

EVIDENCE BASED PRACTICES BOOKLETS

An evidenced based practice (EBP) is one supported by rigorous research, demonstrating its effectiveness, and replicated with positive outcomes. These were created to educate health care and behavioral health providers on specific approaches to use when addressing behavioral health needs.

Each booklet will explain:

- What is the EBP
- Reasons for use
- How to use it
- Expected Outcomes
- Further Reading and Resources

Motivational Interviewing

Motivational interviewing (MI) is an evidence-based style of communication used in counseling that emphasizes behavioral change by using techniques and strategies like reflective listening, shared decision-making, and eliciting change talk.

Contingency Management

Contingency management (CM) is a type of behavioral therapy that is often referred to as “motivational incentives.” It is rooted in operant conditioning, a concept from behavioral psychology.

Medication Assisted Treatment

Medication-assisted treatment (MAT) is a treatment for substance use disorder (SUD) that uses a combination of medications, counseling, and behavioral therapies.

What Are Opioids?

Opioids are a class of drugs used to reduce pain. Opioids produce high rewards but also large negative consequences. For many, positive feelings received from opioids outweigh the consequences.

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are potentially traumatic events that occur during childhood (aged 0-17). These experiences can create many negative consequences.

Cognitive Behavior Therapy

Cognitive behavioral therapy (CBT) is an evidence-based psychotherapeutic approach to treating mental and behavioral health conditions.

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