

Mental Health	
Adult Rehabilitative Mental Health Services (ARMHS)	A set of services that were developed to bring recovery-oriented interventions to individuals with mental illness. Services include basic living and social skills, certified peer specialist services, community intervention, functional assessment, an individual treatment plan, medication education, and transition to community living services.
Attachment Biobehavioral Catch-up	Attachment and Biobehavioral Catch-up (ABC) is a multi-component intervention aimed at helping caregivers interpret their children's behavioral signals, provide responsive and predictable environments, and decrease behaviors that could overwhelm or frighten a young child. ABC targets parents/caregivers of children ages 0-2.
Attachment-Based Family Therapy	Addresses the problems that emerge when processes such as family conflict, detachment, harsh criticism, or traumas (e.g., abandonment, neglect, abuse) rupture the secure base of family life, denying youths the normative developmental protective context.
Behavioral parent training (BPT) for children with ADHD	This is a brief intervention that involves psychoeducation on mental health disorders and teaching parents behavior management techniques, such as reinforcement, communication skills, and teacher correspondence.
Brief Strategic Family Therapy (BSFT)	BSFT is a brief intervention used to treat adolescent drug use that occurs with other problem behaviors. These co-occurring problem behaviors include conduct problems at home and at school, oppositional behavior, delinquency, associating with antisocial peers, aggressive and violent behavior, and risky sexual behavior.
Child Parent Relationship Therapy	A play-based treatment program involving parents in the therapeutic process. Teaches parents skills to respond more effectively to their child's needs. In turn, children learn they can count on their parents to meet their needs for love, acceptance, safety, and security.
Child-Parent/Infant-Parent Psychotherapy	A dyadic, relationship-based treatment for parents, infants, and young children designed to improve relationships in the wake of incidences of domestic violence and trauma. To prevent compromised development that can lead to later maladaptation and psychopathology, it seeks to correct the insecurities that have developed in maltreating parents from negative experiences.
Cognitive Behavioral Therapy (CBT) for adults with mental illness	Cognitive-behavioral therapies (CBT) include various components, such as cognitive restructuring, behavioral activation, emotion regulation, communication skills, and problem-solving. It's a part of many services and has been shown effective in many forms of mental illness. CBT is a form of psychotherapy. There are many different forms of CBT to address specific diagnoses (anxiety, PTSD, trauma, etc.).
Cognitive Behavioral Therapy (CBT) for youth	Refers to a variety of combinations of cognitive and behavioral therapies, which are often adapted to address specific diagnoses. Programming focuses on discussing and restructuring individual perceptions and behaviors in challenging situations. The Therapist may provide guidance on emotional regulation, communication skills, and problem solving. Many different forms of CBT exist. Common models include Thinking for a Change, Becoming a Man, and Carey Guides, Coping Cat, Coping Koala, Coping With Depression - Adolescent (CWD-A), Primary and Secondary Control Enhancement Training (PASCET), and Treatment for Adolescents with Depression (TADS).
Cognitive behavioral therapy (CBT) plus antidepressants for adolescent depression	A combination of cognitive-behavioral therapy (cognitive restructuring, engagement in pleasurable activities, emotion regulation, communication skills, and problem-solving) with antidepressants.
Crisis Nursery	Crisis Nursery is a family support program that provides temporary, short-term care for children while families address a crisis situation. Each crisis nursery offers a range of emergency and follow-up services that support the unique needs of caregivers and the infants and young children they serve.
Crisis Text Line	In April 2018, DHS replaced the Txt4Life program with Crisis Text Line, making it available in all MN counties. By texting "MN" to 741741 an individual in distress is connected to a trained counselor who can offer help and connect them to community resources.
Critical Time Intervention (CTI)	Time-limited case management model that is designed to support continuity of care and community integration for persons with severe mental illness who are transitioning from institutional settings. The service connects individuals to community resources and long-term supports.
Dialectical Behavior Therapy (DBT) for adolescent self-harming	A treatment program that uses a combination of individualized rehabilitative and psychotherapeutic interventions. A DBT IOP involves weekly therapy, weekly group skills training, telephone coaching as needed and weekly consultation team meetings.
