

# EBP Clinician/Supervisor Eligibility Requirements for Evidence-based Practice (EBP) Program Designation Enhanced Rate in Mental Health and Substance Use Outpatient Services



## Introduction

The Evidence-based Practice and Innovation Center (EPIC) at the Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) and Community Behavioral Health (CBH) launched the Evidence-based Practice (EBP) Program Designation in December 2017. The goals of the EPIC EBP Program Designation are to identify and roster providers who are offering high-quality, evidence-based and evidence-supported practices and to increase the number of individuals who receive evidence-based services. The EPIC EBP Designation outlines a set of standards that are expected for implementing an EBP Program in a community behavioral health setting and enables DBHIDS to set up mechanisms for monitoring and incentivizing the delivery of EBPs.

## Purpose

The purpose of this document is to provide guidelines for clinicians who are part of an existing EBP Designated Program. A clinician must meet the criteria outlined here and have adequate documentation of their training and consultation to be eligible for the EBP Designation enhanced rate. These guidelines *do not* pertain to individual clinicians who are not part of an EBP Designated Program.

## EBP Rate and Staff Compensation

CBH is providing an enhanced rate for EBP-designated programs in mental health and substance use outpatient services, effective January 1, 2019. Providers that receive the EBP Program Designation rate are expected to develop strategies to direct financial incentives to the clinicians delivering the EBP. Enhancing staff compensation and retention of EBP-skilled staff is a key strategy for EBP sustainability. For more information, please visit [the EPIC website](#) or see *Provider Notification: Guidelines for Evidence-based Practice (EBP) Program Designation Rate Mental Health and Substance Use Outpatient Services* [here](#).

## General Expectations

EBP Designated Programs are required to provide proof of training and consultation for each staff member listed on the EBP Staff Roster of the EBP Program Designation Application. Proof can be provided for each staff member in the form of training and consultation certificates from training entities or through letters of attestation from EBP-specific trainers. Individual clinicians are expected to engage in ongoing EBP-specific training opportunities and maintain training and certification requirements per respective EBP and/or licensure oversight bodies.

EPIC reserves the right to review training materials and/or consult with treatment developers or contracted EBP trainers. EBP Program Designated Providers are expected to provide updates about EBP programs which impact the EBP program's ability to maintain the standards of the designation (e.g., changes in EBP staffing, new certifications, etc.). EBP designated programs are expected to submit annual information updates about the program. Should there be a circumstance where a program is unable to maintain the standards of the designation, the EPIC team should be notified of these changes, and the provider's designation status can be placed on hold or removed. Should you

have further questions concerning the enhanced rate, please contact the EPIC Team via email at [EPIC\\_DBHIDS@phila.gov](mailto:EPIC_DBHIDS@phila.gov).

### EBP Certification

Clinicians are strongly encouraged to work towards EBP certification by the practice-respective oversight body (e.g. DBT Linehan Certification Board, PCIT International, etc.), but are not required to be certified to be eligible for the enhanced rate. However, clinicians joining programs participating in the Beck Community Initiative or the Prolonged Exposure Initiative (Center for the Treatment and Study of Anxiety) are expected to achieve certification through these specific entities.

### **EBP Requirements for Enhanced Rate**

#### Cognitive Behavioral Therapy (CBT)

To become eligible for the enhanced rate for CBT, CBT clinicians/supervisors need to complete, at minimum, 22 hours of workshop time (in-person or web-based) conducted by a certified CBT trainer. The clinician needs to be included in ongoing CBT-specific consultation with a CBT expert and/or internal consultation group as reported in the agency EBP Program Designation application. CBT clinicians who have reached certification as a CBT clinician (e.g., Certification from the Beck Community Initiative, The National Association of Cognitive Behavioral Therapists, etc.) are automatically considered eligible for the enhanced rate.

#### Parent-Child Interaction Therapy (PCIT)

PCIT clinicians must complete the University of California, Davis, web-based PCIT training (10 hours) prior to completing a PCIT International endorsed in-person training series (40 hours). The training must be provided by a Master, Level I (provides internal training at their own program or agency), or Level II PCIT trainer (provides training to clinicians within a specified region). Clinicians being trained within their agency by a Level I trainer must have an assigned PCIT case before they are eligible to bill at the enhanced rate. Clinicians and supervisors who have received a certificate of completion for training in PCIT from PCIT International are automatically eligible for the enhanced rate. PCIT clinicians certified by PCIT International are automatically eligible for the enhanced rate.

#### Ecosystemic Structural Family Therapy (ESFT)

ESFT clinicians must attend at least 5 days (approximately 35 hours) of in-person ESFT trainings in order to become eligible for the EBP enhanced rate. The training must be conducted by an ESFT-certified trainer and the clinician must receive ESFT support via ESFT supervision and/or group consultation. ESFT-trained clinicians are expected to continue ESFT training to completion to remain eligible for the enhanced rate. Clinicians and supervisors who have completed the full 3-year training program in ESFT are automatically considered eligible for the rate. Clinicians certified in ESFT by the Philadelphia Child and Family Therapy Training Center are automatically eligible for the rate.

#### Dialectical Behavior Therapy (DBT)

DBT clinicians integrated into the team must attend a 5-day (approximately 35 hours) in-person DBT training by a DBT expert—who has been trained by and/or is connected to the treatment developer—in order to be eligible to bill for the individual session enhanced rate. DBT clinicians are expected to attend DBT team consultation. At least 1 DBT trained clinician must co-facilitate the DBT skills group to receive the enhanced DBT group rate. Programs may choose to include clinicians in the delivery of DBT services (both individual and co-facilitation of groups) prior to the in-person training as part of a

training plan, but those clinicians may only begin billing at the enhanced rate following the expert in-person training. Those who are certified as a DBT therapist by the DBT-Linehan Board of Certification are automatically considered eligible for the enhanced rate.

#### Prolonged Exposure (PE)

PE clinicians and supervisors must attend the 4-Day (approximately 30 hours) Intensive Workshop in PE for PTSD before becoming eligible for the enhanced rate. PE clinicians implementing adolescent PE should also attend the 1-day Adolescent PE Workshop. The trainings must be led by a certified PE trainer. The clinician or supervisor should also be engaged in PE consultation facilitated by a PE-certified Consultant.

#### Eye-Movement Desensitization and Reprocessing (EMDR)

EMDR clinicians and supervisors must complete 20 hours of in-person training from an individual or entity that is approved by [The EMDR International Association](#) (EMDRIA). EMDR clinicians should also be engaged in EMDR-specific consultation for at least 10 hours from an approved consultant following completion of training.

#### The Incredible Years (IY)

IY clinicians must attend a minimum of 21 hours of in-person basic training plus additional training (7-14 hours) for the specific group(s) they will lead, facilitated by a certified mentor or trainer in order to become enhanced-rate eligible. Mentors and trainers are certified as group leaders in a specific IY program and have had experience delivering the IY program. Clinicians should also engage in consultation with an IY mentor or trainer within 1 year of training completion.

#### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT clinicians must complete the University of South Carolina Medical College's online TF-CBT training (TF-CBT Web, 10 hours) and attend a two-day (15 hour) in-person TF-CBT training conducted by a certified TF-CBT trainer. It is expected that clinicians are also engaged in TF-CBT consultation (approximately 12 hours total) facilitated by a TF-CBT expert trainer. Clinicians who have attained TF-CBT Certification are also considered eligible for the enhanced rate.

