



DBH Evidence-Based Practices (EBP) Fact Sheet

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: Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	
Inclusionary Criteria	Child Victims or witnesses of: <ul style="list-style-type: none"> • family violence • intimate partner violence • child physical abuse • child sexual abuse 	
Exclusionary Criteria	Child: <ul style="list-style-type: none"> • does not have a trauma or maltreatment history • does not have a significant caregiver participating in treatment 	
Treatment Duration/Rate	Average length/number of sessions: 50 sessions or approximately one year	
Provider Contact Information		
	<p>DBH PIECE Program 821 Howard Road SE Washington, DC 20020 (202) 698-1838 Ward: 8</p> <p>Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>	<p>Mary's Center 2333 Ontario Road NW Washington, DC 20009 (202) 483-8319 Ward: 1</p> <p>Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>

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	<p>Child who exhibits:</p> <ul style="list-style-type: none"> • loss of temper • property destruction • stealing • fighting • general difficulty playing appropriately <p>Child must live with one or both parents or in a stable foster home Children must be a resident or ward of the District of Columbia</p>	
Exclusionary Criteria	<p>Child is diagnosed with:</p> <ul style="list-style-type: none"> • Autism • Persistent Developmental Disorder (PDD) • exclusive Attention-Deficit/Hyperactivity Disorder (ADHD) <p>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 70</p>	
Treatment Duration/Rate	Child and caregiver participate in a series of therapy sessions: approximately 25 to 30 sessions (6-7 months)	
Provider Contact Information		
	<p>DBH PIECE Program 821 Howard Road SE Washington, DC 20020 (202) 698-1838 Ward: 8 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>	<p>Mary's Center 2115 Ontario Road NW Washington, DC 20009 (202) 483-8319 Ward: 1 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>

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: 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"> • 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 	
Exclusionary Criteria	Child/Youth: <ul style="list-style-type: none"> • does not have a trauma history • does not have a significant mental health symptom(s) 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 	
Treatment Duration/Rate	Children participate in a series of approximately 16 to 24 therapy sessions (4-6 months)	
Provider Contact Information		
<p>Maryland Family Resource 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: N/A 317 F Street NE Suite 101 &102 Washington, DC 20002 202-544-1040 Ward: 6 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>	<p>Hillcrest Children and Family Center 915 Rhode Island Ave NW Washington, DC 20001 (202) 232-6100 Ward: 2 3029 Martin Luther King, Jr. Ave SE Washington, DC 20032 Phone: (202) 232-6100 Ward: 8 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>	<p>Latin American Youth Center 1419 Columbia Road NW Washington, DC 20009 (202) 319-2225 Ward: 1 Accepted insurance: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>

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	Ages range 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"> • been exposed to trauma • plausible trauma histories • evidence of difficulty regulating • emotional and behavioral states • dysregulation being plausibly related to the trauma history • stable housing or a plan to achieve stable housing in the community 	
Exclusionary Criteria	TST is applicable to a wide range of populations and service settings. Therefore, exclusionary criteria will be determined at the clinical discretion of the team at each provider site.	
Treatment Duration/Rate	Average length of stay is 9-18 months	
Provider Contact Information		
Maryland Family Resource 903 Brightseat Road Landover, MD 20785 (301) 333-2980 Ward: N/A 317 F Street NE Suite 101 &102 Washington, DC 20002 202-544-1040 Ward: 6 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN	Hillcrest Children and Family Center 915 Rhode Island Ave NW Washington, DC 20001 (202) 232-6100 Ward: 2 3029 Martin Luther King, Jr. Ave SE Washington, DC 20032 Phone: (202) 232-6100 Ward: 8 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN	

EBP Service: Functional Family Therapy (FFT)

Description	FFT is a family focused intervention for at-risk and juvenile justice involved youth.
Age & Delivery Setting	Ages range from 11-18 Delivery Setting: Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.
Inclusionary Criteria	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
Exclusionary Criteria	Child/Youth who is <ul style="list-style-type: none"> • actively suicidal • actively homicidal • actively psychotic without medication stabilization • in respite or emergency care • not returning home within 30 days • not living with permanent/long-term caregiver
Treatment Duration/Rate	Families participate in a series of sessions over a 3-5 month treatment period

Provider Contact Information

<p>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 Insurance Accepted: N/A</p>	<p>Better Morning 2041 Martin Luther King Jr. Avenue SE Suite 109 Washington, DC 20020 (202) 536-4414 Ward: 8</p> <p>4545 42ND Street NW Suite 105 Washington, DC 20007 (202) 536-4414 Ward: 3 Insurance Accepted: Magellan, Amerihealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HCSN</p>
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EBP Service: Multi-Systemic Therapy (MST)

Description	MST is an intensive community-based treatment for youth and their families. Emphasis is on empowering parents/caregivers to assist youth in making and sustaining change in individual, family, peer, and school systems.
Age & Delivery Setting	Ages range from 12-17 Delivery Setting: Adoptive Home, Birth Family Home, and Outpatient Clinic.
Inclusionary Criteria	Child/Youth: <ul style="list-style-type: none"> • has antisocial behaviors putting them at risk of out of home placement • is living with or returning to a parent/caregiver with whom the youth has a long-term relationship and who is willing to participate in treatment • must have a diagnosis • must reside in the District or be living close to the District with active District Medicaid. • must be in the home within 30 days of admission
Exclusionary Criteria	Child/Youth who <ul style="list-style-type: none"> • has current active psychosis or autism diagnosis • has been in residential treatment longer than 12 months immediately prior to MST
Treatment Duration/Rate	Families participate in an average of 3 weekly 60-90 minute sessions for 4-5 months
Provider Contact Information	
<p>MBI Services LLC 2041 Martin Luther King Jr. Ave SE Suite 239 Washington, DC 20020 (202) 547-8450 Ward: 8</p> <p>Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN</p>	

EBP Service: Transition to Independence Process (TIP)

Description	TIP is a practice model which prepares youth and young adults 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: Family's natural environment-homes, schools, and community.			
Inclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none"> with emotional and behavioral difficulty 			
Exclusionary Criteria	Youth/ Young Person: <ul style="list-style-type: none"> with no emotional and behavioral difficulty 			
Treatment Duration/Rate	12 to 36 months			
Provider Contact Information				
MBI Services LLC 4130 Hunt Place NE Washington DC 20019 (202) 547-8450 Ward: 8 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN	Life Enhancement Services 1818 New York Ave NE Suite 115 Washington, DC 20002 (202) 269-2401 Ward: 5 Insurance Accepted: AmeriHealth, Medstar (Amerigroup), Carefirst (Trusted Health), Medicaid, HSCSN	Community Connections 801 Pennsylvania Ave SE Washington DC 20003 (202) 546-1512 Ward: 6 Insurance Accepted: Medicaid	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 Insurance Accepted: N/A	Wayne Place, 121 Wayne Place SE Washington DC 20032 (202) 506-1094 Ward: 8 Insurance Accepted: N/A