

## SKILLS TO INTERRUPT GUN VIOLENCE

# ASK FOR IT BY NAME: CBT

### ? What is CBT?

The way we view and think about situations influences how we feel emotionally and how we act. CBT helps people live the lives they want to live by learning and practicing new skills to challenge unhelpful patterns of thinking and reacting.

### 🧑 Is CBT right for me?

Individuals struggling to manage the following may benefit from CBT:

- Anxiety
- Depression
- Personality disorders
- Psychotic disorders
- Eating concerns
- Problems sleeping

### 🏠 Core Components

- CBT is focused on the present, is time-limited, skill-focused, and problem-solving oriented.
- Treatment focuses on building new skills that lead to new ways of thinking, feeling, and reacting.
- Each session follows a similar pattern: check in, agenda setting, discussion of agenda items, summary, feedback, and practice skills outside of session.
- Techniques used in sessions include thought checking, behavioral activation, problem solving skills, relaxation, and in vivo exposure.

### 📈 Interrupting Gun Violence

Engaging in gun violence is often the result of a split-second decision. The use of CBT skills helps individuals slow down their thinking and respond less automatically in these types of stressful situations.



### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for CBT.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).

# THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

## EVIDENCE-BASED PRACTICES: EBP

### What are EBPs?

EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

### Why are EBPs important?

Just as doctor's offices look for the best treatments for physical health concerns, we want to do the same for behavioral and mental health concerns. EBPs provide hope to families by offering the most effective treatments.

### Where can I find EBP providers?

Visit our website, [DBHIDS.org/EPIC](http://DBHIDS.org/EPIC) or call Member Services at 888-545-2600.



## Provider agencies offering Cognitive Behavioral Therapy

in the Community Behavioral Health Network

- Asociacion Puertorriquenos en Marcha (APM)  
267-296-7220
- Cognitive Behavioral Services 267-258-9290
- COMHAR for adults 267-861-4382
- Consortium 215-748-8400
- Hispanic Community Counseling Services  
215-291-8151
- Horizon House 215-386-3838 ext 12503
- Intercommunity Action for youth 215-487-1330
- Northern Children's Services 215-482-1423
- PATH 215-728-4565
- Penn Presbyterian Medical Center 215-662-8747
- WEDGE for adults 215-276-3922