



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 programs are eligible for funding.

The [Title IV-E Prevention Services Clearinghouse](#)² is charged with reviewing and approving for reimbursement evidence-based programs and services intended to allow “candidates for foster care” (children who, without the provision of services to reduce risk factors, would enter 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 Clearinghouse³

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 six 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> .

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

³ 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.

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 2025. For the most current list of programs and services approved by the Clearinghouse, visit <https://preventionservices.acf.hhs.gov/>.

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:
ACT Raising Safe Kids	Promising	For adults with children ages 0-8.	Behavioral and emotional functioning Positive parenting practice
Attachment and Biobehavioral Catch-up – Early Childhood	Supported	Caregivers of infants ages 24-48 months who have experienced early adversity.	Behavioral and emotional functioning Positive parenting practices
Attachment and Biobehavioral Catch-up - Infant	Well-supported	Caregivers of infants ages 6-24 months who have experienced early adversity.	Behavioral and emotional functioning Positive parenting practice Family functioning
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 five 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

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Creating Lasting Family Connections® Fatherhood Program: Family Reintegration	Promising	Fathers or mothers experiencing family separation, such as those who are experiencing recovery for substance use, current or recent incarceration, or military service deployment.	Parent/caregiver criminal behavior 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
Families First (Utah Youth Village Model)	Well-supported	Designed to serve families with youth (ages birth to 17) who have been referred for intensive in-home services from child welfare services, juvenile justice, or court systems. It also serves families that self-refer.	Child welfare administrative reports Delinquent behavior
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
Family Foundations	Well-supported	Couples expecting their first child. In FF, couples are defined as any two individuals who plan to care for the child together and can include the parent and another individual such as a grandparent or new romantic partner.	Behavioral and emotional functioning Cognitive functions and abilities Positive parenting practices Parent/caregiver mental or emotional health Parent/caregiver criminal behavior Family functioning
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

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
GenerationPMTO – Individual	Promising	Serves parents of children (ages 2 to 17) with behavioral problems such as aggression, antisocial behaviors, conduct problems, oppositional defiance, delinquency, and substance use.	Behavioral and emotional functioning Social functioning Parent/caregiver mental or emotional health Positive parenting practices
Guiding Good Choices®	Well-supported	Designed to serve families with children (ages 9 to 14).	Substance abuse Positive parenting practices Family functioning
Healthy Families America	Well-supported	Families of children who have increased risk of adverse childhood experiences or maltreatment, from pregnancy until the child is three 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 to 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®	Well-supported	Children from birth to age 18 who are at risk of entry or re-entry into out-of-home placements (e.g., foster care, residential facilities, or group homes) or who are currently in out-of-home placements. Designed to serve children who have emotional and behavioral problems or have experiences with abuse and/or neglect.	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
KEEP Standard	Promising	Foster and Kinship parents of children ages 4-12.	Planned permanent exits Behavioral and emotional functioning

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Maternal Early Childhood Sustained Home-visiting®	Supported	Families with children under age 2 who are at risk of poor maternal or child health and development outcome.	Cognitive functions and abilities Positive parenting practices Parent/caregiver mental or emotional health Parent/caregiver physical health
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 – Building Stronger Families	Supported	Designed for families with youth ages 6–17 who come under the guidance of child protective services due to co-occurring parental substance use and physical abuse or neglect of a child. MST-BSF combines three program models: (1) MST, (2) MST for Child Abuse and Neglect, and (3) Reinforcement-Based Treatment for substance use disorders.	Child safety Child permanency
Nurse-Family Partnership	Well-Supported	Young, first-time, low-income mothers from early pregnancy until the child turns two.	Child welfare administrative reports Cognitive functions and abilities Physical development and health Economic and housing stability
On the Way Home	Promising	Designed to serve families with youth (ages 12 to 18) transitioning from residential out-of-home care to home, school, and community settings.	Out-of-home placement
Parent-Child Care	Promising	Designed to serve caregivers with children ages 1-10. The caregiver should have either custody of or regular visits with the child and be willing and able to participate in the “Daily CARE” activity.	Behavioral and emotional functioning Positive parenting practices

