


Title IV-E Prevention Services (Family First) Clearinghouse:

**Evidence-Based Services and Programs Matrix**

Updated: March 27, 2024

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
 <b>Well-supported</b>								
<b>30 Days to Family</b>	Kinship Navigator Programs	Families with children ages 0-17 placed out-of-home	3 hours per home visit	Caregiver's home, child welfare offices	Place children with a caregiver from their family within 30 days, and ensure the caregivers have support available while engaging as many family members as possible to help the child and caregiver.	12 months	Bachelor's degree in social services, and one year of experience in child welfare	Specialists are not required to participate in a formal training, 30 Days to Family does provide on-site technical assistance for new Specialists within 48–72 hours of their first case and weekly phone consultations with a Supervisor for the first 2–9 months.
<b>Brief Strategic Family Therapy (BSFT)</b>	Mental Health Substance Abuse In-home Skill-based	Families with youth 6 – 17-years-old with problem behaviors	One, 60 – 90 minute, in-person session per week	Multiple: Home, school, community centers or clinic	Work with the whole family to improve family functioning, prevent and treat youth substance abuse and decrease youth behavior problems	3 – 5 months	Master's level therapist or bachelor level professionals with experience	Attend a 4-day in-house training, participate in weekly video supervision for 4 - 6 months, record therapy sessions. The site, not the therapist, is certified
<b>Familias Unidas</b>	Mental Health Substance Abuse In-home Skill-based	Hispanic adolescents ages 12 – 16 and their families	One, 60 – 120 minute, weekly session	Multiple: Home, school	A family-centered intervention that aims to prevent substance use and risky sexual behavior among Hispanic adolescents	3 months	Bachelor's degree and speaks Spanish	Attend a 32-hour training
<b>Families First (Utah Youth Village Model)</b>	Mental Health In-home Skill-based	Families with youth birth – 17	6 – 8 hours per week for 8 – 12 weeks; Up to one year of follow up	In home	Help families identify and build on family strengths and improve family functioning	3 months – 1 year	Bachelor's degree in social work, psychology, or related field	Complete at least 130 hours of training including 50 classroom hours and 80 hours of job shadowing + additional reading
<b>Family Check-Up</b>	Mental Health In-home Parent Skill-based	Families with youth age 2 – age 17	Minimum of one weekly session. Can be more frequent if family chooses	Therapy office, home, school or community setting	Aims to improve parenting skills and family functioning with the goals of improving a range of emotional / behavioral challenges	1 – 4 months	Master's level with some clinical experience	Attend a 2-day in-person training or participate in a self-paced on-line course and two live webinars or a hybrid of the two
<b>Family Foundations</b>	Mental Health In-home Parent Skill-based	Couples expecting their first child	In-person, weekly for two-hours, in-group sessions	Hospital, outpatient clinic, or community provider	Help couples develop a team approach to caregiving, maintain family bonds, reduce stress, and promote adult and child well-being	9 weeks	Bachelor's degree, and experience working with families and leading groups	Complete Family Foundations 2-3 day training program in-person or remote
<b>Functional Family Therapy (FFT)</b>	Mental Health	Families with youth ages 11 – 18 with problem behaviors	One 90-minute, in-person session per week + one phone call per week	Multiple: Therapy office, in-home, school or community setting	Decrease conflict in the home, improve family functioning, and help youth make positive change	2 – 4 months	Master's level therapist - exceptions can be made for Bachelor level professionals with experience	Therapist must attend a multi-day training and be on an FFT team. Full certification can take up to 3 years

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Generation PMTO - Group</b>	Mental Health	Parents of children ages 2 – 17 with behavioral challenges	One 90-minute group session per week	In the community: out-patient clinic, school	Increase parenting skills and promote effective family management	3 – 4 months	Formal training in counseling, social work or education	Attend two workshops over 10 – 12 days, record 6 sessions, and engage in 12 coaching sessions
<b>Guiding Good Choices</b>	Mental Health Substance Abuse In-home Skill-based	Families with children ages 9 – 14	One weekly 2 – 2.5 hour, in-person or virtual group session	Multiple In-home, virtual, school, in the community	Prevent teen substance use and risky behaviors by training parents to develop positive parenting and family management skills	2 months	At least one of the trainers must be a parent	One parent and one professional who complete 19 hours of training over 3 – 5 days. There are in-person and virtual training options
<b>Healthy Families America (HFA)</b>	In-home Parent Skill- based	Pregnant women / families with children newborn – age 5	One 1-hour weekly visit	In-home	Strengthen the parent/child relationship, enhance family functioning	6 months +	H.S. diploma	Attend a 4-day training, likely in house or found locally
