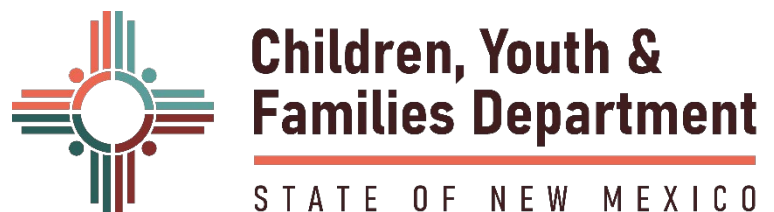


# **New Mexico Behavioral Health Evidenced Based Practice Expansion Initiative**

## **Guidelines for Provider Approval**

**September 2023**



A Program of the New Mexico State University  
Cooperative Extension Service, Extension Family  
& Consumer Sciences Department

**New Mexico Evidence Based Practice (EBP) Qualifications**  
**The Center for Innovation for Behavioral Health and Wellbeing**  
**New Mexico State University**  
**9-29-2023**

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.

- 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 specific 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 EBP qualification standards for each EBP.

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.

Approved provider(s) will receive additional information about the EBP rates (pending CMS approval), billing procedures, expectation for delivering the EBP, 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. *\*\*Note: Fee Schedule and Provider Billing Guidance for new EBP rates not yet available,*

Providers who have some EBP training but do not yet meet the qualifications (and therefore do not qualify for the EBP specific rate) and providers who are interested in training in these EBPs are encouraged to complete the "EBP Interest Form." This information will guide the NMSU Center of Innovation's planning for future training opportunities to support providers in achieving the EBP qualifications required for the EMDR specific rate.

If you are interested in future training opportunities in these EBPs, please sign up for the Center for Innovation email list [HERE](#).

# NM EBP Qualification Standards

## Eye Movement Desensitization and Reprocessing (EMDR)

Demonstrated completion of EMDR Basic Training OR EMDR Certification by EMDRIA (EMDR International Association)

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

## Trauma-Focused Cognitive Behavior Therapy (TF-CBT)

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

<https://tfcbt.org/>

## Dialectical Behavior Therapy (DBT)

DBT-Linehan Board of Certification – Clinician or Program

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

Providers **must be** 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.

## Functional Family Therapy (FFT)

Engaged in training and ongoing fidelity oversight through [FFT Partners](#) or [FFT LLC](#)

Providers must 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 must be staffed and delivered according to State FFT policies and regulations and FFT Partner's fidelity expectations.

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

## Multisystemic Therapy (MST)

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](#)

Providers must contract directly with [Rocky Mountain MST Network](#) or other MST Network Partner 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 must be staffed and delivered according to State MST policies and regulations and Rocky Mountain MST Network or other MST Network Partner expectations.

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

**As additional guidance on program requirements becomes available this guide will be periodically updated.**