognitive behavioral treatment used in wide range of corrections settings | http://www.moral-reconciliation-therapy.com/ http://legacy.nreppadmin.net/ViewIntervention.aspx?id=34 |
| Dialectical Behavioral Therapy (DBT) | System of therapy originally developed to treat people with borderline personality disorder. DBT combines standard cognitive-behavioral techniques for emotion regulation and reality-testing with concepts of distress tolerance, acceptance, and mindful awareness largely derived from Buddhist meditative practice. Research indicates that DBT is also effective in treating patients who present varied symptoms and behaviors associated with spectrum mood disorders, including self-injury. Recent work suggests its effectiveness with sexual abuse survivors and chemical dependency. | http://behavioraltech.org/resources/whatisdbt.cfm http://legacy.nreppadmin.net/ViewIntervention.aspx?id=36 |
| Seeking Safety (trauma intervention) | Manual-guided cognitive-behavioral therapy for trauma, substance abuse, and/or posttraumatic stress disorder (PTSD), or co-occurring PTSD and addictions. | http://www.seekingsafety.org/ http://legacy.nreppadmin.net/ViewIntervention.aspx?id=376 |
| Strengthening Families | Nationally and internationally recognized parenting and family strengthening program for high-risk and regular families. SFP is an evidence-based family skills training program designed to increase resilience and reduce risk factors and found to significantly reduce problem behaviors, emotional issues, delinquency, and alcohol and drug abuse in children 3-16 years old and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills. | http://www.strengtheningfamiliesprogram.org/ http://legacy.nreppadmin.net/ViewIntervention.aspx?id=44 |



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| Motivational Interviewing | Goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve ambivalence. The operational assumption in MI is that ambivalent attitudes or lack of resolve is the primary obstacle to behavioral change, so that the examination and resolution of ambivalence becomes its key goal. MI has been applied to a wide range of problem behaviors related to alcohol and substance abuse as well as health promotion, medical treatment adherence, and mental health issues. | http://www.motivationalinterview.net/clinical/whatismi.html http://www.motivationalinterviewing.org/ http://legacy.nreppadmin.net/ViewIntervention.aspx?id=346 |
| TCU (Texas Christian University) Mapping-Enhanced Counseling | Communication and decision-making technique designed to support delivery of treatment services by improving client and counselor interactions through graphic visualization tools that focus on critical issues and recovery strategies. As a therapeutic tool, it helps address problems more clearly than when relying strictly on verbal skills. Mapping-Enhanced Counseling is the cognitive centerpiece for an adaptive approach to addiction treatment that incorporates client assessments of needs and progress with the planning and delivery of interventions targeted to client readiness, engagement, and life-skills building stages of recovery. | http://ibr.tcu.edu/wp-content/uploads/2013/09/MappingIntroManualSept08.pdf http://legacy.nreppadmin.net/ViewIntervention.aspx?id=161 http://www.crimesolutions.gov/ProgramDetails.aspx?ID=108 |
| Twelve Step Facilitation Therapy | Brief, structured, and manual-driven approach to facilitating early recovery from alcohol abuse, alcoholism, and other drug abuse and addiction problems; active engagement strategy designed to increase the likelihood of a substance abuser becoming affiliated with and actively involved in 12-step self-help groups and, thus, promote abstinence. | http://www.druORBuse.gov/publications/principles-drug-addiction-treatment/evidence-based-approaches-to-drug-addiction-treatment/behavioral-therapies/1 http://legacy.nreppadmin.net/ViewIntervention.aspx?id=358 |
| Community Reinforcement Approach | Alcoholism treatment approach that aims to achieve abstinence by eliminating positive reinforcement for drinking and enhancing positive reinforcement for sobriety. Comprehensive cognitive-behavioral intervention for the treatment of substance abuse problems. CRA seeks to treat substance abuse problems through focusing on environmental contingencies that impact and influence the client's behavior. | http://pubs.niaaa.nih.gov/publications/arh23-2/116-121.pdf http://www.cebc4cw.org/program/community-reinforcement-approach/ |