<b>Homebuilders – Intensive Family Preservation &amp; Reunification Services</b>	In-home Parent Skill based	Families with children ages newborn–age 18	Average of 10 hours a week + 24/7 on-call telephone check-ins	In-home	Help families identify strengths and problems associated with child safety and deliver intensive family therapy in order to preserve and/or reunify families	1 – 2 months	Master's Degree or Bachelor's level professional with experience	Attend initial 4-day core training. After using the model, attend 10 days total of advanced training
<b>Intercept</b>	In-home Parent Skill-based	Children birth – age 18 who are at risk of entry or currently in out-of-home placements	Average of three times per week + 24/7 on-call crisis support	In-home and in the community	Intensive, in-home, individualized services intended to meet the needs of children and their families including school, peer, and community needs	4 – 9 months	Master's Degree or Bachelor's Degree with at least one year experience	Attend a 4-day initial Clinical Foundations training and then participate in weekly consultation with licensed program experts
<b>Mindfulness Based Cognitive Therapy</b>	Mental Health	Adults with symptoms of depression and/or anxiety	One, two-hour group session per week	Multiple: Clinic, hospital, community setting	Teach individuals how to become aware of and manage their thoughts, feelings, and body sensations	8 weeks	Be a mental health professional	Attending a 5-day training and earning certification is recommended but not required
<b>Motivational Interviewing (MI)</b>	Substance Abuse	10-year-old - adults with an addiction to substances or nicotine	One weekly session that is approximately 30 – 50 minutes	Multiple: School, therapy office, in the home, or in the community	Encourage and promote behavior change to improve physiological, psychological, and lifestyle outcomes	1 – 6 weeks	No minimum qualifications	Complete a one day on-line or in-person training – usually found locally
<b>Multisystemic Therapy (MST)</b>	Mental Health Substance Abuse	At-risk youth ages 12 – 17 and their families	Multiple visits per week	Multiple: Home, school, or in the community	Promote pro-social behavior and reduce criminal activity	3 – 5 months	Master's level therapist or bachelor level professionals with extensive experience	Therapist must attend a 5-day training and be on an MST team with a certified MST supervisor who attends 12 days of training
<b>Nurse Family Partnership</b>	In-home Parent Skill-based	Pregnant women/ Families with children age newborn – age 2	One weekly visit for the first month, then can taper down	In-home or somewhere in the parent's community	Improve the health of the children and their families	2 years	Registered Nurse (RN) with a bachelor's degree	Participate in an educational session with the NFP National Service Office


Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Parent-Child Interaction Therapy (PCIT)</b>	Mental Health	2 – 7-year-olds with problem behaviors and their families	One, one-hour, in-person session per week or every other week	Play-room therapy office with one-way mirror	Parents are coached to learn behavior management and relationship skills to increase positive parenting behaviors	3 – 5 months	Licensed Master's level therapist	40 hours of training (30 in-person) with a PCIT certified therapist – found all over the country
<b>Parents as Teachers (PAT)</b>	In-home Parent Skill-based	Pregnant women/ Families with children age newborn – starts Kindergarten	Every other week or monthly	In-home and in a child-care setting	Improve the health of children, prevent child abuse, teach parenting skills, and detect/ prevent developmental delays	3 years	H.S. diploma	Attend a 5-day PAT training held throughout the nation including in Texas
<b>Strong African American Families</b>	Mental Health Substance Abuse	Families with youth ages 10–14 who identify as African American or Black	One weekly, two-hour group session	In a community center	Group-based parenting program that aims to build on the strengths of families to prevent substance use and other risky behaviors	2 months	Experience working with youth and families and some level of post-secondary education	Complete a 3-day training, teach two classes, submit video of implementation, and submit fidelity forms



<b>Arizona Kinship Support Services</b>	Kinship Navigator	Kinship caregivers	Intensity depends on the needs of the family	Multiple: In-home or In the community	Support kinship families by addressing the safety, well-being, and permanency of children in formal and informal kinship care	3 months – 2 years	Bachelor's degree in human services and at least 1 year of work experience	Complete a new employee orientation within 7 days of hire and a program-specific orientation within 30 days of hire
<b>Child First</b>	Mental Health In-home Parent Skill-based	Families with children (prenatal – age 5) with developmental, social, behavioral challenges	Contact made twice weekly for the first month and then weekly	In-home	Aims to promote healthy child and family development through a combination of psychotherapy and care coordination	6 – 12 months	Master's level clinician and Bachelor's level case manager/ care coordinator	Staff who will be delivering Child First participate in a learning collaborative including 4 trainings over a 7-month period for a total of 10 days
<b>Colorado Kinnected Kinship Navigator Program</b>	Kinship Navigator	Children and families with open child welfare cases, entering new kinship placements	Monthly	Home and County Human Services Offices	Administers needs assessment, and aims to coordinate corresponding services and supports to ensure children can remain with kinship caregivers in sustained placements.	First 60-90 days after placement and quarterly thereafter	Background in child welfare and knowledge of kinship family interventions and support services.	Initial onboarding and training in Colorado's Child Welfare Training System
