

New Mexico Evidence Based Practice (EBP) Training and Qualification Guide
The Center for Innovation for Behavioral Health and Wellbeing
New Mexico State University

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Pending Final Review and Approval

Please check back for updates

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Introduction

The Center of Innovation for Behavioral Health and Wellbeing has partnered with the State of New Mexico to support increased delivery of behavioral health evidence-based practices (EBP) in New Mexico, with an emphasis on increasing access to the following evidence-based practices for state residents who meet the EBP eligibility criteria and are covered by Medicaid.

- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Functional Family Therapy (FFT)
- Multisystemic Therapy (MST)
- Trauma Focused Cognitive Behavior Therapy (TF-CBT)

New Mexico Medicaid will be offering specialized rates (pending CMS approval) for these EBPs to providers enrolled within New Mexico Medicaid managed care and fee for service networks who meet New Mexico's training and qualification standards for each EBP. This Guide outlines the proposed training and qualification standards for the EBPs.

The New Mexico EBP Standards are designed to ensure providers have received adequate training and consultation in the model, as demonstrated by

- 1) Meeting New Mexico EBP Standards, listed below, including being actively engaged in activities to meet qualification (or certification) standards set by New Mexico-recognized training or certification entities for each of the EBPs.
OR
- 2) Demonstrating having already met the standards set by New Mexico-recognized training or certification entities for each of the EBPs.

As a first step to increasing access to these EBPs, the Center for Innovation is accepting applications for providers who **currently** meet New Mexico's EBP Qualification standards. Please complete the application to provide documentation of meeting qualification for these EBPs. The applications can be accessed on the Center for Innovation website: <https://centerofinnovationnm.org/nm-ebp/>

Applications will be reviewed, and qualifications will be verified by the Center for Innovation team, in consultation with EBP experts. Recommendations for approval of a provider's EBP qualifications will be made to the State. Providers will be notified if they have met the qualification standards or if additional steps need to be taken to meet the standards.

In the future, the Center for Innovation will also be offering training opportunities for providers who would like to receive training and become qualified to deliver these EBPs. If you are interested in future training opportunities in these EBPs, please sign up for the Center for Innovation email list [HERE](#).

Dialectical Behavior Therapy (DBT)

NM DBT Qualification Standards

1. NM Recognized External Qualification Entity for DBT

DBT-Linehan Board of Certification – Clinician or Program

<https://dbt-lbc.org/>

Qualification Documentation

Certificate issued by the DBT-Linehan Board of Certification (DBT-LBC) OR documentation of inclusion in the DBT-Linehan Board of Certification database <https://www.dbt-lbc.org/index.php?page=101163>.

Training, Consultation & Additional Requirements for Qualification

See <https://www.dbt-lbc.org/index.php?page=101120> for more information about the DBT-Linehan Board of Certification requirements and process.

Professional Criteria

- Graduate degree in a MH discipline
- Professional, unrestricted license in a MH discipline

Trainer Qualifications

- Training in DBT that follows the Linehan treatment manual

Training

- Minimum of 40 didactic training hours in DBT that follows the Linehan treatment model. May include workshops, intensive training, graduate courses.
- Read the Skills Training Manual for Treating Borderline Personality Disorder by Marsha Linehan (May 21, 1993) and completed all homework assignments in the manual

Clinical Experience

- Taught all modules of skills training OR taught all DBT skills within individual therapy
- Coached clients on application of skills
- Provided DBT individual therapy through Stage 1 completion to at least 3 clients while they were concurrently enrolled in DBT Skills Group
- 12 months of participation in DBT consultation team

Additional Requirements

- Passing DBT knowledge exam
- Letter of recommendation from Team Leader
- Work product demonstration of 3 videos for adherence coding
- Formal training and practice of mindfulness
- There are additional requirements for DBT-LBC Program Certification, including having a DBT-LBC Certified clinician as Team Lead and review of adherence to

program fidelity standards. See <https://www.dbt-lbc.org/index.php?page=101121> for more information.

