



DMH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	Treatment Duration	Contact Information	System Capacity	
							# Therapists	Max # Children per year
INTERVENTIONS FOR CHILDREN 0 TO AGE 6								
Child Parent Psychotherapy for Family Violence (CPP-FV)	Child Parent Psychotherapy for Family Violence is a therapeutic intervention for young children with a history of trauma exposure or maltreatment and their caregivers. This treatment approach supports child development, restores the child-parent relationship and the overall feelings of safety, while reducing symptoms associated with the	Ages range from 0-6 years old Delivery Setting: CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	Child Victims or witnesses of : <ul style="list-style-type: none"> family violence intimate partner violence child physical abuse child sexual abuse 	<ul style="list-style-type: none"> Child does not have a trauma or maltreatment history Child does not have a significant caregiver participating in treatment 	Average length/number of sessions: 50 or approximately one year	DMH PIECE Program 821 Howard Rd., SE Washington, DC 202-698-1838	5	25
						Hillcrest children & Family Center 1244-46 Taylor St., NW Washington, DC 20009 202 232-6100	5	25
						Universal Healthcare 3230 Pennsylvania Ave, SE Wash., DC 20020 202-583-1181	2	10

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	experience of trauma.					Latin America Youth Center 1419 Columbia Road, NW Pennsylvania Ave, SE Wash., DC 20009 202-319-2225	2 [Bilingual]	10
						[CFSA Provider] Post Permanency Center of Adoptions Together 900 Varnum St. NE Wash., DC 20012 202-6298-0205	5	25
Parent Child Interaction Therapy (PCIT)	PCIT is a supported treatment for conduct-disordered young children. It places emphasis on improving the quality of the parent-child	Ages range from 2-6 years old Delivery Setting: Outpatient Clinic	Children who exhibit: <ul style="list-style-type: none"> • loss of temper • property destruction • stealing • fighting • general difficulty playing appropriately 	Child is diagnosed with: <ul style="list-style-type: none"> • Autism • PDD • exclusive ADHD • Children whose parents 	Children and caregiver participate in a series of therapy sessions: approximately 12 to 16 sessions	DMH PIECE Program 821 Howard Rd., SE Washington, DC 202-698-1838	5	50

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	relationship and changing parent-child interaction patterns.		<ul style="list-style-type: none"> Child must live with one or both parents or in a stable foster homes Children must be a resident or ward of the District of Columbia 	have sexually abused their children (or convicted of such a crime) or who have an active investigation pending are not eligible for <ul style="list-style-type: none"> PCIT. Parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT). Parents with an IQ below 75 		Mary's Center 2333 Ontario Road, NW Wash., DC 20009 202-483-8319	5 [Bilingual]	50



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INTERVENTIONS FOR CHILDREN AND YOUTH								
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of traumatic life events and address feelings.	Ages range from 4-18 years old. Delivery Setting: TF-CBT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	Children who have a history of at least one significant potentially traumatic event to include but not limited to: <ul style="list-style-type: none"> • sexual assault • physical assault • witnessing serious violence in the home or community • unexpected traumatic death of a loved one • motor vehicle accident • dog attack, • exposure to disasters • exposure to terrorist attacks • exposure to war trauma 	<ul style="list-style-type: none"> • Child does not have a trauma history • Child does not have a significant mental health symptoms related to a traumatic event • Child has severe cognitive disabilities, autism spectrum disorder • Child has other difficulties that make it 	Children participate in a series of therapy sessions approximately 12 to 16 sessions	First Home Care 1012 14th Street, NW Washington, DC 20005 (202)737-2554	6	60
						Community Connections 801 Pa. Ave. SE Wash., DC 20003 202-546-1512	6	60
						MD/DC Family Resource 903 Brightseat Rd. Landover, MD 20785 301-333-2980	5	40
						Hillcrest Children & Family Center 1408 U Street, NW Washington, DC 20009	3	30

