

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	System Capacity	
								# Therapists	Max # capacity
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 202-698-1838 Insurance Accepted: AmeriHealth and Trusted Beacon Medstar-Value Option	5	25
							[CFSA Provider] Post Permanency Center of Adoptions Together 900 Varnum St. NE Wash., DC 20012 202-6298-0205	2	10

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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 • 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 202-698-1838 Insurance Accepted: AmeriHealth and Trusted Beacon MedStar-Value Option	5	25
							Mary's Center 2333 Ontario Road, NW Wash., DC 20009 202-483-8319 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN, and Care First	2 [Bilingual]	10

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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 motor vehicle accident dog attack, exposure to disasters exposure to terrorist attacks exposure to war trauma 	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 to engage in cognitive therapy 	DBH & MCO	Children participate in a series of therapy sessions approximately 12 to 16 sessions	First Home Care 1012 14th Street, NW Washington, DC 20005 (202)737-2554 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN	4	18
							Community Connections 650 Pennsylvania Ave., SE Wash., DC 20003 202- 548-4885 Insurance Accepted: AmeriHealth, Trusted/Beacon and HSCSN	6	24

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							MD/DC Family Resource 903 Brightseat Rd. Landover MD 20785 301-333-2980 Insurance Accepted: Medicaid	3	15
							Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN	6	22
							Universal Healthcare 3230 Penn. Ave, SE Wash., DC 20020 202-583-1181	4	17

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Functional Family Therapy (FFT)	FFT is a family focused intervention for at-risk and juvenile justice involved youth.	Ages ranges from 10-18 Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.	Child/Youth and their families whose range of problems include but are not limited to: <ul style="list-style-type: none"> • acting out • conduct disorder • alcohol and/or substance abuse • limited access to resources • a range of diagnoses 	Child/Youth who is <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	First Home Care 1012 14th Street, NW Washington, DC 20005 (202)737-2554	5	35
							Hillcrest Children Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN	4	35

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							Parent & Adolescent Support Services (PASS) DC Department of Human Services-- Family Services Administration 64 New York Ave. NE, WDC 20002 (202) 698-4334	4	29
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	Ages ranges from 10 and 17 Delivery Setting: MST is delivered the in family's natural environment- homes, schools, community	Child/Youth: <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 	Child/Youth who is: <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 	DBH only	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	Youth Villages 2020 North 14 th Street Arlington, VA 22201 865-560-2548 703-516-6950 Insurance Accepted: DC Medicaid	9	36

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	in individual, family, peer and school systems.		<p>home placement within 30 days of referral.</p> <ul style="list-style-type: none"> behavioral issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior, etc.) 	within 30 days of the referral.					
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	<p>Age ranges from 10 and 17</p> <p>Delivery Setting: MST-PSB is delivered in the family's natural environment-homes, schools, community.</p>	<p>Child/Youth with Problem Sexual Behaviors:</p> <ul style="list-style-type: none"> All of MST criteria (above) plus: Committed sexual offenses against an identified victim. 	<p>Child/Youth who is:</p> <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 	DBH only	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	<p>Youth Villages 2020 North 14th Street Arlington, VA 22201 865-560-2548 703-516-6950 Insurance Accepted: DC Medicaid</p>	2	8

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	peers.			not be returning home within 120 days of the referral.					
Trauma Systems Therapy (TST)		Age ranges from (6-18) years old. Delivery Setting: TST is a planning approach that includes input from children’s homes, schools, community.	Child/Youth/Young Person has: <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 	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.	DBH only	Average length of stay 9-18 months	Contemporary Family Services, Inc 3300 Penn Ave, SE Washington, DC 20020 (202) 735-0761	5	25 (5 cases per therapist team)
							First Home Care 1012 14th Street, NW Washington, DC 20005 (202) 737-2554	5	25 (5 cases per therapist team)

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			<ul style="list-style-type: none"> trauma history has stable housing or a plan to achieve stable housing in the community 				Maryland Family Resources, Inc. 903 Brightseat Road, Landover, MD 20785 (301) 333-2980	4	20 (5 cases per therapist team)
							PSI Family Services 701 L Street, SE Washington, DC 20003 (202) 547-3870	2	10 (5 cases per therapist team)
							Adoptions Together 901 Varnum St NE Washington, DC 20017 (202) 536-1146	2	10 (5 cases per therapist team)
							Family Matters 1509 16 th St NW Washington, DC 20036 (202) 289-1510	4	20 (5 cases per therapist team)
							Hillcrest 915 Rhode Island Ave NW	3	15 (5 cases per therapist team)

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							Washington, DC 20001 (202) 232-6100		
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	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: • with no Emotional and Behavioral difficulty	DBH only	12 to 18 months	The Family Wellness Center 2526 Penn. Ave. SE Ste C WDC 20020 T(202) 748-5641	1	15
							MBI Services LLC 4017 Minnesota Ave., NE WDC 20016 (202)388-9202	10	102
							Life Enhancement Services 1321 Southern Ave. SE Ste. 301 WDC 20010 (202)562-6262	3	39
							Community Connections 801 Penn. Ave., SE WDC 20003 (202)-548-4885	5	84
							Family Preservation Services	5	57

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Transition to Independence Process (TIP) (continued)	self-sufficiency and successful achievement of their goals.						3341 Benning Rd. NE WDC 20019 (202)543-1360		
	(see above)						Universal Healthcare Management Services 3230 Penn Ave, SE DC 20003 (202) 583-1181	6	66
							Green Door 1221 Taylor Street NW DC 20011 ph: 202.204.0917	2	20
							DC Department of Human Services--FSA (Teen Parent Assistance Program) 64 NY Ave. NE, WDC 20002 (202) 698-4334	7	68

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							Total Family Care Coalition 1214 I St SE, WDC 20003 (202) 249-1000	7	68
							Far Southeast Family Strengthening Collaborative, Inc. 2041 Martin Luther King Jr. Avenue, SE, Suite 304 202-889-1425 (Office)		
Adolescent - Community Reinforcement Approach (A-CRA)	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	Age ranges: from 12-22 years Old Delivery Setting: outpatient program or community	Youth/ Young Person: <ul style="list-style-type: none"> identified with cannabis, alcohol, and/or other substance use disorders 	Youth/Young Person: <ul style="list-style-type: none"> <u>without</u> a history of substance use or identified without cannabis, alcohol, and/or other substance use disorders 	DBH only	Duration: usually about 3 months Rate: Sessions are once weekly for 50-90 minutes.	Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN	3	35

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	activities and behaviors that support recovery.						LAYC 1419 Columbia Rd NW; WDC 20009 (202) 319-2265	2	20
							Federal City Recovery Services 316 F St NW; WDC 20002 (202) 548-8460	3	35
							Riverside 2041 MLK Ave SE Washington, DC 20020	3	35