

Program Inventory Department of Mental Health & Substance Abuse Services  
Updated 2/26/2020  
Pilot Inventory of Programs for Substance Abuse Services

This inventory provides information about services and programs offered by the Department of Mental Health & Substance Abuse Services for individuals with substance use disorders. Rigorous research informs the spectrum of ratings from the lowest level, proven harmful, to the highest level, proven effective. Key outcomes including Justice Involvement, Substance Abuse, Housing & Employment, and Treatment Retention are only a few of the many outcomes that are measured by this research and the cells underneath indicate the impact the program has on the stated outcome (either increase / decrease). An “\*” Indicates that the research has not measured that stated outcome. More information is available at the bottom of the inventory.

				Key Outcomes								
Program Name	Description	Rating	Source of Evidence	Justice Involvement	Substance Abuse	Housing & Employment	Treatment Retention	Average Duration of Program	Program Frequency/Intensity	Delivery Setting	Target Population	Other Sources of Research
<b>A Woman's Path to Recovery</b>	A Woman's Path to Recovery is a clinician-led program for women with substance abuse. It can also be used to address behavioral addictions, such as shopping and eating addictions.	Promising	<a href="#">NREPP</a>	*	Decreased	*	*	12 sessions over 8 - 12 weeks	90 minutes per week	Outpatient	Adult women, 18 years of age and older with a substance use disorder, cooccurring disorder, and other compulsive issues	
<b>Acudetox</b>	Acudetox is a method of acupuncture that targets specific points on the ear involving detox and craving pathways.	Theory Based	N/A	*	*	*	*	Individualized	Daily, for 40-45 minutes, in early stages of treatment	Inpatient Outpatient Residential Facility	Adults, 18 years of age and older with a substance use disorder	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153313/pdf/sar-7-169.pdf">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5153313/pdf/sar-7-169.pdf</a>
<b>Art Therapy</b>	Art Therapy allows a patient to express him/herself through a non-verbal, imaginative, and creative exercises. The American Art Therapy Association (AATA) specifically acknowledges the role that art therapy can play in managing addictions (American Art Therapy Association, 2014).	Theory Based	N/A	*	*	*	*	Individualized	Client determines frequency/duration	Inpatient Outpatient Residential Facility	Individuals who have a history of trauma and/or substance abuse and/or co-occurring disorder	
<b>Assessments &amp; Screening for substance use disorders</b>	Assessments and Screenings are evaluations used to understand if individuals exhibit features of drug misuse or abuse. Where symptoms are evident, results allow practitioners to prescribe a course of treatment that best suits their needs. Examples may include: Addiction Severity Index, University of Rhode Island Change Assessment Scale (URICA), Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES), CAGE-AID, AC-OK Screen for Co-Occurring Disorders, Modified Mini Screen, COMPASS EZ	Proven Effective	<a href="#">NIDA</a>	*	*	*	*	Unique to assessment and/or screening tool	Length of time varies per screening tool	Inpatient Outpatient Residential Facility	Adults, 18 years of age and older who have a history of trauma and/or substance abuse disorder	Assessments allow for evidence-based practices to apply to the right person, at the right time, in the right setting. NIDA provides resources regarding evidence-based, age appropriate, substance specific screening tools for use by individual practitioners.