Recertification Expectations

- Annual certification maintenance based on maintaining license, 15 CEUs every 2 years, participating in DBT consultation team, ongoing mindfulness practices.

Quality Assurance Standards for Maintaining Qualification

Approved provider(s) will receive additional information about the EBP rates (pending CMS approval), billing procedures, expectation for delivering the EBP, documentation of services, and quality assurance and monitoring for maintaining EBP qualifications. Please also reference the Behavioral Health Fee Schedule and Provider Supplement on the HSD website for additional information and billing instructions.

[View Behavioral Health Fee Schedule](#)

[View Provider Supplement \(includes provider billing instructions\)](#)

2. NM DBT Qualification while in state-recognized training & consultation

Clinicians who have not yet achieved DBT-LBC Certification but meet the following criteria will be eligible for a NM EBP Qualification while they develop their DBT programs and complete the requirements for DBT-LBC Certification. They will have 24 months from the date of approval for the NM EBP Qualification to complete the DBT-LBC Certification Process or reapply for NM EBP Qualification.

The following DBT Qualifications standards draw from the DBT-LBC expectations and providers are encouraged to use these expectations to prepare for achieving DBT-LBC Certification. To be eligible for the NM EBP Qualification, clinicians must meet the following standards:

Professional Criteria

- Graduate degree in a MH discipline
- Professional, unrestricted license in a MH discipline

Trainer Qualifications

- Qualified trainers: must be skilled in the Linehan treatment model as demonstrated by DBT-LBC certification, affiliation with Treatment Implementation Collaborative or Behavioral Tech, or whose qualifications have been reviewed the State identified DBT experts

Training

- Completed or actively participating in a minimum of 40 didactic training hours in DBT that follows the Linehan treatment model, with DBT service provision beginning after initial intensive training and upon the direction of expert trainers / consultants.

Consultation

- Actively participating in expert clinical consultation that includes case review and feedback

through review of work samples such as video, case conceptualization or other assessment of DBT knowledge and skills and program review using the [DBT Program Fidelity Scale](#) framework.

EBP Service Delivery

- Actively engaged in a DBT Team delivering all components of DBT: DBT skills training group, individual DBT therapy, DBT coaching and participation in DBT consultation team

Quality Assurance Standards for Maintaining Qualification

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Eye Movement Desensitization and Reprocessing (EMDR)

NM EMDR Qualification Standard

1. NM Recognized External Qualification Entity for EMDR

EMDR Basic Training OR EMDR Certification by EMDRIA (EMDR International Association)

<https://www.emdria.org/>

Qualification Documentation

Certificate of completion of EMDR Basic Training Requirements issued by EMDRIA-approved trainer OR an EMDRIA issued certificate of EMDR Certification OR documentation of listing as a Certified Therapist on EMDRIA EMDR Therapist Directory <https://www.emdria.org/find-an-emdr-therapist/> . Listing MUST include "*" indicating EMDR Certified Therapist.

Training, Consultation and Additional Requirements for Qualification

See <https://www.emdria.org/training-faqs/> and <https://www.emdria.org/emdr-training/certification-faqs/> for more information about EMDRIA approved EMDR Basic Training and EMDR Certification

EMDR Basic Training includes the following requirements.

Professional criteria

- Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>) *Licensed substance abuse counselors not eligible. OR pre-licensed mental health professional with a master's degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master's or doctoral program (EMDR Certification cannot be achieved until fully licensed)

Trainer Qualifications

- Trainers must be EMDRIA approved and practicum leaders and consultants must maintain active status as EMDRIA approved EMDR Consultants or EMDR Consultants-in-Training working with an approved EMDR Consultant
- Approved trainers can be found at: <https://www.emdria.org/find-an-emdr-training/find-an-emdr-training-provider/>

Training

- 20 hours of instruction including a history and overview of EMDR, explanation of the EMDR model, methodology and mechanism of EMDR. The EMDR Methodology includes 8 phases: 1) History taking, case conceptualization & treatment planning, 2) client preparation, 3) assessment, 4) desensitization, 5) installation, 6) body scan, 7) closure, and 8) reevaluation.

