

Behavioral Interventions and Approaches

Behavioral Interventions and Approaches	Substance Use Disorder(s)	Mental Health Condition(s)	Availability by Profession and Training
Motivational Enhancement Therapy (MET): Is a counseling approach that helps individuals resolve their ambivalence about engaging in treatment and stopping their drug use.	Alcohol, Marijuana, and Nicotine. Mixed results for heroin, cocaine, and nicotine *Effective at engaging all individuals in treatment	Mental health and chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health.	MINT Training available across multiple professions.
Cognitive Behavioral Therapy (CBT): is designed to modify harmful beliefs and maladaptive behaviors.	Substance Use Disorders (Alcohol, Cocaine, Nicotine, Marijuana, Methamphetamines)	Depression, Anxiety Disorders, Adjustment Disorders, and Mood Disorders	LPC, LCSW, LMFT, Psychologists, some Licensed Alcohol and Drug Abuse Counselors
Dialectical Behavioral Therapy (DBT): is designed specifically to reduce self-harm behaviors including suicidal attempts, thoughts, or urges; cutting; and drug use.	Substance Use Disorders (all)	Borderline personality disorder, depression, bipolar, PTSD, Bulimia, binge eating.	LPC, LCSW, LMFT, and Psychologist. The Linehan Board of Certification has developed certification standards for clinicians.
Seeking Safety (SS): A present-focused therapy where patients learn behavioral skills for coping with trauma/post-traumatic stress disorder and substance use disorder.	Substance Use Disorders (all)	Trauma and PTSD	Anyone can conduct Seeking Safety. It does not require any specific degree, licensure, or certification Manualized Training is available.
Contingency Management Interventions/Motivational Incentives: Involves giving patients tangible rewards to reinforce positive behaviors such as abstinence.	Alcohol, stimulants, marijuana, opiates, and nicotine	None	Program progress tracked by team. Voucher based reinforcement or prize incentives

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Digital Therapy: ReSET ReSET-O: The Food and Drug Administration approved to treat substance use disorders. The intention is for patients to use it with outpatient therapy to treat. The device delivers CBT to patients to teach skills that aid in the treatment in substance use disorders and increase retention in outpatient therapy program.	Alcohol, cocaine, marijuana, stimulant, and opioid use disorders	None	A licensed clinician prescribes reSET via the enrollment form, which includes an email address for the patient.
Matrix Model (MM): A framework for engaging people with stimulant use disorders in treatment and helping them achieve abstinence. Patients learn about issues critical to addiction and relapse, receive direction and support.	Methamphetamine and Cocaine	None	LPC, LSW, LMFT, Psychologist and licensed/certified alcohol and drug counselors, case workers
Assertive Community Treatment (ACT): Integrates behavioral treatments for severe mental illnesses co-occurring substance use disorders. ACT has a smaller caseload size, team management, outreach emphasis, a highly individualized approach, and an assertive approach to maintaining contact with patients.	Substance Use Disorders (co-occurring with other mental illness or problems)	Schizophrenia, Bipolar, Depression, and Anxiety Other: homelessness, criminal justice systems, frequent hospitalizations	Mobile mental health treatment teams often include a team leader, psychiatrist with nurse practitioner or physician assistance, substance abuse specialist, vocational specialists, and peer specialist.
Exposure Therapy: A behavioral treatment that involves repeated exposure to a feared situation, object, traumatic event, or memory. Exposure can be real, visualized, or simulated, and is always contained in a controlled therapeutic environment. This is treatment for Post-Traumatic Stress Disorder (PTSD) that frequently co-occurs with cocaine use disorder.	Cocaine Use Disorder	Anxiety disorders (phobias and PTSD)	LPCs, MSW, LMFT, Psychologist training in exposure therapy needed for required dosage and experience setup.