

## Title IV-E Prevention Services Clearinghouse: Evidence-Based Services and Programs Matrix

	Approved for	Target	Frequency	Setting	Primary Goal	Average Length	Practitioner	Practitioner Requirements	Variations & Approx. Training Cost
<b>Well-Supported</b>									
<b>Brief Strategic Family Therapy (BSFT)</b>	Mental Health Substance Abuse In-home Parent Skill-based Training	Families with youth 6 – 17-years-old with problem behaviors	Medium: One, 60 – 90 minute, in-person session per week	Multiple Home, school, community centers or clinic	Work with the whole family to improve family functioning, prevent and treat youth substance abuse and decrease youth behavior problems	3 – 5 months	Master’s level therapist - exceptions can be made for Bachelor level professionals with extensive experience	Attend a 4-day in-house training. Providers then participate in weekly video supervision for 4 – 6 months and record and submit family therapy sessions. The site, not the therapist, is certified	Yes: approved for mental health, substance abuse and parenting training and there is specific evidence of effectiveness for African American and Hispanic families \$35,000 +
<b>Multisystemic Therapy (MST)</b>	Mental Health Substance Abuse	At-risk youth ages 12 – 17 and their families	High: Multiple visits per week	Multiple Home, school or in the community	Promote pro-social behavior and reduce criminal activity	3 – 5 months	Master’s level therapist - exceptions can be made for Bachelor level professionals with extensive experience	Therapist must attend a 5-day training out of state and be on an MST team with a certified MST supervisor who attends 12 days of training	Yes: multiple and specifically for child abuse and neglect and PTSD \$26,000 +
<b>Functional Family Therapy (FFT)</b>	Mental Health	Families with youth 11 – 18-year-olds with problem behaviors	Medium: One, 90-minute, in-person session per week + one phone call per week	Multiple In the therapy office, home, school or other community setting	Decrease conflict in the home, improve family functioning, help youth make positive change	2 – 4 months	Master’s level therapist - exceptions can be made for Bachelor level professionals with extensive experience	Therapist must attend a multi-day training and be on a FFT team. Full certification can take up to 3 years	Yes: child welfare, gang involvement and probation and parole \$36,000 +
<b>Parent-Child Interaction Therapy (PCIT)</b>	Mental Health	2 – 7-year-olds with problem behaviors and their families	Medium: One, in-person session per week or one session every other week	Play-room therapy office with one-way mirror	Parents learn behavior management, child’s behavior improves and parent/child relationship improves	3 – 5 months	Licensed Master’s level therapist	40 hours of training (30 in-person) with a PCIT certified therapist – found all over the country	No, but studies have shown it to be effective for children with autism and past trauma \$14,000 +
<b>* Family Centered Treatment (FCT)</b>	Mental Health	Families with youth age birth – 17-year-olds	High: Two, in-person, multi-hour sessions per week	In-home	Family therapy aimed at positive individual behavior change and improving family functioning to prevent out of home placement	6 months	Licensed Master’s level therapist	Certification is required and consists of an online, 100-hour course and field-based	No \$10,000 +

								competency requirements	
<b>Motivational Interviewing (MI)</b>	Substance Abuse	10-year-old – adults with an addiction to substances/alcohol and/or nicotine	Low: One – three sessions total, each session lasts approximately 30 – 50 minutes	Multiple School, therapy office, community agency or in home	Encourage and promote behavior change to improve physiological, psychological, and lifestyle outcomes	1 – 6 weeks	No minimum qualifications	Complete a 1 day, on-line or in-person training – usually found locally	Yes: can be used to help change any unhealthy behavior  \$600 +
<b>Healthy Families America (HFA)</b>	In-home Parent Skill-based Training	Pregnant women/ Families with children age newborn – 5-years-old	Medium: One weekly visit	In-home	Strengthen the parent/child relationship, enhance family functioning	6 months +	No minimum qualifications	H.S. diploma and attend a 4-day training, likely in house or found locally	No, but supplemental books and manuals can be provided to families  \$4,000 – 10,000 +
<b>Nurse Family Partnership</b>	In-home Parent Skill-based Training	Pregnant women/ Families with children age newborn – 2-years-old	Medium: One weekly visit for the first month, then can taper down	In-home or somewhere in the parent's community	Improve the health of the children and their families	2 years	Registered Nurse (RN) with a bachelor's degree	Participate in educational session with the NFP National Service Office	No  \$30,000
<b>Parents as Teachers (PAT)</b>	In-home Parent Skill-based Training	Pregnant women/ Families with children age newborn – starts Kindergarten	Low: Every other week or monthly	In-home Can also be provided in child-care setting	Improve the health of children, prevent child abuse, teach parenting skills, detect/ prevent developmental delays	3 years	No minimum qualifications	H.S. diploma and attend a 5-day PAT training held throughout the nation including Texas	No  \$2,500 +
<b>Homebuilders</b>	In-home Parent Skill-based Training	Families with children ages newborn – 18-years-old	High: An average of 10 hours a week + 24 hour on-call availability + regular telephone check-ins	In-home	Help families identify strengths and problems associated with child safety and deliver intensive family therapy in order to preserve and/or reunify families	1 – 2 months	Master's Degree or Bachelor's level professional	Attend initial 4-day core training. After using the model, attend 10 days total of advanced training	No  Cost could not be estimated based on current, publicly available information on Homebuilders
<b>Supported</b>									
<b>Families Facing the Future (FFF)</b>  (formerly Focus on Family)	Substance Abuse	Parents in substance abuse recovery with Methadone treatment and their families	High: Contact made three times per week	Combination Outpatient clinic and in-home	Parents learn relapse prevention skills, decrease stress in the home, improve family functioning	4 – 6 months	Master's level therapist	Attend a 3-day training in Washington State (moving to on-line option as well)	Yes: can be used for other substance dependence and alcohol dependence  \$4,500 +

