

Proposed Evidence-Based Service/Practice

Evidence Based Practice	Target Population	Expected Outcomes
Medication Assisted Treatment (https://www.samhsa.gov/medications-substance-use-disorders)	Adults with OUD	Medications for treatment of addiction provide neurological stability and reduce risk of relapse. Reduces risk of overdose in Opioid users.
Motivational Interviewing (https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-02-02-014.pdf)	Individuals with SMI, SED, SUD, COD, Adults and Youth.	Assists with engagement of and ambivalence within consumers seeking treatment for both behavioral and physical health concerns.
Cognitive Behavioral Therapies (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5797481/)	Individuals with SMI, SED, SUD, COD, Adults and Youth.	Supports increasing levels of self-determination and independence through symptom management tools.
Eye Movement Desensitization and Reprocessing (EMDR) (https://www.emdr.com/research-overview/)	Adults and youth with trauma-related MH issues	Enables individuals to heal from the symptoms of emotional distress that are the result of disturbing life experiences.

Based on the Virginia DBHDS requirements, each EBP was chosen to meet the needs of the local population, characterized by significant numbers of individuals with high rates of substance use and co-occurrence. The following EBPs are proposed to maximize the quality and effectiveness of services and outcomes for the local population. Each of the listed evidence-based practices above will be accessible to individuals with OUD in MAT services. It will be the responsibility of the clinical staff to ensure each are delivered in compliance and according to fidelity and take appropriate reporting action if modification is needed.