



## DBH Evidence-Based Practices Fact Sheet

### EBP Service: Attachment Biobehavioral Catch-up (ABC)

Description	ABC targets several key issues that have been identified as problematic among children who have experienced early maltreatment and/or disruptions in care.		
Age & Delivery Setting	Age ranges: 6-24months (infant) Delivery Setting: In-home (shelter or residential treatment center)		
Inclusionary Criteria	<div><div><ul style="list-style-type: none"><li>• Child problem “behaviors” i.e., tantrums, biting, separation anxiety</li><li>• Family risk factors such as poverty, homelessness</li><li>• Home with interpersonal violence</li><li>• Caregiver with mental illness</li><li>• Socio-economical or behavioral concerns</li></ul></div><div><ul style="list-style-type: none"><li>• Experiencing neglect or abuse</li><li>• Involvement in foster care</li><li>• Caregiver with chemical dependence</li><li>• Transition(s) with caregivers</li></ul></div></div>		
Treatment Duration/Rate	Children and caregiver participate in a series of 10 weekly (videotaped) therapy sessions		
Provider Contact Information			
<div>DBH Parent Support 64 New York Ave. NE Washington, DC 20002 (202) 597-2908 Ward: 5</div>	<div>DBH PIECE Program 821 Howard Road, SE Washington, DC 20020 (202) 698-1838 Ward: 8</div>	<div>Mary's Center 2333 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1</div>	<div>MedStar Medical Group 2115 Wisconsin Ave, NW Washington, DC 20007 (202) 944-5400 Ward: 3</div>

## EBP Service: Child Parent Psychotherapy (CPP)

Description	Child Parent Psychotherapy (CPP) is a therapeutic intervention for young children with a history of trauma exposure or maltreatment and their caregivers. CPP supports child development, restores the child-parent relationship and the overall feelings of safety, while reducing symptoms associated with the experience of trauma.		
Age & Delivery Setting	Ages range from 0-6 years old Delivery Setting: CPP is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic		
Inclusionary Criteria	Child Victims or witnesses of: <ul style="list-style-type: none"><li>• family violence</li><li>• intimate partner violence</li><li>• child physical abuse</li><li>• child sexual abuse</li></ul>		
Exclusionary Criteria	Child: <ul style="list-style-type: none"><li>• does not have a trauma or maltreatment history</li><li>• does not have a significant caregiver participating in treatment</li></ul>		
Treatment Duration/Rate	Average length/number of sessions: 50 or approximately one year		
Provider Contact Information			
DBH PIECE Program 821 Howard Road, SE Washington, DC 20020 (202) 698-1838 Ward: 8		Mary's Center 2333 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1	

## EBP Service: Parent Child Interaction Therapy (PCIT)

Description	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.	
Age & Delivery Setting	Ages range from 2-6 years old Delivery Setting: Outpatient Clinic	
Inclusionary Criteria	Child who exhibits: <ul style="list-style-type: none"><li>• loss of temper</li><li>• property destruction</li><li>• stealing</li><li>• fighting</li><li>• general difficulty playing appropriately</li><li>• Child must live with one or both parents or in a stable foster homes</li><li>• Children must be a resident or ward of the District of Columbia</li></ul>	
Exclusionary Criteria	Child is diagnosed with: <ul style="list-style-type: none"><li>• Autism Spectrum Disorder</li><li>• PDD</li><li>• exclusive ADHD</li><li>• 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</li><li>• parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT)</li><li>• parents with an IQ below 7</li></ul>	
Treatment Duration/Rate	Children and caregiver participate in a series of therapy sessions: approximately 12 to 16 sessions	
Provider Contact Information		
DBH PIECE Program 821 Howard Road, SE Washington, DC 20020 (202) 698-1838 Ward: 8		Mary's Center 2333 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1

