

# Case Manager Job Aide on Evidence Based Treatments

## Core Competencies, MATCH-ADTC, and Dialectical Behavioral Therapy

### COMMONALITIES

- Interventions based in cognitive behavioral theory/therapy (CBT)
- Psych-educational component to treatment
- Skills building intervention through teaching and practicing new skills
- Therapeutic homework (expected practice of skills) to work on between sessions
- Parent/Caregiver component to treatment
- Structured sessions to include review of skills practiced in the week, discuss barriers, teach/learn skills, practice skills, review skills with parent/caregiver(s) and set therapeutic homework

### CORE COMPETENCIES IN COGNITIVE BEHAVIORAL THERAPY (CBT)

*For adolescents with anxiety, depression, trauma, substance use and conduct problems*

#### REFERRAL CRITERIA

- Ages 13-18
- Mood/Depressive Disorders
- Anxiety Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Disruptive/Externalizing Behavioral Struggles, high risk behaviors
- Suicidal ideations and behaviors
- Non-suicidal self-harming behaviors
- Substance Use Disorders
- Risky Sexual Behaviors
- Family Communication and Connectedness
- School Refusal/Truancy

#### EXCLUSIONARY CRITERIA

- Age 12 and younger
- Primary diagnosis of psychosis, intellectual disability, Autism Spectrum Disorder (ASD), or eating disorder
- Sexually harmful behaviors
- Acute suicidality

*May be authorized for 150 hours for up to 6 months through home-based counseling or 1x/week if through outpatient therapy*

### MATCH-ADTC

*A Modular Approach to Therapy using CBT for Children with Anxiety, Depression, Trauma, and Conduct Problems*

#### REFERRAL CRITERIA

- Ages 6-13
- Mood/Depressive Disorders
- Anxiety Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Disruptive/Externalizing Behavioral Struggles

#### EXCLUSIONARY CRITERIA

- Age 13 and above
- Primary diagnosis of psychosis, intellectual disability, Autism Spectrum Disorder (ASD), or eating disorder
- Sexually harmful behaviors
- Acute suicidality

*May be authorized for 150 hours for up to 6 months through home-based counseling or 1x/week if through outpatient therapy*

### DIALECTICAL BEHAVIORAL THERAPY (DBT)

*For youth with affect/emotion regulation and high risk behavioral struggles*

#### REFERRAL CRITERIA

- Ages 7 and above
- Mood lability or frequent shifts in mood
- Struggle managing anger
- Unstable relationships
- Efforts to avoid actual or perceived loss
- Impulsive behaviors (e.g. substance use, aggression, reckless behavior that could result in self harm, runaway behavior, school truancy)
- Frequent changes in self-image
- Feelings of emptiness
- Dissociation

#### EXCLUSIONARY CRITERIA

- Age 6 and younger
- Primary diagnosis of psychosis, intellectual disability, Autism Spectrum Disorder (ASD)
- Active psychosis
- IQ less than 70, severe learning disabilities and/or cognitive impairment
- Caregiver inability to participate in family skills based interventions
- Unwillingness or disinterest in reducing suicidal thoughts, self-harm or other risky behaviors

*May be authorized for individual, family and group therapy sessions for up to 6 months*