<b>Eye Movement Desensitization &amp; Reprocessing Standard Protocol</b>	Mental Health	Youth and adults experiencing distress associated with trauma	Weekly, 50 – 90 minute sessions	Counseling office / in a clinical setting	Aims to minimize distress associated with traumatic memories and other adverse life experiences	1 – 6 months	Licensed Master's level therapist	Participate in 20 hours of training, 20 hours of supervision, and 10 hours of consultation
<b>Families Facing the Future</b>	Substance Abuse	Parents in substance abuse recovery and their families	Contact made three times per week	Combination of outpatient clinic and in-home	Parents learn relapse prevention skills, decrease stress in the home, and improve family functioning	4 – 6 months	Master's level therapist	Attend a 3-day training
<b>Family Centered Treatment</b>	In-home Parent Skill-based	Families at risk of removal/working towards reunification or youth who move between systems	2 – 3 visits per week for multiple hours + on-call support 24/7	In-home or in school	A trauma treatment, home based therapy that helps families identify functions of behaviors in a family system, change behavioral patterns, and strengthen	6 months	Bachelor's degree	Complete online modules and field-based evaluations. Agencies must apply and be licensed before implementing FCT

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
		(child welfare, juvenile justice)			attachment			
<b>Fostering Healthy Futures for Preteens</b>	Mental Health	Children ages 9 –11 with child welfare involvement and 1 or more ACE	One weekly 90-minute group session and 2 – 4 hours of individual mentoring	Community center / community setting	Skills based group sessions and one on one mentoring program aimed to build skills in problems solving, anger management, and healthy relationships	8 months	Supervisors are licensed master level therapists and group leaders and mentors are graduate students	Supervisors attend a 3-day training and 2 – 3 hours of consultation per week for a year. Group leaders attend a 6-hour orientation. Mentors attend a 3 day orientation
<b>Interpersonal Psychotherapy (Weissman, et al. Manual)</b>	Mental Health	Adults diagnosed with Major Depression	One weekly 50-minute session which can be done individually or in a group	Therapy office or In-home	To support patients in improving interpersonal relationships and patterns or circumstances that are directly related to the current depressive episode	3 – 4 months	Licensed master's level therapist	Therapist must attend at least one 16-hour workshop and read the IPT manual. Mentorship from an experienced IPT therapist is recommended
<b>Maternal Early Childhood Sustained Home-visiting</b>	In-home Parent Skill- based	Families with children under age 2 who are at risk of poor maternal or child health and development	Weekly 60-90 minutes	In home; can also be by phone or virtual	Supports the transition of parenthood, maternal health, child health, parent's future goals/aspirations, and social relationships/networks	22 weeks (25 weeks if enrolled prenatally)	Registered nurses with Bachelor's degree or equivalent, and experience with child/family health nursing	Two online courses prior to providing services; six online courses total within first six months of providing services
<b>Mindfulness-Based Cognitive Therapy for Parents</b>	Mental Health	Parents with depressive symptoms	One weekly 2-hour group session	Clinic, hospital, and other community based setting	Aims to improve depression by teaching parents how to become aware of and manage their thoughts, feelings, and body sensations	2 months	Licensed master's level therapist with experience in cognitive theory/ CBT	Have previously participated in the 8-week MBCT program themselves
<b>Multidimensional Family Therapy</b>	Mental Health Substance Abuse In-home Parent Skill- based	Youth (ages 9 – 26) with mental health and substance use diagnoses and their family	One – three, 45 – 90 minute session per week and weekly phone/ text check-ins	Multiple: Therapy office, in-home, or community setting	To enhance coping, problem solving, and communication skills; stabilize mental health issues; reduce substance use, improve parenting skills and attachment	3 – 6 months	Licensed master's level therapist	Therapist teams of two or more attend a 3-day on-site training, weekly consultations, online education, and video reviews of sessions
<b>Multisystemic Therapy – Building Stronger Families (MST-BSF)</b>	Mental Health Substance Abuse In-home Parent Skill- based	Families with youth ages 6–17 involved with child protective services due to substance use and abuse or neglect	Varies, but typically a minimum of 3 sessions per week	Multiple: Home, school, in the community, in in-patient treatment	MST-BSF uses the same service delivery characteristics and guiding principles as the core MST model. However, all family members who need treatment receive it, with a strong emphasis on adult interventions and child safety.	7 months	MST-BSF teams include three master's level therapists with support from a part-time psychiatrist and resource specialist	Therapists must complete 13 days of training including teaching, role-playing, and skill-building exercises. Therapists then participate in on-the-job learning including weekly group supervision and consultation.