## EBP Service: Parent Child Interaction Therapy-Toddler (PCIT-T)

Description	PCIT-Toddlers focuses on the decrease of problematic behaviors, improve children’s language and encourage young children to follow directions	
Age & Delivery Setting	Ages range from 9-36 months Delivery Setting: Outpatient Clinic, Community or Telehealth	
Inclusionary Criteria	Child who exhibits: <ul style="list-style-type: none"><li>• Tantrums</li><li>• Aggression (e.g. hitting, biting, pinching)</li><li>• Fussiness (e.g. screaming, whining, crying)</li><li>• Anger, frustration, head-banging</li><li>• Parental stress (e.g. anxiety, dissatisfaction, coping, lack of confidence)</li><li>• Attachment difficulties (e.g. rejection of parent, difficult to comfort)</li><li>• Separation anxiety or withdrawal from parent</li><li>• Developmental concerns (e.g. autistic behaviors language problems)</li><li>• Child abuse and neglect</li></ul>	
Exclusionary Criteria	Child is diagnosed with: <ul style="list-style-type: none"><li>• autism</li><li>• PDD</li><li>• exclusive ADHD</li><li>• 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</li><li>• parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT)</li><li>• parents with an IQ below 7</li></ul>	
Treatment Duration/Rate	Children and caregiver participate in a series of 10-20 therapy sessions: (ideally 2x weekly, 30-45 min sessions)	
Provider Contact Information		
DBH PIECE Program 821 Howard Road, SE Washington, DC 20020 (202) 698-1838 Ward: 8		Mary's Center 2333 Ontario Road, NW Washington, DC 20009 (202) 483-8319 Ward: 1

## EBP Service: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Description	TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of traumatic life events and address feelings.		
Age & Delivery Setting	Ages range from 3-18 years old. Delivery Setting: TF-CBT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic		
Inclusionary Criteria	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"><li>sexual assault</li><li>physical assault</li><li>witnessing serious violence in the home or community</li><li>motor vehicle accident</li><li>dog attack</li><li>exposure to disasters</li><li>exposure to terrorist attacks</li><li>exposure to war trauma</li><li>unexpected traumatic death of a loved one</li></ul>		
Exclusionary Criteria	Child/ Youth: <ul style="list-style-type: none"><li>does not have a trauma history</li><li>does not have a significant mental health symptom(s) related to a traumatic event</li><li>has severe cognitive disabilities, autism spectrum disorder</li><li>has other difficulties that make it impossible for them to engage in cognitive therapy</li></ul>		
Treatment Duration/Rate	Children participate in a series of approximately 12 to 16 therapy sessions		
Provider Contact Information			
MD/DC Family Resource 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: n/a	Hillcrest Children & Family Center 915 Rhode Island Ave, NW Washington, DC 20001 (202) 232-6100 Ward: 6	Latin American Youth Center 1419 Columbia Road, NW Washington, DC 20009 (202) 319-2225 Ward: 1	

## EBP Service: Trauma Systems Therapy (TST)

Description	TST is a comprehensive model for treating traumatic stress in children and adolescents that adds to individually based approaches by specifically addressing the child’s social environment and/or system of care. TST is designed to provide an integrated and highly coordinated system of services guided by the specific understanding of the nature of child traumatic stress. TST focuses on the interaction between the child’s difficulties regulating their emotions and the deficits within the child’s social environment.	
Age & Delivery Setting	Age ranges from (6-18) years old. Delivery Setting: TST is a planning approach that includes input from children’s homes, schools, community.	
Inclusionary Criteria	Child/Youth/Young Person has: <ul style="list-style-type: none"><li>• been exposed to trauma</li><li>• plausible trauma histories,</li><li>• evidencing difficulty regulating</li><li>• emotional and behavioral states</li><li>• dysregulation being plausibly related to the trauma history</li><li>• has stable housing or a plan to achieve stable housing in the community</li></ul>	
Exclusionary Criteria	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.	
Treatment Duration/Rate	Average length of stay 9-18 months	
Provider Contact Information		
Maryland Family Resources, Inc. 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: n/a		Hillcrest Children & Family Center 915 Rhode Island Ave, NW Washington, DC 20001 (202) 232-6100 Ward: 6

