### DBH Evidence-Based Practices Fact Sheet

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<tr>
<td><strong>Child Parent Psychotherapy for Family Violence (CPP-FV)</strong></td>
<td>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.</td>
<td>Ages range from 0-6 years old</td>
<td>Child Victims or witnesses of:</td>
<td>Child:</td>
<td>DBH &amp; MCO</td>
<td>Average length/number of sessions: 50 or approximately one year</td>
<td>DBH PIECE Program 821 Howard Rd. SE Washington, DC 202-698-1838 Insurance Accepted: AmeriHealth and Trusted Beacon Medstar-Value Option</td>
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<tr>
<td></td>
<td>Delivery Setting: CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic</td>
<td>CPP-FV is typically conducted in a(n):</td>
<td>family violence</td>
<td>must have a trauma or maltreatment history</td>
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<tr>
<td></td>
<td></td>
<td>intimate partner violence</td>
<td>child physical abuse</td>
<td>does not have a significant caregiver participating in treatment</td>
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<tr>
<td></td>
<td></td>
<td>child sexual abuse</td>
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<td><strong>Parent Child Interaction Therapy (PCIT)</strong></td>
<td>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.</td>
<td><strong>Ages range from 2-6 years old</strong></td>
<td><strong>Child who exhibits:</strong>&lt;br&gt;- loss of temper&lt;br&gt;- property destruction&lt;br&gt;- stealing&lt;br&gt;- fighting&lt;br&gt;- general difficulty playing appropriately&lt;br&gt;- Child must live with one or both parents or in a stable foster homes&lt;br&gt;- Children must be a resident or ward of the District of Columbia</td>
<td><strong>Child is diagnosed with:</strong>&lt;br&gt;- Autism&lt;br&gt;- PDD&lt;br&gt;- exclusive ADHD&lt;br&gt;- 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&lt;br&gt;- PCIT.&lt;br&gt;- Parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT).&lt;br&gt;- Parents with an IQ below 75</td>
<td>MCO only</td>
<td>Children and caregiver participate in a series of therapy sessions: approximately 12 to 16 sessions</td>
<td>DBH PIECE Program&lt;br&gt;821 Howard Rd., SE&lt;br&gt;Washington, DC&lt;br&gt;202-698-1838&lt;br&gt;Insurance Accepted: AmeriHealth and Trusted Beacon MedStar-Value Option&lt;br&gt;Mary’s Center&lt;br&gt;2333 Ontario Road, NW&lt;br&gt;Wash., DC 20009&lt;br&gt;202-483-8319&lt;br&gt;Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN, and Care First</td>
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<td><strong>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</strong></td>
<td>TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of traumatic life events and address feelings. <strong>Ages range from 4-18 years old.</strong> <strong>Delivery Setting:</strong> TF-CBT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic</td>
<td><strong>Child/Youth who have a history of at least one significant potentially traumatic event</strong> to include but not limited to: • 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</td>
<td><strong>Child/ Youth:</strong> • 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</td>
<td></td>
<td></td>
<td></td>
<td><strong>Foundations for Home &amp; Community</strong> 1012 14th Street, NW Washington, DC 20005 (202)737-2554 <strong>Insurance Accepted:</strong> AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN</td>
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<td><strong>Community Connections</strong> 650 Pennsylvania Ave., SE Wash., DC 20003 202- 548-4885 <strong>Insurance Accepted:</strong> AmeriHealth, Trusted/Beacon and HSCSN</td>
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<td><strong>MD/DC Family Resource</strong> 903 Brightseat Rd. Landover MD 20785 301-333-2980 <strong>Insurance Accepted:</strong> Medicaid</td>
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<td><strong>Functional Family Therapy (FFT)</strong></td>
<td>FFT is a family focused intervention for at-risk and juvenile justice involved youth.</td>
<td>Ages ranges from 10-18</td>
<td>Child/Youth and their families whose range of problems include but are not limited to:</td>
<td>Child/Youth who is:</td>
<td>DBH only</td>
<td>Hillcrest Children &amp; Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN</td>
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|                                 | Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic. | Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic. | • acting out  
• conduct disorder  
• alcohol and/or substance abuse  
• limited access to resources  
• a range of diagnoses | • 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/ | | | |
|                                 |                                                                                                                                               | |                                                                                      |                                                                                       |                   |                         | 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 |
|                                 |                                                                                                                                               | |                                                                                      |                                                                                       |                   |                         | Parent & Adolescent Support Services (PASS) DC Department of Human Services--Family Services Administration 64 New York Ave. NE, WDC 20002 (202) 698-4334 |
## Trauma Systems Therapy (TST)

### Description
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:
- been exposed to trauma
- plausible trauma histories,
- evidencing difficulty regulating emotional and behavioral states

### 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.

### DBH / MCO Service
DBH only

### Treatment Duration/ Rate
Average length of stay 9-18 months

### Provider Contact Information
- **Contemporary Family Services, Inc**  
  3300 Penn Ave, SE  
  Washington, DC 20020  
  (202) 735-0761

- **Foundations for Home & Community**  
  1012 14th Street, NW  
  Washington, DC 20005  
  (202) 737-2554
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| **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. | **Age ranges:** from 14-29 years **Delivery Setting:** TIP is delivered in 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 | **Maryland Family Resources, Inc.**  
903 Brightseat Road, Landover, MD 20785  
(301) 333-2980  
**Hillcrest**  
915 Rhode Island Ave NW Washington, DC 20001  
(202) 232-6100  
**Adoptions Together**  
901 Varnum St NE Washington, DC 20017  
(202) 536-1146  
**MBI Services LLC**  
4017 Minnesota Ave., NE WDC 200016  
(202) 388-9202  
**Life Enhancement Services**  
1321 Southern Ave. SE Ste. 301 WDC 20010  
(202) 562-6262  
**Community Connections**  
801 Penn. Ave., SE WDC 20003  
(202) 548-4885 |
### Transition to Independence Process (TIP) (continued)

**Description**: Developmentally-appropriate supports. TIP involves youth/youth adults, their families, and other key players in a process that facilitates movement towards greater self-sufficiency and successful achievement of their goals.

(see above)

**Provider Contact Information**

- **Family Preservation Services**
  - 3341 Benning Rd. NE
  - WDC 20019
  - (202)543-1360

- **DC Department of Human Services--FSA (Teen Parent Assistance Program)**
  - 64 NY Ave. NE,
  - WDC 20002
  - (202) 698-4334

- **Total Family Care Coalition**
  - 1214 I St SE, WDC 20003
  - (202) 249-1000

- **Contemporary Family Services, Inc**
  - 3300 Penn Ave, SE
  - Washington, DC 20020
  - (202) 735-0761
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