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Parenting With Love and Limits®	Supported	Families with teenagers (ages 10 to 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 to 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
Promoting First Relationships	Supported	Designed for caregivers of children ages 0–5 years. PFR aims to promote secure and healthy relationships between caregivers and children through strengths-based parenting strategies.	Child well-being: behavioral and emotional functioning Adult well-being: positive parenting practices
Safe Families for Children	Supported	Designed to serve parents and children ages 0-18 in families experiencing a crisis that affects children’s safety.	Out-of-home placement Planned permanent exits
SafeCare	Supported	Parents/caregivers of children (ages 0 to 5) who are either at-risk for or have a history of child neglect and/or abuse.	Out-of-home placement
Smart Beginnings	Promising	Designed to serve parents and children ages 0-3.	Positive parenting practices
Sobriety Treatment and Recovery Teams	Supported	Designed to serve families involved in the child welfare system with at least one child (age five or younger) and one parent diagnosed with a substance use disorder (SUD).	Child welfare administrative reports Out-of-home placement
Together Facing the Challenge	Supported	Therapeutic foster parents who care for children with emotional or behavioral problems.	Behavioral and emotional functioning

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Treatment Foster Care Oregon for Adolescents	Promising	Youth ages 12-17 with severe emotional and behavioral problems.	Substance use Delinquent behavior
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
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
Video Interaction Project	Promising	Designed to serve parents and children ages 0-5.	Behavioral and emotional functioning Positive parenting practices

MENTAL HEALTH PREVENTION TREATMENT PROGRAMS AND SERVICES

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
ACT Raising Safe Kids	Promising	Adults who raise and care for children ages 0-8.	Behavioral and emotional functioning Positive parenting practices
Aggression Replacement Training®	Promising	Youth (ages 13 to 18) who exhibit violent or aggressive behavior.	Behavioral and emotional functioning
Bounce Back	Promising	Used with students from kindergarten through 5th grade who have witnessed or experienced traumatic life events and are experiencing traumatic stress symptoms.	Behavioral and emotional functioning Social 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 five 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-Centered Group Play Therapy	Promising	Designed for children (ages 3 to 10) who are experiencing social, emotional, behavioral, and relational disorders, especially children who struggle with peer or sibling relationships.	Behavioral and emotional functioning Social functioning
Child-Centered Play Therapy	Promising	Designed for children (ages 3 to 10) who are experiencing social, emotional, behavioral, and relational disorders.	Behavioral and emotional functioning Social functioning Educational achievement and attainment
Child-Parent Psychotherapy	Promising	Children ages birth through 5 and their parents/caregivers.	Behavioral and emotional functioning Parent/caregiver mental or emotional health
Child-Parent Relationship Therapy	Promising	Designed for parents of children (ages 2 to 10) who are experiencing social, emotional, behavioral, and relational disorders.	Behavioral and emotional functioning Social functioning Positive parenting practices Parent/caregiver mental or emotional health Family functioning Parent/caregiver physical health
Cognitive Behavioral Intervention for Trauma in Schools	Promising	Used with students from 4th grade through 12th grade who have witnessed or experienced traumatic life events and have significant symptoms of PTSD or depression.	Behavioral and Emotional functioning

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Cognitive Processing in Therapy	Promising	Designed to treat adults with PTSD. CPT is not appropriate for individuals without trauma symptoms, those who are an immediate danger to themselves or others, or those who are experiencing psychotic symptoms.	Parent/caregiver mental or emotional health
Common Sense Parenting- School Age	Promising	CSP – School Age is designed for parents of children ages 6–16. The program aims to teach positive parenting techniques to strengthen the parent-child bond, and behavior management strategies to help increase positive child behaviors, decrease child problem behaviors, and model appropriate options to address child behaviors.	Family functioning
Coping Cat - Group	Promising	Designed to treat children (ages 7 to 13) who are diagnosed with an anxiety disorder (e.g., generalized anxiety disorder, social phobia, and separation anxiety disorder) and their parents.	Behavioral and emotional functioning
Creating Lasting Family Connections® Fatherhood Program: Family Reintegration	Promising	Fathers or mothers experiencing family separation, such as those who are experiencing recovery for substance use, current or recent incarceration, or military service deployment.	Parent/caregiver criminal behavior Family functioning
Dialectical Behavior Therapy for Adolescents	Promising	Adolescents ages 13-18 with difficulty regulating their emotions, including adolescents with characteristics associated with borderline personality disorder, suicidality, depression, posttraumatic stress disorder, bipolar disorder, and substance use disorder.	Behavioral and emotional functioning
Dialectical Behavior Therapy for Binge Eating Disorder and Bulimia Nervosa	Promising	Adults with binge eating disorder or bulimia nervosa.	Parent/caregiver mental or emotional health