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							# Therapists	Max # Children per year
				impossible for them to engage in cognitive therapy		202 232-6100		
						Universal Healthcare 3230 Pennsylvania Ave, SE Wash., DC 20020 202-583-1181	2	20
Functional Family Therapy (FFT)	FFT is a family focused intervention for at-risk and juvenile justice involved youth	Ages ranges from 10-18 Delivery Setting: FFT is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.	Youth and their families whose range of problems include but are not limited to: <ul style="list-style-type: none"> • acting out • conduct disorder • alcohol and/or substance abuse • limited access to resources • a range of diagnoses 	Youth who are <ul style="list-style-type: none"> • actively suicidal • actively homicidal • actively psychotic without medication stabilization 	Families participate in a series of sessions over a 3-5 month treatment period	First Home Care 1012 14th Street, NW Washington, DC 20005 (202)737-2554	4	100
						Hillcrest Children & Family Center 1408 U Street, NW Washington, DC 20009 202 232-6100	4	100



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				<ul style="list-style-type: none"> Youth in respite or emergency care Youth who will not be returning home within 60 days Youth not living with permanent/ long-term caregiver 		<p>Community Connections 650 Pennsylvania Ave., SE Washington, DC 20003 202 548-4885</p>	4 f/t 2 p/t	110
						<p>Parent & Adolescent Support Services (PASS) [DHS Pilot] DC Department of Human Services-- Family Services Administration 645 H Street, NE, 3rd Floor Washington, DC 20002 (202) 698-4334</p>	7 p/t	105



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Multisystemic Therapy (MST)	MST is an Intensive treatment for youth with complex issues. Emphasis is on empowering parents/caregivers effectiveness as they assist the youth in successfully making and sustaining changes in individual, family, peer and school systems.	<p>Ages ranges from 10 and 17</p> <p>Delivery Setting: MST is delivered the in family's natural environment-homes, schools, community</p>	<ul style="list-style-type: none"> Children/Youth living with or returning to family with whom child has a long-term relationship and who are willing to play a long-term parenting role Parents/caregiver willing to participate in treatment Children/Youth at risk for out of home placement including residential treatment, juvenile detention, group home, foster care, etc Children/Youth returning home from an out of home placement within 30 days of referral. 	<p>Children/ Youth who are:</p> <ul style="list-style-type: none"> actively suicidal homicidal psychotic without medication stabilization Children without a viable and committed family placement and/or children placed in a non-family foster home Children who will not be returning home within 	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	<p>Youth Villages 2020 North 14th Street Arlington, VA 22201 865-560-2548 703-516-6950</p>	Total 10 MST Therapists crossed trained in MST and MST-PSB	130



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			<ul style="list-style-type: none"> • Children/Youth who has been in residential treatment 12 months or less. • Children/Youth with behavior disorders, but may have co-morbid psychiatric illness – behavioral issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior, etc.) • Child/Youth must have an Axis I diagnosis and be DC Medicaid/ Medicaid MCO eligible • Families living in the District, and wards of DC. • 	30 days of the referral.				



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MST for Youth with Problem Sexual Behavior (MST-PSB)	MST-PSB is an intensive family and community based treatment program that addresses the many factors that influence problem sexual behavior. It focuses on the influence of the offender's home family, school, neighborhood and peers.	<p>Age ranges from 10 and 17</p> <p>Delivery Setting: MST-PSB is delivered in the family's natural environment-homes, schools, community.</p>	<p>Children with Problem Sexual Behaviors:</p> <ul style="list-style-type: none"> Committed sexual offenses against an identified victim. 	<p>Children/ Youth who are:</p> <ul style="list-style-type: none"> actively suicidal homicidal psychotic without medication stabilization Children without a viable and committed family placement and/or children placed in a non-family foster home Children who will not be returning home within 30 days of the referral. 	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	<p>Youth Villages 2020 North 14th Street Arlington, VA 22201 865-560-2548 703-516-6950</p>	Total 3 dedicated MST-PSB Therapists with blended cases.	24

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