

Overview

Evidence Based Practices

This section of the Practice Kit provides guidance and information related to therapeutic modalities. The included resource guide provides helpful links to information on each of the several therapeutic modalities supported by scientific research. Each hyperlink will connect you to a description of the modality as well as provide information concerning the limitations on each practice. While every effort has been made to provide updated information, you should independently verify the information contained in this Practice Kit.

CLC Resource Guide

Evidence Based Practices

Therapeutic Modalities

- ◆ [Functional Family Therapy](#)
 - This article published by the Office of Juvenile Justice and Delinquency Prevention of the United States Department of Justice explains the background, core principles, goals, and techniques of Functional Family Therapy.
- ◆ [Multisystemic Therapy \(MST\)](#)
 - This article published by youth.gov, a program of the United States Government, describes the goals and target populations (generally youth age 12 -17) of MST as well as program components. Additionally, this article provides summaries of several studies conducted to analyze the effectiveness of MST.
- ◆ [Adolescent Community Reinforcement Approach \(A-CRA\)](#)
 - This article published by the National Resource Center for Permanency and Family Connections at the Silberman School of Social Work at Hunter College describes a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use. A-CRA targets youth and young adults age 12-22 with substance use disorders.
- ◆ [Child-Parent Psychotherapy \(CPP-FV\)](#)
 - This publication of The National Child Traumatic Stress Network describes CPP. CPP is a therapeutic intervention that targets children age zero to six who have experienced at least one traumatic event related to domestic violence or maltreatment.
- ◆ [Parent-Child Interaction Therapy](#)
 - This publication by Child Welfare Information Gateway describes the positives, limitations, and components of Parent-Child Interaction Therapy, which targets children ages 2-8 who have been or are at-risk of abuse.
- ◆ [Trauma-Focused Cognitive Behavioral Therapy \(TF-CBT\)](#)
 - This publication by Child Welfare Information Gateway describes the features of TF-CBT, key components, target population (children ages 3-18), effectiveness, and considerations for child welfare agency administrators. TF-CBT can also incorporate non-offending parents or caregivers.
- ◆ [Trauma Systems Therapy \(TST\)](#)
 - This publication by the National Child Traumatic Stress Network describes a therapeutic modality targeted to youth age 5 to 21 who are prone to triggered patterns of survival in the moment as a result of the interaction between their traumatic experience and current stressors.
- ◆ [Transition to Independence Process \(TIP\) Model](#)
 - This publication describes the TIP model and its goal of preparing youth with EBD for their movement into adult roles. TIP is targeted to youth age 14 to 29.



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
INTERVENTIONS FOR CHILDREN 0 TO AGE 6							
Child Parent Psychotherapy for Family Violence (CPP-FV)	Child Parent Psychotherapy for Family Violence is a therapeutic intervention for young children with a history of trauma exposure or maltreatment and their caregivers. CPP-FV supports child development, restores the child-parent relationship and the overall feelings of safety, while reducing symptoms associated with the experience of trauma.	Ages range from 0-6 years old Delivery Setting: CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	Child Victims or witnesses of : <ul style="list-style-type: none"> family violence intimate partner violence child physical abuse child sexual abuse 	Child: <ul style="list-style-type: none"> must have a trauma or maltreatment history does not have a significant caregiver participating in treatment 	DBH & MCO	Average length/number of sessions: 50 or approximately one year	DBH PIECE Program 821 Howard Rd. SE Washington, DC 20020 202-698-1838
							Foundations 1012 14 th Street, NW Washington, DC 20005 202-737-2554
							Mary Center 2333 Ontario Road, NW Washington, DC 20009 202-483-8319
							Community Connections 650 Pennsylvania Ave., NW Washington, DC 20003 202-548-4885