Consultation

- 20 hours supervised practicum. The goal of the practicum is the demonstration and practice of EMDR in dyads or triads with direct observation and feedback.
- 10 hours consultation including feedback and instruction on case conceptualization, client readiness, target selection, treatment planning, specific application of skills, and the integration of EMDR therapy into clinical practice based on cases.

Additional Requirements

- EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.
- EMDR Basic Training is the standard for a clinician to utilize EMDR therapy in clinical practice.
- EMDR Certification includes the following additional requirements: having a license in a MH profession plus 2 years of experience, completion of least 50 EMDR sessions with at least 25 clients, 20 additional hours of consultation with an approved EMDR consultant within the last 5 years, at least 10 of those consultation hours are individual, letters of recommendation, and 12 hours of EMDRIA continuing education credits.

Recertification Expectations

- EMDRIA EMDR Certification must be renewed every 2 years. 12 hours of EMDRIA continuing education credits are required every two years.

Quality Assurance Standards for Maintaining Qualification

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2. NM EMDR Qualification while in state-recognized training & consultation

Clinicians who have not yet completed EMDR Basic Training but meet the following criteria will be eligible for a NM EBP Qualification while they complete the requirements for EMDR Basic Training. They will have 12 months from the date of approval for the NM EBP Qualification to complete the EMDR Basic Training requirements.

To be eligible for the NM EBP Qualification, clinicians must meet the following standards:

Professional criteria

- Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>) *Licensed substance abuse counselors not eligible. OR pre-licensed mental health professional with a master's degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master's or doctoral program (EMDR Certification cannot be achieved until fully licensed)

Training

- Completed or actively participating in 20 hours of instruction with an EMDRIA-approved EMDR trainer. EMDR service provision beginning after initial intensive training and upon the direction of expert trainers / consultants

Consultation

- Completed or actively participating in 20 hours supervised practicum with an EMDRIA approved EMDR Consultants or EMDR Consultants-in-Training working with an approved EMDR Consultant.
- Actively participating in 10 hours consultation with an EMDRIA approved EMDR Consultants or EMDR Consultants-in-Training working with an approved EMDR Consultant

Additional requirements

- EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.

Quality Assurance Standards for Maintaining Qualification

Approved provider(s) will receive additional information about the EBP rates (pending CMS approval), billing procedures, expectation for delivering the EBP, documentation of services, and quality assurance and monitoring for maintaining EBP qualifications. Please also reference the Behavioral Health Fee Schedule and Provider Supplement on the HSD website for additional information and billing instructions.

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Functional Family Therapy (FFT)

NM FFT Qualification Standard

NM Recognized External Qualification Entity for FFT

Engaged in training and ongoing fidelity oversight through FFT Partners or FFT LLC

<https://functionalfamilytherapy.com/>

<https://www.fftllc.com/>

Training, Consultation and Additional Requirements for Qualification

Providers will contract directly with FFT Partners for clinical training, consultation, quality improvement and ongoing fidelity oversight. Teams will participate in training, consultation, and ongoing continuous quality improvement according to the FFT Partners model.

The FFT program will be staffed and delivered according to State FFT policies and regulations and FFT Partner's fidelity expectations.

Quality Assurance Standards for Maintaining Qualification

FFT Partners will provide regular updates to the State about FFT programs' achievement of FFT staffing, training and implementation and fidelity expectations.

Approved provider(s) will receive additional information about the EBP rates (pending CMS approval), billing procedures, expectation for delivering the EBP, documentation of services, and quality assurance and monitoring for maintaining EBP qualifications.

