

Evidence Based / Promising Programs Menu for Children's Administration

Parent Child Interaction Therapy – PCIT is a parent training program that was originally designed to treat children (age two to seven) with conduct problem behavior. Further studies of the program showed that PCIT helps parents improve parenting skills, build a warm and responsive relationship with their child; and decrease child behavior problems. The service lasts about 20 weeks and is delivered in one hour sessions. Trained therapists coach the parent (use of a one way mirror in which therapist uses a microphone device from another room) in child management techniques (e.g. how to praise appropriate behavior, ignore undesirable behavior, give clear, age-appropriate instructions, how to implement “time-outs”) while parents are interacting with their children in a safe environment. Use of the program with clients involved in child welfare produced in one study a 50% reduction in re-occurrence of physical abuse and neglect.

The Incredible Years – Comprehensive, developmentally-based intervention with components for parents, teachers and children (age two to seven years) designed to prevent and treat emotional/behavioral problems in young children by promoting children's social, emotional and academic competence and strengthening parental competence and family relationships. Interventions use a group format and deliver content through multiple methods including video, discussion, activities, role playing, and home assignments. Data shows that parent participants reduce their use of harsh discipline. In Children's Administration use of the program in Region 3, 56% of parents participating had a reduced score on the Parental Stress Index (PSI.)

Promoting First Relationships – Promoting First Relationships is a prevention program dedicated to promoting children's social-emotional development through responsive, nurturing caregiver-child relationships. The program trains service providers in the use of practical, effective strategies for promoting secure and healthy relationships between caregivers and young children (birth to 3 years). By supporting parents and caregivers to be loving, responsive and tuned in to their children's feelings and needs, the desired goals can be achieved: happy children who engage in trusting and caring relationships with others and are free to explore and learn about the world around them.

Trauma Focused – Cognitive Behavioral Therapy (TF CBT) - Intervention designed for children ages 5 -18 who have been the victim of trauma, including sexual abuse. The child's parent or caregiver must participate in the program. TF CBT uses cognitive-behavioral therapy and stress inoculation training procedures to reduce children's negative emotional and behavioral responses (e.g., post-traumatic stress) and correct maladaptive beliefs and attributions related to the abusive experiences. The program should not be used with children who exhibit externalizing behavior disorders (acting out behaviors).

Functional Family Therapy (FFT) – FFT is a family therapy that is provided usually in a family home. The program serves families with children between the ages of 11 and 18. FFT focuses reducing conflict in the family, improving communication, increasing use of age appropriate parenting skills, and improving parent supervision of children. The program lasts an average of 4 months. The entire family participates in FFT.

Multi-Dimensional Treatment Foster Care (MTFC) - MTFC is a program for children ages 12 to 18 who are in foster care and exhibit problem behaviors that led to a referral to BRS. The program's goal is to increase developmentally appropriate behavior in children and adolescents who are in need of out-of-home placement. The intervention is multi-method and occurs in multiple settings. It is a strength-based, skill building model, which shapes desired behaviors through positive reinforcement. The treatment model assists the youth's permanent resource family with effective parenting skills. This will ensure that positive changes made while in the MTFC program are sustained long term. Children remain in MTFC foster homes for an average of 9 months. Studies indicate that children participating in MTFC experienced increased placement stability after completion of the program.

Homebuilders - Homebuilders is an Intensive Family Preservation Services program designed to prevent out of home placement of children. Referrals to the program are made when a family has been referred for child abuse and neglect and the child or children are at imminent risk of placement. The program is short in duration, usually four to six weeks. Homebuilders therapists respond to families 24 hours a day, seven days a week. The program focuses on teaching parents to care effectively for their children by increasing the parents ability to manage child behavior, utilize appropriate discipline, and provide a safe and nurturing home environment. Therapists have a low caseload (two cases at a time) allowing therapists to spend a greater amount of time with the family. Homebuilders therapists also assist parents in enrolling in other longer term services that will help the parent maintain changes. The program in research has been shown to cost effectively reduce out of home placement of children.

Triple P (Positive Parenting Program) - Triple P is a parenting program that teaches parents methods and skills to manage child behavior and to increase the positive interaction with their child. The program was initially developed and studied as an intervention with children with conduct problems. In recent years the program has been utilized in child welfare settings. In one research study Triple P was shown to reduce child abuse and neglect.

Project SafeCare - Program focused on serving families referred for neglect. The program focuses on teaching families home cleanliness; home safety; care for child health issues, and parenting skills.