<b>SafeCare</b>	In-home Parent Skill-based Training	Families with children age newborn – 5-years-old who are at-risk for or have a history of child neglect and/or abuse	Medium: One weekly 60 – 90 minute visit	In-home	Home-visiting program that promotes positive parent-child interaction and children’s health and home safety and reduces child maltreatment/abuse	5 months	No minimum qualifications	32 hours of training and 2 months of using the model	No Cost could not be estimated based on current, publicly available information on SafeCare
<b>Interpersonal Psychotherapy (Weissman, et al. Manual) (IPT)</b>	Mental Health	Adults diagnosed with Major Depression	Medium: One weekly 50-minute session	Therapy office or In-home	To support patients in improving interpersonal relationships and patterns or circumstances that are directly related to the current depressive episode	3 – 4 months	Licensed Master’s level therapist	Therapist must attend at least one, 16-hour IPT workshop or course and read the IPT manual. Mentorship from an experienced IPT therapist preferred	Yes: can also be used to treat anxiety, bipolar disorder, disordered eating and postpartum depression. Group modality also available \$500
<b>Multidimensional Family Therapy (MDFT)</b>	Mental Health Substance Abuse In-home Parent Skill-based Training	Adolescents and young adults (9 – 26-years old) with substance use, delinquency and mental health difficulties and their family and the systems they are involved in (school, juvenile justice, ect.)	High: One – three, 45 – 90 minute sessions per week and weekly phone/text check-ins	Multiple Therapy office or In-home or Community setting (school, juvenile justice center, ect..)	To enhance coping, problem solving and communication skills; stabilize mental health issues; reduce youth substance use, improve school achievement, improve parenting skills and attachment	3 – 6 months	Licensed Master’s level therapist	Therapist teams of two or more attend 5 months of MDFT-specific training. This includes three 3-day on-site trainings, weekly consultations, on-line education, video reviews of the sessions and written tests	No – but is already approved for all 3 categories \$6,000 for group of up to 35 people, plus trainer travel to your site x 3
<b>Promising</b>									
<b>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</b>	Mental Health	Youth ages 4 – 18-years old who have PTSD symptoms and their caregivers	Medium: One weekly session	Therapy office	Address traumatic experience, youth learns self-regulation skills, caregivers learn behavioral management skills	3 – 4 months	Licensed Master’s level therapist	Preferred that therapist has certification but not required. For certification, attend a 2-day training (available in TX), take exam and have monthly supervision for 6 months	Yes: can be done either with just the youth or the youth and their caregiver \$300 – 2,500
<b>Child-Parent Psychotherapy (CPP)</b>	Mental Health	Youth ages birth – 5-years-old who have experienced a trauma and their caregivers	Medium: One, 60 – 90 minute, weekly session	Multiple In the therapy office or In-home	Help children express their feelings through play, strengthen parent-child relationships, deepen parents’ understanding of their child’s behaviors, help families heal and grow after stressful	5 – 11 months	Master’s level therapist	Attend an initial 3-day training. 6 – 12 months after initial training, providers participate in two, 2-day competency building workshops and participate in bi-monthly	No \$25,000 +

