

# Supporting Information for Evidenced-based and Evidence-informed Practices

The Eastern Shore Community Services Board (ESCSB) uses both evidence based and evidence informed practices. Below are links and descriptions of those services/practices.

The research informed program the ESCSB uses is SMART Recovery for both individual and group treatment as well as recovery services. The website that describes these services is:

<https://www.smartrecovery.org/>

## **A description of the SMART Recovery Treatment Manual is below:**

Addiction and Co-Occurring Disorders from a SMART Recovery® Perspective: A Manual for Group Therapists by Dawn Adamson, RN, CPMHN(c), CARN, and A.G. Ahmed, MD, FRCP

Designed for use by addiction professionals working with those with co-occurring disorders, this easy-to-use therapy manual includes 35 sessions of helpful group exercises with a strong scientific base. The group therapy format used is particularly desirable for front-line treatment programs. Each session includes discussion, exercises and/or role-plays, questions for the facilitator to pose to the group for discussion, and self-help homework.

The material presented aims to engage individuals in the recovery process, help increase individual insight, motivate and sustain change through education and skill development. The program has been adapted for delivery in community settings with individuals with co-occurring disorders.

Chapter topics include: Getting Started/Motivated (4 sessions); Changing Your Beliefs (8 sessions); Coping with Cravings (10 sessions); Following Through (9 sessions); and 8 optional sessions address drug facts, definitions, relationship between drug use, mental disorder and offending behavior, and more.

Spiral bound.

282 pp. <https://shop.smartrecovery.org/products/addiction-co-occurring-disorders-from-a-smart-recovery-perspective>

## **A description of the SMART Recovery Support Groups the ESCSB provide:**

The Facilitator's Manual also includes chapters on facing challenging situations, developing your skills as a SMART Recovery facilitator, a guide to present SMART Recovery tools to a new group, answers to frequently asked questions during meetings, and more. Coil-bound to lay flat, the Facilitator's Manual 2nd Edition is designed to be a handy reference resource during your meetings as well.

[https://shop.smartrecovery.org/products/smart-recovery-facilitators-manual?pr\\_prod\\_strat=copurchase&pr\\_rec\\_id=727d9febf&pr\\_rec\\_pid=7527554580618&pr\\_ref\\_pid=7526773653642&pr\\_seq=uniform](https://shop.smartrecovery.org/products/smart-recovery-facilitators-manual?pr_prod_strat=copurchase&pr_rec_id=727d9febf&pr_rec_pid=7527554580618&pr_ref_pid=7526773653642&pr_seq=uniform)

The evidence based practices we will be utilizing are:

### **Medication Assisted Treatment**

<https://www.samhsa.gov/medications-substance-use-disorders/medications-counseling-related-conditions>

The Food and Drug Administration (FDA) has approved several different medications to treat Alcohol and Opioid Use Disorders. These relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. Medications used for treatment are evidence-based treatment options

### **Cognitive Behavioral Therapy**

<https://www.columbiadoctors.org/treatments-conditions/cognitive-behavioral-therapy-cbt>

Cognitive Behavioral Therapy (CBT) is an evidence-based treatment for a wide range of conditions, including anxiety disorders, mood disorders, eating disorders, psychotic disorders, and insomnia.

CBT is typically a focused therapy over a limited period of time in which the patient and provider work collaboratively on agreed-upon goals.

CBT can consist of individual therapy and/or group therapy.