Dialectical Behavior Therapy (DBT) for adults	DBT is a form of psychotherapy for treating patients with complex co-occurring disorders. A combination of individualized rehabilitative and psychotherapeutic interventions to treat dysfunctional coping behaviors emphasizes behavioral change, problem solving, and mindfulness.
Early Childhood Mental Health Consultation	A mental health prevention service focused on building adults' capacity to support young children's emotional development. It includes training, reflective consultation, and skill building.
Eye movement desensitization and reprocessing (EMDR) for Children with PTSD	Originally designed to alleviate symptoms of trauma, EMDR also reduces symptoms of posttraumatic stress in children who have been diagnosed with posttraumatic stress disorder (PTSD). 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.

Family Psychoeducation	Family psychoeducation services are planned, structured and face-to-face interventions that involve presenting or demonstrating information. The goal of family psychoeducation is to help prevent relapse or development of comorbid disorders and to achieve optimal mental health and long-term resilience.
First Episode Psychosis Program	A coordinated specialty care team promotes shared decision-making to create a personal treatment plan with the individual served. Using this plan, specialists offer psychotherapy, medication management, family education and support, skills training, and work or education support.
Forensic Assertive Community Treatment (ACT)	A specialized ACT Team that services individuals transitioning and re-entering the community from correctional facilities.
Generation PMTO / After Deployment Adaptive Parenting Tools (ADAPT)	A group parent training intervention which aims to teach effective family management skills in order to reduce antisocial and problematic behavior in children.
Illness Management and Recovery (IMR)	IMR includes educating recipients about mental illness and treatment including recovery strategies, stress management, medication use, social support, and developing relapse plans.
Intensive Family Therapy	Intensive Family Therapy is a form of therapy delivered in-home that is intended to increase stability at home and in the community for family members experiencing emotional and behavioral difficulties. Typically, medical necessity for in-home family therapy must be identified through diagnostic assessment.
Intensive In Home Therapy	A form of therapy (also called systemic family therapy or in-home family therapy) intended to increase stability at home and in the community for family members experiencing emotional and behavioral difficulties. Typically, medical necessity for in-home family therapy must be identified through diagnostic assessment.
International Center for Clubhouse Development (ICCD) Clubhouse Model	A day treatment program for rehabilitating adults diagnosed with a mental illness. The program contributes to the recovery of individuals through use of a therapeutic environment, employment support, peer relationships, education, and housing. Clients, or members, assist staff in managing operations at the clubhouse.
Mental Health Medication Management	Provides education for individuals on multiple medications. A trained pharmacist educates patients on how to take their medication and potential interactions and side effects.
Mentoring	Pairs at risk youth with adult mentors. Programs are designed to reduce risk factors (e.g., anti-social behavior) by enhancing protective factors (e.g., health beliefs, social reinforcement). Evidence supports long-term mentorships.
Mindfulness-Based Stress Reduction (MBSR)	Psychoeducational training for individuals with emotional or psychological distress. It is designed to reduce feelings out anxiety, negativity, and depression, and improve self-esteem, mental health, and functioning.
Multisystemic Therapy (MST)	MST attempts to address the various social or environmental systems (family, school, friends, neighborhood, etc.) that impact juvenile behavior. Programming focuses on improving the juvenile's relationship with family and achieving academic success by understanding and mobilizing the relevant systems.
Parent Child Interaction Therapy	Parent-Child Interaction Therapy is a behavioral intervention that includes live coaching sessions for children and their parents or caregivers focused on decreasing externalizing child behavior problems (e.g., defiance, aggression), increasing child social skills and cooperation, and improving the parent-child attachment relationship.
Trauma-Focused Cognitive Behavioral Therapy (child and parent)	Trauma-Focused Cognitive Behavioral Therapy is a child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles.
Trauma-Focused Cognitive Behavioral Therapy for youth	Treatments include several components, such as psycho-education about PTSD, relaxation and other techniques for managing physiological and emotional stress, the gradual desensitization to memories of the traumatic event (also called exposure), and cognitive restructuring of inaccurate or unhelpful thoughts.
