

Prevention Evidenced Based Practices (EBP)

Functional Family Therapy (FFT) serves youth aged eleven through eighteen with maladaptive behaviors such as aggression, destruction of property, theft, fire setting, truancy, and substance abuse. The intervention consists of twelve to fourteen one-hour sessions in the home.

Homebuilders® is a four to six week/eight to ten hour intensive in-home service. It is a skill-based parenting and community-based family preservation/reunification services treatment program designed to avoid unnecessary placement of children and youth into out-of-home care (OOHC). The program provides families with in-home crisis intervention, counseling, parent education, and life skills training. Eligibility includes families with children birth to age seventeen who are at imminent risk of placement in OOHC (foster care, group or residential treatment, psychiatric hospitals, or juvenile justice facilities), or families who need intensive services for a child to return from OOHC.

Intensive Care Coordination Using High Fidelity Wraparound (HFW) serves children and youth aged zero through seventeen, with complex emotional, behavioral, and mental health needs and their families. An individualized, team-based, collaborative process coordinates services and support. The wraparound process should increase the "natural support" available to a family by strengthening interpersonal relationships and utilizing other resources available in the family's network of social and community relationships. This intervention can meet with the family in the home and community. Intensity can vary, it starts as sixty to ninety minute sessions and two team sessions the first three weeks to a month. The team continues to meet with the family as the intensity catered to them decreases over time. The intervention could last up to fourteen months.

Intercept® serves families with children aged zero through seventeen, who have experienced serious emotional and behavioral issues, and those who have experienced abuse or neglect. This program cannot serve children currently involved in a gang, suicidal and homicidal with a plan; or children aged thirteen and over who have been sexually abused and not completed a treatment program. Intervention lasts four to six months and occurs two to three times weekly at home.

Motivational Interviewing (MI) is a client-centered counseling style for eliciting behavior changes by helping clients explore and resolve ambivalence. It is for all children and families, birth to age seventeen who are experiencing a substance use disorder (SUD) diagnosis (active or in remission), families seeking relapse prevention services, families with mental health issues, or families seeking skill-based parenting programs. Sessions can be completed as a family or individually.

The length of intervention is typically delivered over one to three sessions each lasting thirty to fifty minutes. The dosage may vary if MI occurs in conjunction with other treatments.

Multisystemic Therapy (MST) is an intensive treatment for troubled youth aged twelve to seventeen. This program aims to promote pro-social behavior and reduce criminal activity, mental health symptomology, out-of-home placements, and illicit substance use. This program cannot serve children currently involved in a gang, suicidal and homicidal with a plan; or children aged thirteen and over who have been sexually abused and not gone through a treatment program. Services last three to five months with visits two to three times a week in the home.

Parent-Child Interaction Therapy (PCIT) is for families with children aged two to seven years old who have experienced frequent and intense emotional and behavioral problems. Parents are coached in behavior management and relationship skills by a trained therapist. This EBP aims to decrease externalizing child behavior problems, increase positive parenting behaviors, and improve the parent-child relationship. Services consist of fourteen sessions lasting about one hour each.

Sobriety Treatment and Recovery Team (START) targets families with at least one child under six years of age, who is in the child welfare system due to maltreatment and the caregiver has substance use disorder (SUD). START staff pairs with child protective services with both being trained in family engagement. The team (including the treatment provider) uses a system-of-care and team decision-making approach with families, treatment providers, and the courts. With the goal of child safety, the team works to identify natural supports to promote a child remaining in the home, or to be reunified with the family timely. The typical length of the child welfare case is about fourteen to sixteen months.

Trauma Focused-Cognitive Behavioral Therapy (TFCBT) serves children aged three through eighteen with a known trauma history, who are experiencing significant post-traumatic stress disorder (PTSD) symptoms (whether fully diagnosed or not). TFCBT serves children with depression, anxiety, and shame related to trauma. This is a joint child and caregiver model. If no caregiver participates there will be documentation of efforts made and why a caregiver did not attend, and other family members can be invited. The sessions should occur three times a month with at least twelve to sixteen sessions lasting ninety minutes each. A non-offending parent or caregiver must attend all sessions.