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
Parent Child Interaction Therapy (PCIT)	PCIT is a supported treatment for young children who are experiencing extreme behavioral difficulties. It places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.	Ages range from 2-6 years old Delivery Setting: Outpatient Clinic	Child who exhibits: <ul style="list-style-type: none"> • loss of temper • property destruction • stealing • fighting • general difficulty playing appropriately <ul style="list-style-type: none"> • Child must live with one or both parents or in a stable foster homes <ul style="list-style-type: none"> • Children must be a resident or ward of the District of Columbia 	Child is diagnosed with: <ul style="list-style-type: none"> • Autism • PDD • exclusive ADHD • Children whose parents have sexually abused their children (or convicted of such a crime) or who have an active investigation pending are not eligible for • PCIT. Parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT). • Parents with an IQ below 75 	MCO only	Children and caregiver participate in a series of therapy sessions: approximately 12 to 16 sessions	DBH PIECE Program 821 Howard Rd., SE Washington, DC 20020 202-698-1838
							Mary's Center 2333 Ontario Road, NW Washington, DC 20009 202-483-8319

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
INTERVENTIONS FOR CHILDREN AND YOUTH							
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of traumatic life events and address feelings.	Ages range from 4-18 years old. Delivery Setting: TF-CBT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	Child/Youth who have a history of at least one significant potentially traumatic event to include but not limited to: <ul style="list-style-type: none"> sexual assault physical assault witnessing serious violence in the home or community unexpected traumatic death of a loved one 	Child/ Youth: <ul style="list-style-type: none"> does not have a trauma history does not have a significant mental health symptoms related to a traumatic event has severe cognitive disabilities, autism spectrum disorder has other difficulties that make it impossible for them 	DBH & MCO	Children participate in a series of therapy sessions approximately 12 to 16 sessions	Foundations 1012 14th Street, NW Washington, DC 20005 202-737-2554
							Community Connections 650 Pennsylvania Ave., SE Washington, DC 20003 202- 548-4885
							MD/DC Family Resource 903 Brightseat Rd. Landover MD 20785 301-333-2980

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
			<ul style="list-style-type: none"> • motor vehicle accident • dog attack, • exposure to disasters • exposure to terrorist attacks • exposure to war trauma 	to engage in cognitive therapy			<p>Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100</p>

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
Functional Family Therapy (FFT)	FFT is a family focused intervention for at-risk and juvenile justice involved youth.	<p>Ages ranges from 10-18</p> <p>Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.</p>	<p>Child/Youth and their families whose range of problems include but are not limited to:</p> <ul style="list-style-type: none"> • acting out • conduct disorder • alcohol and/or substance abuse • limited access to resources • a range of diagnoses 	<p>Child/Youth who is</p> <ul style="list-style-type: none"> • actively suicidal • actively homicidal • actively psychotic without medication stabilization • Youth in respite or emergency care • Youth who will not be returning home within 30 days • Youth not living with permanent/ long-term caregiver 	DBH only	Families participate in a series of sessions over a 3-5 month treatment period	<p>Foundations 1012 14th Street, NW Washington, DC 20005 (202)737-2554</p>
							<p>Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202-232-6100</p>
							<p>Parent & Adolescent Support Services (PASS) DC Department of Human Services-- Family Services Administration 64 New York Ave. NE, Washington, DC 20002 202-698-4334</p>



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
Multisystemic Therapy (MST)	MST is an intensive treatment for youth with complex issues. Emphasis is on empowering parents/caregivers effectiveness as they assist the youth in successfully making and sustaining changes in individual, family, peer and school systems.	<p>Ages ranges from 10 and 17</p> <p>Delivery Setting: MST is delivered the in family's natural environment-homes, schools, community</p>	<p>Child/Youth:</p> <ul style="list-style-type: none"> living with or returning to family with whom child has a long-term relationship and who are willing to play a long-term parenting role at risk for out of home placement returning home from an out of home placement within 30 days of referral. behavioral issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior, etc.) 	<p>Child/Youth who is:</p> <ul style="list-style-type: none"> actively suicidal homicidal psychotic without medication stabilization without a viable and committed family placement and/or children placed in a non-family foster home who will not be returning home within 30 days of the referral. 	DBH only	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	Pending Provider



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
MST for Youth with Problem Sexual Behavior (MST-PSB)	MST-PSB is an intensive family and community based treatment program that addresses the many factors that influence problem sexual behavior. It focuses on the influence of the offender's home family, school, neighborhood and peers.	Age ranges from 10 and 17 Delivery Setting: MST-PSB is delivered the in family's natural environment-homes, schools, community.	Child/Youth with Problem Sexual Behaviors: <ul style="list-style-type: none"> All of MST criteria (above) plus: Committed sexual offenses against an identified victim. 	Child/Youth who is: <ul style="list-style-type: none"> actively suicidal/homicidal psychotic w/o medication stabilization Children without a viable and committed family placement and/or children placed in a non-family foster home Children who will not be returning home within 120 days of the referral. 	DBH only	Multiple sessions/ contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	Pending Provider

