

DCYF Child Welfare Contracted Evidence-Based Programs

Contracted Program:	Triple P Positive Parenting Program	Project Safe Care	IY The Incredible Years	PCIT Parent-Child Interaction Therapy	FFT Family Functional Therapy	PFR Promoting First Relationships	Homebuilders (IFPS) Intensive Family Preservation Services
Age of Child	2-16 yrs	Birth -5 yrs	Baby: Birth to 8mos Toddler: 9mo-2yr Preschool: 2-8yr School Age 8 – 12 yr	2-7 yrs	11-18 yrs	Birth-5 yrs	Birth -18 yrs
Location of Service	In-home (except at request for alternate location)	In-home (Except at request for alternate location. Home Safety module must be in the home)	Classroom (group setting) or In-home	Clinic or In-Home	In-home (except at request for alternate location)	In-home (except at request for alternate location)	In-home (except at request for alternate location)
Standard Length of Service	10-14 weekly sessions 50-90 minutes each  *Additional 7 sessions for Pathways Module (Need is determined by provider during intervention)	18-22 weekly visits 60-90 minutes each  Approximately 6 weeks for each of the 3 modules	Baby: 8-11 weeks Toddler: 12-17 weeks Preschool: 18-21 weeks  *for classroom client must complete 80% of the classes for successful completion	Approximately 12-15 sessions, determination is based on parent's progress	15-20 weekly sessions over 3-4 months	10-14 weekly sessions 60 minutes each	4-6 week intensive intervention with an average of 80 hours spent on each case.  Approx. ½ of these hours must be spent face to face w/ family.
FAR Compatible	Yes, if started early in case	Yes, providing 2 of 3 Modules	Yes, for Baby and Toddler if started early	No, consider accessing through Medicaid.	Yes, if started early in case	Yes, if started early in case	Yes, if started early in case
Concrete Funds	\$200 total per case w/ prior written approval from SW \$30 of that may be used for engagement w/o pre-approval	\$200 total per case w/ prior written approval from SW \$30 of that may be used for engagement w/o pre-approval	\$200 total per case w/ prior written approval from SW \$30 of that may be used for engagement w/o pre-approval	None	\$200 total per case w/ prior written approval from SW \$30 of that may be used for engagement w/o pre-approval	\$200 total per case w/ prior written approval from SW. \$30 of that may be used for engagement without pre-approval	\$200 average per case w/ prior written approval from SW. \$30 of that may be used for engagement without pre-approval
Appropriate Referrals	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Child behavior issues are the primary area of concern</b>  *Physical/emotional abuse *Lack of parenting skills *Discipline problems *Negative parent/child interaction *Child behavior problems *Parent/partner conflict with parenting	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Poor home environment, parent child/infant interaction and basic parenting skills are the main areas of concern</b>  *Neglect cases *Lack of BASIC parenting skills *Home Safety concerns *Negative parent/child interaction	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Poor home environment, parent child/infant interaction and basic parenting skills are the main areas of concern</b>  *Neglect cases *Lack of BASIC parenting skills *Home Safety concerns *Negative parent/child interaction	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Poor home environment, parent child/infant interaction and basic parenting skills are the main areas of concern</b>  *Neglect cases *Lack of BASIC parenting skills *Home Safety concerns *Negative parent/child interaction	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Poor home environment, parent child/infant interaction and basic parenting skills are the main areas of concern</b>  *Neglect cases *Lack of BASIC parenting skills *Home Safety concerns *Negative parent/child interaction	<u>Placement prevention</u>  <u>Reunification</u> <i>Parent has sufficient contact with children to practice new skills learned in weekly sessions</i> <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Parent-child relationship is the primary area of concern</b>  * Concerns about the quality of Parent-child relationship *Child is being reunified after being out of the parent's care for a period of time *Parent needs information about infant and toddler social and emotional development *Parent needs help developing and expressing empathy towards their child * Attachment problems * family conflict	<u>Placement prevention</u> <i>removal is IMMEDIATE, Reunification planned within 7 days</i>  <u>Placement stabilization</u> <i>with parent, foster parent, kinship placement or adoptive family</i>  <b>Homebuilders is an intensive service focused on child safety, crisis intervention, connection to community resources and teaching caregivers problem solving/life skills</b>  *Physical abuse *Neglect *Unsafe Child *Serious threat of substantial harm to the child's health, safety, or welfare * Severe family conflict