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Dialectical Behavior Therapy®	Supported	Adults and teens with difficulty regulating their emotions, including people with borderline personality disorder, suicidality, depression, posttraumatic stress disorder, bipolar disorder, and substance use disorder.	Parent/caregiver mental or emotional health Parent/caregiver physical health
Families and Schools Together® - Elementary School Level	Promising	Designed to serve families with children (ages 4 to 10). Additional family members, including siblings and grandparents, are invited to attend multi-family group sessions.	Behavioral and emotional functioning Social functioning Cognitive functions and abilities Delinquent behavior Educational achievement and attainment Positive parenting practices Parents/caregiver mental or emotional health Family functioning
Families First (Utah Youth Village Model)	Well-supported	Designed to serve families with youth (birth to age 17) who have been referred for intensive in-home services from child welfare services, juvenile justice, or court systems. It also serves families that self-refer.	Child welfare administrative reports Delinquent behavior
Family Check-Up®	Well-supported	Families with children (ages 2 to 17).	Positive parenting practices
Fostering Healthy Futures® for Preteens	Supported	Designed for children (ages 9 to 11) with current or previous child welfare involvement due to maltreatment and one or more adverse childhood experiences (e.g., exposure to violence, experiencing homelessness, parental substance use, mental illness, or incarceration).	Placement stability Behavioral and emotional functioning Social functioning Delinquent behavior
Functional Family Therapy	Well-Supported	Youth (ages 11 to 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

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Generation PMTO - Group	Well-supported	Serves parents of children (ages 2 to 17) with behavioral problems such as aggression, antisocial behaviors, conduct problems, oppositional defiance, delinquency, and substance use.	Behavioral and emotional functioning Social functioning Delinquent behavior Positive parenting practices Parents/caregiver mental or emotional health Family functioning Parent/caregiver physical health Economic and housing stability
Generation PMTO - Individual	Promising	Serves parents of children (ages 2 to 17) with behavioral problems such as aggression, antisocial behaviors, conduct problems, oppositional defiance, delinquency, and substance use.	Behavioral and emotional functioning Social functioning Positive parenting practices Parent/caregiver mental or emotional health
Guiding Good Choices®	Well-supported	Designed to serve families with children (ages 9 to 14).	Substance abuse Positive parenting practices Family functioning
Incredible Years® - School Age Basic Program	Promising	Parents of children (ages 6 to 12) who have behavior problems.	Child welfare administrative reports Positive parenting practices
Incredible Years® - Toddler Basic Program	Promising	Parents with toddlers (ages 1 to 3) who need support forming secure attachments with their toddlers or addressing their toddlers' behavior problems.	Positive parenting practices
Intensive Care Coordination Using High Fidelity Wraparound	Promising	Typically targeted toward children and youth (birth to age 21) with complex emotional, behavioral, or mental health needs, and families of these effected youth.	Child welfare administrative reports Least restrictive placement Placement stability Behavioral and emotional functioning Social functioning Delinquent behavior
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 (ages 12 to 18) with mild to moderate symptoms of a depressive disorder.	Behavioral and emotional functioning Social functioning

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Keep Standard	Promising	Foster and kinship parents of children ages 4-12.	Planned permanent exits Behavioral and emotional functioning
Mindful Mood Balance	Promising	Designed to treat adults with histories of depression and residual depression symptoms.	Parent/caregiver mental or emotional health
Mindfulness-Based Cognitive Therapy	Well-supported	Designed to treat adults with depression symptoms. MBCT can also be used to treat adults with other mental disorders, such as anxiety.	Parent/caregiver mental or emotional health Parent/caregiver physical health
Mindfulness-Based Cognitive Therapy for Parents	Supported	Designed to help parents of children (ages 2 to 12) with parental depression symptoms.	Behavioral and emotional functioning Parent/caregiver mental or emotional health
Multidimensional Family Therapy	Supported	Adolescents and young adults (ages 9 to 26) 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 (ages 12 to 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

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Multisystemic Therapy – Building Stronger Families	Supported	Designed for families with youth ages 6–17 who come under the guidance of child protective services due to co-occurring parental substance use and physical abuse or neglect of a child. MST-BSF combines three program models: (1) MST, (2) MST for Child Abuse and Neglect, and (3) Reinforcement-Based Treatment for substance use disorders.	Child welfare administrative reports Out-of-home placement
Narrative Exposure Therapy	Promising	Child, adolescent, or adult survivors of traumatic experiences such as childhood abuse, war, torture, sexual assault, rape, and other forms of violence.	Parent/caregiver mental or emotional health Parent/caregiver physical health
On The Way Home	Promising	Designed to serve families with youth (ages 12 to 18) transitioning from residential out-of-home care to home, school, and community settings.	Out-of-home placement
Parent-Child Interaction Therapy	Well-Supported	Families with children (ages 2 to 7) who experience emotional and behavioral problems that are frequent and intense	Behavioral and emotional functioning Positive parenting practices Parent/caregiver mental or emotional health
Parent-Child Care	Promising	Designed to serve caregivers with children ages 1-10. The caregiver should have either custody of or regular visits with the child and be willing and able to participate in the “Daily CARE” activity.	Behavioral and emotional functioning Positive parenting practices
Parenting With Love and Limits®	Supported	Families with teenagers (ages 10 to 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 to 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 (ages 13 to 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
Promoting First Relationships	Supported	Designed for caregivers of children ages 0–5 years. PFR aims to promote secure and healthy relationships between caregivers and children through strengths-based parenting strategies.	Behavioral and emotional functioning Positive parenting practices
Radically Open Dialectical Behavior Therapy	Supported	Clients with over control disorders such as refractory depression, anorexia nervosa, and obsessive-compulsive personality disorder.	Parent/caregiver mental or emotional health
Smart Beginnings	Promising	Designed to serve parents and children ages 0-3.	Positive parenting practices
Strengthening Families Program: Parents and Youth ages 10 to 14	Supported	Designed to serve families with youth (ages 10 to 14).	Behavioral and emotional functioning Substance use Positive parenting practices
Strong African American Families	Well-supported	Designed to serve families with youth (ages 10 to 14) who identify as being African American or Black.	Behavioral and emotional functioning Social functioning Physical development and health Substance use Positive parenting practices Family functioning
TBRI® 101	Promising	Parents and/or caregivers of children who have experienced adversity, early harm, toxic stress, and/or trauma.	Behavioral and emotional functioning

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Together Facing the Challenge	Supported	Therapeutic foster parents who care for children with emotional or behavioral problems.	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
Treatment Foster Care Oregon for Adolescents	Promising	Youth ages 12-17 with severe emotional and behavioral problems.	Substance use Delinquent behavior
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
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 (ages 0 to 17) who have experienced adversity, early harm, toxic stress, and/or trauma.	Behavioral and emotional functioning
Video Interaction Project	Promising	Designed to serve parents and children ages 0-5.	Behavioral and emotional functioning Positive parenting practices

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 (ages 12 to 24) with substance use disorders.	Substance use
Brief Strategic Family Therapy	Well-supported	Families with children or adolescents (ages 6 to 17) 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
Community Reinforcement Approach + Vouchers	Promising	Designed to treat adults with cocaine use issues. The program may also be implemented with adults with other substance use issues.	Parent/caregiver substance use
Creating Lasting Family Connections® Fatherhood Program: Family Reintegration	Promising	Fathers or mothers experiencing family separation, such as those who are experiencing recovery for substance use, current or recent incarceration, or military service deployment.	Parent/caregiver criminal behavior Family functioning
Dialectical Behavior Therapy for Adolescents	Promising	Adolescents ages 13-18 with difficulty regulating their emotions, including adolescents with characteristics associated with borderline personality disorder, suicidality, depression, posttraumatic stress disorder, bipolar disorder, and substance use disorders.	Behavioral and emotional functioning
Dialectical Behavior Therapy®	Supported	Adults and teens with difficulty regulating their emotions, including people with borderline personality disorder, suicidality, depression, posttraumatic stress disorder, bipolar disorder, and substance use disorders.	Parenting/caregiver mental or emotional health Parent/caregiver physical health

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
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
Multidimensional Family Therapy	Supported	Adolescents and young adults (ages 9 to 26) 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 (ages 12 to 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

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Multisystemic Therapy – Building Stronger Families	Supported	Designed for families with youth ages 6–17 who come under the guidance of child protective services due to co-occurring parental substance use and physical abuse or neglect of a child. MST-BSF combines three program models: (1) MST, (2) MST for Child Abuse and Neglect, and (3) Reinforcement-Based Treatment for substance use disorders.	Child safety: Child welfare administrative reports Child permanency: Out-of-home placement
Parents Anonymous®	Supported	Families with children/youth (birth to 18) experiencing difficulties related to mental health, substance use disorders, or challenging life situations.	Child welfare administrative reports
Prize Contingency Management	Supported	People struggling with substance use. Prize CM is not appropriate for participants in recovery from pathological gambling.	Parent/caregiver physical health
Screening, Brief Intervention, and Referral to Treatment	Promising	SBIRT is designed to serve any youth and adults at risk for harmful substance use, regardless of an identified disorder or whether the individual is actively seeking services.	Adult well-being: parent/caregiver substance use
Sobriety Treatment and Recovery Teams	Promising	Families with at least one child under six years of age who are involved in the child welfare system and have a parent with substance use disorders (SUD).	Out-of-home placement Child welfare administrative reports
Strengthening Families Program: For Parents and Youth 10-14	Supported	Designed to serve families with youth (ages 10 to 14).	Behavioral and emotional functioning Substance use Positive parenting practices Family functioning

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Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Strong African American Families	Well-supported	Designed to serve families with youth (ages 10 to 14) who identify as being African American or Black.	Behavioral and emotional functioning Social functioning Physical development and health Substance use Positive parenting practices Family functioning

KINSHIP NAVIGATOR PROGRAMS

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
30 Days to Family®	Well-supported	Designed to serve families with children ages 0-17 who are involved in the child welfare system and are being placed out-of-home.	Least restrictive placement
Arizona Kinship Support Services	Supported	Designed to serve kinship caregivers.	Least restrictive placement Planned permanent exits
Colorado Kinconnected Kinship Navigator Program	Supported	Designed for children and families with open child welfare cases who are entering a new kinship placement.	Least restrictive placement Planned permanent exits
Foster Kinship Navigator Program	Promising	Designed to serve kinship caregivers, both relatives and non-relative kin who are raising children in nonparental care. Foster Kinship Navigator Program aims to strengthen kinship caregivers' capacity to provide safe, stable, nurturing homes for children who cannot live with their parents.	Child permanency: Placement stability
Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-TECH)	Supported	Designed to serve relative caregivers (grandparents, aunts, uncles, cousins, brothers, sisters, or any adult with close kinship bond with the child) who are providing full time care of a child.	Child welfare administrative reports Placement stability Behavioral and emotional functioning Parent/caregiver mental or emotional health Family functioning
Ohio's Kinship Supports Intervention/Protect OHIO	Promising	Kinship caregivers (relatives and fictive kin) of children involved in the child welfare system.	Placement stability

Program or Service	Rating	Target Population	Proven to Impact Favorably On:
Washington State Kinship Navigator Program	Supported	Designed to support formal and informal kinship caregivers and the children they are raising.	Parent/caregiver mental or emotional health

Programs and Services Ranked as “Does 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:

- Active Parenting of Teens: Families in Action™
- Active Parenting of Teens: Teens in Action
- Active Parenting of Teens™
- Active Parenting: First Five Years™
- Active Parenting™
- Addressing Family Violence and Abuse®
- Alternatives for Families: A Cognitive-Behavioral Therapy
- Assertive Community Treatment
- Autism Parent Navigators
- A Second Chance, Inc. Kinship Navigator
- Attachment and Biobehavioral Catch-up – Toddler
- Being Brave
- BRAVE
- C.A.T. Project
- Camp Cope-A-Lot
- Celebrating Families!™
- Celebrating Families!™ 0 Thru 3 Years
- Chicago Parent Program
- Children’s Home Society of New Jersey Kinship Navigator Model
- Circle of Security – Intensive™
- Circle of Security – Parenting™
- Common Sense Parenting of Toddlers and Preschoolers
- Creating Lasting Family Connections®
- Creating Lasting Family Connections®: Overcoming and Understanding Stress and Trauma
- Criando con Amor: Promoviendo Armonia y Superacion – Jovenes
- Dialectical Behavior Therapy for Special Populations
- Dialectical Behavior Therapy Skills Training for Emotional Problem Solving for Adolescents
- e-Family Foundations
- Early Pathways
- ezParent
- Familias Fuertes

- Familias Unidas – eHealth
- Families Actively Improving Relationships
- Families and School Together[®] – Early Childhood Education Level
- Families and Schools Together[®] – Middle School Level
- Families and Schools Together[®] – High School Level
- Family Behavior Therapy – Adolescent
- Family Behavior Therapy – Adult
- Family Behavior Therapy – Adult with Child Welfare Supplement
- Fatherhood is Sacred[®]/Motherhood is Sacred[®]
- FF@Home
- Fostering Healthy Futures[®] for Teens
- Functional Family Probation and Parole
- Functional Family Therapy – Child Welfare
- Functional Family Therapy – Therapeutic Case Management
- Gathering of Native Americans/Gathering of Alaska Natives
- Group Combined Parent-Child Cognitive Behavioral Therapy
- Helping Women Recover + Beyond Trauma
- Incredible Years[®] – Parents and Babies Program
- Incredible Years[®] – Preschool Basic Program
- Indiana Family Preservation Services
- Individual Combined Parent-Child Cognitive Behavioral Therapy
- Interpersonal Psychotherapy (Stuart & Robertson Manual)
- KEEP SAFE
- KEEP Toddler
- Kentucky Strengthening Ties and Empowering Parents
- Linking Generations By Strengthening Relationships[®]
- Make Parenting a Pleasure[®]
- Men’s Trauma Recovery and Empowerment Model
- Mindfulness-Based Cognitive Therapy for Anxious Children
- Multimedia Circle of Life
- Multisystemic Therapy – Prevention
- Multisystemic Therapy – Substance Abuse
- Multisystemic Therapy for Child Abuse and Neglect
- Nurturing Families[®]
- Nurturing Parenting Program for Parents and Their Infants, Toddlers, and Preschoolers
- Nurturing Parenting Program for Parents and Their School Age Children 5 to 11 Years
- Nurturing Skills™ for Families
- Parent Connectors
- Parent-Child Assistance Program
- Parenting Now![™]

- Parenting Wisely – Teen Edition
- Parenting Wisely – Young Child Edition
- Positive Indian Parenting
- Relief Nursery
- Sacred Journey
- Safe Environment for Every Kid (SEEK™)
- SafeCare Augmented
- Seeking Safety
- Solution-Based Casework
- Strengthening Families Program – 12-16
- Strengthening Families Program – 3-5
- Strengthening Families Program – 6-11
- Strengthening Families Program – birth to 3
- Strong African Families - Teen
- Strong Foundations
- Substance Abuse and Men’s Trauma Recovery and Empowerment Model
- The Matrix Model
- The Seven Challenges – Adolescent
- The Seven Challenges – Adult
- Trauma Recovery and Empowerment for Adolescent Girls and Young Women Ages 12-18
- Trauma Recovery and Empowerment Model
- Trauma Systems Therapy
- Trauma Systems Therapy for Foster Care
- Treatment Foster Care Oregon for Middle Childhood
- Treatment Foster Care Oregon for Preschoolers
- Wellbriety & Celebrating Families!™
- WISE Teens

Programs and Services Planned for Review

Table 3 describes treatments that are under review as of September 2025 For the most current list of programs and services approved by the Clearinghouse, visit <https://preventionservices.acf.hhs.gov/>.

