

Salt River Trail Service Region WEST- SAFY	<b>EBP Selection Document</b>			Revised: 9.30.19
<b>EBP Intervention</b>	<b>Brief Description &amp; Target Pop.</b>	<b>Currently On Title IV-E Clearinghouse</b>	<b>Intended Outcomes</b>	
1-2-3 Magic: Effective Discipline for Children 2-12	1-2-3 Magic is a group format discipline program for parents, grandparents, teachers, babysitters, and other caretakers working with children approximately 2-12 years of age. The program can be used with average or special needs children. 1-2-3 Magic divides the parenting responsibilities into three straightforward tasks: controlling negative behavior, encouraging good behavior, and strengthening the child-parent relationship. The program seeks to encourage gentle, but firm, discipline without arguing, yelling, or spanking.	N	<ul style="list-style-type: none"> <li>◦Parents/caregivers will:</li> <li>◦Be able to use one simple tactic to manage obnoxious behavior without arguing, yelling, or spanking;</li> <li>◦Be able to use six different tactics for encouraging routines for positive behavior;</li> <li>◦Master four strategies for strengthening relationships with their children;</li> <li>◦Understand how to recognize and manage the six kinds of testing and manipulation; and</li> <li>◦Learn appropriate expectations for children's behavior.</li> </ul>	

<p>Motivational Interviewing (MI)</p>	<p>Caregivers of children referred to the child welfare system, has been used with adolescents. MI is a client-centered, directive method designed to enhance client motivation for behavior change. It focuses on exploring and resolving ambivalence by increasing intrinsic motivation to change. MI can be used by itself, as well as in combination with other treatments. It has been utilized in pretreatment work to engage and motivate clients for other treatment modalities.</p>	<p>N</p>	<ul style="list-style-type: none"> <li>• Enhance internal motivation to change</li> <li>• Reinforce this motivation</li> <li>• Develop a plan to achieve change</li> </ul>
<p>Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)</p>	<p>Children, 3-18 years of age, with a known trauma history who are experiencing significant posttraumatic stress disorder (PTSD) symptoms, whether or not they meet full diagnostic criteria. In addition, children with depression, anxiety, and/or shame related to their traumatic exposure. Children experiencing childhood traumatic grief can also benefit from the treatment. TF-CBT is a conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles.</p>	<p>Promising</p>	<ul style="list-style-type: none"> <li>• Improving child PTSD, depressive and anxiety symptoms</li> <li>• Improving child externalizing behavior problems (including sexual behavior problems if related to trauma)</li> <li>• Improving parenting skills and parental support of the child, and reducing parental distress</li> <li>• Enhancing parent-child communication, attachment, and ability to maintain safety</li> <li>• Improving child's adaptive functioning</li> <li>• Reducing shame and embarrassment related to the traumatic experiences</li> </ul>