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What's New?

Take a look at our newest materials



Featured EBPs Available in Philadelphia

Medication Assisted Treatments (MAT) for Opioid use disorder

CHALLENGING THE MYTHS ABOUT MEDICATION ASSISTED TREATMENT (MAT) FOR OPIOID USE DISORDER (OUD)



MAT JUST TRADES ONE ADDICTION FOR ANOTHER: MAT bridges the biological and behavioral components of addiction. Research indicates that a combination of medication and behavioral therapies can successfully treat SUDs and help sustain recovery. (1)(2)



MAT IS ONLY FOR THE SHORT TERM: Research shows that patients on MAT for at least 1-2 years have the greatest rates of long-term success. There is currently no evidence to support benefits from stopping MAT. (1)



MY PATIENT'S CONDITION IS NOT SEVERE ENOUGH TO REQUIRE MAT: MAT utilizes a multitude of different medication options (agonists, partial agonists and antagonists) that can be tailored to fit the unique needs of the patient. (2)



MAT INCREASES THE RISK FOR OVERDOSE IN PATIENTS: MAT helps to prevent overdoses from occurring. Even a single use of opioids after detoxification can result in a...



PROVIDING MAT WILL ONLY DISRUPT AND HINDER A PATIENT'S RECOVERY PROCESS: MAT has been shown to assist patients in recovery by improving quality of life, level...



THERE ISN'T ANY PROOF THAT MAT IS BETTER THAN ABSTINENCE: MAT is evidence-based and is the recommended course of treatment for opioid addiction. American Academy of Addiction Psychiatry.

NIH National Institute on Drug Abuse Effective Treatments for Opioid Addiction

SCIENCE DRIVEN SOLUTIONS

IMPROVING MEDICATIONS
Extended-release medications, such as **Probuphine™**, an implantable formulation of buprenorphine approved by the U.S. Food and Drug Administration in May 2016, eliminate the need for daily dosing and improve treatment retention. Read more in the NIDA press release [Probuphine: A Game-Changer in Fighting Opioid Dependence](#).

REACHING PATIENTS IN NEED
The emergency department (ED) provides a prime opportunity to screen patients for opioid use disorder and initiate MAT. Patients who initiate MAT in the ED are more than twice as likely to remain in treatment.

OPIOID USE DISORDER AFFECTS MILLIONS

- Over 2.5 million Americans suffer from opioid use disorder which contributed to over 28,000 overdose deaths in 2014.^{1,2}
- Use of opioids, including heroin and prescription pain relievers, can lead to neonatal abstinence syndrome as well as the spread of infectious diseases like HIV and Hepatitis.

EFFECTIVE MEDICATIONS ARE AVAILABLE

Medications, including buprenorphine (Suboxone®, Subutex®), methadone, and extended release naltrexone (Vivitrol®), are effective for the treatment of opioid use disorders.

- Buprenorphine and methadone are "essential medicines" according to the World Health Organization.³
- Medications should be combined with behavioral counseling for a "whole patient" approach, known as Medication Assisted Treatment (MAT).

MAT DECREASES opioid use, opioid-related overdose deaths, criminal activity, and infectious



Opioid misuse is a significant public health issue in America with overdose deaths representing the single largest cause of injury-related death. Philadelphia is in the midst of this opioid epidemic. Ensuring that members have access to and receive appropriate evidence-based treatment is critical to achieving and sustaining recovery which is why **CBH is expanding member access to MAT**. Click on the pictures above to read more about MAT.

Please note: more information about MAT providers will be available on the EPIC website in the coming months.

Applied Behavior Analysis (ABA) for Autism Spectrum Disorder (ASD)

Applied Behavior Analysis (ABA) and Autism Spectrum Disorder

What is ABA?

ABA stands for Applied Behavior Analysis. It is based on the science of learning and behavior and is used in treatment for children with an Autism Spectrum Disorder (ASD). ABA helps children make positive changes in their behavior by studying how each child learns best. ABA can also help reduce harmful or challenging behaviors. ABA encourages positive behaviors and discourages negative behaviors in order to improve different skills such as communication and social skills. ABA can also be used to help a child learn to take care of themselves.

ABA is like a set of tools, so each child may get treatment that looks a little different. That's because ABA is designed to meet the unique needs of each child. ABA is used where the child needs it: in the school, the home and the community. The child's progress is tracked and measured closely. Changes to treatment are made based on this information.

For Example:

An ABA treatment plan may help to teach a child to ask for help instead of yelling or getting upset when they need something. ABA can

As part of an ongoing effort to expand access to evidence-based treatment for individuals with autism spectrum disorder (ASD), **CBH is assembling a network of high-quality providers who deliver Applied Behavior Analysis (ABA) services.** CBH has created [ABA Performance Standards](#) and will be designating BHRS ABA providers via the [ABA Designation Application](#). *Click on the picture above to read more about ABA.*

Please note: a listing of ABA providers will be available on the EPIC website in the coming months.

Introduction to EBPs via the new DBHIDS Learning Hub

We have officially launched our Introduction to EBPs web course! This course will be available on our [website](#) in the coming days, and will also be included in the new DBHIDS learning hub. This is an introductory course geared toward individuals who are interested in understanding more about evidence-based practices (EBPs), and covers topics such as:

Introduction to Evidence-based Practices



DBHIDS
DEPARTMENT OF BEHAVIORAL HEALTH
AND INTELLECTUAL DISABILITY SERVICES

- What is an EBP
- How a practice becomes evidence based
- How to talk about EBPs with the communities you serve
- Important features of an EBP
- Ideas for exploring implementing an EBP

DBHIDS' EBP Initiatives Corner

DBHIDS has sponsored several evidence-based practice (EBP) initiatives to increase the availability of evidence-based practices within the Philadelphia behavioral health system. We have recently requested applications for participation in the expansion of the following EBP initiatives: Prolonged Exposure, Trauma Focused Cognitive Behavioral Therapy, Ecosystemic Structural Family Therapy, and soon to come Cognitive Behavioral Therapy.

Please be aware that all EBP training opportunities go through a formal procurement process. You can [monitor the CBH website for new contracting opportunities](#), or [sign up for CBH News](#) to get email updates on upcoming procurements. To learn more about our DBHIDS EBP training initiatives you can visit the [DBHIDS Funded Practice Initiatives](#) tab on the EPIC website.

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