



CENTER *for*
EVIDENCE-BASED
PARTNERSHIPS

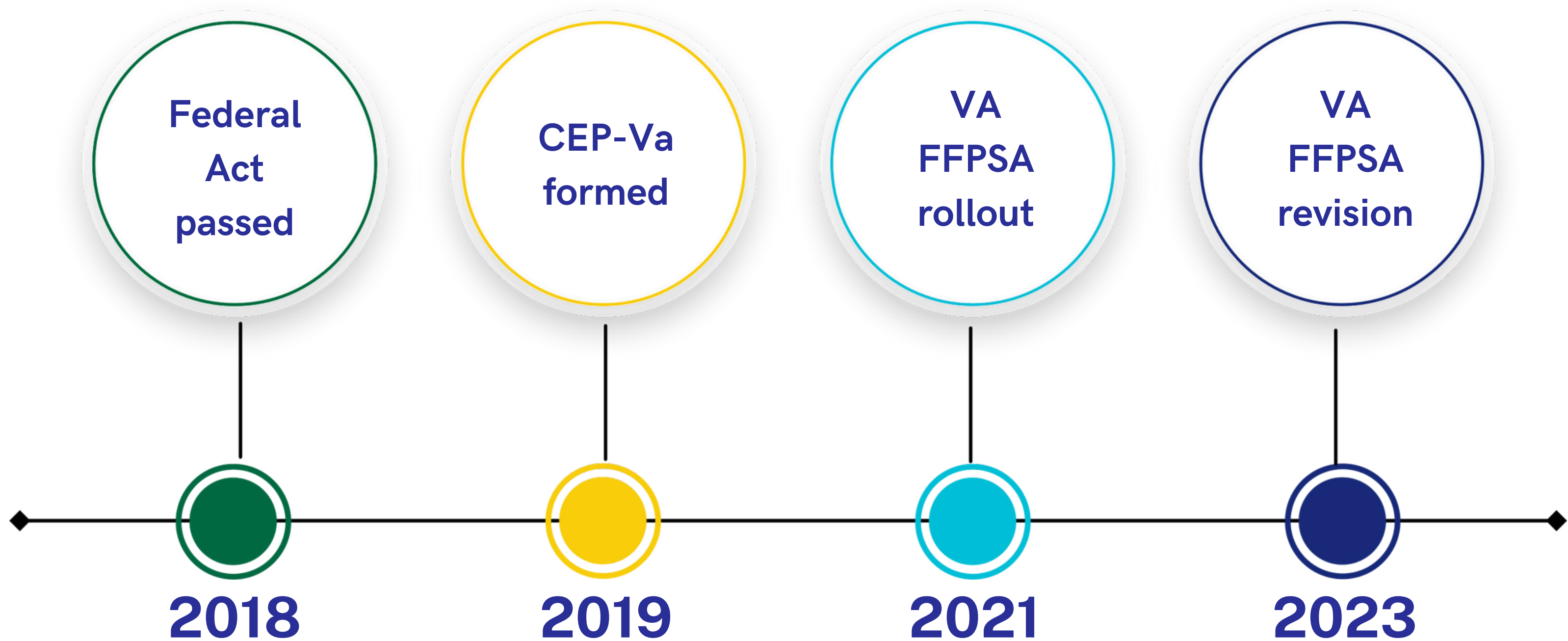
PLOTTING PREVENTION

NAVIGATING VIRGINIA EBPS FOR CHILDREN AND FAMILIES

ASHLEY SANDMAN, PARTNER ENGAGEMENT DIRECTOR

ASHLEY ROBINSON, DATA DIRECTOR

Family First Prevention Services Act



MULTI-SYSTEMIC THERAPY

MST is an Evidence-based Program that aims to reduce delinquency in youth by assessing and addressing all systems within a youth's life.

Who can MST help?

- Youth ages **12-17**
- Families with youth who are **at risk of, or have already committed crimes.**
- Youth with **mental health issues**
- Youth at **risk of being placed out of the home**

How can MST help?

- MST aims to promote pro-social behavior while **reducing mental health problems, substance use, and out of home placements.**
- MST aims to **address core causes** to delinquency and other problematic behaviors.

What does MST look like?

