National EBP Project: 6 Selected Practices

- Assertive Community Treatment
- Co-occurring Disorders: Integrated Treatment
- Family Psycho-education
- Illness Management and Recovery
- Medication Management Approaches in Psychiatry (MedMAP)
- Supported Employment
Results of Initial Iowa Assessment: Models with strong Evidence-Base

<table>
<thead>
<tr>
<th>Model</th>
<th>Evidence-Based</th>
<th>Use in US</th>
<th>Use in Iowa</th>
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<tbody>
<tr>
<td>Assertive Community Treatment</td>
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<td>Family Psychoeducation</td>
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<td>Medication Treatment Algorithms</td>
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<td>Integrated substance abuse &amp; MH services</td>
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### Model Evidence-Based Use in US Use in Iowa

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<td>School-based Clinical MH services</td>
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<td>Elder Outreach Programs</td>
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<td>Early childhood Interventions</td>
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<td>Mental Health Courts</td>
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Treating Older Iowans

  Guidelines for Providing Care to Older Adults
  *American Psychologist, 59, 4, 236-260,*
Treating Older Iowans

- Gatz et al. (1998)
  Empirically validated treatments for older adults.

- Bartels et al. (2002)
  Evidence Based Practice in Geriatric Mental Health
<table>
<thead>
<tr>
<th></th>
<th>PHARMACY</th>
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<td>DEPRESSION</td>
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<tr>
<td>ANXIETY</td>
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<tr>
<td>DEMENTIA</td>
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</table>
Evidence-Based Treatments

DEPRESSION

PRESCRIPTION MEDICATION

- Serotonin-Norepinephrine Reuptake Inhibitors
- Selective Serotonin Reuptake Inhibitors

TARGETS

- Major, uni-polar depression
- Depressive symptoms
  - co-occurring disorders
  - co-morbid conditions
Evidence-Based Treatments

ANXIETY

PRESCRIPTION MEDICATION

- Anti-depressants
- Buspirone
- Benzodiazepines

TARGETS

- ADs = OCD, panic, phobia
- BuSpar = GAD
Evidence-Based Treatments
ALCOHOL & SUBSTANCE ABUSE

PRESCRIPTION MEDICATION

- Naltrexone
- Acamprosate and antabuse

TARGETS

- Pain Medication
- Altered states
Evidence-Based Treatments

DEMENTIA

PRESCRIPTION MEDICATION

- Aspirin

- Cholinesterase inhibitors: donepezil, rivastigmine, galantamine

- Memantine

TARGETS

- Early stage

- Psychosis
Evidence-Based Treatments
PSYCHOTHERAPY

VALIDATED APPROACHES

- Cognitive Therapy
- Behavioral Therapy
- Interpersonal Therapy
- Life Review
- Environmental
Evidence-Based Treatments

PSYCHOTHERAPY

PROBLEM SOLVING THERAPY

- Problem Definition
- Goal setting
- Solutions
- Path selection
- Strategy
- Execute
- Evaluate
THANK YOU