

# Family First Implementation Planning

Below is a brief summary of Evidence-Based Programs that have been approved as well-supported for Title IV-E claiming under Family First or that may be approved as well-supported in the near future. Georgia is considering these EBPs for inclusion in its Family First Prevention Plan.

For each EBP, the target population is in *italics*, followed by a brief summary of the model's key elements. Click on the title of the EBP for a link to more detailed description.

Below are EBPs for which Title IV-E claiming under Family First is currently permitted with a [well-supported rating from the Title IV-E Clearinghouse](#). If Georgia's approved Title IV-E Family First Prevention includes one or more of these EBPs, Georgia will be able to claim federal funds for those services.

## [Brief Strategic Family Therapy \(BSFT\)](#)



*Families with children or adolescents ages 6-17, who display or are at risk for developing problem behaviors including substance abuse, conduct problems, and delinquency.*

Uses a structured family systems approach to treat youth's behavioral issues. A defining element is that the course of treatment is brief, usually conducted in 12-16 sessions.

## [Family Check-up®](#)



*Families with children ages 2 through 17.*

Promotes positive family management and addresses child and adolescent adjustment problems through reductions in coercive and negative parenting and increases in positive parenting.

## [Functional Family Therapy \(FFT\)](#)



*Youth ages 11-18 who have behavioral or emotional problems, or family discord*

Aims to address risk and protective factors that impact the adaptive development of youth through family therapy.

## [Healthy Families America \(HFA\)](#)



*Pregnant parents or families with infants who have increased risk for maltreatment or other adverse experiences*

Home visiting program aims to cultivate and strengthen nurturing parent-child relationships, promote healthy childhood growth and development, and enhance family functioning by reducing risk and building protective factors.

## [Homebuilders - Intensive Family Preservation and Reunification Services](#)



*Families with children ages 0-18 at imminent risk of placement, or needing intensive services to return home from out-of-home care*

Provides parents intensive in-home counseling, skill building and support services to prevent placement and support reunification.

## [Motivational Interviewing \(MI\)](#)



*Promotes behavior change in a range of target populations and for a variety of problem areas*

Method of counseling clients designed to promote behavior change and improve physiological, psychological, and lifestyle outcomes by identifying ambivalence and increasing motivation.

## [Multisystemic Therapy \(MST\)](#)



*Youth ages 12-17 (at risk or engaging in delinquent activity or substance abuse, with mental health concerns, and at risk for out-of-home placement) and their families.*

Addresses the core causes of delinquent and antisocial conduct by identifying key drivers of the behaviors and personalizing interventions to address the identified drivers.

## [Nurse-Family Partnership \(NFP\)](#)



*Young, first-time, low-income parents from early pregnancy through their child's first two years*

Registered nurses provide support related to individualized goal setting, preventative health practices, parenting skills, and educational and career planning.

## [Parent-Child Interaction Therapy \(PCIT\)](#)



*Families with children ages 2-7, whose children have frequent, intense emotional and behavioral problems*

Parents are coached in behavior-management and relationship skills to decrease externalizing child behavior problems, increase child social skills and cooperation, and improve parent-child attachment relationship. Therapists use "bug-in-the-ear" technology to provide live coaching from behind a one-way mirror.

## [Parents as Teachers \(PAT\)](#)



*New and expectant parents in possible high risk environments*

Aims to increase parent knowledge of early childhood development, improve parenting practices, promote early detection of developmental delays and health issues, prevent child abuse and neglect, and increase school readiness and success.

# Family First Implementation Planning

Below are EBPs currently under review by the Title IV-E Clearinghouse that are [likely to be rated as well-supported\\*](#). Title IV-E claiming under Family First is not currently permitted but [may be in the near future if services are approved by the Clearinghouse](#). If Georgia's approved Title IV-E Family First Prevention Plan includes one or more of these EBPs, Georgia [may be able to claim](#) federal funds for those services—pending the results of the reviews. Georgia will only include services with a final rating of well-supported in its Prevention Plan.