MST is provided in all systems in which the youth is involved and lasts **3-5 months**. During treatment, the **therapist is available to the family 24/7.**



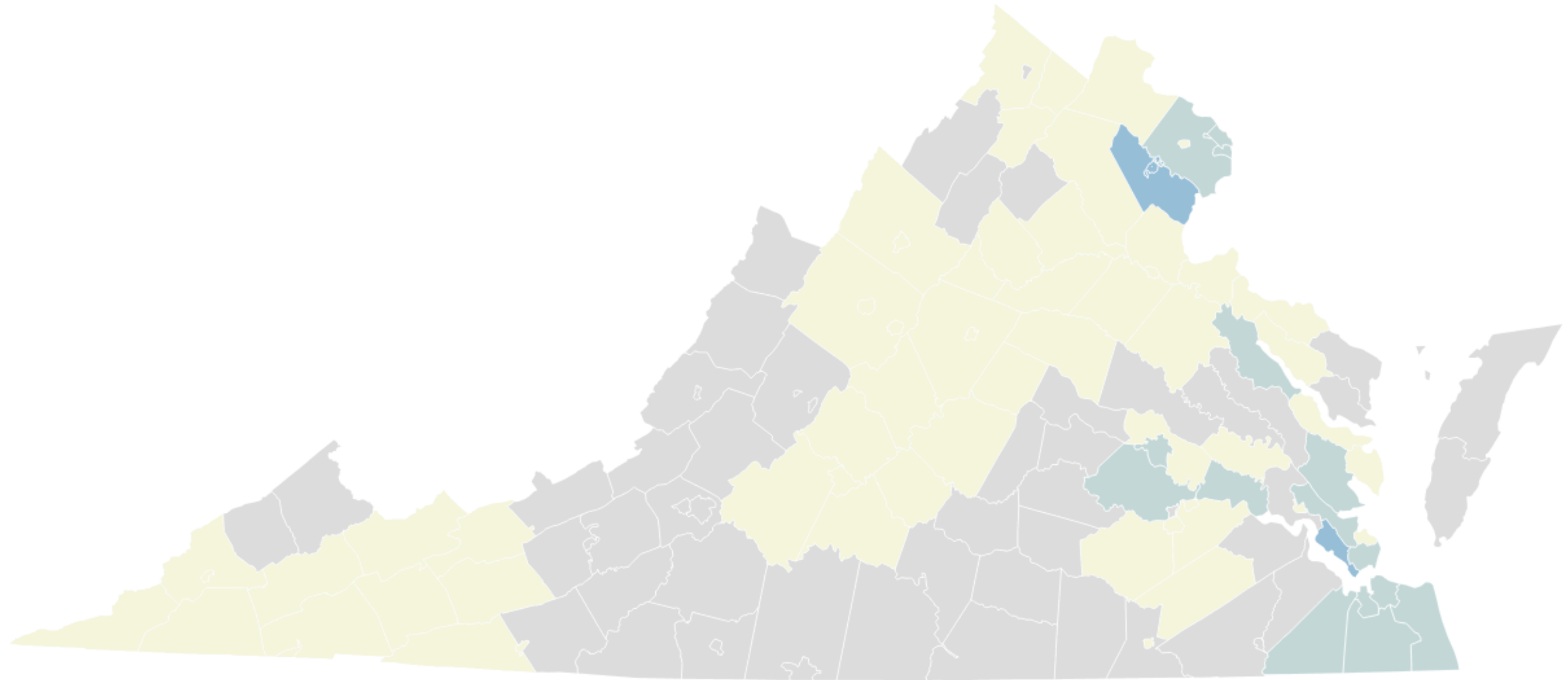
MST is approved to be funded by:

Title IV-E CSA Medicaid

Multisystemic Therapy in Virginia

MST team coverage as of June 2024

1 Team 2 Teams 3 Teams



FUNCTIONAL FAMILY THERAPY

FFT is an Evidence-based Program that aims to strengthen family systems and reduce out of home placements for youth.

Who can FFT help?

- Youth ages **11-18**
- Families with **significant conflict**
- Youth **at risk of court involvement** or already court involved
- Youth **at risk of out of home placement**

How can FFT help?