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| Contingency Management | The systematic reinforcement of desired behaviors and the withholding of reinforcement or punishment of undesired behaviors, is an effective strategy in the treatment of alcohol and other drug (AOD) use disorders. Studies have demonstrated the effectiveness of CM interventions in reducing AOD use; improving treatment attendance; and reinforcing other treatment goals, such as complying with a medication regimen or obtaining employment. | http://pubs.niaaa.nih.gov/publications/arh23-2/122-127.pdf https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-0 |
| Matrix Model | Intensive outpatient treatment approach for stimulant abuse and dependence. The intervention consists of relapse-prevention groups, education groups, social-support groups, individual counseling, and urine and breath testing. The program includes education for family members affected by the addiction. The therapist functions simultaneously as teacher and coach, fostering a positive, encouraging relationship with the patient and using that relationship to reinforce positive behavior change. | http://www.matrixinstitute.org https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-3 http://legacy.nreppadmin.net/ViewIntervention.aspx?id=87 |
| Living in Balance (LIB) | Moving From a Life of Addiction to a Life of Recovery is a manual-based, comprehensive addiction treatment program that emphasizes relapse prevention. LIB consists of a series of 1.5- to 2-hour psychoeducational and experiential training sessions. | http://www.hazelden.org/web/public/livinginbalance.page http://archives.drugabuse.gov/ADAC/ADAC5.html |
| The Adolescent Community Reinforcement Approach (A-CRA) | The Adolescent Community Reinforcement Approach (A-CRA) to alcohol and substance use treatment is a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use with prosocial activities and behaviors that support recovery | https://www.crimesolutions.gov/ProgramDetails.aspx?ID=137 http://www.ncbi.nlm.nih.gov/pubmed/25035906 |



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| Cognitive Behavioral Therapy (CBT) | Cognitive-Behavioral Therapy is short-term, goal-oriented a form of psychotherapy that takes a hands-on, practical approach to problem-solving, and emphasizes the important role of thinking in how we feel and what we do. The term “cognitive-behavioral therapy (CBT)” is a very general term for a classification of therapies with similarities. It is used to help treat a wide range of issues in a person’s life, from sleeping difficulties or relationship problems, to drug and alcohol abuse or anxiety and depression. | http://psychcentral.com/lib/in-depth-cognitive-behavioral-therapy/ http://www.nacbt.org/whatiscbt-htm/ |
| Motivational Enhancement Therapy (MET) | Motivational Enhancement Therapy (MET) is an adaptation of motivational interviewing (MI) that includes normative assessment feedback to clients that is presented and discussed in a nonconfrontational manner. MET uses an empathic and strategic approach in which the therapist provides feedback that is intended to strengthen and consolidate the client's commitment to change and promote a sense of self-efficacy. MET aims to elicit intrinsic motivation to change substance abuse and other behaviors by evoking the client's own motivation and commitment to change, responding in a way that minimizes defensiveness or resistance. | http://legacy.nreppadmin.net/ViewIntervention.aspx?id=347 |
| Cognitive Behavioral Social Skills Training | Cognitive Behavioral Social Skills Training (CBSST) is a psychosocial rehabilitation intervention designed to help middle-aged and older outpatients with schizophrenia and other forms of serious mental illness achieve their functioning goals related to living, learning, working, and socializing in their community of choice. | http://legacy.nreppadmin.net/ViewIntervention.aspx?id=256 |
| Wellness Recovery Action Plan (WRAP) | Wellness Recovery Action Plan (WRAP) is a manualized group intervention for adults with mental illness. WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools") and then helps them develop an individualized plan to use these resources on a daily basis to manage their mental illness. | http://legacy.nreppadmin.net/ViewIntervention.aspx?id=208 |