Inappropriate Referrals	NOT FOR * Participating caregiver who has severe untreated mental illness (Schizophrenia, active psychosis, severe untreated Bipolar Disorder)  * Active parent substance abuse without treatment – (on a case by case basis depending on the parent's ability to participate and commit to the service)	NOT FOR * Participating caregiver has severe untreated mental illness (Schizophrenia, active psychosis, severe untreated Bipolar Disorder)  * Active parent substance abuse without treatment – (on a case by case basis depending on the parent's ability to participate and commit to the service)	NOT FOR * Possible disruption in services could occur (i.e. cases nearing termination, parent is pending incarceration, or parent is awaiting a bed date for treatment)  *Parents who have irregular work schedules or those who will have a hard time engaging or committing to the length of the service should not be referred.  * Identified parent does not have frequent contact with their child.  * Registered Sex Offenders	NOT FOR *Reunification with the participating parent is not the goal (PCIT does not evaluate parent for reunification) * Ongoing, serious DV in the family home * Parents with active substance abuse (case by case basis determination) or Developmental delays * Families requiring 24/7 availability of provider * Parent with severe untreated mental illness (Schizophrenia, active psychosis, severe untreated Bipolar Disorder) * Parent who sexually offended the child.	NOT FOR *Families requiring 24/7 availability of provider  *Adults or youth with Developmental delays (under 65 IQ)  *Participating caregiver has severe untreated mental illness (Schizophrenia, active psychosis, severe untreated Bipolar Disorder)  * Safety concerns in the family that include younger siblings.	NOT FOR * Families requiring 24/7 availability of provider  * Parent with severe untreated mental illness (ie. Schizophrenia, active psychosis, severe untreated Bipolar Disorder)  * Active parent substance abuse without treatment – (on a case by case basis depending on the parent's ability to participate and commit to the service)	NOT FOR *Prevention of Placement disruption at some unspecified time in the future. (It must be IMMEDIATE)  *When a decision has been made to remove a child, but interim measures are needed until that home is found.  *Child, family member, or provider safety would be threatened.  *Family refusal of service AFTER it was thoroughly explained to them.

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<b>Service Delivery</b>	<p>Parent driven, some child involvement in sessions. Multiple parent assessments, guided participation, role plays. Model uses DVD clips, homework, behavior monitoring tools, and a parent handbook.</p> <p><b>5 Core Principles</b></p> <ol style="list-style-type: none"> <li>1) Ensuring a Safe, Interesting Environment</li> <li>2) Creating a Positive learning Environment</li> <li>3) Using Assertive Discipline</li> <li>4) Having Realistic Expectations</li> <li>5) Taking Care of Oneself as a Parent</li> </ol>	<p>Model uses a Parent Handbook with scripted sessions</p> <p>Parent must complete one module before moving to another.</p> <p>Skill coaching through use of observation, self-assessment and feedback, homework, and role plays.</p> <p>Sessions are often recorded by the provider (audio) to demonstrate ongoing provider fidelity to this EBP.</p> <p><b>3 Modules</b> (average of 6 sessions per module)</p> <ol style="list-style-type: none"> <li>1) Health</li> <li>2) Parent/Infant Interaction or Parent/Child Interaction (depending on age of child)</li> <li>3) Home Safety</li> </ol>	<p>Service is provided either in a peer group setting or in-home.</p> <p>Model uses videos, written curriculum, role plays, homework, and self-evaluation.</p> <p>1 weekly contact by provider outside class for group classes</p> <p><b>levels build on each other:</b></p> <ol style="list-style-type: none"> <li>1) <b>Play:</b> Promote Positive Parenting Relationships (use liberally)</li> <li>2) <b>Praise &amp; Incentives:</b> Build social competence</li> <li>3) <b>Effective Limit-setting:</b> Increase cooperation</li> <li>4) <b>Ignore, Redirect, Distract:</b> Decrease Aggression</li> <li>5) <b>Time Out:</b> (use selectively)</li> </ol>	<p>Therapists use live coaching with parents during interactions with their child to teach new parenting skills. Use of a small speaker in the parent's ear where the therapist is coaching the parent by microphone from behind a one-way mirror during their interaction with the child. Delivery can also be done by whispering into the parent's ear.