## [Acceptance and Commitment Therapy \(ACT\)](#)



*Adults with major depressive disorder and other mental health disorders*

A form of cognitive behavioral therapy that uses mindfulness and behavioral activation to increase a client's psychological flexibility—his/her ability to engage in values-based, positive behaviors while experiencing difficult thoughts, emotions, or sensations.

## [Alternatives for Families: Cognitive Behavioral Therapy \(AF-CBT\)](#)



*Caregiver and their child between the ages 5 and 17 years whose family struggles with conflict and/or coercion due to parent, child, and/or overall family behavior*

A comprehensive approach for reducing or preventing the effects of exposure to child or family anger, aggression, and/or child physical abuse. It teaches parents and children intrapersonal and interpersonal skills to enhance self-control, promote positive family relations, and reduce violent behavior.

## [Beyond Trauma + Helping Women Recover](#)



*Adult women with addictive disorders and a trauma history (e.g., abuse, domestic violence, community violence, etc.)*

A combined intervention of 32 sessions that integrates three theories: a theory of addiction, a theory of women's psychological development, and a theory of trauma; and then adds a psychoeducational component that teaches women what trauma is, its process, and its impact.

## [Child First](#)



*Children prenatal to 5 years old and their parents/caregivers*

A two-generation, home-based mental health intervention for young children (prenatal through age five years) and their families. Designed for young children who have experienced trauma and/or have social-emotional, behavioral, developmental, and/or learning problems

## [Cognitive Processing Therapy \(CPT\)](#)



*Adults who have experienced a traumatic event and are currently suffering from symptoms of posttraumatic stress disorder (PTSD)*

Cognitive therapy that focuses on identifying and challenging maladaptive beliefs that develop about, and as a result of, the traumatic event. Can be delivered individually or in a group format.

## [Coping Cat](#)



*Children ages 7-13 experiencing problematic levels of anxiety*

Cognitive behavioral treatment for children with anxiety, includes individual and family components.

## [Eye Movement Desensitization & Reprocessing \(EMDR\)](#)



*Children, adolescents, and adults who have experienced trauma*

In phases, the client processes emotionally disturbing material in brief sequential doses that include the client's beliefs, emotions, and body sensations associated with the traumatic event while simultaneously focusing on an external stimulus.

## [Mindfulness-Based Cognitive Therapy](#)



*Adults (between 18-70 years old) who have suffered three or more prior episodes of major depression*

Teaches meditation techniques, basic education about depression and suicidality, and a number of exercises derived from cognitive therapy through a course of eight weekly classes.

## [Parenting with Love and Limits \(PLL\)](#)



*Children and adolescents aged 10-18 who have severe emotional and behavioral problems*

Teaches families how to reestablish adult authority through consistent limits while reclaiming a loving relationship. Can serve as an alternative to a residential placement for youth as well as with youth returning from residential placement.

## [Safe Environment for Every Kid \(SEEK\)](#)



*Primary Prevention use: Families with children aged 0-5 years. Secondary Prevention use: Families with children aged 0-5 years who have risk factors for child maltreatment such as parental depression or substance abuse*

SEEK utilizes pediatric primary care as an opportunity to help address social determinants of health and to prevent child maltreatment in families who may have risk factors for child maltreatment.

## [Together Facing the Challenge \(TFTC\)](#)



*Treatment foster parents of children ages 3 – 17 and agency staff*

A training/consultation approach to improving practice in treatment foster care (TFC) - incorporates elements from existing evidence-based treatments to fill identified gaps in usual care practice.

\*EBPs *likely to be rated well-supported* are defined as EBPs that:

- Are under review by the Title IV-E Clearinghouse as of April 2021
- Have any amount of presence in Georgia; based on provider-survey conducted in February-March 2021, and
- Are rated *well-supported* or *supported* on the California Evidence-Based Clearinghouse (CEBC)

