

Evidence-Based Practices for VFCOA Agencies

Molina Healthcare of New York, Inc.

Trauma-Focused Cognitive Behavioral Therapy

- Structured short-term treatment model focused on improving trauma-related outcomes and PTSD symptoms
- A diagnosis of PTSD is not required to receive the treatment
- Also effective at addressing affective issues such as depression, anxiety as well as cognitive and behavioral issues
- Can also positively impact caregiver distress related to the child's traumatic experience, parenting skills and supportive interactions with the child
- Resources:
 - <https://www.tfcbt.org/>
 - <https://www.childwelfare.gov/pubPDFs/trauma.pdf>
 - <https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy>

Trauma Informed Child-Parent Psychotherapy

- Designed for children 0-5 years old who have experienced at least one traumatic event and are experiencing mental health, attachment and/or behavioral problems, including PTSD, as a result
- Based on Attachment Theory but also includes psychodynamic, developmental, trauma social learning and cognitive behavioral theories
- Sessions include the child and the caregiver
- Designed to support and strengthen the relationship between the child and caregiver as well as restore cognitive, social and behavioral functioning
- Resources:
 - <https://www.nctsn.org/interventions/child-parent-psychotherapy>
 - <https://childparentpsychotherapy.com/providers/training/>
 - <https://www.cebc4cw.org/program/child-parent-psychotherapy/detailed>

Multi-systemic Therapy

- Designed for youth 12-17 years of age with possible substance abuse issues and at risk of out of home placement due to antisocial or delinquent behaviors and/or youth involved with the juvenile justice system
- Intensive family and community-based treatment with goals to decrease criminal behavior
- Addressed a comprehensive range of risk factors across family, peer, school, and community contexts to promote behavior change, empower caregivers, and develop strategies to overcome barriers to behavior change
- Resources:
 - [https://www.cebc4cw.org/program/multisystemic-therapy/detailed#:~:text=Multisystemic%20Therapy%20\(MST\)%20is%20an,out%2Dof%2Dhome%20placements](https://www.cebc4cw.org/program/multisystemic-therapy/detailed#:~:text=Multisystemic%20Therapy%20(MST)%20is%20an,out%2Dof%2Dhome%20placements)
 - <https://youth.gov/content/multisystemic-therapy-mst>

Functional Family Therapy

- Designed for youth ages 11-18 referred by the juvenile justice system for issues with behavioral or emotional problems
- Short term therapy (12-14 sessions) over 3-5 months conducted in clinic, home, school, child welfare, parole/probation and mental health facility settings
- Strength-based model built on a foundation of acceptance and respect developing interventions to address risk and protective factors within and outside the family that impact the adolescent's development
- Specialty Adaptations for FFP (Probation and Parole) FFT-CW (Child Welfare) and FFG (Gang)
- Resources:
 - <https://www.fftllc.com/>
 - <https://youth.gov/content/functional-family-therapy-fft>
 - <https://functionalfamilytherapy.com/>

Multi-Dimensional Treatment Foster Care

- Three age specific versions – MTFC-P for Preschool ages 3-6, MFTC-C for middle school ages 7-11 and MTFC-A for adolescents ages 12-17
- Interventions are in three components to treat the youth: MFTC Parents, the Family and the Treatment Team
- Intervention activities include behavioral foster parent training, family therapy for the biological family, skills training for the youth, supportive therapy for the youth, school-based behavioral interventions with academic support, and psychiatric consultation with medication management
- Resources:
 - <https://youth.gov/content/multidimensional-treatment-foster-care%E2%80%93adolescents>
 - <https://crimesolutions.ojp.gov/ratedprograms/141>
 - <https://www.nationalgangcenter.gov/spt/Programs/95>

Dialectical Behavior Therapy

- DBT is a mode of therapy that synthesizes or integrates opposites using strategies to help the patient get unstuck from extreme positions. Situations and target behaviors relevant to the patient's goals are assessed and then a therapeutic path is developed for change
- It has 4 components: Individual Therapy, Skills Training, In the moment coaching, and consultation for the therapist.
- DBT-C was developed for pre-adolescent children with severe emotional dysregulation and corresponding behavioral dysregulation and has added parental training and focuses on decreasing risk of psychopathology in the future, targets the parent-child relationship and the child's presenting problems
- Resources:
 - <https://behavioraltech.org/>
 - <https://dbt-lbc.org/>
 - <https://childmind.org/center/dialectical-behavior-therapy-children-preadolescents/>

Multidimensional Family Therapy

- Family-centered multi-level treatment for youth focusing on the adolescent, the parents, the family and community domains/influences
- Enables adolescents to create positive lifestyle alternatives, addressing substance abuse, juvenile justice, mental health and child welfare issues
- Three stages of treatment over 3-6 months in the home or in the clinic – Build a foundation for change, facilitate individual and family change then solidify changes
- Resources:
 - <https://www.mdft.org/>
 - <https://youth.gov/content/multidimensional-family-therapy>
 - <https://www.cebc4cw.org/program/multidimensional-family-therapy/detailed>

Seven Challenges

- Comprehensive counseling program for alcohol and substance abuse problems
- Can be for adults or adolescents and facilitates evaluating their life, considering changes they wish to make then implementing the desired changes by supporting taking power over their own life
- Looks at substance abuse issues, co-occurring like skill deficits, situational and psychological problems through the use of Mastery Counseling
- Therapists take the stance of problem-solving partners focusing on co-occurring issues and empowering the person to overcome them and meet these needs in a positive way without depending on drugs or alcohol
- Resources:
 - <http://www.sevenchallenges.com/>
 - <https://preventionservices.abtsites.com/programs/194/show>