## EBP Service: Functional Family Therapy (FFT)

<b>Description</b>	FFT is a family focused intervention for at-risk and juvenile justice involved youth.
<b>Age &amp; Delivery Setting</b>	Ages ranges from 11-18 Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, or returning to family or caregiver willing to regularly participate in treatment sessions.
<b>Inclusionary Criteria</b>	Child/Youth and their families whose range of problems include but are not limited to: <ul style="list-style-type: none"> <li>• family conflict</li> <li>• conduct disorder</li> <li>• alcohol and/or substance abuse</li> <li>• limited access to resources</li> <li>• a range of diagnoses (i.e. externalizing behaviors, internalizing symptoms, and/or substance abuse)</li> </ul>
<b>Exclusionary Criteria</b>	Child/Youth who is <ul style="list-style-type: none"> <li>• actively suicidal</li> <li>• actively homicidal</li> <li>• actively psychotic without medication stabilization</li> <li>• in respite or emergency care</li> <li>• who will not be returning home within 30 days</li> <li>• not living with permanent/long-term caregiver</li> </ul>
<b>Treatment Duration/Rate</b>	Families participate in a series of sessions over a 3-5 month treatment period
<b>Provider Contact Information</b>	
<p><b>Parent &amp; Adolescent Support Services (PASS)</b>  DC Department of Human Services - Family Services Administration  64 New York Ave, NE  Washington, DC 20002  (202) 698-4334  <b>Ward: 5</b></p>	

## EBP Service: Multisystemic Treatment (MST)

<b>Description</b>	Multisystemic therapy (MST) is an intense, family-focused and community-based treatment program that addresses the multiple determinants of serious antisocial behavior in juvenile offenders. It is also a therapy strategy to teach their families how to foster their success in recovery.
<b>Age &amp; Delivery Setting</b>	Age ranges from 12-17 years old. Delivery Setting: Therapists work in the home, school and community and are on call 24/7
<b>Inclusionary Criteria</b>	Children/youth who are: <ul style="list-style-type: none"> <li>• living in the District</li> <li>• 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</li> <li>• at risk for out-of-home placement including residential treatment, juvenile detention, group home, foster care, etc.</li> <li>• returning home from an out of home placement within 30 days of referral.</li> <li>• have behavior disorders, but may have co-morbid psychiatric illness – behavioral issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior, etc.)</li> <li>• must have an Axis I diagnosis and be DC Medicaid/ Medicaid MCO eligible</li> </ul>
<b>Exclusionary Criteria</b>	Children/youth who are: <ul style="list-style-type: none"> <li>• actively suicidal</li> <li>• actively homicidal</li> <li>• psychotic without medication stabilization</li> <li>• without a viable and committed family placement and/or children placed in a non- family foster home</li> <li>• currently in residential placement who will not be returning home within 30 days of the referral.</li> <li>• diagnosed with moderate to severe social communication, social interaction, and repetitive behaviors, which may be captured by a diagnosis of autism (may be reviewed on a case-by-case basis for eligibility)</li> </ul>
<b>Treatment Duration/Rate</b>	Typical duration of treatment is three to five months for the standard MST population
<b>Provider Contact Information</b>	
<b>No Current Provider</b>	



