

## Evidence-Based Practices (EBPs) Guide

Applies to: Healthfirst Medicaid Managed Care

Evidence-based practices integrate the best available evidence with clinical knowledge and expertise while taking into consideration the patient's needs and preferences.

Healthfirst supports the need for specialized expertise in the assessment and care of special populations, including children, adolescents, and their caregivers, who are at risk of out-of-home placement and are engaged in substance abuse. Providers are encouraged to familiarize themselves with and adopt EBPs.

This document outlines EBPs that have proved effective in treating children and youths who have experienced traumatic events and struggle with behavioral problems and substance abuse. Click on each of the EBPs below for more information.

### Evidence-Based Practices

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Child-Parent Psychotherapy (CPP)
- Multisystemic Therapy (MST)
- Functional Family Therapy (FFT)
- Multidimensional Treatment Foster Care (MDTFC)
- Dialectical Behavior Therapy (DBT)
- Multidimensional Family Therapy (MDFT)
- Seven Challenges
- Adolescent Community Reinforcement Approach (A-CRA)
- Assertive Continuing Care (ACC)

If you have any questions, contact your Network Account Manager, or call Provider Services at **1-888-801-1660**, Monday to Friday, 8:30am–5:30pm.

### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

**Overview:** TF-CBT is a structured, short-term (8–25 sessions), evidence-based treatment model for children, adolescents, and their parents or caregivers who have been impacted by trauma. TF-CBT also effectively addresses other trauma impacts such as affective (e.g., depressive and anxious), cognitive, and behavioral problems; allays the participating parent's or caregiver's personal distress about the child's traumatic experience; and encourages effective parenting skills and supportive interactions with the child.

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**For children/adolescents 3–18 years old**

**For recommended practice guidelines, visit:**

- [How to Implement TF-CBT Implementation Manual](#)
- [Trauma-Focused Cognitive Behavioral Therapy National Therapist Certification Program](#)

## Child-Parent Psychotherapy (CPP)

**Overview:** CPP is an evidence-based treatment model for children and their parents/caregivers who have experienced at least one traumatic event and are displaying behavioral, attachment, and/or mental health problems.

**For children 0–5 years old**

**Goal:** To support and strengthen the child-parent relationship by addressing how trauma has affected them. It focuses on affecting regulation, improving the child-caregiver relationship, normalizing trauma response, and providing caregiver tools to support children (with the intention of bringing them back to a normal developmental trajectory).

**For recommended practice guidelines, visit:**

- [Child-Parent Psychotherapy](#)
- [CPP: Child-Parent Psychotherapy Fact Sheet](#)

## Multisystemic Therapy (MST)

**Overview:** MST is an intensive family and community-based treatment model for juvenile offenders and their families with possible substance abuse issues who are at risk for out-of-home placement. Some of the behaviors targeted by MST include physical aggression at home, in school, and/or in the community; verbal aggression; and substance abuse. Intervention ranges from 3–5 months.

**For youths 12–17 years old**

**Goal:** To decrease the frequency and severity of behaviors that leave the youth at risk for out-of-home placement.

**For recommended practice guidelines, visit:**

- [MST Services](#)
- [The California Evidence-Based Clearinghouse \(CEBC\)](#)

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## Functional Family Therapy (FFT)

**Overview:** FFT is an intensive, short-term intervention/prevention program for youths and their families who are experiencing high levels of conflict at home, exposure to domestic violence, substance abuse, or behaviors that place them in contact with the juvenile justice system. The intervention ranges from 12–14 sessions during a 3–5-month period. FFT offers in-home family counseling to address behaviors such as curfew violations, running away, truancy, and juvenile delinquency. This intervention includes the youth and their family, and it addresses family dynamics that have contributed to the youth’s behavior. It also modifies strained family communications, improves parenting skills, and supports positive reinforcement within community contexts and relationships.

**For youths 11–18 years old**

**For recommended practice guidelines, visit:**

- [Functional Family Therapy](#)
- [Juvenile Justice Bulletin](#)

## Multidimensional Treatment Foster Care (MDTFC)

**Overview:** MDTFC is an evidence-based treatment that provides intensive therapeutic foster care placement as an alternative to residential placement. MDTFC works with children and families who need a high level of support due to high levels of abuse and neglect and severe mental health and behavioral problems, and who have difficulties with juvenile delinquency such as chronic antisocial behavior, delinquency, and severe mental health problems. This program is to be used for children in foster care and in youth justice programs as an alternative to more restrictive placements, and as an approach that allows children and youths to receive services in the context of a family setting while remaining in the communities in which they live. The treatment involves services to biological parents, foster parents, and children/youths.

**For children/adolescents 3–17 years old**

**For recommended practice guidelines, visit:**

- [Multidimensional Treatment Foster Care – Adolescents](#)
- [Evidence-Based Prevention and Intervention Support](#)

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## Dialectical Behavior Therapy (DBT)

**Overview:** DBT is an evidence-based practice model that focuses on teaching skills to manage intense negative emotions (e.g., suicidal and non-suicidal self-injurious behaviors, and depression) and decrease conflict in relationships. DBT can be accessed by children, adolescents, and adults. DBT teaches patients the skills to cope with and change unhealthy behaviors, understand and accept feelings, and become able to make positive changes. Treatment includes four components: a skills training group, individual treatment, DBT phone coaching, and a consultation team.

**For children/adults 7–60+ years old**

**For recommended practice guidelines, visit:**

- [Behavioral Tech](#)
- [Dialectical Behavior Therapy](#)

## Multidimensional Family Therapy (MDFT)

**Overview:** MDFT is an evidence-based practice that provides comprehensive family-centered treatment and substance abuse prevention to youths and their parents or caregivers. MDFT can be provided over 4–6 months, with sessions taking place 1–4 times a week at home, mental health clinics, or other community locations.

**For youths 11–18 years old**

**Goal:** To improve family functioning and reduce youth substance abuse and other behaviors by intervening at the individual, family, and community level.

**For recommended practice guidelines, visit:**

- [Multidimensional Family Therapy \(MDFT\)](#)
- [The California Evidence-Based Clearinghouse \(CEBC\)](#)

## Seven Challenges

**Overview:** Seven Challenges is a counseling program for adolescents and their parents or caregivers with substance abuse, co-occurring mental health problems, and family conflict. Treatment consists of individual and group sessions, which can be delivered in residential, outpatient, school, and other community settings.

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## For adolescents/adults 13–25 years old

**Goal:** To motivate and support the decision to change behaviors such as decrease substance abuse, improve mental health, and improve relationships and school/work functioning.

**For recommended practice guidelines, visit:**

- [The Seven Challenges](#)

## Adolescent Community Reinforcement Approach (A-CRA)

**Overview:** A-CRA is a behavioral intervention for youths and their caregivers. It provides skills to support recovery from substance abuse and dependence. The intervention takes place over a three-month period but can be extended based on the youth's needs, and can be provided in outpatient, residential, school, and other community-based facilities.

## For youths 12–24 years old

**Goal:** To help youths maintain a lifestyle free of substance use by providing them skill-building workshops, counseling, and engagement in drug-free social activities.

**For recommended practice guidelines, visit:**

- [The California Evidence-Based Clearinghouse \(CEBC\)](#)

## Assertive Continuing Care (ACC)

**Overview:** ACC is a home-based program for youths with substance use disorders returning to the community after discharge from substance abuse treatment. ACC provides services such as individual case management, home visits, and family counseling. Treatment lasts between 12 and 14 weeks, with one-hour sessions weekly.

## For youths 12–22 years old

**For recommended practice guidelines, visit:**

- [Adolescent Community Reinforcement Approach \(A-CRA\) – Conduent](#)
- [Adolescent Community Reinforcement Approach \(A-CRA\) – Chestnut Health Systems](#)

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