- FFT is designed to **address problematic cycles** that are happening within the youth and the family as a whole.
- FFT aims to **reduce problematic emotions and behaviors in a family system** while also strengthening the family.

What does FFT look like?

FFT is delivered in the **home setting** over the course of **3-6 months**. Treatment is typically delivered **weekly for 60-90 minutes** each session.



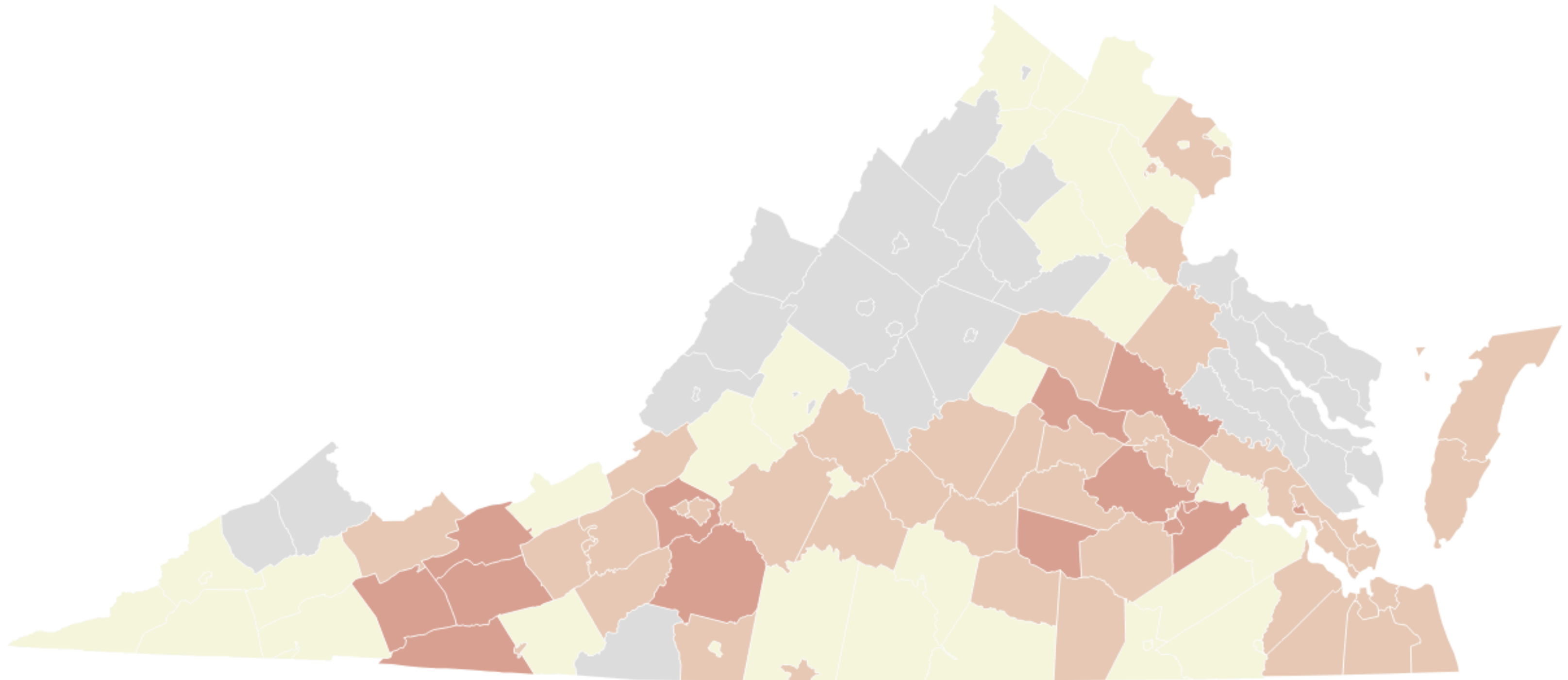
FFT is approved to
be funded by:

Title IV-E CSA Medicaid

Functional Family Therapy in Virginia

FFT team coverage as of June 2024

1 Team 2 Teams 3 Teams



PARENT-CHILD INTERACTION THERAPY

PCIT is an Evidence-based Program that aims to improve the child-parent relationship while reducing child problematic behaviors.

Who can PCIT help?

