


Evidence-Based Services and Programs Matrix

Updated On: February 16, 2021

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements	Variations & Approximate Training Cost
									
Brief Strategic Family Therapy (BSFT)	Mental Health Substance Abuse In-home Parent Skill-based	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, participate in weekly video supervision for 4 – 6 months, record and submit therapy sessions. The site, not the therapist, is certified	Yes: approved for all 3 categories and there is evidence of effectiveness for African American and Hispanic families \$35,000 +
Family Check-Up	Mental Health In-home Parent Skill-based	Families with youth age 2 – age 17	Medium: One weekly session	Multiple Home, school, therapy office, health center	Aims to improve parenting skills and family management practices, with the goals of improving a range of emotional and behavioral challenges	1 - 4 months	Master's level with some clinical experience	Attend a 2-day in-person training or participate in a self-paced on-line course and two live webinars or a hybrid of the two	No \$2,000 +
Functional Family Therapy (FFT)	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 +
Healthy Families America (HFA)	In-home Parent Skill-based	Pregnant women/ Families with children age newborn – age 5	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 manuals can be provided to families \$4,000 – 10,000 +
Homebuilders	In-home Parent Skill-based	Families with children ages newborn – age 18	High: Average of 10 hours a week + 24 hour on-call availability + 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
Motivational Interviewing (MI)	Substance Abuse	10-year-old adults with an addiction to substances or nicotine	Low: One – three sessions total, each session is approximately 30 – 50 minutes	Multiple School, therapy office, community agency or in the home	Encourage and promote behavior change to Improve physiological, psychological, and lifestyle outcomes	1 – 6 weeks	No minimum qualifications	Complete a one day on-line or in-person training – usually found locally	Yes, can be used to help change any unhealthy behavior \$600 +

Multisystemic Therapy (MST)	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 experience	Therapist must attend a 5-day training 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 +
Nurse Family Partnership	In-home Parent Skill-based	Pregnant women/ Families with children age newborn – age 2	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
Parent-Child Interaction Therapy (PCIT)	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 +
Parents as Teachers (PAT)	In-home Parent Skill-based	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 +



Families Facing the Future (FFF)	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 online option as well)	Yes: can be used for other substance dependence and alcohol dependence \$4,500 +
Intercept	In-home Parent Skill-based	Families with children age newborn – age 18 who are at-risk for or are currently in out-of-home placement	High: Contact made three times per week + 24 hour on-call availability	In-home or In the community	Work with both the child and the caregivers to address issues impacting family stability through advocacy, comprehensive treatment plans and connecting families to services	4 – 9 months	Master's Degree or Bachelor's level professional + one year experience	Teams attend a 4-day training, participate in weekly consultation, and then on-going required quarterly trainings	Yes: can be used for prevention or reunification Cost could not be estimated based on current, publicly available information
Interpersonal Psychotherapy (Weissman, et al. Manual) (IPT)	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. Can be done individually or through group modality	3 – 4 months	Licensed Master's level therapist	Therapist must attend at least one, 16-hour workshop or course and read the IPT manual. Mentorship from an experienced IPT therapist recommended	Yes: can also be used to treat anxiety, bipolar disorder, disordered eating & postpartum depression \$500

Multidimensional Family Therapy (MDFT)	Mental Health Substance Abuse In-home Parent Skill-based	Adolescents and young adults (9 – 26) with substance use, delinquency and mental health difficulties and their family and the systems they are involved in	High: One–three, 45–90 minute sessions per week and weekly phone/text check-ins	Multiple Therapy office or In-home or Community setting	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, online education and video reviews of the sessions	No—but is already approved for all 3 categories \$6,000 for group of up to 35 people, plus trainer travel to your site x3
SafeCare	In-home Parent Skill-based	Families with children newborn –age 5 who are at-risk for or have a history of child neglect 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

 **Promising**

Adolescent Community Reinforcement Approach (A-CRA)	Substance Abuse	Adolescents and young adults (12–24) with substance use disorders and their caregivers	Medium: One weekly session + optional support calls	Multiple Out-patient, in-patient, in-home or in the community	Aims to support adolescents' substance use recovery by encouraging positive family and peer relationships and helping adolescents engage in prosocial activities	3 – 4 months	Master's Degree or Bachelor's level professional + two years experience	Attend a 2.5 day training workshop + supplemental, online courses	Yes - Manuals are available in English, Dutch, French, Portuguese and Spanish \$10,000 +
Child-Parent Psychotherapy (CPP)	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 understanding of child's behaviors, help families heal after stressful experiences and identify supports	5 – 11 months	Master's level therapist	Attend an initial 3-day training. 6 + months later participate in two, 2-day workshops, then participate in bi-monthly consultation calls for 18 months	No \$25,000 +
Incredible Years - Toddler Basic Program - School Age Basic Program	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 and use appropriate discipline	3 – 5 months	Groups are run by two people, one with a master's degree, the other has child development experience	Attend a 12–15 hour training	Yes – variations for every age group \$500 – \$1000 + materials per person
Interpersonal Psychotherapy for Depressed Adolescents (IPT-A)	Mental Health	Parents/ families and their adolescent (12-18 years old) youth	Medium: One weekly session	Multiple Therapy office/ counseling center/ school	Aims to help adolescents identify their feelings, understand how interpersonal and environmental factors impact their mood, strengthen problem-solving skills, improve relationships and decrease depressive symptoms	3 – 4 months	Master's level therapist	Attend 16- 20 hours of on-line or in-person training	No \$500 +

