



THE UNIVERSITY OF
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SOCIAL WORK OFFICE OF
RESEARCH & PUBLIC SERVICE

TN FFPSA & TITLE IV-E PREVENTION SERVICES EVIDENCE-BASED PROGRAMS GUIDE 2024

*Connecting the Department of Children's Services to
Evidence-Based Programs*

A GUIDE TO PROGRAMS RATED AS WELL-SUPPORTED BY THE TITLE IV-E CLEARINGHOUSE

Introduction

The Title IV-E Prevention Services Clearinghouse (the Clearinghouse) was established by the Administration for Children and Families (ACF) within the U.S. Department of Health and Human Services (HHS) to conduct an objective and transparent review of research on programs and services intended to provide enhanced support to children and families and prevent foster care placements.¹ The Clearinghouse reviews evidence on mental health, substance abuse prevention and treatment, in-home parent skill-based programs, and kinship navigation.

This tool is designed to help direct service professionals (DSPs) choose evidence-based programs or practices (EBPs) for children and families with needs related to mental health treatment, substance abuse prevention and treatment, and in-home parent skill-based programs. The contents of this resource, such as service description, target population, program or service delivery, and implementation information, are derived from the Title IV-E Prevention Services Clearinghouse and the websites and manuals of the program or service developers.








Information in this document is informed by Title IV-E Prevention Services Clearinghouse, Chapin Hall's Evidence-Based Program Desk Guide 2023, the program or service developers' websites, and program or service manuals.² It uses a systematic process to undertake the following tasks:

- locate research studies on the effectiveness of the prioritized programs and services
- screen studies for eligibility and prioritize them for review
- conduct an evidence review to rate the strength of evidence of the studies using the design and execution standards
- rate programs and services as well-supported, supported, promising, or does not currently meet criteria
- identify, select, and prioritize programs and services for review

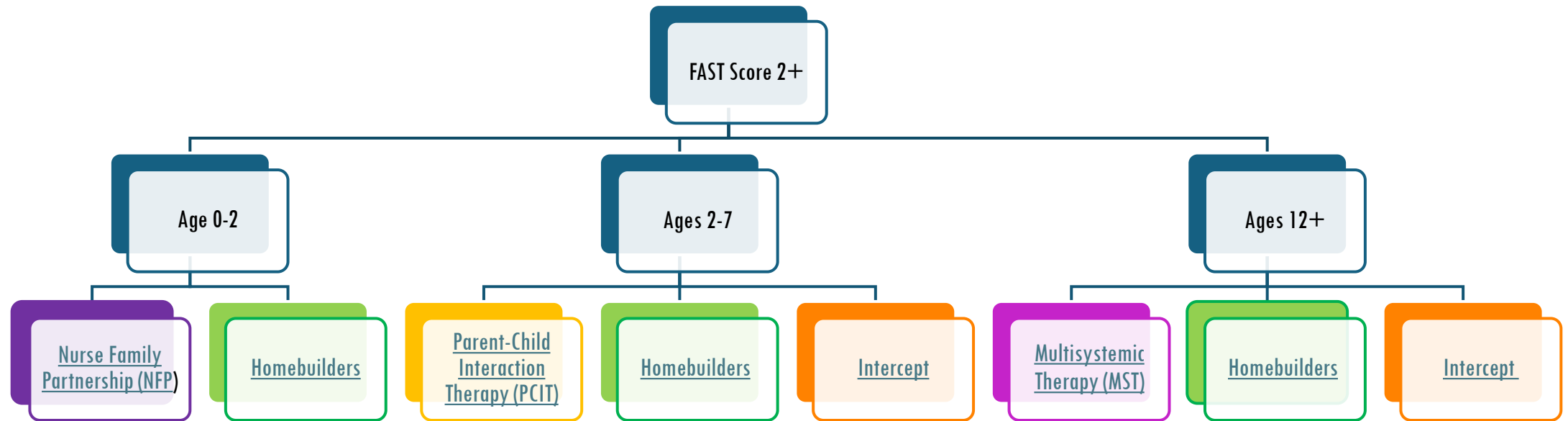
This resource contains comprehensive information about programs and services rated as "well-supported" at the time of publication. The six programs and services listed here are organized alphabetically, and each includes the following information: program description, program goals, benefits, and the impact of each service. An Evidence-Based Crosswalk shows age edibility requirements and how each program aligns with the FAST