- **Parents of children ages 2-7**
- Caregivers of children who display significant behaviors such as **aggression, defiance, disruptive behaviors, and ineffective social skills**. These families may also experience safety concerns.

How can PCIT help?

- PCIT provides **live coaching** sessions to repair and strengthen the parent-child relationship.
- PCIT aims to **improve attachment** between the caregiver and child to ensure secure relationships.

What does PCIT look like?

PCIT is traditionally delivered **in office on a weekly basis**. Treatment typically lasts **12-20 sessions**, but service length is determined by individual family needs.



PCIT is approved to
be funded by:

Title IV-E

CSA

FAMILY CHECK-UP

FCU is an Evidence-based Program that is strengths based and aims to improve parenting skills and family management.

Who can FCU help?

- **Parents with children ages 2-17**
- Families with children who are **disruptive at home or school**
- Parents who could benefit from developing skills and have been resistant to engagement in the past

How can FCU help?

- FCU aims to **improve a range of emotional, behavioral, and academic outcomes** for children.
- FCU aims to promote **healthy limit setting, family communication, and increase family motivation for change**

What does FCU look like?

FCU can be delivered in **homes, schools, clinics**, etc. and is limited to **15 weekly sessions**. FCU can be received in tandem with other services.



FCU is approved to be funded by:

Title IV-E

CSA

HIGH FIDELITY WRAPAROUND

HFW is an Evidence-based Program that is a family and child centered 4 phased team approach that aims to provide a coordinated set of services and supports where all team members share the same goal for the family members.

Who can HFW help?

- Families with **youth ages 0-21**
- Families with youth who have **complex mental health, emotional, or behavioral needs**
- Families working towards **reunification or preventing out of home placement**

How can HFW help?

- HFW aims to create and coordinate a **team of supports** for the family and youth who all work towards a common goal.
- HFW aims to **elevate family voice** and empower family members while **supporting the potential for behavioral changes**.

What does HFW look like?

HFW is delivered in **all settings** including community spaces, a family's home, or and alternative residential placement. Service length varies dependent on family needs, but consists of **1-3 hour team meetings every 30-90 days dependent on phase**.



HFW is approved to be funded by:

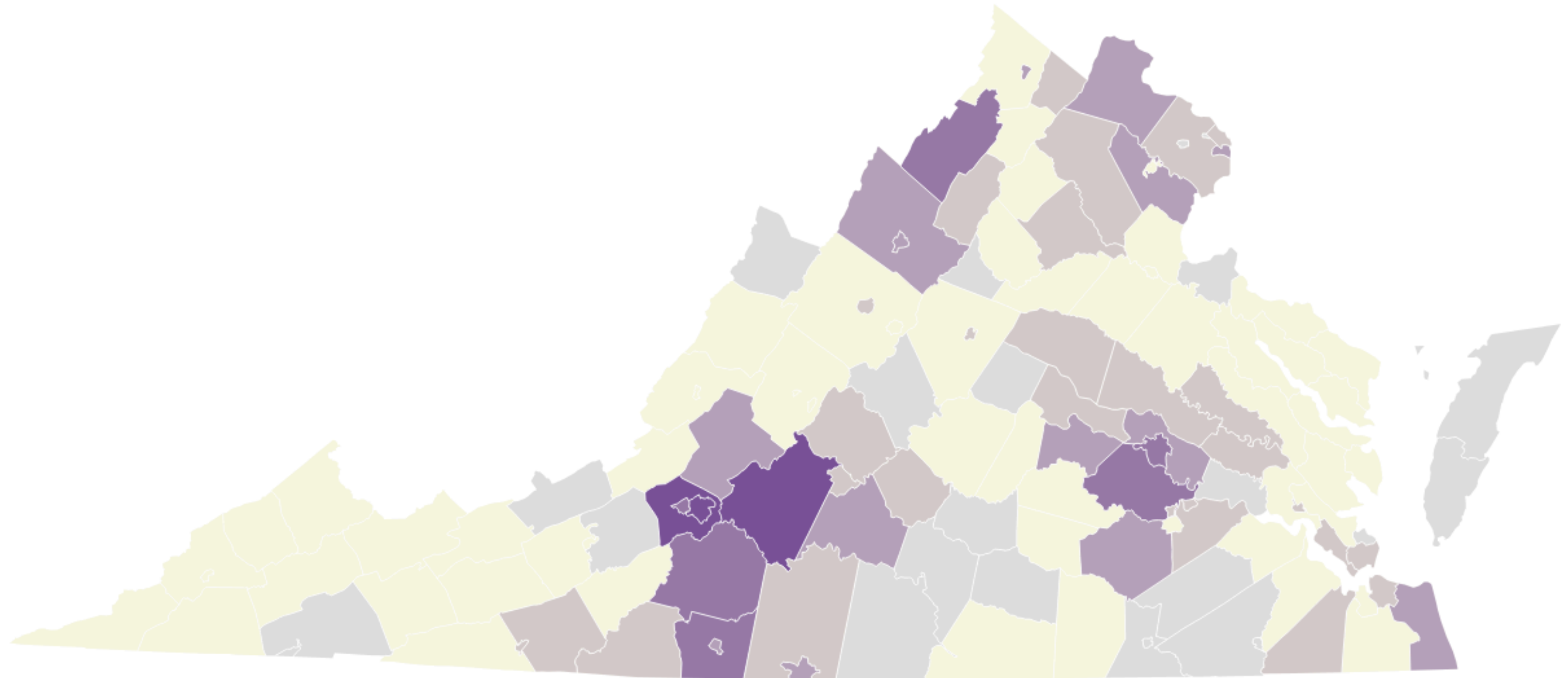
Title IV-E

CSA

High Fidelity Wraparound in Virginia

HFW team coverage as of June 2024

1 Team 2 Teams 3 Teams 4 Teams 5-7 Teams



BRIEF STRATEGIC FAMILY THERAPY

BSFT® is an Evidence-Based Program that treats problematic behaviors in kids and teens and aims to keep families together.

Who can BSFT help?

- Families with **children ages 6-17** who display substance use, truancy, defiance, bullying, anxiety and depression
- Parents with substance use

How can BSFT help?

- BSFT® aims to **strengthen parenting, reduce problematic behaviors**, and ultimately **keep families intact**.
- BSFT® aims to **increase family bonding, communication, and cohesiveness**.

What does BSFT look like?

BSFT® can be delivered in **homes, health centers, and clinics**, and is typically provided in **12-16 weekly sessions**.



BSFT is approved to be funded by:

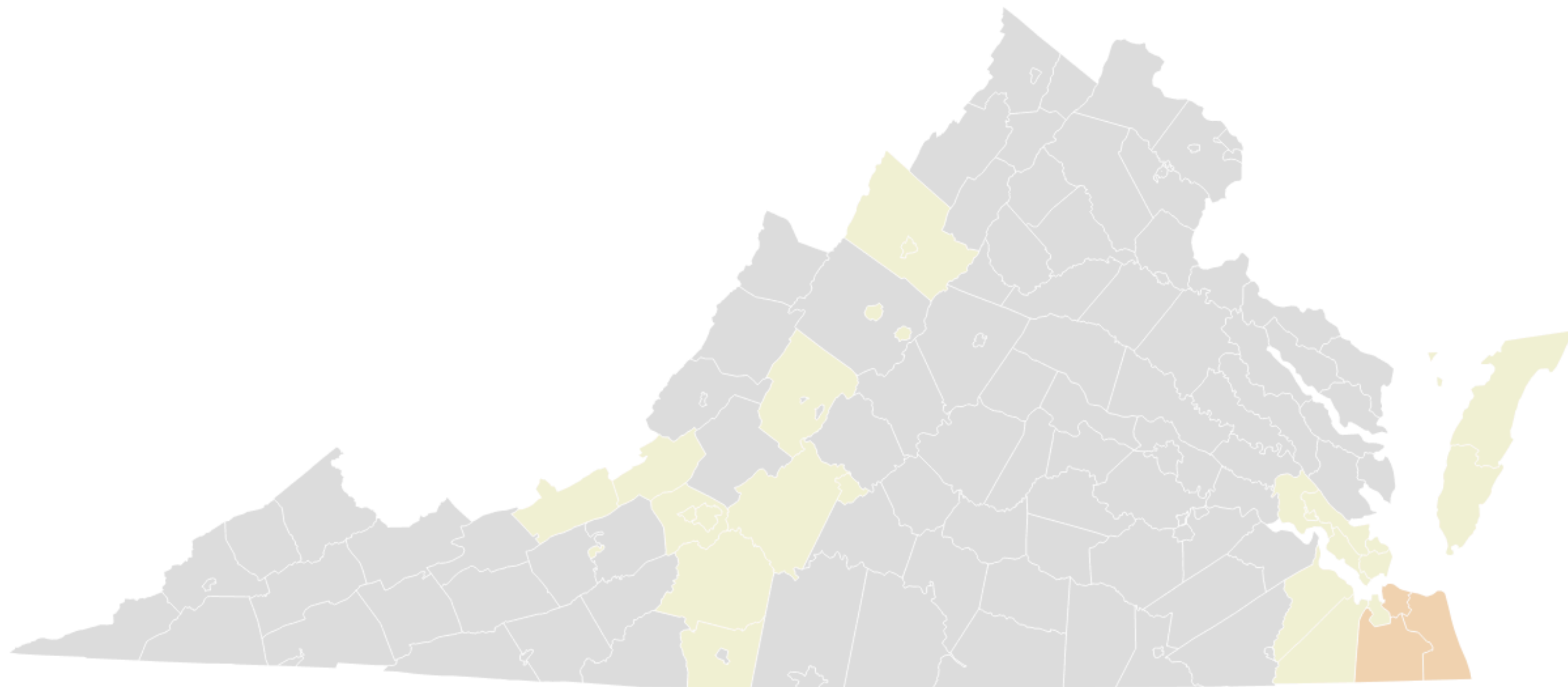
Title IV-E

CSA

Brief Strategic Family Therapy in Virginia

BSFT team coverage as of June 2024

1 Team 2 Teams



HOMEBUILDERS

Homebuilders is an Evidence-based Program that can be used in crisis situations and aims to assess families and provide treatment in order to prevent imminent out of home placement.

Who can Homebuilders help?

- Families with **children ages 0-17**
- Families with children at **imminent risk of out of home placement**
- Families working towards **reunification**

How can Homebuilders help?

- Homebuilders aims to create positive change in the family system by **assessing strengths and needs** and developing an ongoing service plan.
- Homebuilders aims to challenge problem behaviors in the family by using CBT and Motivational Interviewing skills to create positive change.

What does Homebuilders look like?

Homebuilders is delivered primarily in the **family's home** over the course of **4-6 weeks**; the family should have **24/7 access to the clinician** and receive approximately 40 direct hours of treatment.



Homebuilders is approved
to be funded by:

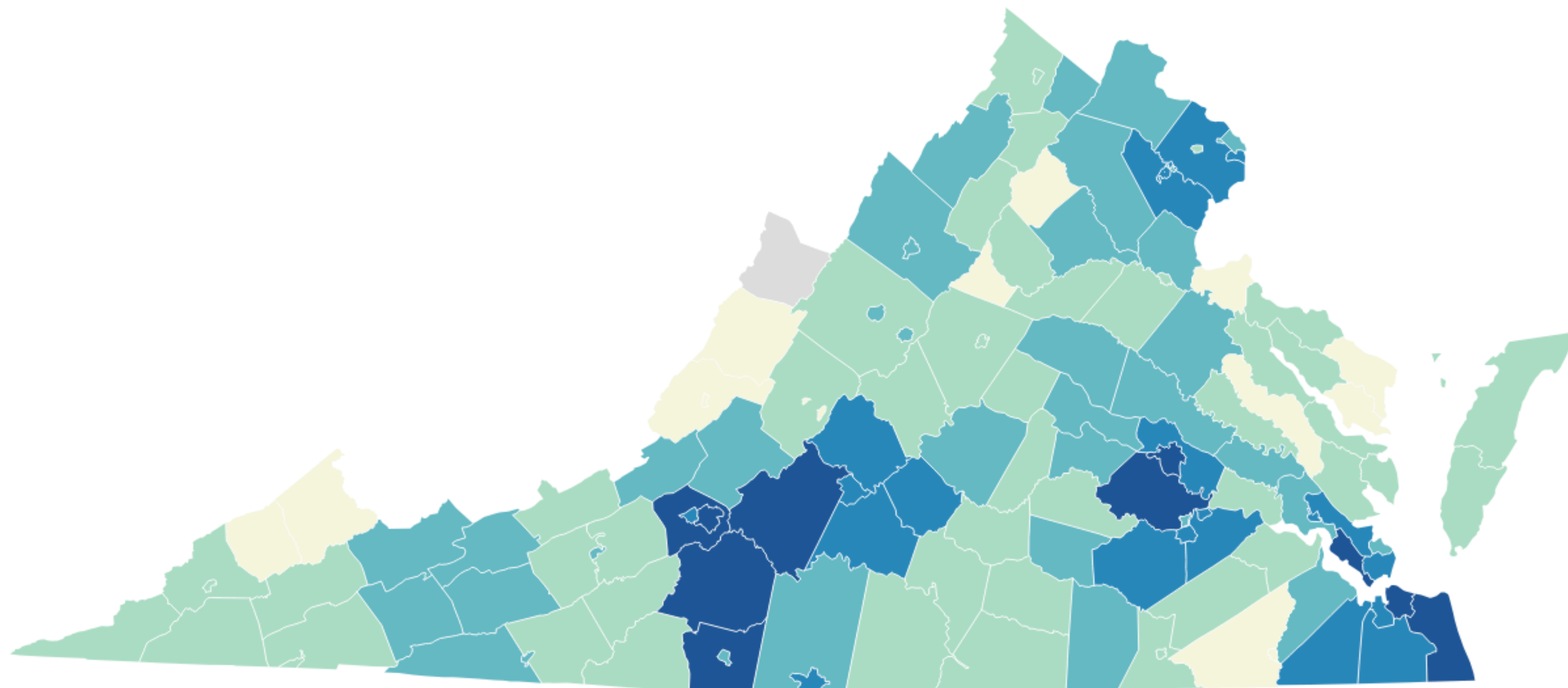
Title IV-E

CSA

Family First EBP Coverage in Virginia

The number of BSFT, FCU, FFT, HFW, or MST teams serving each locality as of June 2024

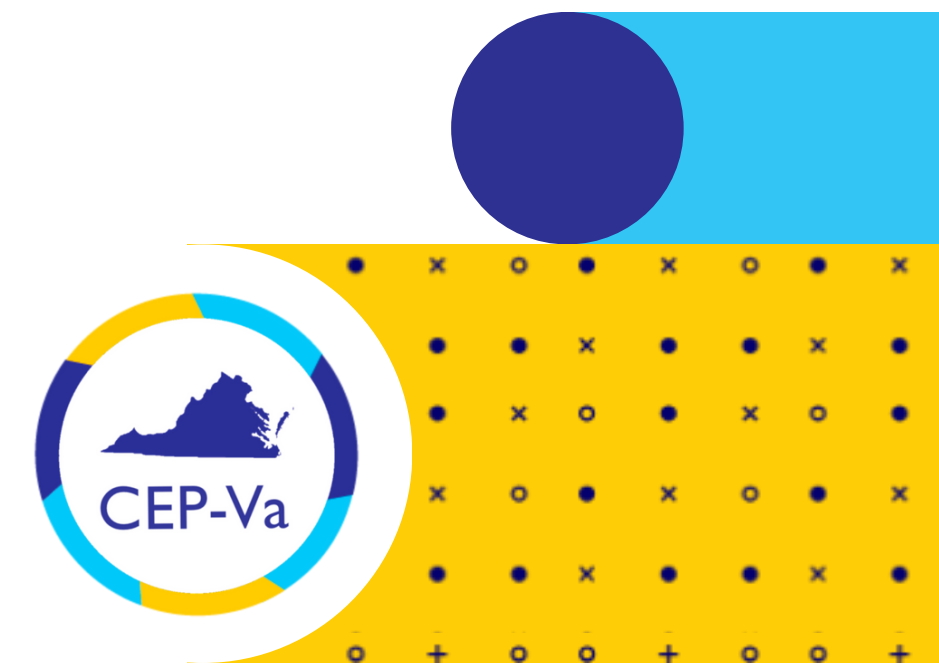
1 Team 2-3 Teams 4-5 Teams 6-7 Teams 8+ Teams