<b>Community Reinforcement Approach</b>	Community Reinforcement Approach (CRA) is a 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. Developed in accordance with the belief that these environmental contingencies play a crucial role in an individual's addictive behavior and recovery, CRA utilizes familial, social, recreational, and occupational events to support the individual in changing his or her drinking/using behaviors and in creating a successful sobriety.	Promising	<a href="#">CEBC</a>	*	*	*	*	12-16 weeks	One hour per week	Hospital Inpatient Outpatient Residential Facility	Adults, 18 years of age and older who have a primary diagnosis of any Substance-Related Disorder (DSM-IV-R); individuals with co-occurring disorders also respond well to this approach	
<b>Dialectical Behavior Therapy</b>	Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem-solving focus blended with acceptance-based strategies, and an emphasis on dialectical processes. "Dialectical" refers to the issues involved in treating patients with multiple disorders and to the type of thought processes and behavioral styles used in the treatment strategies.	Proven Effective	<a href="#">NREPP</a>	*	Decreased	*	Increased	Individualized	Minimum of weekly	Inpatient Outpatient Other Community Setting	Adults, 18 years of age and older with substance use disorders, Individuals with eating disorders, Individuals with comorbid HIV and substance use disorders, individuals with schizophrenia, women experiencing domestic violence, violent intimate partners, inpatient and partial hospitalization, forensic settings	
<b>Equine-Assisted Therapy</b>	Equine-Assisted Therapy (EAT) encompasses a range of treatments that involve activities with horses and other equines to promote human physical and mental health.	Theory Based	N/A	*	*	*	*	Individualized, 1-5 sessions	Short-term, 1-5 sessions	Inpatient Outpatient Residential Facility	Adults, 18 years of age and older who have a history of trauma and/or substance abuse disorder	<a href="https://search.informit.com.au/fullText;dn=673289488260385;res=IELHEA">https://search.informit.com.au/fullText;dn=673289488260385;res=IELHEA</a>
<b>Eye Movement Desensitization and Reprocessing (EMDR)</b>	Eye Movement Desensitization and Reprocessing (EMDR) therapy is an 8-phase psychotherapy treatment that was originally designed to alleviate the symptoms of trauma. During the EMDR trauma processing phases, guided by standardized procedures, the client attends to emotionally disturbing material in brief sequential doses that include the client's beliefs, emotions, and body sensations associated with the traumatic event while simultaneously focusing on an external stimulus. Therapist-directed bilateral eye movements are the most commonly used external stimulus, but a variety of other stimuli including hand-tapping and audio bilateral stimulation are often used.	Proven Effective	<a href="#">NREPP</a>	*	*	*	*	Major gains are apparent within a few weeks ranging from 3-12 sessions.	Usually one 50- or 90-minute session per week	Hospital Outpatient Residential Facility School	Adults, 18 years of age and older who have experienced trauma; particularly those who have posttraumatic stress disorder (PTSD), posttraumatic stress, phobias, and other mental health disorders	<a href="https://www.cebc4cw.org/program/eye-movement-desensitization-and-reprocessing/detailed">https://www.cebc4cw.org/program/eye-movement-desensitization-and-reprocessing/detailed</a>

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<b>Helping Men Recover: A Program for Treating Addiction (HMR)</b>	Helping Men Recover is a gender-responsive, trauma-informed treatment program for men. The program model is organized into four modules that emphasize the core areas of men's recovery: Self, Relationships, Sexuality, and Spirituality	Theory Based	<a href="#">CEBC</a>	*	Decreased	*	*	18 sessions over 2-5 months	90 minute session 1-2 times per week	Outpatient Inpatient Residential Facility Corrections Court	Adult men, 18 years of age and older with a substance use disorder	
<b>Living in Balance</b>	Living in Balance teaches participants how to move from a life of Addiction to a Life of Recovery. It is a manual-based, comprehensive addiction treatment program that emphasizes relapse prevention.	Proven Effective	<a href="#">NREPP</a>	Decreased	Decreased	*	Increased	12 weeks	1.5-2 hour sessions per week	Outpatient Correctional	Adults, 18 years of age and older who have a history of trauma and/or substance abuse disorders	
<b>Living in Balance Co-occurring Disorders</b>	Living in Balance sessions focus on topics related to co-occurring disorders, including treatment, phases of dual recovery, self-help groups, medication use, relapse prevention, and more. Co-occurring Disorders Sessions can be used as a supplement to Core Program by allowing a counselor to integrate a client's mental health disorder treatment into his or her addiction treatment program.	Proven Effective	<a href="#">NREPP</a>	Decreased	Decreased	*	Increased	10 client sessions, approximately 8 weeks	Recovery curriculum covering 3 sessions per week	Outpatient Corrections	Adults, 18 years of age and older with a substance use disorder and a mental health disorder	