Iowa Parent Partner Approach	In-home Parent Skill-based	Parents involved in the child welfare system	Medium: One – two in-person meetings per week + optional phone calls	In-home or In the child welfare office	One on one mentorship, peer support and advocacy from parents with lived experience	6 months	Staff with child welfare experience Parents with lived experience	Parents complete 6 training modules + attend monthly support group	No It appears all training materials and guides are publicly available
Methadone Maintenance Therapy	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 +
Positive Parenting Program (Triple P) – Standard, Self-Directed and Group	Mental Health	Families with children (age birth – 12 years old) who exhibit behavior or emotional difficulties	Medium: One, 1 – 2 hour weekly session + 15 – 30 minute phone sessions 3 x week Self-directed: Parents have 10 weeks to finish workbooks	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 education or background prerequisites, 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
Sobriety Treatment and Recovery Teams (START)	Substance Abuse In-home Parent Skill-based	Families with a child age 6 or younger who are involved in the child welfare system and have a substance use disorder	Medium: Two weekly sessions + team meetings	Multiple Home, Counseling office	Facilitate individualized wraparound services, identify and increase natural supports and match parents with a peer in long-term recovery for support	6 – 14 months	Workers and mentors are employed by Child Protective Services and meet those employment requirements	Two day on-site training and then 2 – 4 hours of consultation per month	No Cost could not be estimated based on current, publicly available information
TBRI 101 (online caregiver training)	Mental Health	Caregivers of children who have experienced abuse, neglect and/or other trauma	Self-paced	In-home	Self-guided, attachment-based, virtual training for caregivers of children who have experienced trauma that aims to teach caregivers tools to meet the emotional needs of their children	5 modules that contain 7.5 hours of content	Stand-alone web-based intervention for caregivers and is not delivered by a practitioner	Not Applicable	No \$75
TBRI – Caregiver Training	Mental Health	Caregivers of children who have experienced abuse, neglect and/or other trauma	High: Four in-person group sessions that last for 6 hours each	Counseling office or community based agency	Attachment-based training for caregivers of children who have experienced trauma that aims to teach caregivers tools to meet the emotional needs of their children	1 – 3 months	No minimum educational requirements. Must be a professional working with caregivers	First, self-paced online coursework and interpersonal interview and then a 5-day in-person training	Yes: school classroom training version and kids camp version \$2,500 – 3,500
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	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	Prefer therapist be certified but is not required. For certification attend 2-day training and have bi-monthly supervision for 6 months	Yes: can be done either with just the youth or the youth and their caregiver \$300 – 2,500

Currently Under Review				
Program / Service	Mental Health	Substance Abuse	In-home Parent Skill-based	Kinship Navigator
Acceptance and Commitment Therapy (ACT)	X	X		
Aggression Replacement Training	X			
Alternatives for Families: A Cognitive Behavioral Therapy	X			
Assertive Community Treatment		X		
Beyond Trauma + Helping Women Recover		X		
Child First	X		X	
Circle of Security			X	
Cognitive Processing Therapy	X			
Cognitive Processing Therapy – American Indian and Alaska Native Adaptation	X			
Community Reinforcement + Vouchers Approach		X		
Coping Cat	X			
Eye Movement Desensitization and Reprocessing (EMDR)	X			
Familias Unidas	X	X	X	
Families and Schools Together	X			
Families and Schools Together – American Indian Adaptation	X			
Family Spirit			X	
GenerationPMTO	X		X	
High Fidelity Wraparound	X			
Lilliput Families Kinship Support Services Program				X
Mindfulness-Based Cognitive Therapy	X			
Parents Anonymous	X			
Parent Connectors	X		X	
Parenting Wisely	X		X	
Parenting with Love and Limits	X		X	
Prolonged Exposure Therapy	X			
Safe Environment for Every Kid (SEEK)	X			
Strengthening Families	X	X	X	
Together Facing the Challenge	X		X	
Triple P – Positive Parenting Program – Online (re-review)	X			

Services and Programs Reviewed and Not Approved

Program / Service	Reviewed For	Rating Released	Reason Program/Service Does Not Currently Meet Criteria
Attachment and Biobehavioral Catch-up – Infant	Mental Health and In-home Parent Skill-based Training	December 2020	Did not meet criteria to receive a rating 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
Attachment and Biobehavioral Catch-up – Toddler	Mental Health and In-home Parent Skill-based Training	December 2020	Did not meet criteria to receive a rating because no studies met eligibility criteria for review
Children’s Home Society of New Jersey Kinship Navigator Model	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
Family Behavior Therapy - Adolescent - Adult	Substance Abuse	March 2020	Did not meet criteria because no studies met eligibility criteria for review
Family Behavior Therapy - 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
Family Centered Treatment	In-home Parent Skill-based Training	February 2021	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.
Incredible Years - Parents and Babies Program - Preschool BasicProgram	Mental Health	August 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
Interpersonal Psychotherapy (Stuart & Robertson Manual)	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
Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-Tech)	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
The Matrix Model	Substance Abuse	February 2021	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
Multisystemic Therapy for Child Abuse and Neglect	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
Nurturing Parenting - For Parents & their Infants, Toddlers & Preschoolers - For Parents & Their School Age children 5-11 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
Ohio’s Kinship Supports Intervention/ProtectOHIO	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
SafeCare Augmented	In-home Parent Skill-based Training	December 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
Seeking Safety	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
The Seven Challenges – Adolescent - Adults	Substance Abuse	August 2020	Did not meet criteria because no studies met eligibility criteria for review
Solution-Based Casework	In-home Parent Skill-based Training	March 2020	Did not meet criteria to receive a rating because no studies met eligibility criteria for review
YMCA Kinship Supports Services	Kinship Navigator Programs	December 2020	Deemed not eligible for review because a written manual or documentation that describes how to implement the practice is not available to the public