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| MultiSystemic Therapy (MST) | <p>A family and community-based treatment program for adolescent offenders who have exhibited serious antisocial, problem, and delinquent behaviors. The overriding goal of Multisystemic Therapy (MST) is to keep adolescents who have exhibited serious clinical problems (e.g., drug use, violence, severe criminal behavior) at home, in school, and out of trouble. Through intense involvement and contact with the family, MST aims to uncover and assess the functional origins of adolescent behavioral problems. It works to alter the youth's ecology in a manner that promotes prosocial conduct while decreasing problem and delinquent behavior. MST targets youths between the ages of 12 and 17 who present with serious antisocial and problem behavior and with serious criminal offenses. The MST intervention is used on these adolescents in the beginning of their criminal career by treating them within the environment that forms the basis of their problem behavior.</p> | <p>https://www.crimesolutions.gov/ProgramDetails.aspx?ID=192 http://legacy.nreppadmin.net/ViewIntervention.aspx?id=254</p> |
| Functional Family Therapy (FFT) | <p>Functional Family Therapy (FFT) is a family-based prevention and intervention program for high-risk youth that addresses complex and multidimensional problems through clinical practice that is flexibly structured and culturally sensitive. The FFT clinical model concentrates on decreasing risk factors and on increasing protective factors that directly affect adolescents, with a particular emphasis on familial factors. The program is for at-risk youths ages 11 to 18 and has been applied in a variety of multiethnic, multicultural contexts to treat a range of youths and their families. Targeted youths generally are at risk for delinquency, violence, substance use, or other behavioral problems such as Conduct Disorder or Oppositional Defiant Disorder.</p> | <p>https://www.crimesolutions.gov/ProgramDetails.aspx?ID=122 http://legacy.nreppadmin.net/ViewIntervention.aspx?id=372</p> |



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| Recovery Training and Self Help (RTSH) | Group aftercare program for individuals recovering from opioid addiction. RTSH is designed to deactivate addiction by teaching and supporting alternative responses to stimuli previously associated with opioid use. Program goals include reducing the occurrence and frequency of relapse and readdiction and helping unemployed participants obtain employment. | http://www.sciencedirect.com/science/article/pii/S0740547286900036 http://legacy.nreppadmin.net/ViewIntervention.aspx?id=61 |
| Cognitive Self-Change (CSC) | Teaches offenders convicted of violent offenses how to identify thoughts and attitudes that lead them to do violent acts, and teaches them how to find and use new thoughts and attitudes that don't. | http://www.doc.state.vt.us/programs/cognitive-self-change-a-program-for-violent-offenders/cognitive-self-change-1 http://www.vtfa.com/publications/csc.pdf |
| Change Companies | The Change Companies is a national publishing, consulting, training, and media company working with leading industry experts to develop effective, evidence-based materials that assist individuals in making positive life change. Their treatment materials are used by many specialty court programs. They include materials on motivational interviewing, interactive journaling, ASAM criteria, change strategies, transition skills, mental health treatment support, etc. | http://changecompanies.net |
| Thinking for a Change (T4C) | A cognitive-behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of offenders. It is a cognitive-behavioral therapy (CBT) program that includes cognitive restructuring, social skills development, and the development of problem-solving skills. Developed to be appropriate for adults and juveniles, and for use in and out of custody, but tested so far on adult probationers (felony offenses). | https://www.crimesolutions.gov/ProgramDetails.aspx?ID=242 |



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| Trauma Recovery and Empowerment Model (TREM) | The Trauma Recovery and Empowerment Model (TREM) is a fully manualized, group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse. Drawing on cognitive restructuring, psychoeducational, and skills-training techniques, the 18- to 29-session intervention emphasizes the development of coping skills and social support. It addresses both short-term and long-term consequences of violent victimization, including mental health symptoms, such as posttraumatic stress disorder (PTSD) and depression, and substance abuse. | https://nrepp.samhsa.gov/ProgramProfile.aspx?id=90 |