<b>Matrix Model Intensive Outpatient Program for Adults</b>	The Matrix Model is an intensive, outpatient treatment approach for individuals with substance use disorders. The intervention integrates aspects of several treatment approaches, including cognitive-behavioral therapy, contingency management, motivational interviewing, 12-step facilitation, family involvement, and supportive/person-centered therapy.	Promising	<a href="#">CEBC</a>	*	*	*	*	16 weeks	3 hours per day, 3 days per week  Intensive Outpatient Program (IOP) requires a minimum of 3 hours per day/3 days per week	Inpatient Outpatient Residential Facility	Adults, 18 years of age and older with a substance abuse disorder	<a href="https://web.archive.org/https://www.nrepp.samhsa.gov/ProgramProfile.aspx?id=182">https://web.archive.org/https://www.nrepp.samhsa.gov/ProgramProfile.aspx?id=182</a>
<b>Medication-Assisted Treatment - Buprenorphine</b>	Medicated-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. Buprenorphine/buprenorphine/naloxone is an opiate substitution treatment for opioid dependence. It is a daily medication generally provided in addition to counseling therapies. Buprenorphine/buprenorphine/naloxone is a partial agonist that suppresses withdrawal symptoms and blocks the effects of opioids. Buprenorphine can be prescribed in office-based settings by physicians that have completed a special training.	Proven Effective	<a href="#">WSIPP</a>	*	Decreased	*	Increased	Individualized	Daily	Outpatient Other Community Setting	Adults, 18 years of age and older with an opioid use disorder	<a href="https://www.crimelutions.gov/PracticeDetails.aspx?ID=94">https://www.crimelutions.gov/PracticeDetails.aspx?ID=94</a>
<b>Medication-Assisted Treatment - Long Acting Injectable (Community)</b>	Medicated-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. Long-acting injectable naltrexone is used as an alcohol or opiate antagonist to treat alcohol or opiate dependence. Naltrexone is an antagonist that blocks the euphoric effects of alcohol or opiates, and patients do not develop tolerance or experience withdrawal symptoms when they stop taking the drug. It is intended to reduce cravings and prevent relapse. Patients also receive counseling therapies such as cognitive behavioral treatment or motivational enhancement therapy.	Promising	<a href="#">WSIPP</a>	Decreased	Decreased	*	*	1-6 months	Monthly Injection	Other Community Setting	Adults, 18 years of age and older with an opioid use disorder and/or an alcohol use disorder.	<a href="https://www.crimelutions.gov/ProgramDetails.aspx?ID=101">https://www.crimelutions.gov/ProgramDetails.aspx?ID=101</a>
<b>Medication-Assisted Treatment - Long Acting Injectable (Jail)</b>	Medicated-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. Long-acting injectable naltrexone is used as an alcohol or opiate antagonist to treat alcohol or opiate dependence. Naltrexone is an antagonist that blocks the euphoric effects of alcohol or opiates, and patients do not develop tolerance or experience withdrawal symptoms when they stop taking the drug. It is intended to reduce cravings and prevent relapse. Patients also receive counseling therapies such as cognitive behavioral treatment or motivational enhancement therapy.	Promising	<a href="#">WSIPP</a>	Decreased	Decreased	*	*	1-6 months	Monthly Injection	Corrections	Adults, 18 years of age and older with an opioid use disorder and/or an alcohol use disorder.	<a href="https://www.nejm.org/doi/full/10.1056/NEJMoa1505409#t=abstract">https://www.nejm.org/doi/full/10.1056/NEJMoa1505409#t=abstract</a>
<b>Moral Reconation Therapy</b>	Moral Reconation Therapy is a 12-step program that utilizes a cognitive behavioral therapy that leads to enhanced moral reasoning and better decision-making.	Promising	<a href="#">NREPP</a>	Decreased	*	*	*	12 steps	1-2 times per week	Corrections	High risk offenders	

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				Justice Involvement	Substance Abuse	Housing & Employment	Treatment Retention					
<b>Motivational Enhancement Therapy (MET)</b>	Motivational Enhancement Therapy (MET) a counseling approach that helps individuals resolve their ambivalence about engaging in treatment and stopping their drug use.	Proven Effective	<a href="#">NREPP</a>	Decreased	Decreased	*	*	Individualized	Assessment, followed by 2-4 individual treatment sessions	Inpatient Residential Facility Outpatient School	Individuals who are engaged in treatment for a substance use disorder	
<b>Motivational Interviewing</b>	Motivational Interviewing (MI) is a client-centered, directive method designed to enhance client motivation for behavior change. It focuses on exploring and resolving ambivalence by increasing intrinsic motivation to change. MI can be used by itself, as well as in combination with other treatments. It has been utilized in pretreatment work to engage and motivate clients for other treatment modalities.	Proven Effective	<a href="#">CEBC</a>	*	Decreased	*	Increased	1-2 sessions	30-50 minutes each session; brief interventions have also been supported by research	Corrections Outpatient School Other community settings	Adults, 18 years of age and older with a serious mental illness, mental illness, cooccurring disorder, or substance abuse disorder; who are incarcerated or at risk of incarceration; and who would benefit from referral and linkage to behavioral health, and other recovery and supportive services.	
