



COUNTY OF COLUSA

DEPT. OF BEHAVIORAL HEALTH

Practice Guidelines

Purpose

The purpose of this document is to demonstrate a comprehensive and standardized framework for the delivery of mental health and substance use services at Colusa County Behavioral Health (CCBH). This document serves as a vital resource to guide system of care leaders, behavioral health practitioners, administrators, and key stakeholders in providing exceptional, evidence-based services to consumers in need. By adhering to these standards, CCBH is committed to ensuring that our services are inclusive, equitable, accessible, culturally responsive, and sensitive, thus helping all individuals in need of support. The practice guidelines aim to create a collective and unified approach to mental health and substance use treatment. This document embodies CCBH's dedication to providing intentional and thoughtful evidence-based care. The clinical practices shared in this document are not intended to be exhaustive, prescriptive, or definitive. When providing clinical services, providers must always consider the individual's culture and lived experiences, seek their feedback, and monitor their responses to interventions. CCBH will continue to update and develop the guidelines and suggested best practices to meet the needs of members and remain adherent to state guidelines and regulations. All practices in use at CCBH are either Evidence Based or Community Based, Trauma Informed, and Strength Based.

Evidence Based Practice

Evidence-based practices should be considered the first-line treatment, as research supports their effectiveness for outcomes like reducing symptoms and improving functioning. To promote successful implementation, providers undergo ongoing training and consultation to deliver evidence-based practices with high fidelity. Available implementation supports like videos, treatment manuals, and expert consultation should also be utilized. Member outcomes should also be consistently monitored using validated tools to evaluate effectiveness. Barriers to engagement that may be cultural or systemic must be identified and addressed proactively. Aspects of evidence-based practices' content or delivery can be adapted to enhance cultural



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relevance if it does not compromise core components. Principles from evidence-based engagement approaches should also be integrated into services.

Community Based Practice

Community Based Practice is a set of practices that communities have used and that have been found to yield positive results as determined by community consensus over time, and which may or may not have been measured empirically but have reached a level of acceptance by the community.

Trauma Informed Practice

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being . Trauma can affect people of every race, ethnicity, age, sexual orientation, gender, psychosocial background, and geographic region. A traumatic experience can be a single event, a series of events, and/or a chronic condition (e.g., childhood neglect, domestic violence). Traumas can affect individuals, families, groups, communities, specific cultures, and generations. It generally overwhelms an individual's or community's resources to cope, and it often ignites the "fight, flight, or freeze" reaction at the time of the event(s). It frequently produces a sense of fear, vulnerability, and helplessness. Integrating Trauma Informed Care (TIC) into behavioral health services provides many benefits not only for members, but also for their families and communities, and for behavioral health service organizations and their staff. Trauma-informed services bring to the forefront the belief that trauma can pervasively affect an individual's well-being, including physical and mental health. For behavioral health service providers, trauma-informed practice offers many opportunities. It reinforces the importance of acquiring trauma-specific knowledge and skills to meet the specific needs of members; of recognizing that individuals may be affected by trauma regardless of its acknowledgment; of understanding that



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trauma likely affects many people who are seeking behavioral health services; and of acknowledging that organizations and providers can retraumatize individuals through standard or unexamined policies and practices. TIC stresses the importance of addressing the person individually rather than applying general treatment approaches.

Strength Based Practice

Strength-based practice is a theory that emphasizes people's self-determination and strengths rather than focusing on their problems or deficits. This approach highlights the positive attributes of individuals or groups. The strengths perspective centers on clients' abilities, talents, and resources. Key principles include valuing the capacity, skills, and potential of individuals while collaborating with them to help them achieve their goals. Overall, strength-based practice aims to empower individuals by focusing on their inherent strengths and resources.

Practices in use at Colusa County Behavioral Health

The following treatment theories and modalities are currently in use at CCBH. Please note that not all clinicians are trained in all methodologies/theories. Please discuss with your assigned clinician their treatment approach and any treatment approaches that you think may benefit you.

- Cognitive Behavioral Therapy (CBT): a form of talk therapy that focuses on Thoughts, Feelings and Behaviors. CBT helps to change thinking errors or thought distortions and learned patterns of unhelpful behaviors.
- Community Resiliency Model: a form of talk therapy that helps people help themselves in healing from trauma. It also assists others within the person's social network to understand the impact of the person's trauma.
- Coordinated Specialty Care: an evidenced-based practice for individuals experiencing a first episode of psychosis. Treatment teams are comprised of a psychiatrist, behavioral



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health therapist, mental health rehabilitation specialist, clinical case manager, and peer support providers. This treatment team uses a coordinated care approach to address social determinants of health from a holistic perspective.

- Dialectical Behavioral Therapy (DBT): a form of talk therapy for people who experience emotions very intensely. DBT focuses on helping people accept the reality of their lives and their behaviors, as well as helping them learn to change their lives, including their unhelpful behaviors.
- Family Hui Parenting: a taught set of parenting skills that focus on early childhood development, and resilience and empathy for oneself, children, family, and community.
- First Episode Psychosis Treatment: interventions that focus on treating a person who is first beginning to experience delusional thoughts and beliefs, auditory and visual hallucinations, and paranoia. Preventative efforts are delivered to lessen the severity of symptoms on the person's functioning.
- Moral Reconation Training (MRT): a 12-step CBT group therapy that teaches enhanced moral reasoning, better decision making, and more appropriate behavior.
- Motivational Interviewing (MI): a form of talk therapy that focuses on finding the motivation to change by helping to resolve conflicting desires.
- Nurturing Parent: a taught set of parenting skills that help families improve communication, build emotional bonds, and develop healthy discipline strategies.
- Parent Management Training (PMT-Kazdin Method): a taught set of parenting skills that teaches parents how to change their child's behavior at home.
- Play Therapy: a form of therapy that uses play to span the communication gap between children and adults and helps the person expresses and cope with their emotions and problems.
- Solution Focused Therapy (SFT): a form of talk therapy that is short-term, goal-focused, and helps people change by creating solutions rather than focusing on the problem.



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- Wraparound: a team approach that provides a comprehensive family based response for youth who experience serious mental health and /or behavioral challenges.
- Wellness Action Recovery Plan (WRAP): a self-directed process that helps recover from a crisis or life challenge, find balance, and stay well.