</p> <p><b>Two Phases:</b></p> <ol style="list-style-type: none"> <li>1) <b>Child directed interaction</b> Parent learns to praise positive behaviors and interact positively with the child while starting to decrease the child's behavior.</li> <li>2) <b>Parent Directed interaction</b> Parent learns specific and effective parenting skills to manage child's behavior, use clear positively-stated and direct commands, and use consistent consequences for compliant and non-compliant behavior.</li> </ol>	<p>Strengths-based, specific, and individualized interventions focusing on risk and protective factors, and relationships rather than on individual issues. Interventions respect differences, family form, culture, ethnicity and family. Intervention is family-focused with all family members allied and involved. Therapists are non-judgmental and do not align themselves with individual family members.</p> <p><b>FFT consists of 5 Parts:</b></p> <ol style="list-style-type: none"> <li>1) <b>Pretreatment:</b> setting up and connecting with the family</li> <li>2) <b>Engagement:</b> Listening, respecting and "matching" the family's needs.</li> <li>3) <b>Motivation:</b> helps family members gain hope and see their problems as something that affects everyone</li> <li>4) <b>Behavior Change:</b> teaching new behaviors and skills (interpersonal communication, problem-solving, bargaining and negotiation, and contracting)</li> <li>5) <b>Generalization:</b> maintaining and generalizing skills, relapse prevention, and identifying ongoing services and supports needed for independence.</li> </ol>	<p>Services are provided in a natural setting (home, community)</p> <p>Therapists use live coaching with parents during interactions with their child to teach new parenting skills. The model uses videotaping for parents' own reflection during sessions.</p> <p><b>Service delivery method:</b> Joining, reflective observation, verbal Feedback, supporting reflective capacity, and sharing Information</p> <p><b>Core PFR Content:</b></p> <ol style="list-style-type: none"> <li>1) Developing trust, promoting security</li> <li>2) Promoting development of self in toddlerhood</li> <li>3) Understanding and meeting social and emotional needs of the child</li> <li>4) Understanding, reading and responding to children's non-verbal cues</li> <li>5) Understanding children's feelings and needs, how to respond and meet the needs to decrease problem behavior</li> <li>6) Seeing the world through the child's viewpoint and building parental empathy</li> <li>7) calming strategies for parents to regulate their own emotions and triggers</li> <li>8) promoting a mutually enjoyable relationship between child and caregiver</li> </ol>	<p>Services are provided in a natural setting (home, community) where the problems are occurring and, ultimately, where they need to be resolved. Services are available 24/7 and at the family's convenience.</p> <p>IFPS is a Family-focused, behavior-oriented, in-home counseling and support program. Services are evidence-based using the <b>Homebuilders Model</b> which uses <b>Motivational Interviewing</b> techniques</p> <p>Intent is to connect the family with natural supports in the community to meet their needs.</p> <p><b>Clinical Services</b></p> <ul style="list-style-type: none"> <li>*crisis intervention</li> <li>*counseling</li> <li>*Cognitive-Behavioral Therapy</li> <li>*case management</li> <li>*parent education</li> <li>*life skills</li> </ul> <p><b>Concrete Assistance</b></p> <ul style="list-style-type: none"> <li>*financial</li> <li>*housing</li> <li>*utilities</li> <li>*basic clothing</li> <li>*food</li> </ul>
<b>Developer Site</b>	<a href="http://www5.triplep.net/">http://www5.triplep.net/</a>	<a href="http://publichealth.gsu.edu/968.html">http://publichealth.gsu.edu/968.html</a>	<a href="http://www.incredibleyears.com">www.incredibleyears.com</a>	<a href="http://pcit.phhp.ufl.edu/">http://pcit.phhp.ufl.edu/</a>	<a href="http://www.fftinc.com/">http://www.fftinc.com/</a>	<a href="http://www.ncast.org/index.cfm?category=23">http://www.ncast.org/index.cfm?category=23</a>	<a href="http://www.institutefamily.org/programs_IFPS.asp">http://www.institutefamily.org/programs_IFPS.asp</a>