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
Trauma Systems Therapy (TST)		<p>Age ranges from (6-18) years old. Delivery Setting: TST is a planning approach that includes input from children’s homes, schools, community.</p>	<p>Child/Youth/Young Person has:</p> <ul style="list-style-type: none"> • been exposed to trauma • plausible trauma histories, • evidencing difficulty regulating emotional and behavioral states • dysregulation being plausibly related to the trauma history • has stable housing or a plan to achieve stable housing in the community 	<p>Child/Youth/ Young Person: TST is applicable to a wide range of populations and service settings. Therefore, exclusion criteria will be determined at the clinical discretion of the team at each provider site.</p>	DBH only	Average length of stay 9-18 months	<p>Contemporary Family Services, Inc. 3300 Penn Ave, SE Washington, DC 20020 202-735-0761</p>
							<p>Foundations 1012 14th Street, NW Washington, DC 20005 202-737-2554</p>
							<p>Maryland Family Resources, Inc. 903 Brightseat Road, Landover, MD 20785 301-333-2980</p>
							<p>Adoptions Together 901 Varnum St. NE Washington, DC 20017 202-536-1146</p>
							<p>Hillcrest 915 Rhode Island Ave NW Washington, DC 20001 (202) 232-6100</p>

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
Transition to Independence Process (TIP)	TIP is a practice model which prepares youth and young adults (ages 14-29) with emotional and behavioral challenges for the transition to adult roles by engaging them in their own futures planning while providing developmentally-appropriate supports. TIP involves youth/ young adults, their families, and other key players in a process that facilitates movement towards greater self-sufficiency and successful achievement of their goals.	Age ranges: from 14-29 years Delivery Setting: TIP is delivered the in family's natural environment-homes, schools, community.	Youth/ Young Person: • with Emotional and Behavioral difficulty	Youth/ Young Person: • <u>with no</u> Emotional and Behavioral difficulty	DBH only	12 to 18 months	MBI Services LLC 4017 Minnesota Ave., NE Washington, DC 20016 202-388-9202
							Life Enhancement Services 1321 Southern Ave. SE Ste. 301 Washington, DC 20010 202-562-6262
							Community Connections 801 Pennsylvania Ave., SE Washington, DC 20003 202-548-4885
							Family Preservation Services 3341 Benning Rd. NE Washington, DC 20019 202-543-1360
							DC Department of Human Services-- FSA (Teen Parent Assistance Program) 64 NY Ave. NE, Washington, DC 20002 202-698-4334
							Total Family Care Coalition 1214 I St SE, Washington, DC 20003 202-249-1000

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information
							<p>Contemporary Family Services, Inc. 3300 Penn Ave, SE Washington, DC 20020 202-735-0761</p>
<p>Adolescent - Community Reinforcement Approach (A-CRA)</p>	<p>Adolescent Community Reinforcement Approach (A-CRA) is a behavioral intervention that seeks to replace environmental influences that have supported alcohol or drug use with prosocial activities and behaviors that support recovery.</p>	<p>Age ranges: from 12-22 years Old</p> <p>Delivery Setting: outpatient program or community</p>	<p>Youth/ Young Person: identified with cannabis, alcohol, and/or other substance use disorders</p>	<p>Youth/Young Person: <u>without</u> a history of substance use or identified without cannabis, alcohol, and/or other substance use disorders</p>	<p>DBH only</p>	<p>Duration: usually about 3 months</p> <p>Rate: Sessions are once weekly for 50-90 minutes.</p>	<p>Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202-232-6100</p> <p>Riverside 2041 MLK Ave SE Washington, DC 20020</p> <p>LAYC 1419 Columbia Rd., NW Washington, DC 20009 202-319-2265</p> <p>Federal City Recovery Services 316 F St NW Washington, DC 20002 (202) 548-8460</p>

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet