



# FAMILY FIRST: FOSTER CARE PREVENTION SERVICES

The [Family First Prevention Services Act of 2018](#)<sup>1</sup> allows states to use Title IV-E foster care funds to provide enhanced support to at-risk children and families and prevent foster care placements. Approved programs and services in the categories of in-home parent skill-based programs, mental health prevention treatment services, substance abuse prevention treatment services, and kinship navigator programs are reimbursable for up to 12 months.

The [Title IV-E Prevention Services Clearinghouse](#)<sup>2</sup> is charged with reviewing and approving for reimbursement evidence-based programs and services intended to allow “candidates for foster care” to stay with their parents or relatives. The Clearinghouse conducts its evaluation based on unique criteria that do not necessarily replicate criteria used by other evidence-based practice rating systems. The Prevention Services Clearinghouse rates programs and services in four categories. Categories are defined in Table 1.

**Table 1**  
**Evidence-based Rating Scale Used by the Prevention Services Clearinghouse<sup>3</sup>**

Rating	Definition
<b>Well-supported</b>	Has at least two contrasts with non-overlapping samples in studies carried out in usual care or practice settings that achieve a rating of moderate or high on design and execution and demonstrate favorable effects in a target outcome domain. At least one of the contrasts must demonstrate a sustained favorable effect of at least 12 months beyond the end of treatment on at least one target outcome.
<b>Supported</b>	Has at least one contrast in a study carried out in a usual care or practice setting that achieves a rating of moderate or high on design and execution and demonstrates a sustained favorable effect of at least 6 months beyond the end of treatment on at least one target outcome.
<b>Promising</b>	Has at least one contrast in a study that achieves a rating of moderate or high on study design and execution and demonstrates a favorable effect on a target outcome.
<b>Does not currently meet criteria</b>	Does not achieve a rating of <i>well-supported</i> , <i>supported</i> , or <i>promising</i> .

<sup>1</sup> For a summary of the Family First Prevention Services Act of 2018, visit <http://www.ncsl.org/research/human-services/family-first-prevention-services-act-ffpsa.aspx>. For full text of the Act, see Title VII of the Bipartisan Budget Act of 2018 at <https://www.congress.gov/bill/115th-congress/house-bill/1892/text>.

<sup>2</sup> For more information about the Prevention Services Clearinghouse, visit <https://preventionservices.abtsites.com/>.

<sup>3</sup> Definitions taken from: Title IV-E Prevention Services Clearinghouse, *Handbook of Standards and Procedures, Version 1.0*. Available on the Family First Prevention Services website or by using this link: [https://preventionservices.abtsites.com/themes/ffc\\_theme/pdf/psc\\_handbook\\_v1\\_final\\_508\\_compliant.pdf](https://preventionservices.abtsites.com/themes/ffc_theme/pdf/psc_handbook_v1_final_508_compliant.pdf).

Programs and services that are designated as *well-supported*, *supported*, or *promising* are eligible for federal reimbursement with Title IV-E funds. States must meet certain criteria detailed in the [Family First Prevention Services Act](#) to be eligible. For more information, visit the Family First Virginia website at: <http://familyfirstvirginia.com/>.

### Approved Programs and Services

The Prevention Services Clearinghouse evaluates programs and services on a rolling basis. Table 2 describes prevention programs and services that have been approved as of December 2021. For the most current list of programs and services approved by the Clearinghouse, visit <https://preventionservices.abtsites.com/>.

**Table 2**  
**Programs and Services Approved for Family First Prevention Services Reimbursement**

#### IN-HOME PARENT SKILL-BASED PROGRAMS AND SERVICES

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Brief Strategic Family Therapy	Well-supported	Families with children or adolescents (6 to 17 years) who display or are at risk for developing problem behaviors including: drug use and dependency, antisocial peer associations, bullying, or truancy.	Behavioral and emotional functioning Delinquent behavior Parent/caregiver substance use Family functioning
Child First	Supported	Families with young children (prenatal through age 5 at entry) with social-emotional, behavioral, developmental, or learning problems.	Child welfare administrative reports Behavioral and emotional functioning Cognitive functions and abilities Parent/caregiver mental or emotional health Family functioning
Familias Unidas	Well-supported	Hispanic adolescents ages 12 to 16 and their families.	Behavioral and emotional functioning Substance abuse Positive parenting practices Family functioning
Family Centered Treatment	Supported	Families with youth who are at-risk for out-of-home placements, have trauma exposure, have histories of delinquent behavior, or are working toward reunification.	Out-of-home placement
Family Check Up®	Well-supported	Families with children ages 2 to 17.	Positive parenting practices

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Family Spirit®	Promising	Young American Indian mothers (ages 14-24) who enroll during the second trimester of pregnancy.	Behavioral and emotional functioning Parent/caregiver mental or emotional health Parent/caregiver substance use
Healthy Families America	Well-supported	Families of children who have increased risk of adverse childhood experiences or maltreatment, from pregnancy until the child is 3 months of age.	Self-reports of maltreatment Behavioral and emotional functioning Cognitive functions and abilities Delinquent behavior Educational achievement and attainment Positive parenting practices Parent/caregiver mental or emotional health Family functioning
Homebuilders – Intensive Family Preservation and Reunification Services	Well-supported	Families who have a child (0-18 years old) at imminent risk of out-of-home placement or who is in placement and cannot be reunified without intensive in-home services.	Out-of-home placement Planned permanent exits Economic and housing stability
Intercept®	Supported	Children from birth to age 18 who are at risk of entry or re-entry into out-of-home placements or who are currently in out-of-home placements.	Out-of-home placement Planned permanent exits
Iowa Parent Partner Approach	Promising	Parents whose children (birth to 17 years old) have been removed from the home.	Out-of-home placement
Multidimensional Family Therapy	Supported	Adolescents and young adults (9 to 26 years old) with substance abuse, delinquency, mental health, academic/vocational, and emotional problems.	Behavioral and emotional functioning Social functioning Substance use Delinquent behavior Educational achievement and attainment Positive parent practices Family functioning

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Nurse-Family Partnership	Well-Supported	Young, first-time, low-income mothers from early pregnancy until the child turns 2.	Child welfare administrative reports Cognitive functions and abilities Physical development and health Economic and housing stability
Parenting With Love and Limits®	Supported	Families with teenagers (ages 10-18) who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, attention-deficit/hyperactivity disorder).	Delinquent behavior
Parents Anonymous®	Supported	Families with children/youth (birth-18) experiencing difficulties related to mental health, substance use disorders, or challenging life situations.	Child welfare administrative reports
Parents as Teachers	Well-supported	New and expectant parents from pregnancy until the child enters kindergarten. Many PAT programs target families in high risk environments.	Child welfare administrative reports Social functioning Cognitive functions and abilities
SafeCare	Supported	Parents/caregivers of children 0-5 who are either at-risk for or have a history of child neglect and/or abuse.	Out-of-home placement
Sobriety Treatment and Recovery Teams	Promising	Families with at least one child under 6 years of age who are involved in the child welfare system and have a parent with substance use disorders (SUD).	Out-of-home placement

**MENTAL HEALTH PREVENTION TREATMENT PROGRAMS AND SERVICES**

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Aggression Replacement Training®	Promising	Youth ages 13 to 18 who exhibit violent or aggressive behavior.	Behavioral and emotional functioning

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Brief Strategic Family Therapy	Well-Supported	Families with children or adolescents (6 to 17 years) who display or are at risk for developing problem behaviors including: drug use and dependency, antisocial peer associations, bullying, or truancy.	Behavioral and emotional functioning Delinquent behavior Parent/caregiver substance use Family functioning
Child First	Supported	Families with young children (prenatal through age 5 at entry) with social-emotional, behavioral, developmental, or learning problems.	Child welfare administrative reports Behavioral and emotional functioning Cognitive functions and abilities Parent/caregiver mental or emotional health Family functioning
Child-Parent Psychotherapy	Promising	Children ages birth through 5 and their parents/caregivers.	Behavioral and emotional functioning Parent/caregiver mental or emotional health
Eye Movement Desensitization and Reprocessing – Standard Protocol	Supported	Individuals experiencing distress associated with traumatic memories.	Behavioral and emotional functioning Parent/caregiver mental or emotional health Parent/caregiver physical health
Familias Unidas	Well-supported	Hispanic adolescents ages 12 to 16 and their families.	Behavioral and emotional functioning Substance abuse Positive parenting practices Family functioning
Family Check-Up®	Well-supported	Families with children ages 2 to 17.	Positive parenting practices
Functional Family Therapy	Well-Supported	Youth aged 11-18 who have been referred for behavioral or emotional problems by juvenile justice, mental health, school, or child welfare systems. Family discord is also a target factor for this program.	Behavioral and emotional functioning Child substance use Delinquent behavior Family functioning
Incredible Years® - School Age Basic Program	Promising	Parents of children 6 to 12 year who have behavior problems.	Child welfare administrative reports Positive parenting practices