					experiences and identify supports for the family			consultation calls for 18 months	
<b>Methadone Maintenance Therapy</b>	Substance Abuse	Adults with heroin/opioid addiction	High: Daily contact	In a medical clinic	Reduce heroin/opioid addiction through medication assisted treatment	1 year +	Licensed physician and Licensed nurse	Attend training through SAMHSA  Clinic must be SAMHSA certified	No  \$450 +
<b>Incredible Years – Toddler Basic Program School Age Basic Program</b>	Mental Health	Parents with toddlers (1 – 3 years old)  Parents with children ages 6 – 12 years old	Medium: One, 2-hour weekly group	Multiple  Therapy office/ counseling center/ childcare center	Group based. Help parents form secure attachments and address behavior problems. Create secure and safe environments for children, establish routines, use appropriate discipline, and reduce behavior problems	3 – 5 months	Groups are run by at least two people, one who has a master’s degree, the other professional has experience in child development	Attend a 12 – 15 hour training	Yes – variations for every age group  \$500 – \$1000 + materials per person
<b>Positive Parenting Program (Triple P) – Standard, Self-Directed and Group</b>	Mental Health	Families with children (age birth – 12 years old) who exhibit behavior or emotional difficulties	Medium: One, 1 – 2 hour weekly session followed by three 15 – 30 minute weekly phone sessions Self-directed: Parents have 10 weeks to complete work books	Multiple  Therapy office or Community center or In-home	Parent training that teaches positive parenting strategies, helping children develop and learn self-regulation, managing misbehavior, goal setting and planning ahead	2 – 3 months	There are no specific educational or background prerequisites, however experience and knowledge of child development is preferred	Attend a 3-day training followed by a 1-day pre-accreditation feedback session. 6 to 8 weeks later, practitioners complete a half-day accreditation workshop in which they demonstrate proficiency	Yes  \$1500 - \$2000 per person

\*Family Centered Treatment has been transitionally approved for FFPSA prevention services payments based on an independent review submitted by the state of Arkansas. Any state may receive transitional payments for a program after approval of an independent review. However, if the Clearinghouse reviews the program at a later date, the findings of the official review will override the transitional approval if they differ.

<b>Currently Under Review</b>				
	<b>Mental Health</b>	<b>Substance Abuse</b>	<b>In-home Parent Skill-based Programs</b>	<b>Kinship Navigator</b>
Attachment and Biobehavioral Catch-Up	X		X	
Eye Movement Desensitization and Reprocessing (EMDR)	X			
Prolonged Exposure Therapy	X			
Trust-Based Relational Intervention (TBRI)	X			
Adolescent Community Reinforcement Approach		X		
The Matrix Model		X		
*Sobriety Treatment & Recovery (START)		X		
Family Centered Treatment			X	
Family Check-Up			X	
Family Spirit			X	
Iowa Parent Partner Approach			X	
SafeCare Augmented			X	
Youth Villages Intercept			X	
YMCA Kinship Support Services				X

\*This program has been independently reviewed by the state of Kentucky and submitted to the Children's Bureau for transitional approval.

### Services and Programs Reviewed and Not Approved

	Reviewed for	Date Evidence Reviewed	Reason Program/Service Does Not Currently Meet Criteria
<b>Children’s Home Society of New Jersey Kinship Navigator Model</b>	Kinship Navigator Programs	June 2019	Did not meet criteria to receive a rating because no studies of the program achieved a rating of moderate or high on design and execution
<b>Family Behavior Therapy</b> - Adolescent - Adult	Substance Abuse	March 2020	Did not meet criteria because no studies met eligibility criteria for review
<b>Family Behavior Therapy</b> - Adult with Child Welfare Supplement	Substance Abuse	March 2020	Did not meet criteria because no studies of the program achieved a rating of moderate or high on design and execution
<b>Incredible Years – Parents and Babies Program and Preschool Basic Program</b>	Mental Health	August 2020	Did not meet criteria because no studies of the program achieved a rating of moderate or high on design and execution
<b>Interpersonal Psychotherapy (Stuart &amp; Robertson Manual)</b>	Mental Health	August 2020	Did not meet criteria to receive a rating because no studies of the program achieved a rating of moderate or high on design and execution
<b>Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-Tech)</b>	Kinship Navigator Programs	June 2019	Did not meet criteria to receive a rating because no studies of the program achieved a rating of moderate or high on design and execution
<b>Multisystemic Therapy for Child Abuse and Neglect</b>	Mental Health	June 2019	Did not meet criteria because no studies of the program that achieved a rating of moderate or high on design and execution demonstrated a favorable effect on a target outcome
<b>Nurturing Parenting</b> - For Parents & their Infants, Toddlers & Preschoolers - For Parents & Their School Age children 5 to 11 Years	In-home Parent Skill-based Training	March 2020	Did not meet criteria to receive a rating because no studies of the program achieved a rating of moderate or high on design and execution
<b>Ohio’s Kinship Supports Intervention / ProtectOHIO</b>	Kinship Navigator Programs	March 2020	Did not meet criteria to receive a rating because no studies of the program achieved a rating of moderate or high on design and execution
<b>Seeking Safety</b>	Substance Abuse	March 2020	Did not meet criteria because no studies of the program that achieved a rating of moderate or high on design and execution demonstrated a favorable effect on a target outcome
<b>The Seven Challenges – Adolescent and Adults</b>	Substance Abuse	August 2020	Did not meet criteria because no studies met eligibility criteria for review
<b>Solution-Based Casework</b>	In-home Parent Skill-based Training	March 2020	Did not meet criteria to receive a rating because no studies met eligibility criteria for review
<b>Triple P – Positive Parenting Program – On-line</b>	Mental Health	August 2020	Did not meet criteria because no studies achieved a rating of moderate or high on design and execution demonstrated a favorable effect on a target outcome