

and behaving, then replacing them with more realistic or helpful ones. There are several types of Cognitive Behavioral Therapy, including Rational Emotive Behavior Therapy (REBT) and Dialectical Behavioral Therapy (DBT). Cognitive Behavioral Group Therapy (CBGT) is a group form of the therapy.

Dialectical Behavioral Therapy (DBT)

Dialectical Behavior Therapy (DBT) employs cognitive behavioral techniques to address self-harm behaviors and skill deficits to better identify and manage destructive behavior and emotions. Dialectical Behavioral Therapy focuses on applying these skills to better tolerate difficult life events and improve an individual's ability to interact effectively with others. This therapy was first developed for treating borderline personality disorder.

Day Treatment

Individuals in a Day Treatment program, also called Partial Hospitalisation, continue to reside at home while attending a treatment program during the day.

Evidence-Based Practices (EBP)

The term Evidence-Based Practices (EBP) refers to interventions that, through research, are found to be beneficial, effective, and replicable for people with serious mental illness. The following practices have been identified as EBPs.

Assertive Community Treatment (ACT)

Assertive Community Treatment (ACT), or Program for Assertive Community Treatment (PACT), is an intensive, team-based form of direct service case management that provides comprehensive, community-based treatment to people with serious mental illness and co-occurring disorders. The ACT team approach includes shared caseloads, the participation of psychiatrists, and the availability of medication management. It is intended for people who have a serious mental illness, are functionally impaired, and at high risk of inpatient hospitalization.⁴ Individuals receive services within their own community and home settings. Team members include specialists in psychiatry, social work, nursing, substance abuse treatment, and vocational

rehabilitation. Forensic Assertive Community Treatment (FACT) is an adaptation with the additional goal of reducing arrest and incarceration.

Family Psychoeducation

Family Psychoeducation is a practice of working in partnership with families to help them develop positive coping skills for handling problems posed by mental illness in their family and skills for supporting the recovery process.⁵

Illness Management and Recovery (IMR)

Illness Management and Recovery (IMR) is a set of practices that provides people with serious mental illness skills to manage their illness in order to achieve personal recovery goals. Practices include psychoeducation, behavioral tailoring, relapse prevention skills, social skills training, and the development of coping strategies. Illness Management and Recovery is often referred to as Wellness Management and Recovery (WMR) and Symptom Self-Management.⁶

Integrated Dual Disorders Treatment (IDDT)

Treatment of co-occurring disorders is integrated when mental health and substance use treatment takes place in the same service setting with cross-trained staff.

Medication Management Approaches in Psychiatry (MedMAP)

Medication Management Approaches in Psychiatry (MedMAP) is an Evidence-Based Practice in the use of medications for the treatment of schizophrenia. This Evidence-Based Practice is based on four principles: a systematic approach in the selection of medication, measurement of key outcomes, documentation of treatment and outcomes, and use of approaches that promote adherence to treatment.⁷

Supported Employment

Supported Employment is competitive employment with supports for people with serious mental illness. Voluntary participation, treatment integration, continuous follow-along supports, consumer