<b>Parenting With Love and Limits</b>	Mental Health In-home Parent Skill- based	Teenagers (ages 10 – 18) with emotional and behavioral challenges and their families	One, 60 – 120 minute, weekly session	Multiple: Community centers, school, residential treatment centers, home	Help families re-establish adult authority through setting consistent limits and reclaiming loving relationships. Has multi-family group therapy and individual family coaching	4 – 6 months	Facilitators have a master's degree in a counseling related field. Co-facilitators have a bachelor's degree	Complete a 5-day training plus 2-hour semi-monthly case consultation and video-taped session analysis

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Parents Anonymous</b>	Mental Health Substance Abuse In-home Parent Skill- based	Families with children ages birth – 18 with difficulties related to mental health, substance use, or challenging life situations	As needed – 2-hour support groups occur weekly and families can attend when they choose	Multiple: Community centers, family resource centers, school, church, prisons, ect..	Support group for parents that seeks to enhance family functioning and parent/caregiver resilience to prevent and treat child maltreatment through mutual support, parent leadership, and personal growth and change	On-going / regularly occurring	Bachelor level social service professional and a parent peer	Attend a 40-hour in-person training, shadow 3 – 5 groups, and then participate in virtual guided practice sessions for 4 – 6 months after the in-person training
<b>Prolonged Exposure Therapy for Adolescents with PTSD</b>	Mental Health	Adolescents (13 – 18) diagnosed with PTSD or who manifest trauma-related symptoms	One weekly 60 – 90 minute visit	Counseling office / in a clinical setting	Help trauma survivors emotionally process their traumatic experiences in order to diminish PTSD and other trauma-related symptoms	4 – 5 months	Licensed Masters level therapist	Attend a 4-day training and then complete 2 cases with a PE consultant
<b>Promoting First Relationships</b>	Mental Health In-home Parent Skill-based	Caregivers of children ages 0 – 5 years	One weekly session lasting 60 – 75 minutes	Multiple: Home, in clinics, day cares, preschools, or on-line	A home-visiting prevention program aimed to promote secure and healthy relationships between caregivers and children through strengths-based parenting strategies	3 months	PFR providers can be infant MH specialists, child welfare providers, social workers, home visitors, etc.	Level 1: Attend 14 hours of in-person or virtual training Level 2: Participate in a 15-week virtual mentoring program
<b>SafeCare</b>	In-home Parent Skill-based	Families with children newborn – age 5 who are at-risk for or have a history of child neglect or abuse	One weekly 60 – 90 minute visit	In-home	Home-visiting program that promotes positive parent-child interaction, children's health, and home safety and reduces child maltreatment/abuse	5 months	No minimum qualifications	32 hours of training and 2 months of using the model
<b>Sobriety Treatment and Recovery Teams (START)</b>	Substance Abuse In-home Parent Skill-based	Families with children ages newborn – 6 involved in the child welfare system who have a substance use disorder	Two weekly sessions + team meetings	Multiple Home, Counseling office	Facilitate individualized wraparound services, identify and increase natural supports and match parents with a peer in long-term recovery for support	6 – 14 months	Workers and mentors are employed by Child Protective Services and meet those employment requirements	Two-day on-site training and then 2 – 4 hours of consultation per month
<b>Strengthening Families Program – for Parents &amp; Youth ages 10 – 14</b>	Mental Health Substance Abuse	Families with youth ages 10 – 14	One weekly 2 hour group session	In the community: schools, community centers and organizations	Help parents increase the youth's protective factors, and reduce their youth's risk factors for behavioral, social, substance use, and academic problems	7 weeks	Group facilitation skills and experience working with youth and families	Attend a 3 day training every three years
<b>Triple P – Positive Parenting Program – Online (Level 4)</b>	Mental Health	Families with children up to 12-years-old with significant social, emotional or behavioral issues	Eight, 60-minute modules families have up to one year to complete	Online / Virtual	Help parents understand the foundations of positive parenting, teach children new skills, manage children's behaviors, and raise confident children	Self-paced (2 months – 1 year to complete)	N/A – it is a stand-alone web-based intervention	N/A

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
 <b>Promising</b>								
<b>Adolescent Community Reinforcement Approach</b>	Substance Abuse	Adolescents and young adults (12 – 24) with substance use disorders and their caregivers	One weekly session + optional support calls	Multiple: out-patient, in-patient, in-home or in the community	Aims to support adolescents' substance use recovery by encouraging positive family and peer relationships and helping them engage in prosocial activities	3 – 4 months	Master's Degree or Bachelor's level professional + two years' experience	Attend a 2.5 day training workshop + supplemental, online courses