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Multisystemic Therapy (MST)

NM MST Qualification Standard

NM Recognized External Qualification Entity for FFT

Engaged in training, ongoing fidelity oversight and issued an MST licensed through MST Services LLC, or any of its approved subsidiaries, including Rocky Mountain MST Network

<https://www.mstservices.com/>

<https://medschool.cuanschutz.edu/pediatrics/sections/child-abuse-and-neglect-kempe-center/our-work/rocky-mountain-mst-network/home>

Training, Consultation and Additional Requirements for Qualification

Providers will contract directly with Rocky Mountain MST Network for clinical training, consultation, quality improvement and ongoing fidelity oversight. Teams will participate in training, consultation, and ongoing continuous quality improvement according to the Rocky Mountain MST Network model.

The MST program will be staffed and delivered according to State MST policies and regulations and Rocky Mountain MST Network expectations.

Quality Assurance Standards for Maintaining Qualification

Rocky Mountain MST Network will provide regular updates to the State about MST programs' achievement of MST staffing, training, service delivery and fidelity expectations.

Approved provider(s) will receive additional information about the EBP rates (pending CMS approval), billing procedures, expectation for delivering the EBP, documentation of services, and quality assurance and monitoring for maintaining EBP qualifications.

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Trauma-Focused Cognitive Behavior Therapy (TF-CBT)

NM TF-CBT Qualification Standard

1. NM Recognized External Qualification Entity for TF-CBT

TF-CBT Certification by the TF-CBT National Therapist Certification Program

<https://tfcbt.org/>

Qualification Documentation

Certificate issued by the TF-CBT National Therapist Certification Program OR documentation of inclusion in the TF-CBT Therapist Certification Program list <https://tfcbt.org/therapists/>

Training, Consultation & Additional Requirements for Qualification

See <https://tfcbt.org/certification/> for more information about the TF-CBT certification process

Professional Criteria

- MA degree or above in MH discipline
- Professional license in MH discipline

Trainer Qualifications

- Training must be delivered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program.
- Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.
- Email tf-cbt@ahn.org to verify trainer, consultant, and/or supervisor is qualifications.

Training

- Completion of TF-CBT Web 2.0 online training course – 11 hours.
 - The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course.
- Completion of Live TF-CBT two-day (or equivalent over multiple days) training by approved national trainer* OR Live training in context of approved learning collaborative led by an approved trainer for at least 6 months
 - The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on

all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

Consultation

- Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must have participated in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

Additional Requirements

- Completion of 3 TF-CBT cases with 3 children or adolescents, with at least 2 including participation of caregiver
- Use of standardized instrument to assess progress on each above case
- Passing (80%) TF-CBT Therapist Certification Program Knowledge Test

Recertification Expectations

Re-certification every 5 years by completing an application and online recertification training modules.

Quality Assurance Standards for Maintaining Qualification

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2. NM TF-CBT Qualification while in state-recognized training & consultation

Clinicians who have not yet achieved TF-CBT Certification but meet the following criteria will be eligible for a NM EBP Qualification while they complete the requirements for TF-CBT Certification. They will have 12 months from the date of approval for the NM EBP Qualification to complete the TF-CBT Certification Process.

To be eligible for the NM EBP Qualification, clinicians must meet the following standards:

Professional Criteria

- MA degree or above in MH discipline
- Professional license in MH discipline

Training

- Completion of TF-CBT Web 2.0 online training course – 11 hours

- The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course.
- Completion of Live TF-CBT two-day training by approved national trainer* OR Live training in context of approved learning collaborative of led by approved training for at least 6 months
 - The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

Consultation

- Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must participate in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

OR

- Currently participating in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Consultation must take place within 2 years of participation in the 2-day training. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee. If at least 9 consultation calls were not completed in the original call group, the clinician must restart and participate fully in a new 12 session consultation group.

Quality Assurance Standards for Maintaining Qualification

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