¹Administration of Children and Families (n.d.). Title IV-E Prevention Services Clearinghouse. See <https://preventionservices.acf.hhs.gov/>

²Hyland,S.T., & O'Brien,J. (2023). Evidence-based programs desk guide 2023. Chapin Hall at the University of Chicago.

EBP	Age of Youth to be Eligible for Service	Mental Health Treatment	Substance Abuse Prevention and Treatment	In-Home Parent Skill-Based Programs
<u>Homebuilders – Intensive Family Preservation and Reunification Services</u>	0-18			
<u>Intercept</u>	0-18			
<u>Multisystemic Therapy</u>	12-17			
<u>Nurse-Family Partnership</u>	Expectant-2			
<u>Parent-Child Interaction Therapy</u>	2-7			
<u>Parents as Teachers</u>	Expectant-5			

EBP-FAST Crosswalk



EBP-FAST Crosswalk

FAST Items	Parent-Child Interaction Therapy (PCIT)	Nurse-Family Partnership (NFP)	Parent As Teachers (PAT)
<p>Family Safety</p> <p>Supervision</p> <p>Discipline</p>	<p>Enhances parent-child interaction to reduce negative behaviors</p> <p>Improves parental supervision through coaching and feedback</p>	<p>Home visits focusing on safe parenting practices and environment</p> <p>Provides guidance on effective supervision and parenting strategies</p>	<p>Educates parents on child safety. This includes safe sleep practices, child-proofing the home, and injury prevention</p> <p>Guides parents on age-appropriate supervision techniques and strategies to ensure children are properly supervised at all times</p>
<p>Discipline</p> <p>Relationship with primary caregiver</p> <p>Knowledge of family and child needs</p>	<p>Teaches positive parenting skills</p> <p>Strengthens the emotional bond through structured interaction sessions</p> <p>Helps parents manage stress through behavior management strategies</p>	<p>Supports skill development in new parents</p> <p>Encourages bonding through early childhood interventions</p> <p>Provides resources and support for stress management</p>	<p>Provides regular home visits that offer personalized support to enhance parenting skills and knowledge</p> <p>Promotes strong emotional bonds through activities and encourages positive interactions and responsive caregiving</p> <p>Offers strategies and resources to help parents manage stress and build resilience, improving overall family functioning</p>
<p>Relationship with primary caregiver</p> <p>Mental health (youth)</p> <p>School</p> <p>Developmental/Intellectual</p>	<p>Addresses child behavior problems directly through parent-child sessions</p> <p>Improves social skills through enhanced parent-child interactions</p> <p>Indirectly supports through better home environment</p>	<p>Monitors child development and emotional well-being</p> <p>Encourages social development through family engagement</p> <p>Monitors and supports child's academic progress</p>	<p>Supports parents in understanding and addressing their child's emotional and behavioral needs through developmental guidance and resources</p> <p>Encourages social development through play, group activities, and social opportunities</p> <p>Provides early literacy and school readiness resources to help children succeed academically</p>
<p>Financial resources</p> <p>Residential stability</p> <p>Home maintenance</p> <p>Physical condition of home</p>		<p>Addresses housing issues through community resources and support</p> <p>Provides resources and support for financial stability</p> <p>Connects families with local resources and services</p>	<p>Offers resources and referrals to help families improve housing conditions and stability.</p> <p>Guides families in accessing financial resources and supports economic self-sufficiency through referrals to community services.</p> <p>Connects families with local resources, such as healthcare, education, and social services, to support overall family well-being.</p>
<p>Substance use</p>		<p>Provides education and support around substance use</p>	<p>Educates parents on the impact of substance use on family functioning and child development and provides referrals to treatment as needed.</p>