<b>Aggression Replacement Training</b>	Mental Health	Youth ages 11 - 18 who exhibit aggressive or violent behavior	Three, 45 – 90 minute sessions per week	Multiple: Community agencies, juvenile justice centers, schools	A cognitive-behaviorally-based, group intervention that consists of three components: social skills, anger control, and moral reasoning training	3 months	High school diploma and experience in training and group intervention	Developer-provided training in ART is recommended, but not required. To become accredited group facilitators attend a 5-day training
<b>Attachment-Based Family Therapy</b>	Mental Health	Adolescents and young adults with depression and their parents	One weekly, 60 – 90 minute session	Multiple: outpatient, inpatient, and community settings, or online	Aims to repair trust and attachment between adolescents and their parent(s), help adolescents regulate emotional distress and promotes autonomy	3 – 4 months	Master's Degree in counseling or related field and experience with family therapy	Three levels of training: Level 1 – attend a 3-day workshop on-line or in-person. Level II – attend an additional 3-day advanced workshop, case presentations, and supervision.
<b>Bounce Back</b>	Mental Health	Students K – 5 grades who witnessed or experienced trauma	One-hour weekly group sessions and 2 – 3 individual sessions	In school	An adaptation of Cognitive Behavioral Intervention for Trauma in Schools for younger children who have experienced traumatic or stressful life events	3 months	Licensed master's level therapist who is familiar with child trauma	Attend a 6 – 9 hour training on CBITS either in-person or virtually
<b>Child-Centered Play Therapy and Child-Centered Group Play Therapy</b>	Mental Health	Children ages 3– 10 who are experiencing social, emotional, behavioral, or relational issues	30 – 50 minute sessions weekly	In a specially designed playroom in a clinical setting	Aims to create a safe and consistent environment that allows children to grow and uses play and the therapeutic relationship to improve children's functioning	Session frequency and treatment duration vary based on child's needs	Have at least a master's degree in a mental health field and hold a mental health license	Level 1 practitioners attend a 40-hour CCPT course, complete the exam, complete sessions with 3 children under supervision, complete a self-evaluation paper, and complete the application
<b>Child-Parent Psychotherapy (CPP)</b>	Mental Health	Trauma-exposed children 0 – 5-years-old and their parents / caregivers	One, 60 – 90 minute, weekly session	Multiple: In-home, school or other community setting	To strengthen the caregiver /child relationship as a vehicle for restoring and protecting the child's mental health	5 – 12 months	Master's level Therapist	Attend an initial 3-day workshop, then quarterly, 2-day workshops. Participate in bi-monthly consultation calls
<b>Child-Parent Relationship Therapy</b>	Mental Health	Children ages 2– 10 who are experiencing social, emotional, or relational issues	One, 2-hour, weekly group session	A clinical setting: mental health center, treatment center, therapist office, school	An adaptation of Child-Centered Play Therapy that aims to strengthen the parent-child relationship by teaching parents to connect with their children through play and child-centered principles	3 months	A master's degree in a mental health field and hold a mental health license	Complete at least 24 hours of CCPT course work, complete the exam, complete 3 supervised group sessions, and complete a cumulative self-evaluation paper
<b>Cognitive Behavioral Intervention for Trauma in Schools</b>	Mental Health	Students in 4 <sup>th</sup> – 12 <sup>th</sup> grades who witnessed or experienced trauma	45-minute weekly groups, 1 – 3 individual sessions, and 2 caregiver sessions	In school	CBITS uses cognitive-behavioral techniques to reduce symptoms related to trauma exposure, build skills for handling stress and anxiety, and build peer and caregiver support	3 months	Licensed master's level therapist who is familiar with child trauma	Attend a 6 – 9 hour training either in-person or virtually

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Cognitive Processing Therapy</b>	Mental Health	Adults with PTSD	Weekly one-hour sessions	In a clinical setting – medical center, therapist's office	Help clients identify and address ways of thinking about traumatic experiences	Average of 3 months	Licensed mental health professional	Complete a web-based training program or participate in a live 2 – 3 day training
<b>Colorado Kinneted Kinship Navigator Program</b>	Kinship Navigator	Children and families with child welfare cases entering a new kinship placement	Monthly contact	Community setting or In-home	Aims to strengthen the support community around children and their families through multiple trauma-informed interventions	Throughout the duration of a child's kinship placement	No education requirements, background in child welfare and working with kinship families	Participate in onboarding and training in Colorado's Child Welfare Training System and supplemental trainings as needed