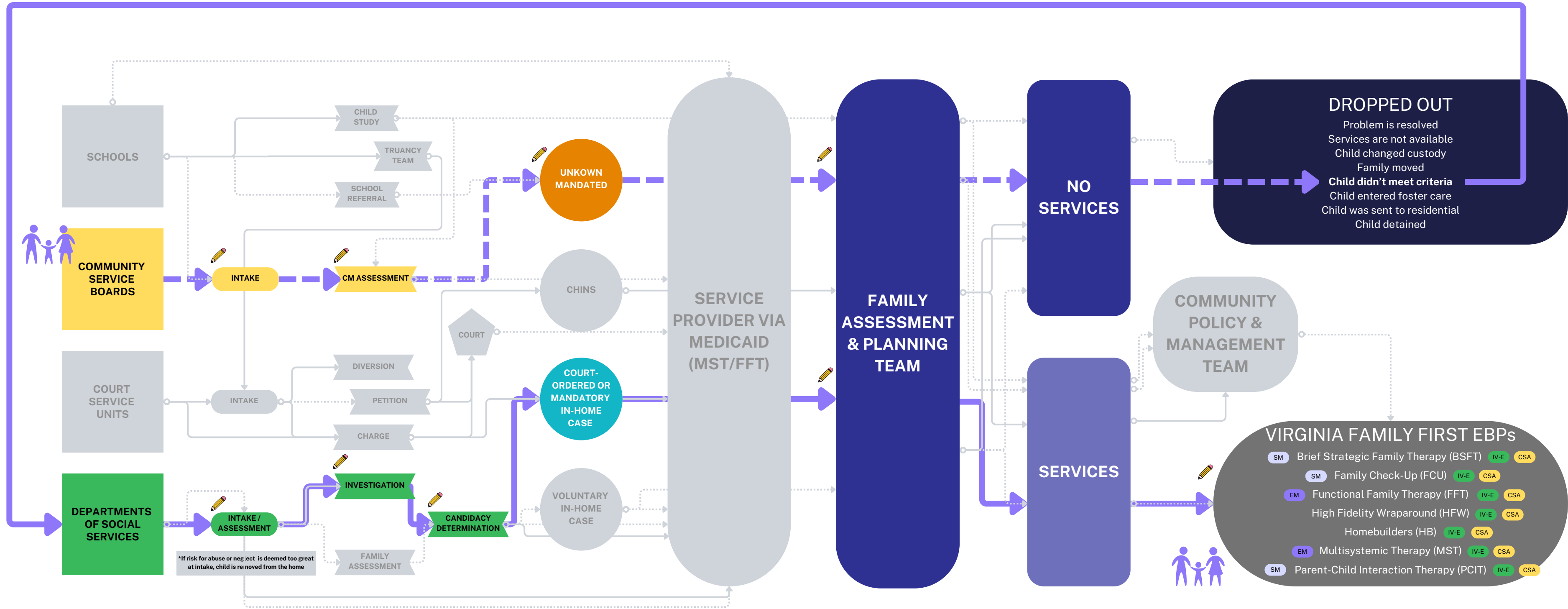
EBP Finder










www.EBPfinder.org


























*If risk for abuse or neglect is deemed too great at intake, child is removed from the home

 = Interview/assessment/family appearance points	 = Payable by Title IV-E funds
 = Mandatory pathway	 = Payable by CSA
 = Voluntary pathway; family can drop out at any point	 = Established Medicaid rates
	 = Sometimes payable by Medicaid

VIRGINIA FAMILY FIRST EBPs

-  Brief Strategic Family Therapy (BSFT)  
-  Family Check-Up (FCU)  
-  Functional Family Therapy (FFT)  
- High Fidelity Wraparound (HFW)  
- Homebuilders (HB)  
-  Multisystemic Therapy (MST)  
-  Parent-Child Interaction Therapy (PCIT)  

Ashley Robinson

Data Director

Robinsona22@vcu.edu

Ashley Sandman

Partner Engagement Director

Sandmanal@vcu.edu

More information on
Evidence-Based Programs

 www.cep-va.org/cepva-resources



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