Trauma-Grief Component Therapy	Group treatment program designed to reduce posttraumatic emotional and behavioral reactivity while improving pro-social skills and citizenship in adolescents exposed to multiple forms of trauma and loss.
Trauma-Informed Child-Parent Psychotherapy	Trauma-Informed Child-Parent Psychotherapy is a treatment for trauma-exposed children ages 0-5 and their primary caregiver that examines how the trauma and the caregivers' relational history affect the caregiver-child relationship and the child's developmental trajectory.
Wraparound Service	A team-based care coordination strategy for juveniles (involved in several service systems, experience cognitive-behavioral challenges, and are at-risk of out-of-home placement) and their families. Services include, planning (care coordination), implementation, monitoring, and follow-up.
Youth Mental Health First Aid	Teaches the basic first aid skills needed to help a person who is experiencing a mental health problem or crisis.
The Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children	The pyramid model is a framework for organizing research-based practices for use in early childhood classrooms to promote social-emotional competence and prevent and address challenging behavior. The framework includes implementation of universal practices to support the active social-emotional learning and behavior of all children and youth, secondary practices to address the needs of children and youth who are at risk, and tertiary or individualized practices for children who present the most persistent challenging behavior.

Substance Use	
12-step Facilitation Therapy	A brief, structured approach to facilitating early recovery from alcohol and other drug abuse. The intervention is based on the principles of 12-step fellowships, such as alcoholics or narcotics anonymous. A counselor assesses client's alcohol use, advocates abstinence, and provides support.
Adolescent Community Reinforcement Approach (A-CRA)	An outpatient program for youth returning from residential substance abuse. Case workers make home visits and promote continued treatment and pro- social activities.
Beyond Trauma + Helping Women Recover	Gender-responsive, cognitive behavioral program for female offenders with a history of trauma. These services, typically delivered together, include group counseling and connection to aftercare resources. The curriculum follows a strengths-based approach with a focus on developing healthy relationships, employing coping skills, and practicing mindfulness.
Brief cognitive behavioral intervention	Brief cognitive behavioral intervention is a manualized, standalone treatment. The intervention focuses on motivational interviewing, coping skills, controlling thoughts, and relapse prevention. This service is based on principles of Motivational Enhancement Therapy (MET).
Brief marijuana dependence counseling (BMDC)	Targets a reduction in marijuana use. Treatment includes elements of Motivational Enhancement Therapy, cognitive behavioral therapy, and case management.
Brief Strategic Family Therapy	Therapy designed to prevent, curtail, or treat adolescent substance use, conduct, and risky behavior. Considers these symptoms to be rooted in maladaptive family interactions, and seeks to improve family relationships.
Cognitive-Behavioral Coping Skills Therapy	Treatment emphasizes identifying high-risk situations that could lead to relapse and developing coping skills for those situations. Clients engage in problem solving and role playing.
Community Reinforcement Approach with vouchers	Combines community reinforcement approach with contingency management. It consists of four main areas: minimizing contact with substance use and recognizing consequences of use, counseling to find alternative activities, employment counseling, and relationship counseling. The program rewards clients with vouchers based on results.
Contingency management	Contingency management is a supplement to counseling treatment that systemically rewards participants for attending treatment and/or abstaining from substance use.
Family Behavior Therapy (FBT)	Based on the Community Reinforcement Approach, this behavioral treatment consists of several parts: behavioral contracting, skills to reduce interaction with individuals/situations related to drug use, impulse and urge control, communication skills, and vocational or education training.
Holistic Harm Reduction Program (HHRP+)	Manualized treatment for those with drug abuse or dependence who are HIV positive. Focuses on harm reduction, health promotion, and improving quality of life.
Motivational Enhancement Therapy (MET)	Program uses motivational interviewing and normative assessment feedback to individuals in a nonconfrontational manner. Aim is to help individuals increase their motivation and commit to change.
Motivational Enhancement Therapy and Cognitive Behavioral Therapy (MET/CBT) for marijuana use	A brief intervention that combines principles of cognitive behavioral therapy and motivational enhancement therapy. It's typically applied to adolescent marijuana users, but can be applied to other substances and those with co- occurring disorders.