EBP-FAST Crosswalk

FAST Items	Intercept	Homebuilders	Multisystemic Therapy (MST)
Discipline	Provides intensive home-based services to ensure child safety	Delivers Crisis Intervention and intensive home-based services to ensure child safety	Addresses family dynamics and safety issues
Relationship with primary caregiver	Works with families to improve supervision and parenting skills	Enhances parental supervision and management skills	Works on improving family supervision and reducing risk behaviors
Knowledge of family and child needs			
Discipline	Provides parent education and skill building	Teaches effective parenting techniques and behavior management	Trains parents in effective parenting techniques
Relationship with primary caregiver	Strengthens family relationships through therapeutic intervention	Improves parent-child interactions and bonding through intensive support	Focuses on improving parent-child relationships
Knowledge of family and child needs	Supports families in managing stress and forming coping mechanisms	Offers stress management and problem-solving skills	Includes stress reduction techniques in therapy sessions
Relationship with primary caregiver	Addresses child behavioral and emotional issues through therapy	Provides support to address children's behavioral and emotional needs	Provides therapeutic interventions to address behavioral issues
Mental health (youth)	Enhances social skills and peer relationships	Encourages positive social interactions and development	Aims to improve social interactions and peer relationships
School			Collaborates with schools to improve academic outcomes
Developmental/Intellectual	Supports Academic success through coordination with schools	Collaborates with schools to support academic performance and engagement	
High-risk behavior			
Financial resources	Assists families with resources to secure stable housing	Connects families with housing resources and support	Addresses environmental stability as part of holistic family intervention
Residential stability			
Home maintenance	Provides resources and referrals for financial assistance	Helps families access financial assistance and community resources	Works on economic stability as part of broader intervention plan
Physical condition of home	Connects families with local community resources	Links families to community resources and supports	Utilizes community resources to support family needs
Substance Use	Addresses substance issues within the family context	Provides education and support around substance abuse and recovery	Addresses substance use within the family context

Homebuilders



Homebuilders is an intensive, in-home counseling program that provides comprehensive support services for families who have children either in placement and cannot be reunified without intensive, in-home services or are at risk of being removed. The providers collaborate with the family to identify intervention goals, determine family values, strengths, and barriers to those goals, and employ various teaching strategies for skill development and behavior change. The program is designed to run over 4 to 6 weeks, with 40 hours or more of face-to-face services in the family's home.



Program Goals

- To reunify children who are in state custody with their family
- To prevent out-of-home placements for children who are at risk of being removed from the home

How Do Families Benefit?

- 24/7 support from professional therapists who respond when the family's needs and learning opportunities are greatest
- Services delivered in the family's home and community, allowing the therapist to see family dynamics and behavior in their natural setting
- Services are flexible, allowing the therapist to address many family needs and secure necessities such as housing or food

Impact

- After a 90-day service period, 93% of the 57 families randomly assigned to receive the intensive treatment were reunited
- 81% of those who received services avoided placement
- Mental disorders in younger children were significantly reduced at the post-treatment evaluations

Intercept



Intercept is an in-home program model, helping children from birth to age 18, involved in child welfare, children's mental health or juvenile justice systems. It is effective for family preservation, including preventing entry and re-entry into care. Intercept provides intensive support to families for four to six months. This includes 24/7 in-person crisis support, if needed, in an emergency. The Intercept specialist is the single point of contact for the family and is accountable for helping each family find well-being and long-term success.



Program Goals

- Youth and families overcome behavioral and emotional challenges at home, in schools, and the community
- Families and youth build communication and problem-solving skills to improve family functioning and well-being

How Do Families Benefit?

