



FAMILY FIRST: FOSTER CARE PREVENTION SERVICES

The [Family First Prevention Services Act of 2018](#)¹ 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 programs² are reimbursable for up to 12 months.

The [Title IV-E Prevention Services Clearinghouse](#)³ 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: *well-supported*, *supported*, *promising*, and *does not currently meet criteria*. Categories are defined in Table 1.

Table 1
Evidence-based Rating Scale Used by the Prevention Services Clearinghouse⁴

Rating	Definition
Well-supported	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.
Supported	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.
Promising	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.
Does not currently meet criteria	Does not achieve a rating of <i>well-supported</i> , <i>supported</i> , or <i>promising</i> .

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 September 2019. 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:
Nurse-Family Partnership	Well-Supported	Young, first-time, low-income mothers from pregnancy until the child turns 2.	Cognitive functions and abilities Physical development and health Economic and housing stability
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.	Social functioning Cognitive functions and abilities
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 (or until the child turns 2 with a referral from child welfare).	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

MENTAL HEALTH PREVENTION TREATMENT PROGRAMS AND SERVICES

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
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

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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.	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
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

SUBSTANCE ABUSE PREVENTION TREATMENT PROGRAMS AND SERVICES

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
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.	Behavioral and emotional functioning Child substance use Delinquent behavior Positive parenting practices Parent/caregiver mental or emotional health 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

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:

- Children’s Home Society of New Jersey Kinship Navigator Model
- Kinship Interdisciplinary Navigation Technologically Advanced Model
- Multisystemic Therapy for Child Abuse and Neglect

Programs and Services Under Review

Table 3 describes treatments that are under review as of September 2019. 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 September 2019

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"> • Attachment and Biobehavioral Catch-Up • Brief Strategic Family Therapy • Child Parent Psychotherapy • Incredible Years • Interpersonal Psychotherapy • Multidimensional Family Therapy • Triple P – Positive Parenting Program 	<ul style="list-style-type: none"> • Brief Strategic Family Therapy • Family Behavior Therapy • Multidimensional Family Therapy • Seeking Safety • The Seven Challenges 	<ul style="list-style-type: none"> • Attachment and Biobehavioral Catch-Up • Brief Strategic Family Therapy • Homebuilders • Multidimensional Family Therapy • Nurturing Parenting • SafeCare • Solution Based Casework 	<ul style="list-style-type: none"> • Ohio's Kinship Supports Intervention/ProtectOHIO • YMCA Kinship Support Services, YMCA Youth and Family Services of San Diego County

¹ 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>.

² As of September 2019, no kinship navigator programs have been approved.

³ For more information about the Prevention Services Clearinghouse, visit <https://preventionservices.abtsites.com/>

⁴ 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