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Incredible Years® - Toddler Basic Program	Promising	Parents with toddlers (1 to 3 years) who need support forming secure attachments with their toddlers or addressing their toddlers' behavior problems.	Positive parenting practices
Interpersonal Psychotherapy (Weissman, et al. Manual)	Supported	Adult patients diagnosed with major depression.	Parent/caregiver mental or emotional health Family functioning
Interpersonal Psychotherapy for Depressed Adolescents	Promising	Adolescents (12-18 years) with mild to moderate symptoms of a depressive disorder.	Behavioral and emotional functioning Social functioning
Multidimensional Family Therapy	Supported	Adolescents and young adults (9 to 26 years old) with substance abuse, delinquency, mental health, academic/vocational, and emotional problems.	Behavioral and emotional functioning Social functioning Substance use Delinquent behavior Educational achievement and attainment Positive parent practices Family functioning
Multisystemic Therapy	Well-Supported	Youth aged 12-17 who are at risk for or are engaging in delinquent activity or substance misuse, experience mental health issues, and are at-risk for out-of-home placement.	Out-of-home placement Behavioral and emotional functioning Child substance use Delinquent behavior Positive parenting practices Parent/caregiver mental or emotional health Family functioning
Parent-Child Interaction Therapy	Well-Supported	Families with children who are between 2 and 7 and experience emotional and behavioral problems that are frequent and intense	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health
Parenting With Love and Limits®	Supported	Families with teenagers (ages 10-18) who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, attention-deficit/hyperactivity disorder).	Delinquent behavior

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Parents Anonymous®	Supported	Families with children/youth (birth-18) experiencing difficulties related to mental health, substance use disorders, or challenging life situations.	Child welfare administrative reports
Prolonged Exposure Therapy for Adolescents with PTSD	Supported	Adolescents (aged 13-18) who are diagnosed with PTSD or who manifest trauma-related symptoms.	Behavioral and emotional functioning
Prolonged Exposure Therapy for PTSD	Promising	Adult patients who are diagnosed with PTSD or who manifest trauma-related symptoms.	Parent/caregiver mental or emotional health
TBRI® 101	Promising	Parents and/or caregivers of children who have experienced adversity, early harm, toxic stress, and/or trauma.	Behavioral and emotional functioning
Trauma-Focused Cognitive Behavioral Therapy	Promising	Children and adolescents who have experienced trauma and have PTSD symptoms, dysfunctional feelings or thoughts, or behavioral problems.	Behavioral and emotional functioning Social functioning Positive parenting practices Parent/caregiver mental or emotional health
Triple P – Positive Parenting Program Group (Level 4)	Promising	Parents with children (up to 12 years) who are interested in promoting their child’s development or who are concerned about their child’s behavioral problems.	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health
Triple P – Positive Parenting Program – Online (Level 4)	Supported	Families with children (up to 12 years) with significant social, emotional or behavioral problems.	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health
Triple P – Positive Parenting Program – Self-Directed (Level 4)	Promising	Families with children up to 12 years who live in rural or remote areas or who want help without direct contact with a practitioner.	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Triple P – Positive Parenting Program – Standard (Level 4)	Promising	Families with children (up to 12 years) who exhibit behavior problems or emotional difficulties.	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health
Trust-Based Relational Intervention® – Caregiver Training	Promising	Parents and/or caregivers of children between the ages of 0 to 17 years old who have experienced adversity, early harm, toxic stress, and/or trauma.	Behavioral and emotional functioning

**SUBSTANCE ABUSE PREVENTION TREATMENT PROGRAMS AND SERVICES**

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Adolescent Community Reinforcement Approach	Promising	Adolescents and young adults between the ages of 12 and 24 years old with substance use disorders.	Substance use
Brief Strategic Family Therapy	Well-supported	Families with children or adolescents (6 to 17 years) who display or are at risk for developing problem behaviors including: drug use and dependency, antisocial peer associations, bullying, or truancy.	Behavioral and emotional functioning Delinquent behavior Parent/caregiver substance use Family functioning
Familias Unidas	Well-supported	Hispanic adolescents ages 12 to 16 and their families.	Behavioral and emotional functioning Substance use Positive parenting practices Family functioning
Families Facing the Future	Supported	Parents in methadone treatment who have children or young adolescents.	Parent/caregiver substance use
Methadone Maintenance Therapy	Promising	Parents who have opioid use disorder.	Parent/caregiver substance use
Motivational Interviewing	Well-supported	Promotes behavior change with a range of target populations and for a variety of problem areas.	Parent/caregiver substance use



