

Evidence-Based Practices Implemented in Utah**

EBP Code	Description
1	Medication Management
*2	Outcome Questionnaire (OQ) / Youth Outcome Questionnaire (YOQ)
*3	Wraparound to Fidelity
*4	Assertive Community Treatment
5	Supported Employment
6	Supported Housing
*7	Family Psychoeducation
*8	Illness Self-Management and Recovery
*9	Multisystemic Therapy (MST)
*10	Therapeutic Foster Care
*11	Functional Family therapy (FFT)
*12	Wellness Recovery Action Plan (WRAP)
13	Mobile Crisis (Expires June 30, 2016)
14	School Based (Expires June 30, 2016)
*15	Integrated Treatment for Co-occurring Disorder (Mental Health Substance Abuse)
*16	Motivational Interviewing
17	Medication-assisted Treatment
*18	Trauma Recovery & Empowerment Model (TREM)
*19	Helping Women Recover
*20	Seeking Safety
21	Matrix Model
*22	Helping Women Recover and Beyond Trauma
23	Clubhouse
*24	Dialectical Behavioral Therapy (DBT)
25	Motivational Enhancement Therapy (MET)
26	PRIME for Life-Treatment
*27	Peer Support
*28	Relapse Prevention Therapy (RPT)
*29	Eye Movement Desensitization and Reprocessing (EMDR)
30	Individual Placement and Support (IPS) (Grant)
31	Individual Placement and Support (IPS)
*32	Attachment, Self-Regulation, and Competency (ARC)
*33	Moral Reconation Therapy (MRT)
*34	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
35	Team Solutions (TS) and Solutions for Wellness (SFW)
*36	Aggression Replacement Training (ART)
37	Adolescent Community Reinforcement Approach
39	Second Step Elementary School Program
40	The Seven Challenges
*41	Assisted Outpatient Treatment (AOT)
*42	Columbia Suicide Severity Rating Scale (C-SSRS)
*43	Collaborative Assessment and Management of Suicidality (CAMS)
44	Psychoeducational Multifamily Groups (PMFG)
*45	Acceptance and Commitment Therapy (ACT)
46	Cognitive Processing Therapy
47	Assisted Outpatient Treatment Grant (AOT-Grant)
48	Prevention and Recovery from Early Psychosis (PREP - FEP Grant)
49	PRIME for Life-Prevention and Early Intervention
50	DIMENSIONS
51	Child Parent Relationship Therapy
52	Parent-Child Interaction Therapy
53	Cognitive Behavioral Therapy (CBT) - Beck Institute
54	Attachment Based Family Therapy (AFBT)
55	Child Parent Psychotherapy
56	Modified Therapeutic Community (MTC)
57	TCU-Mapping Enhanced Counseling
58	Solution Focused Brief Therapy (SFBT)
59	Cognitive Behavioral Therapy for Psychosis (CBTp)
60	Mind Body Bridging
97	Unknown
98	Not Applicable
=	Criminogenic Risk Specific
=	Trauma Specific
*	Trauma Informed

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Different combinations of evidence-based practices are available throughout the State related to variations in regional needs, training, clinical preference, and financing.