<b>Nurturing Parenting Program</b>	The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.	Promising	<a href="#">NREPP</a>	Decreased	*	*	*	12-23 Sessions	2.5-3 hours per week	Home Other Community Setting	Targets all families at risk for abuse and neglect with children birth to 18 years.	<a href="https://www.cebc4cw.org/program/nurturing-parenting-program-for-parents-and-their-school-age-children-5-to-12-years/">https://www.cebc4cw.org/program/nurturing-parenting-program-for-parents-and-their-school-age-children-5-to-12-years/</a>
<b>PRIME for Life</b>	PRIME For Life (PFL) is a motivational intervention used in group settings to prevent alcohol and drug problems or provide early intervention. PFL has been used primarily among court-referred impaired driving offenders. It also has been adapted for use with military personnel, college students, middle and high school students, and parents.	Proven Effective	<a href="#">NREPP</a>	Decreased	*	*	*	12 - 20 hours in duration	12 - 20 hours	Other Community Setting	Court-referred impaired driving offenders	
<b>Prolonged Exposure Therapy for Posttraumatic Stress Disorders</b>	Prolonged Exposure Therapy is an intervention strategy commonly used in cognitive behavioral therapy to help individuals confront fears. Prolonged exposure is a specific type of cognitive behavioral therapy that teaches individuals to gradually approach trauma-related memories, feelings and situations.	Proven Effective	<a href="#">NREPP</a>	*	*	*	*	8 to 15 sessions over 3 months	One time per week	Outpatient Other community settings	Individuals who have experienced trauma and have PTSD	
<b>Recovery Coaching</b>	The Recovery Coach (RC) program is an intensive, community-based case management intervention for people who have entered an addiction treatment program or need support to access treatment. The program is designed as an integrated component of a comprehensive addiction treatment continuum. The primary purpose of the recovery coach program is to help individuals gain access to needed resources, services, or supports that will help them achieve recovery from their substance use disorder (SUD).	Theory Based	<a href="#">CEBC</a>	*	*	*	*	1-3 months on average	2 to 3 contacts a week for the first four weeks and weekly thereafter	Other Community Setting	Adults, 18 years of age and older who have a primary substance use disorder (co-occurring conditions are expected)	
<b>Relapse Prevention Therapy</b>	Relapse Prevention Therapy (RPT) is a behavioral self-control program that teaches individuals with substance addiction how to anticipate and cope with the potential for relapse. RPT can be used as a stand-alone substance use treatment program or as an aftercare program to sustain gains achieved during initial substance use treatment.	Proven Effective	<a href="#">NREPP</a>	*	Decreased	*	*	Individualized	As needed	Outpatient	Individuals with less than 12 months of sobriety	
<b>Seeking Safety</b>	Seeking Safety is a present-focused, counseling model, coping skills therapy to help people attain safety from trauma and/or substance abuse.	Promising	<a href="#">CEBC</a>	*	*	*	*	25 modules	1-1.5 hour sessions per week	Hospital Outpatient Inpatient Residential Facility School	Adults, 18 years of age and older who have a history of trauma and/or substance abuse disorder	

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<b>Solution-Focused Group Therapy</b>	Solution-Focused Group Therapy (SFGT) is a strengths-based group intervention for clients in treatment for mental or substance use disorders that focuses on building solutions to reach desired goals.	Promising	<a href="#">NREPP</a>	*	*	*	*	6-12 sessions	90 minutes per week	Outpatient	Adults, 18 years of age and older with a substance use disorder.	