<b>Common Sense Parenting – School Age</b>	Mental Health	Parents of children ages 6 – 16	2-hour weekly sessions	Various: Community setting, schools, hospitals	A group-based parent training class that aims to teach positive parenting techniques to strengthen the parent-child bond	2 months	At least an associate's degree in Human Services or two years direct service experience	Complete a 3-day training workshop, either on-line or in-person
<b>Community Reinforcement Approach + Vouchers</b>	Substance Abuse	Adults with cocaine and other substance use issues	Two, 1-hour sessions per week + drug testing 3 times per week	Outpatient mental health clinic, therapist office or treatment center	Treat adults with substance use issues through therapy, skills training including drug refusal skills, and incentives for treatment retention and abstinence	6 months	Master's level therapist	Attend a 2-day training and then participate in feedback and coaching to earn certification
<b>Coping Cat – Group</b>	Mental Health	Children ages 7 – 13 diagnosed with an anxiety disorder and their parents	One 90-minute group session + two parent sessions	Clinical setting – mental health center, therapist office	A cognitive-behavioral approach designed to teach children with an anxiety disorder how to recognize and manage anxious feelings	5 months	Determined by the organization implementing the program	The program provides training upon request.
<b>Coping Cat – Individual</b>	Mental Health	Children ages 7 – 13 diagnosed with an anxiety disorder and their parents	One, 50 – 60 minutes individual session weekly + two parent sessions	Clinical setting: mental health center, therapist office	A cognitive-behavioral approach designed to teach children with an anxiety disorder how to recognize and manage anxious feelings.	5 months	Determined by the organization implementing the program	The program provides training upon request.
<b>Effective Black Parenting Program</b>	Mental Health	Black and African American families with children age 17 and younger	One, 3-hour, weekly, group session	Multiple: out-patient clinic, school, community center, in-home, church	A group-based parent skills training program that aims to promote family cohesion and pride and help families cope with the negative effects of racism	4 months	Determined by the organization implementing the program	Attend a 5-day, in-person or on-line training
<b>Families &amp; Schools Together – Elementary School Level</b>	Mental Health	Families with children ages 4 – 10	One, 2.5 hour, weekly group session	School or other community setting	Strengthen parent-child and family relationships, promote children's school success and social and emotional development	2 – 24 months	4-person team: 2 parent partners 1 school partner 2 community partners with experience in mental health	Attend a 2-day training, complete observed sessions, and then attend a 1-day training

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Family Spirit</b>	In-home Parent Skill- based	Native American mothers (ages 14 – 24) who are pregnant	Weekly, 45 – 90 minutes sessions that, over time, taper in frequency	Multiple: Mother's home or at a community based organization	Address intergenerational behavioral health problems and promote positive behavioral and emotional outcomes among mothers and children	3 years	One bachelor level supervisor for every 10 home visitors who have a high school diploma and community health experience	Attend a multi-day training and pass a knowledge skills test
<b>Foster Kinship Navigator Program</b>	Kinship Navigator Program	Kinship caregivers (both relatives and non-relatives)	Varies	In home and in community settings	Aims to strengthen kinship caregivers' capacity to provide safe, stable, nurturing homes for children who cannot live with their parents	Varies – up to 6 months	Family Advocates have at least a high school diploma, preferably a Bachelor's degree	Family Advocates complete required trainings during a 12-week onboarding process, which includes readings, videos, meetings with trainers, and job shadowing
<b>Generation PMTO – Individual</b>	Mental Health In-home Parent Skill-based	Parents of children ages 1 – 17 with behavioral problems	Weekly 50 minute sessions	Community setting such as in-home or in agencies	Increase parenting skills and promote effective family management	3 – 6 months	Have formal training in counseling, social work, or education	Attend three workshops and coaching seminars for a total of 10 – 18 days of training
<b>Incredible Years -School Age and Toddler, Basic Program</b>	Mental Health	Parents with toddlers (1 – 3 years old)  Parents with children ages 6 – 12 years old	One, 2-hour weekly group	Multiple: Therapy office/ counseling center/ childcare center	Group based. Help parents form secure attachments and address behavior problems. Create secure and safe environments for children, establish routines and use appropriate discipline	3 – 5 months	Groups are run by two people, one with a master's degree, the other has child development experience	Attend a 12 – 15 hour training
