



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
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.	<p>Ages range from 0-6 years old</p> <p>Delivery Setting: CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic</p>	<p>Child Victims or witnesses of :</p> <ul style="list-style-type: none"> • family violence • intimate partner violence • child physical abuse • child sexual abuse 	<p>Child:</p> <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	<p>DBH PIECE Program 821 Howard Rd. SE Washington, DC 202-698-1838</p> <p>Insurance Accepted: AmeriHealth and Trusted Beacon Medstar-Value Option</p>



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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 <ul style="list-style-type: none"> • 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
							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

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

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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 	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	Foundations for Home & Community 1012 14th Street, NW Washington, DC 20005 (202)737-2554 Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN
							Community Connections 650 Pennsylvania Ave., SE Wash., DC 20003 202- 548-4885 Insurance Accepted: AmeriHealth, Trusted/Beacon and HSCSN
							MD/DC Family Resource 903 Brightseat Rd. Landover MD 20785 301-333-2980 Insurance Accepted: Medicaid

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

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			<ul style="list-style-type: none"> exposure to terrorist attacks exposure to war trauma 				<p>Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100</p> <p>Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN</p>
Functional Family Therapy (FFT)	FFT is a family focused intervention for at-risk and juvenile justice involved youth.	<p>Ages ranges from 10-18</p> <p>Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.</p>	<p>Child/Youth and their families whose range of problems include but are not limited to:</p> <ul style="list-style-type: none"> acting out conduct disorder alcohol and/or substance abuse limited access to resources a range of diagnoses 	<p>Child/Youth who is</p> <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/ 	DBH only	Families participate in a series of sessions over a 3-5 month treatment period	<p>Hillcrest Children & Family Center 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100</p> <p>Insurance Accepted: AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN</p>
							<p>Parent & Adolescent Support Services (PASS) DC Department of Human Services-- Family Services Administration 64 New York Ave. NE, WDC 20002 (202) 698-4334</p>

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

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				long-term caregiver			
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 	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
							Foundations for Home & Community 1012 14th Street, NW Washington, DC 20005 (202) 737-2554

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



DBH Evidence-Based Practices Fact Sheet

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			<ul style="list-style-type: none"> dysregulation being plausibly related to the trauma history has stable housing or a plan to achieve stable housing in the community 				<p>Maryland Family Resources, Inc. 903 Brightseat Road, Landover, MD 20785 (301) 333-2980</p> <p>Hillcrest 915 Rhode Island Ave NW Washington, DC 20001 (202) 232-6100</p> <p>Adoptions Together 901 Varnum St NE Washington, DC 20017 (202) 536-1146</p>
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	<p>Age ranges: from 14-29 years</p> <p>Delivery Setting: TIP is delivered the in family's natural environment-homes, schools, community.</p>	<p>Youth/ Young Person:</p> <ul style="list-style-type: none"> with Emotional and Behavioral difficulty 	<p>Youth/ Young Person:</p> <ul style="list-style-type: none"> <u>with no</u> Emotional and Behavioral difficulty 	DBH only	12 to 18 months	<p>MBI Services LLC 4017 Minnesota Ave., NE WDC 200016 (202)388-9202</p> <p>Life Enhancement Services 1321 Southern Ave. SE Ste. 301 WDC 20010 (202)562-6262</p> <p>Community Connections 801 Penn. Ave., SE WDC 20003 (202)-548-4885</p>

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



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Transition to Independence Process (TIP) (continued)	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.						Family Preservation Services 3341 Benning Rd. NE WDC 20019 (202)543-1360
	(see above)	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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