Motivational Interviewing for substance use disorder	Goal-directed counseling to encourage behavior change. MI is applied to range of problem behaviors related to alcohol and substance abuse as well as health promotion, medical treatment adherence, and mental health issues. Typically includes exploring client motivation, identifying gap between present and desired behavior, encouraging change, and developing an action plan.
Multidimensional Family Therapy (MDFT)	Family-based program for substance-abusing adolescents. MDFT helps youth develop effective coping and problem-solving skills for better decision- making and helps the family improve interpersonal functioning.
Peer support for substance abuse	Trained peer specialists with a lived experience are matched with individuals seeking recovery. Specialists offer ongoing support, help with recovery planning, and identifying services for the client. Services can include both telephone and in-person, though effectiveness findings are based on in- person support.
Permanent supported housing: Oxford House Model	Provides independent housing and rehabilitation support for adults recovering from alcohol and/or drug use and who want to remain abstinent from use.
Random drug testing with swift and certain sanctions	Consistent use of immediate jail sanctions when offenders violate the terms of supervision.
Reinforcement-Based Treatment (RBT)	An intensive behavioral treatment model reinforcing non-substance-using behaviors and avoiding triggers by using contingency management, motivational interviewing, community reinforcement and recovery housing when feasible. Treatment includes social-skills training, vocational counseling, recreational activities, group-skills building, and individualized treatment planning.

Relapse Prevention Therapy (RPT)	A cognitive-behavioral approach helps clients anticipate problems, identify strategies, and promote recovery. Can be used as a stand-alone treatment program or as aftercare.
Residential chemical dependency treatment	Inpatient treatment services for individuals with substance abuse problems. Assessments determine the intensity (low, medium, or high) of treatment needed.
Seeking Safety: A psychotherapy for trauma and substance abuse	Present-focused coping skills model for individuals with a history of trauma and substance use. The program focuses on psychoeducation and coping skills.
Service Outreach and Recovery (SOAR)	Multicomponent program for impoverished and residentially unstable individuals. Program aims to reduce drug and alcohol use and increase participation in substance use disorder treatment programs and 12-step self- help groups.
Supportive-Expressive Psychotherapy for substance use disorder (Psychodynamic therapy)	Psychotherapy for individuals with heroin and cocaine addiction. Themes relate to drug dependence, the role of drugs in relation to problem feelings and behaviors, and alternative, drug-free means of resolving problems. Service is often delivered with medication assisted therapy.
Talking/Healing Circle	A culturally specific practice that integrates American Indian values. Participants talk through problems with the goal of connecting to peers, learn about their culture, and build self reliance. Program used by both youth and adults.
The Matrix Model (Intensive Outpatient Program)	Individual, group, and family sessions that focus on skills training, relapse prevention, drug education, social support, and self-help groups. It also includes education for family members and monitoring for drug use.
The Seven Challenges	Curriculum designed to treat adolescents with substance use and behavior. Counselors encourage clients to talk about how their behaviors impact their lives and others. In addition to group discussion, clients journal on their goals and what they need to do to overcome barriers.
Trauma Recovery and Empowerment Model (TREM)	A group-based intervention to aid in recovery for women with a history of trauma. The service uses principles from cognitive restructuring, psychoeducation, and skills-based training.
Families Facing the Future	Families Facing the Future (previously called Focus on Families) is an intensive family program for parents in methadone treatment and their children. It combines relapse prevention and parenting skills training with home-based case management services. Its goal is to address risk factors for relapse in addicts and risk and protective factors for future drug abuse and problem behaviors by their children.
Methadone Maintenance Therapy	A medication-assisted treatment for opioid dependence. Treatment blocks the effects of opiates, reduces withdrawal symptoms, and relieves cravings. Medication is dispensed daily from clinics and is typically combined with counseling.
Parenting Skills and other Child Welfare	
Celebrating Families! (CFI)	A parenting skills training program designed for families in which one or both parents are in early stages of recovery from substance addiction and in which there is a high risk for domestic violence and child abuse. The CF! program uses a cognitive behavioral theory (CBT) model.