<b>Intensive Care Coordination Using High Fidelity Wraparound</b>	Mental Health	Youth, birth – age 21 with complex mental health, emotional, or behavioral needs, and their families	Wraparound Care Coordinators Facilitate meetings monthly	Multiple: In-home, Counseling center, Correctional facility	Facilitate meetings and provide oversight with the aim of coordinating a team and formal and informal supports to stabilize youth and their family	10 – 18 months	Education requirements are determined by the organization implementing Wraparound	Attend 3 – 8 full days of training depending on the level of care coordinator you seek
<b>Interpersonal Psychotherapy for Depressed Adolescents (IPT-A)</b>	Mental Health	Parents/ families and their adolescent (12-18 years old) youth	One weekly session	Multiple: Therapy office/ counseling center/ school	Help adolescents identify their feelings, understand how interpersonal factors impact their mood, strengthen problem-solving skills, improve relationships, and decrease depressive symptoms	3 – 4 months	Master's level therapist	Attend 16- 20 hours of on-line or in-person training
<b>Iowa Parent Partner Approach</b>	In-home Parent Skill- based	Parents involved in the child welfare system	One – two in-person meetings per week + optional phone calls	In-home or In the child welfare office	One on one mentorship, peer support, and advocacy from parents with lived experience	6 months	Staff with child welfare experience and Parents with lived experience	Parents with lived experience complete 6 training modules + attend monthly support groups
<b>Methadone Maintenance Therapy</b>	Substance Abuse	Adults with heroin/opioid addiction	Daily contact	In a medical clinic	Reduce heroin/opioid addiction through medication assisted treatment	1 year +	Licensed physician and Licensed nurse	Attend training through SAMHSA and the clinic must be SAMHSA certified
<b>Mindful Mood Balance</b>	Mental Health	Adults with histories of depression and/or current depression	Eight self-paced, online sessions	Online	An online adaptation of Mindfulness-Based Cognitive Therapy that aims to prevent depressive relapse through mindfulness practices	Self-paced, but takes an average of 2 – 3 months	It is self-guided. If coaches are used, they have a bachelor's degree	If optional coaches are used, they have a bachelor's degree and experience providing mental health services. Coaches must attend a 5-day MBCT workshop



Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Narrative Exposure Therapy</b>	Mental Health	Child, adolescent, and adult survivors of traumatic experiences	Weekly, 90 – 120 minutes sessions	Multiple: In the community, hospitals, outpatient clinics or in school	Goals include reducing clinical symptoms of post-traumatic stress disorder, depression, anxiety, suicidality, substance use, self-harm and improve overall functioning	1 – 3 months	Professional counselors or trained lay counselors, such as teachers	Participate in 3 days of training
<b>Ohio's Kinship Supports Intervention / ProtectOHIO</b>	Kinship Navigator Program	Kinship caregivers (relatives and fictive kin) of children involved in child welfare, regardless of custody	Monthly contact	In-home	Promotes and supports kinship placements. The goal is to meet children's physical, emotional, financial, and basic needs by connecting kinship caregivers with federal, state, and local resources	Throughout the duration of a child's kinship placement	No specific education requirements, knowledge of child welfare and experience working with families	Complete a seven module, self-directed training through the Ohio Child Welfare Training Program
<b>On The Way Home</b>	Mental Health In-home Parent Skill-based	Families with youth ages 12–18 in residential treatment	An average of 2 hours of direct contact per week	Multiple: school, in-home, and in the community	Supports families during and after their child returns home from a residential setting. Uses Check & Connect, Common Sense Parenting, and homework support	12 – 14 months	Family consultants have a bachelor's degree, school mentors work for the school, program supervisors have advanced degrees	Five days (40 hours) of OTWH Consultant training and two days (16 hours) of Supervisor training
<b>Parent-Child Care</b>	Mental Health In-home Parent Skill-based	Caregivers with children ages 1-10	Weekly or bi-weekly one hour sessions	Home, hospital, clinic, or in the community	Helps caregivers improve relationships with their children and learn new child behavior strategies	7 weeks	No specific education requirements	Two-phase process entailing 30 hours of online training
<b>Prolonged Exposure Therapy for PTSD</b>	Mental Health	Adults diagnosed with PTSD or who have trauma-related symptoms	One – two, 90 minute sessions weekly	Counseling office / in a clinical setting	Help trauma survivors emotionally process their traumatic experiences in order to diminish PTSD and other trauma-related symptoms	4 – 5 months	Licensed Master's level therapist	Attend a 4-day training and then complete 2 cases with a PE consultant