Table 3
Programs and Services Planned for Review as of September 2025

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"> • 1-2-3 Magic • Acceptance and Commitment Therapy • Attachment, Regulation and Competency • BRAVE (Re-Review) • Connect: An Attachment Based Program for Parents and Caregivers • Family Group Decision Making • Family-Based Recovery • Incredible Years® - Preschool Basic Program (Re-Review) • Indiana Family Preservation Services (Re-Review) • Mindfulness-Based Stress Reduction • Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Programs • Multidimensional Family Therapy (Re-Review) • Multimedia Circle of Life (Re-Review) • Multisystemic Therapy for Child Abuse and Neglect (Re-Review) • Promoting First Relationships (Re-Review) • Solution-Focused Brief Therapy • Strong African American Families – Teen (Re-Review) • Transition to Independence Process Model 	<ul style="list-style-type: none"> • Acceptance and Commitment Therapy • Family Group Decision Making • Family-Based Recovery • Mindfulness-Based Stress Reduction • Motivational Enhancement Therapy and Cognitive-Behavioral Therapy • Multidimensional Family Therapy (Re-Review) • Multimedia Circle of Life (Re-Review) • Multisystemic Therapy for Child Abuse and Neglect (Re-Review) • Solution-Focused Brief Therapy • Strong African American Families – Teen (Re-Review) 	<ul style="list-style-type: none"> • 1-2-3 Magic • 24/7 Dad • Connect: An Attachment Based Program for Parents and Caregivers • Early Head Start Home-Based Option • Family-Based Recovery • Incredible Years® - Preschool Basic Program (Re-Review) • Indiana Family Preservation Services (Re-Review) • Kentucky Family Preservation Program • Mindfulness-Based Stress Reduction • Multidimensional Family Therapy (Re-Review) • Multisystemic Therapy for Child Abuse and Neglect (Re-Review) • Parents for Parents Program • Period of PURPLE Crying • Promoting First Relationships (Re-Review) • Strong African American Families – Teen (Re-Review) • Systematic Training for Effective parenting 	<ul style="list-style-type: none"> • Ohio Kinship and Adoption Navigator Program

States interested in utilizing the federal funding associated with Family First must first submit and receive approval of their state IV-E Prevention Services Plan. This plan details the state’s strategy for implementation of prevention services to meet the requirements of Family First. Plans must include which evidence-based programs (EBP) from the Title IV-E Prevention Services Clearinghouse for which the state will implement and request reimbursement. Virginia’s initial Prevention Plan was approved and implemented in 2021. Virginia included three well-supported EBPs with initial implementation: Functional Family Therapy (FFT), Multisystemic Therapy (MST), and Parent-Child Interaction Therapy (PCIT).

The Virginia Department of Social Services (VDSS) partnered with the Center for Evidence-based Partnerships in Virginia (CEP-Va) at Virginia Commonwealth University (VCU) to build capacity for EBPs across the state. CEP-Va engages in an ongoing needs assessment and gaps analysis (NAGA), reporting out to VDSS to support capacity building and provide recommendations. Based on these recommendations, VDSS identified five additional EBPs to add to the Virginia Prevention Plan (submitted to the Children’s Bureau for review and approval in early 2023). Funded by VDSS, CEP-Va offers training awards for providers to train clinicians and teams to include EBPs in their service array. The Family First Virginia website includes more information on these EBPs. In order to meet the requirements of Family First, Virginia aligned the previous practices of prevention cases and child protective services’ ongoing cases with Family First to create in-home services, implemented in April 2021. In-home services are offered to families where the child(ren) can safely remain in their home or the home of kin caregivers during the provision of services to prevent foster care placement. The VDSS Child and Family Services Manual chapters on Prevention and In-Home Services to Families and Title IV-E Prevention guide local departments of social services on the policies and practices of these cases and the utilization of IV-E prevention services funds.

The Collection of Evidenced-Based Practices for Children and Adolescents with Mental Health Treatment Needs, 10th Collection
Virginia Commission on Youth, 2025

The information contained herein is strictly for informational and educational purposes only and is not designed to replace the advice and counsel of a physician, mental health provider, or other medical professional. If you require such advice or counsel, you should seek the services of a licensed mental health provider, physician, or other medical professional. The Commission on Youth is not rendering professional advice and makes no representations regarding the suitability of the information contained herein for any purpose.