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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Multidimensional Family Therapy	Supported	Adolescents and young adults (9 to 26 years old) with substance use, delinquency, mental health, academic/vocational, and emotional problems.	Behavioral and emotional functioning Social functioning Child substance use Delinquent behavior Educational achievement and attainment Positive parenting practices Family functioning
Multisystemic Therapy	Well-Supported	Youth aged 12-17 who are at risk for or are engaging in delinquent activity or substance misuse, experience mental health issues, and are at-risk for out-of-home placement.	Out-of-home placement Behavioral and emotional functioning Child substance use Delinquent behavior Positive parenting practices Parent/caregiver mental or emotional health Family functioning
Parents Anonymous®	Supported	Families with children/youth (birth-18) experiencing difficulties related to mental health, substance use disorders, or challenging life situations.	Child welfare administrative reports
Sobriety Treatment and Recovery Teams	Promising	Families with at least one child under 6 years of age who are involved in the child welfare system and have a parent with substance use disorders (SUD).	Out-of-home placement

**KINSHIP NAVIGATOR PROGRAMS**

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Ohio’s Kinship Supports Intervention/Protect OHIO	Promising	Kinship caregivers (relatives and fictive kin) of children involved in the child welfare system.	Placement stability

## Programs and Services Ranked as “Do Not Currently Meet Criteria”

The following programs and services have been evaluated by the Prevention Services Clearinghouse and have been ranked in the ***Does Not Currently Meet Criteria*** category:

- Alternatives for Families: A Cognitive-Behavioral Therapy
- Attachment and Biobehavioral Catch-up – Infant
- Attachment and Biobehavioral Catch-up – Toddler
- Children’s Home Society of New Jersey Kinship Navigator Model
- Circle of Security – Intensive™
- Circle of Security – Parenting™
- Familias Unidas – eHealth
- Family Behavior Therapy – Adolescent
- Family Behavior Therapy – Adult
- Family Behavior Therapy – Adult with Child Welfare Supplement
- Helping Women Recover + Beyond Trauma
- Incredible Years® – Parents and Babies Program
- Incredible Years® – Preschool Basic Program
- Interpersonal Psychotherapy (Stuart & Robertson Manual)
- Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-Tech)
- Multisystemic Therapy for Child Abuse and Neglect
- Nurturing Parenting Program for Parents & Their Infants, Toddlers, & Preschoolers
- Nurturing Parenting Program for Parents & Their School Age Children 5 to 11 Years
- Parent Connectors
- Parenting Wisely – Teen Edition
- Parenting Wisely – Young Child Edition
- Safe Environment for Every Kid (SEEK™)
- SafeCare Augmented
- Seeking Safety
- Solution-Based Casework
- The Matrix Model
- The Seven Challenges – Adolescent
- The Seven Challenges – Adult
- Together Facing the Challenge

**Programs and Services Under Review**

Table 3 describes treatments that are under review as of December 2021. For the most current list of programs and services approved by the Clearinghouse, visit <https://preventionservices.abtsites.com/>.

**Table 3**  
**Programs and Services Under Review as of December 2021**

Mental Health Prevention Treatment Services	Substance Abuse Prevention Treatment Services	In-Home Parent Skill-Based Programs	Kinship Navigator Programs
<ul style="list-style-type: none"> <li>• Acceptance and Commitment Therapy</li> <li>• Cognitive Processing Therapy</li> <li>• Cognitive Processing Therapy – American Indian and Alaska Native Adaptation</li> <li>• Coping Cat</li> <li>• Families and Schools Together</li> <li>• Families and Schools Together – American Indian Adaptation</li> <li>• GenerationPMTO</li> <li>• High Fidelity Wraparound/Intensive Care Coordination Using High Fidelity Wraparound</li> <li>• Mindfulness-Based Cognitive Therapy</li> <li>• Strengthening Families</li> </ul>	<ul style="list-style-type: none"> <li>• Acceptance and Commitment Therapy</li> <li>• Assertive Community Treatment</li> <li>• Community Reinforcement + Vouchers Approach</li> <li>• Strengthening Families</li> </ul>	<ul style="list-style-type: none"> <li>• GenerationPMTO</li> <li>• Intercept® (Re-Review)</li> <li>• Strengthening Families</li> </ul>	<ul style="list-style-type: none"> <li>• Lilliput Families Kinship Support Services Program</li> </ul>

***The Collection of Evidence-based Practices for Children and Adolescents with  
Mental Health Treatment Needs, 8<sup>th</sup> Edition***  
*Virginia Commission on Youth, 2021*

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