<b>Strengthening Families</b>	The Strengthening Families Program (SFP) is an evidence-based parenting program designed to help parents and kids develop happier family relationships, improve mental health outcomes, and help decrease youth alcohol and drug use, violence, and delinquent behavior.	Proven Effective	<a href="#">NREPP</a>	*	*	*	*	10-14 weeks	2 hours per week	Home Inpatient Outpatient School	Families, no specific risk criteria needed	
<b>Strengths-Based Case Management</b>	The Strengths-Based Case Management model recognizes that the ultimate goal of a case manager goes beyond just accessing services. In a strengths-based clinical case management model, case managers focus on empowering clients and their families. Case management and clinical services focus on creating client opportunities for growth, education, and skill development.	Proven Effective	<a href="#">NREPP</a>	*	*	*	Increased	Maximum of 5 sessions over a limited, predetermined period	Average 90 minute session, with some requiring more than 2 hours	Inpatient Outpatient Residential Facility Other Community Settings	Adults, 18 years of age and older with a serious mental illness, mental illness, cooccurring disorder, or substance abuse disorder; who are incarcerated or at risk of incarceration; and who would benefit from referral and linkage to behavioral health, and other recovery and supportive services.	
<b>Thinking for a Change (T4C)</b>	Thinking for a Change 4.0 (T4C) is an integrated cognitive behavioral change program. T4C incorporates research from cognitive restructuring theory, social skills development, and the learning and use of problem solving skills.	Promising	<a href="#">Crime Solutions</a>	Decreased	*	*	*	25 lessons for 32 hours	1-3 times per week	Other Community Setting	Offenders	
<b>Thought Field Therapy</b>	Thought Field Therapy™ (TFT) is an energy-based form of psychotherapy designed to reduce symptoms of psychological distress by manipulating how energy flows in the body. TFT is based on the premise that bodies consist of energy fields and that imbalances in this system cause physical and emotional issues.	Proven Effective	<a href="#">NREPP</a>	*	*	*	*	Individualized	30-90 minute sessions	Hospital Residential Facility Outpatient Inpatient Home School	Adults, 18 years of age and older who have experienced trauma	
<b>Twelve-Step Facilitation Therapy</b>	Twelve-Step Facilitation Therapy is an active engagement strategy designed to increase the likelihood of a substance abuser becoming affiliated with and actively involved in Twelve-Step self-help groups.	Proven Effective	<a href="#">NREPP</a>	*	Decreased	*	*	12 to 15 sessions	Once per week, focusing on Steps 1 - 5	Inpatient Outpatient	Adults with an alcohol use disorder.	
<b>Wellness Recovery Action Plan (WRAP)</b>	Wellness Recovery Action Plan (WRAP) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination.	Proven Effective	<a href="#">NREPP</a>	*	*	*	*	Individualized	A plan for client to incorporate into their daily life	Residential Facility Outpatient Other Community Setting	Adults, 18 years of age and older who have a history of trauma and/or substance abuse disorder	<a href="https://journals.sagepub.com/doi/10.1177/1745691612447309">https://journals.sagepub.com/doi/10.1177/1745691612447309</a>

Rating	Definition
<b>Proven Effective</b>	A program or service that is proven effective has a high level of research on effectiveness for at least one outcome of interest, determined through multiple qualifying evaluations—high-quality experimental or quasi-experimental studies—outside of Tennessee or one or more qualifying Tennessee-based evaluations.
<b>Promising</b>	A program or service that is promising has some research demonstrating effectiveness for at least one outcome of interest, such as a single qualifying evaluation that is not contradicted by other such studies but does not meet the full criteria for the proven effective designation.
<b>Theory-Based</b>	A program or service that is theory-based has no qualifying evaluations on effectiveness. These programs typically have a well-constructed theory of change and may have other evidence but do not meet the above criteria.
<b>Mixed Effects</b>	A program or service that has mixed effects has a high level of research on the effectiveness of multiple outcomes; however, the outcomes have contradictory effects, determined through multiple qualifying evaluations outside of Tennessee or one or more qualifying Tennessee-based evaluation.
<b>No Effect</b>	A program or service that has no evidence of effect has no impact on the measured outcome.
<b>Proven Harmful</b>	A program or service that is proven harmful has a high level of research that shows participation negatively impacts outcomes of interest, determined through multiple qualifying evaluations outside of Tennessee or one or more qualifying Tennessee-based evaluation.

Impact on Outcomes	Definition
<b>Increased</b>	Research indicates that the impact of the stated program on this outcome is an increase.
<b>Decreased</b>	Research indicates that the impact of the stated program on this outcome is a decrease.
<b>Neutral</b>	Research indicates that the impact of the stated program on this outcome is neither an increase nor a decrease.
<b>*</b>	Research is either not available, or the research that has been conducted does not measure the effect of the program on this particular outcome.