<b>Screening, Brief Intervention, and Referral to Treatment</b>	Substance Abuse	Any youth and adults at risk for harmful substance use	Varies – sessions last 5 minutes – 1 hour	Multiple: primary care centers, emergency rooms and other community settings	Aims to prevent and treat moderate to severe substance use and substance use disorders through screening, treatments, and referrals	1 – 5 months	Practitioners must receive training in specific clinical methods and have supervision	Participate in a 3-hour self-paced course
<b>Smart Beginnings</b>	Mental Health In-home Parent Skill-based	Parents and their children ages 0 – 3	30 – 45 minute session every few months	In-home and at pediatrician offices or healthcare centers	Combines the Video Interaction Project program and the Family Check-Up program to promote school readiness and positive behavioral outcomes	Up to 3 years	Bachelor's degree in a relevant field and knowledge of child development	Attend a 3-day start-up training course delivered in-person or remotely, onsite visits, remote supervision, and refresher video conference seminars
<b>TBRI 101 (online caregiver training)</b>	Mental Health	Caregivers of children who've experienced abuse, neglect and/or other trauma	Self-paced	In-home	Self-guided, attachment-based, virtual training for caregivers of children who have experienced trauma that aims to teach caregivers tools to meet the emotional needs of their children	5 modules that contain 7.5 hours of content	Stand-alone web-based intervention for caregivers and is not delivered by a practitioner	Not Applicable

Program/Service	Approved for	Target Population	Frequency	Setting	Primary Goal	Average Length	Practitioner Requirements	Training Requirements
<b>Trauma-Focused Cognitive Behavioral Therapy</b>	Mental Health	Youth ages 4 – 18 who have PTSD symptoms and their caregivers	One weekly session	Therapy office	Address traumatic experiences, youth learns self-regulation skills, and caregivers learn behavioral management skills	3 – 4 months	Licensed Master's level therapist	Prefer therapist be certified but is not required. For certification, attend a 2-day training and have bi-monthly supervision for 6 months
<b>Treatment Foster Care Oregon for Adolescents</b>	Mental Health In-home Parent Skill-based	Youth ages 12–17 with severe emotional and behavioral problems	Daily contact	In the foster home and support is also given in schools	Youth are placed in a therapeutic foster family. A treatment team supports each youth. The team includes a program case manager who is the team lead, foster parents, a therapist, a family therapist, a skills coach, and a person that calls the foster parents daily	6 – 12 months + at least 3 months of aftercare support	Case Manager Two Therapists Skills Coach Foster parent recruiter Foster parent trainer Support specialist	Dependent on the role
<b>Triple P - Positive Parenting Program – Standard, Self-Directed and Group (level 4)</b>	Mental Health	Families with children (age birth – 12 years old) who exhibit behavior or emotional difficulties	One, 1 – 2 hour weekly session + 15 – 30 minute phone sessions 3 x week. Self-directed: Parents have 10 weeks to finish	Multiple: Therapy office, Community center or In-home	Parent training that teaches positive parenting strategies, helping children develop and learn self-regulation, managing misbehavior, goal setting, and planning ahead	2 – 3 months	There are no specific education prerequisites. Experience and knowledge of child development is preferred	Attend a 3-day training followed by a 1-day pre-accreditation feedback session. 6 to 8 weeks later, practitioners complete a half-day accreditation workshop in which they demonstrate proficiency
<b>Trust-Bases Relational Intervention-Caregiver Training</b>	Mental Health	Caregivers of children who have faced abuse, neglect, and/or other trauma ages 0-17	Four in-person group sessions	Homes, schools, or community	Provides parents and caregivers with the tools needed to meet the needs of these children	Four in-person sessions each session 6 hours	There are no specific educational requirements	Practitioners must complete TBRI Practitioner Training consists of two phases. Phase one coursework and interpersonal interviewing completed online over 10 weeks. Phase two five days intensive on-site training
<b>Video Interaction Project</b>	Mental Health In-home Parent Skill-based	Parents and their children ages 0 – 5	30 – 45 minute session every few months	In-home and at pediatrician offices or healthcare centers	Aims to use regularly scheduled pediatrician visits for children ages 0 – 5 to support child development, school readiness, and educational outcomes. Sessions focus on increasing responsive parenting.	Up to 5 years	Bachelor's degree in a relevant field and knowledge of child development	Attend a 3-day start-up training course delivered in-person or remotely, onsite visits, remote supervision, and refresher video conference seminars