- Whole family care to address the needs and well-being of every family member
- Offer parenting skills education
- Development of positive peer groups

Impact

- Reduced the chances of out-of-home placement by 53% following a maltreatment investigation
- The chances of a family achieving permanency were 24% better for those in Intercept than families who were not

Multisystemic Therapy (MST)



Multisystemic Therapy (MST) is an intensive family and community-based treatment program that focuses on addressing various environmental systems impacting chronic and violent juvenile offenders. This program promotes prosocial behavior and reduces criminal activity, mental health struggles, out-of-home placements, and illicit substance use. It is currently only provided by Youth Villages. It is for youth ages 12 to 17 who display severe antisocial behaviors and are at risk of placement out of the home due to their behaviors.



Program Goals

- Improve family communication, problem-solving, and parenting skills
- Create a supportive community, neighborhood, and school environment
- Eliminate or significantly reduce the frequency and severity of the youth's referral behavior(s)

How Do Families Benefit?

- In-home intensive support with a family-based mental health treatment model
- Therapists are available 24/7 to address emergencies
- Reduce justice-involved youth at imminent risk of out-of-home care

Impact

- 86% of youth are at home or living independently after services
- 83% are in school, have graduated, or are earning a GED
- 76% have had no further involvement with the law

Nurse-Family Partnership



Nurse-Family Partnership (NFP) is a home-visiting program typically implemented by trained registered nurses. NFP serves first-time mothers from early pregnancy until the child turns 2. The goals of NFP are to improve the health, relationships, and economic well-being of mothers and their children. Nurses support individualized goal setting, preventative health practices, parenting skills, and educational and career planning. The program's content can vary based on the needs and requests of the mother, with 60 visits that last 60-75 minutes each in the home or a location of the mother's choosing. After enrollment, visits occur weekly. Then, they occur bi-weekly or as needed.



Program Goals

- Improve the health of the mother and child
- Improve the economic well-being of mothers and their children

How Do Families Benefit?

- Individualized goal setting
- Nurses work with mothers to develop preventive health practices and enhance parenting skills
- Moms receive educational and career planning guidance

Impact

- 56% reduction in emergency room visits for accidents and poisonings
- 18% decrease in preterm deliveries
- 39% fewer injuries in children
- 67% reduction in behavioral and intellectual problems among children at age 6

Parent-Child Interaction Therapy (PCIT)



Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children with behavioral problems and their families. It promotes parent-child interaction by teaching the parents practical child management skills. It is essential to note that PCIT differs from Play Therapy as Play Therapy is set up for the therapist to interact with the child directly and teach skills to parents. PCIT has the parents working directly with the children from the beginning of the therapy.



Program Goals

- Build close relationships between parents and their children
- Decrease children's frustration and anger
- Increase pro-social behaviors
- Help parents develop confidence in managing children's behavior at home and in public

How Do Families Benefit?

- Therapist-led coaching
- Therapists work directly with parents to coach them to use consistent parenting techniques
- Parents work directly with children to build relationships with the support of the therapist

Impact

- Improvements in parental mental well-being and self-efficacy
- Improvements in child emotional regulation and externalizing behavior problems

Parents As Teachers (PAT)



Parents as Teachers (PAT) is a home-visiting parent education program that supports expectant and new parents through its four core components: personal home visits; group connection events; child health and developmental screenings; and community resource networks. PAT recognizes that parents are indeed a child's "first teacher." PAT uses a strengths-based approach to support parents in being informed, caring, confident, and proactive as they establish a home that supports their children in those critical early years of life. Various organizations offer services, including health departments, nonprofits, hospitals, and schools, and are guided by explicit fidelity and quality standards to ensure effective delivery.



Program Goals

- Increase parent knowledge of early childhood development and improve positive parenting practices
- Provide early detection of developmental delays and connection to services
- Increase children's school readiness and success
- Prevent child abuse and neglect

How Do Families Benefit?

- Families have regular personal visits with parent educators who support families in setting goals
- Children receive regular development screenings and health reviews, including hearing and vision
- Families are connected to needed resources beyond PAT
- Program can begin prenatally

Impact

- Children are healthy, safe, and ready to learn
- Parents are more informed
- Children are advanced in language and social development
- Children score higher on kindergarten readiness tests

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Website

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