Circles of Security	Circles of Security is a home-based intervention intended to teach caregivers about attachment theory that explores various parenting models and how they can influence children's cognitive, affective, and behavioral responses. It targets parents and caregivers of children ages 0-5.
Familias Unidas Preventive Intervention	The Familias Unidas Preventive Intervention is a family-based program for Hispanic families with children ages 12-17. It is designed to prevent conduct disorders; use of illicit drugs, alcohol, and cigarettes; and risky sexual behaviors by improving family functioning.
Family Dependency Treatment Court	Family Dependency Treatment Court is a specialized court focused on cases of child abuse and neglect that involve substance abuse by the child's parents or other caregivers. An interdisciplinary team assesses the family's situation and creates a comprehensive case plan to address the needs of both children and their parents, including substance abuse treatment, intensive case management, frequent status hearings, and regular drug testing.
Functional Family Therapy	A structured family-based intervention that seeks to enhance protective factors and reduce risk. The model includes engagement, motivation, behavior change, and positive role models.
Healthy Families America	Healthy Families America is a network of family home visiting programs aimed at reducing child maltreatment and promoting positive parent-child relationships. It includes weekly home visiting, parent support groups, and other services during a child's first months and years of life.
Mothers and Babies	Mothers and Babies is a voluntary prenatal and post-partum depression prevention program that promotes healthy mood, bonding with one's baby, and strategies for pregnant women and new moms to cope with stress. It can be implemented in either a group setting or in one-on-one home visiting and targets mothers who are at high risk for perinatal depression.

Motivational Interviewing for child welfare	A client-centered directive method focused on exploring and resolving a client's ambivalence by increasing their intrinsic motivation to change. It can be used by itself or in combination with other treatments.
Nurse-Family Partnership	A program providing intensive home visiting by public health nurses during a woman's pregnancy and the first two years after birth. The program is designed to serve low-income, at-risk pregnant women expecting their first child. The program aims to improve prenatal health and outcomes, child health and development, and family economic self-sufficiency.
Solution-Based Casework	Solution-Based Casework is a case management approach that helps families identify their strengths, focus on everyday life events, and build the skills necessary to manage difficult situations. The model combines features from problem-focused relapse prevention practices with solution-focused models that evolved from family systems casework and therapy.
Strengthening Families	Aims to reduce substance abuse by teaching pre-teens social skills and their families parenting skills. It incorporates cultural components to strengthening protective factors. Sessions encourage families to improve communication and reinforce positive behavior. Practice adopted from Strengthening Families program.
The Incredible Years	The Incredible Years is a parent education and support service that offers a series of three separate, multifaceted, and developmentally based curricula for parents, teachers, and children. It is designed to promote emotional and social competence and to prevent, reduce, and treat behavior and emotional problems in young children. The curricula targets parents/caregivers of children ages 4-8.
Parents as Teachers	Parents as Teachers is an early childhood parent education, family support and well-being, and school readiness home visiting model. Based on theories of human ecology, empowerment, self-efficacy, attribution, and developmental parenting, Parents as Teachers involves the training and certification of parent educators who work with families using a comprehensive curriculum. Parent educators work with parents to strengthen protective factors and ensure that young children are healthy, safe, and ready to learn.
New Jersey Kinship Navigator Model	Kinship Navigator supports caregivers who have taken on the responsibility of caring for their relatives' children. These children can include the caregiver's siblings, nieces, nephews, or grandchildren. Local kinship agencies help caregivers navigate other forms of government assistance, determine their eligibility for Kinship Navigator Program benefits, and provide technical support with legal commitments to the child.
Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-Tech)	Using a centralized telephone intake line, KIN-Tech accepts self-referrals as well as referrals from child welfare and community-based organizations. The project collects information about kin caregivers by county and by relationship with the child welfare system (formal/informal).
Family Guided Routines Based Intervention (FGRBI) and Caregiver Coaching	FGRBI is an approach to early intervention which incorporates developmentally appropriate skill building into daily routines in the child's natural environment. FGRBI focuses on supporting and coaching the child's caregivers, building their confidence, and competence.