

Evidenced Based Practices to be Utilized with the Proposed Pregnant and Parenting Women Project –
Henrico, Charles City and New Kent County Collaboration

Cognitive Behavioral Therapy - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2897895/>

Seeking Safety - <https://www.samhsa.gov/resource/dbhis/seeking-safety>

Motivational Interviewing - <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/motivational-interviewing-recovery>

Medication Assisted Treatment - <https://www.samhsa.gov/medications-substance-use-disorders>

Contingency Management - <https://www.psychiatrytimes.com/view/contingency-management-is-a-powerful-clinical-tool-for-treating-substance-use-research-evidence-and-new-practice-guidelines-for-use>

Nurturing Parenting Curriculum - <https://www.nurturingparenting.com/nrepp.html>

Peer Support - https://smiadviser.org/knowledge_post/is-peer-support-an-evidence-based-practice#:~:text=Yes%2C%20peer%20support%20is%20an%20evidence%2Dbased%20practice.

Harm Reduction - <https://www.hhs.gov/overdose-prevention/harm-reduction>

Eye Movement Desensitization and Reprocessing (EMDR) -
https://www.ptsd.va.gov/family/how_help_emdr.asp

All of the above interventions are delivered in a trauma informed manner.

Emerging Practice to be Utilized with Proposed Pregnant and Parenting Women Project

AcuDetoX -

[https://medicine.yale.edu/psychiatry/newsandevents/cmhcacupuncture/#:~:text=The%20five%20points%20are%3A%20\(1,detoxification%2C%20blood%20purification%2C%20and%20to](https://medicine.yale.edu/psychiatry/newsandevents/cmhcacupuncture/#:~:text=The%20five%20points%20are%3A%20(1,detoxification%2C%20blood%20purification%2C%20and%20to)