## Evidence Supported Service: Intensive Home and Community Based Services (IHCBS)

Description	IHCBS is a community-based intervention (CBI) that focuses on stabilizing behaviors by providing flexible and intense support to children and families in crisis. CBI workers provide an array of skills and interventions to build strength-based partnerships with the family.		
Age & Delivery Setting	Age ranges: Up to 21 years old Delivery Setting: In-home, community		
Inclusionary Criteria	Children/youth who: <ul style="list-style-type: none"><li>• have a history of involvement with the Child and Family Services Agency (CFSA) or the Department of Youth Rehabilitation Services (DYRS)</li><li>• have a history of negative involvement with schools for behavioral-related issues.</li><li>• have recently experienced out-of-home placement and require development of communication and coping skills to manage the placement change.</li><li>• have a history of either chronic or recurrent episodes of negative behavior that has resulted or may result in out-of-home placement.</li><li>• are undergoing transition from adolescence to adulthood and require skills and support to successfully manage the transition.</li><li>• recently discharged or being discharged within the next thirty (30) calendar days from an inpatient setting such as a hospital or psychiatric residential treatment facility.</li></ul>		
Exclusionary Criteria	Children/youth: <ul style="list-style-type: none"><li>• who are in a long-term residential treatment facility or other inpatient setting and not being discharged within 30 days.</li><li>• who are in need of crisis psychiatric hospitalization or stabilization.</li><li>• who are diagnosed with moderate/severe/profound Intellectual Disability or moderate/severe/profound Autism Spectrum Disorder (ASD).</li><li>• where substance abuse or sex offending behavior is the <b>primary</b> reason for referral.</li></ul>		
Treatment Duration/Rate	Children and caregiver participate an average of 2-4 sessions weekly over a 3–6 month period.		
Provider Contact Information			
MD Family Resources 903 Brightseat Road. Landover, MD 20785 301-333-2980	Hillcrest 915 Rhode Island Ave. NW Washington, DC 20005 202-232-6100	Umbrella Therapeutic Services 3300 Pennsylvania Avenue SE Washington, DC 20020 202-878-6626	Better Morning 4545 42 <sup>nd</sup> Street NW, Suite 105 Washington, DC 20007 202-536-4414

## Promising Practice: Intensive Care Coordination (ICC)

Description	ICC is a comprehensive, holistic, child/youth and family driven approach to case management for children and youth experiencing behavioral health challenges.	
Age & Delivery Setting	Age ranges: from 5-21 years Delivery Setting: ICC is delivered the in family’s natural environment-homes, schools, community.	
Inclusionary Criteria	Children and/or youth eligible to receive ICC services shall: <ul style="list-style-type: none"><li>• Exhibit significant functional impairment across life domains as reflected in the Department-designated standardized assessment tool; and</li></ul> Exhibit at least one (1) of the following criteria;  Has behavioral/emotional symptoms that impact functioning at home, school and community and/or the child and/or youth has significant difficulty that has lasted or is expected to last for a year or more due to her/his serious emotional disturbance.  <ul style="list-style-type: none"><li>•Involved in two or more District agencies: CFSA, DYRS, DCPS, DBH</li><li>•Deemed to be at risk of placement or returning from a PRTF, RTC or psychiatric hospital</li><li>•Have had three (3) or more behavioral health hospitalizations within a six (6) month period</li></ul>	
Exclusionary Criteria	Non-District Residents	
Treatment Duration/Rate	Average 18 months.	
Provider Contact Information		
MBI Services LLC 2041 MLK Jr. Ave. SE, Suite 239, Washington, DC 20020 202-547-8450 Ward: 8		Better Morning 4545 42 <sup>nd</sup> Street, NW Suites #105 and #211 Washington, DC 20016 (202) 536-4414 Ward: 3

## Promising Practice: Transition to Independence Process (TIP)

Description	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 & Delivery Setting	Age ranges: from 14-29 years Delivery Setting: TIP is delivered the in family’s natural environment-homes, schools, community.	
Inclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none"><li>• with Emotional and Behavioral difficulty</li></ul>	
Exclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none"><li>• with no Emotional and Behavioral difficulty</li></ul>	
Treatment Duration/Rate	12 to 18 months	
Provider Contact Information		
MBI Services LLC 4130 Hunt Place, NE Washington, DC 20019 (202) 388-9202 Ward: 7	Life Enhancement Services 1818 New York Ave, NE Suite #115 Washington, DC 20002 (202) 269-2401 Ward: 5	
Parent & Adolescent Support Services (PASS) DC Department of Human Services-Family Services Administration 64 New York Ave, NE Washington, DC 20002 (202) 698-4334 Ward: 5	Wayne Place 121 Wayne Place, SE Washington, DC 20032 (202) 450-1967 Ward: 8	Umbrella Therapeutic Services 3300 Pennsylvania Ave, SE Washington, DC 20020 (202) 878-6626 Ward: 7