

Overview of Current PEI Programs

As of March 2011, 21 EBPs, PPs, and CDEs have been implemented, as well as other PEI Early Start and PEI Plan programs started as a result of the bidding process of sole source contracts. A listing of the evidence-based programs, promising practices, and community-defined evidence practices that are operated are provided in the chart below.

Information on which contract providers are providing specific EBP programs in which service area may be found at this link [_____](#) (under construction).

Program Name		Summary Description	Age Groups Served
1	Alternatives for Families – Cognitive Behavioral Therapy (AF-CBT)	AF-CBT is designed to improve the relationships between children and parents/caregivers in families involved in physical force/coercion and chronic conflict/hostility. This EBP emphasizes training in both intrapersonal and interpersonal skills designed to enhance self-control, strengthen positive parenting practices, improve family cohesion/communication, enhance child coping skills and social skills, and prevent further instances of coercion and aggression. Primary techniques include affect regulation, behavior management, social skills training, cognitive restructuring, problem solving, and communication.	Children
2	Aggression Replacement Training (ART)	A multi-level, family-centered intervention targeting youth at risk for substance abuse or behavior problems. Designed to address the family dynamics of adolescent problem behavior, the long term goals are to arrest the development of teen antisocial behaviors and drug experimentation. The intervention uses a "tiered" strategy with each level (universal, selective, and indicated) building on the previous level. ART includes both a teen curriculum and strategies targeting parents.	Children (ages 12-15) TAY (ages 16-17)
3	Brief Strategic Family Therapy (BSFT)	BSFT is a short-term, problem oriented, family-based intervention designed for children and adolescents who are displaying or are at risk for developing behavior problems, including substance abuse. The goal of BSFT is to improve a youth's behavior problems by improving family interactions that are presumed to be directly related to the child's symptoms, thus reducing risk factors and strengthening protective factors for adolescent drug abuse and other conduct problems.	Children (ages 10-15) TAY (ages 16-18)
4	Caring for Our Families (CFOF)	Adapted from the "Family Connections" model, CFOF includes community outreach, family assessment, and individually tailored treatment programs. The goal is to help families meet the basic needs of their children and reduce the risk of child neglect. The core components of FC include emergency assistance/concrete services; home-based family intervention (e.g., outcome-driven service plans, individual and family counseling); service coordination with referrals targeted toward risk and protective factors; and multi-family supportive recreational activities.	Children (ages 5-11)
5	Child-Parent Psychotherapy (CPP)	CPP is a psychotherapy model that integrates psychodynamic, attachment, trauma, cognitive-behavioral, and social-learning theories into a dyadic treatment approach. CPP is designed to restore the child-parent relationship, the child's mental health and developmental progression that have been damaged by the experience of domestic violence. CPP is intended as an early intervention for children ages birth to 5 years who may be at risk for acting-out and experiencing symptoms of depression and trauma.	Young Children (ages 0-6)
6	Cognitive Behavioral Intervention for Trauma in School (CBITS)	An early intervention for children who have experienced or have been exposed to traumatic events and are experiencing difficulty related to symptoms of Posttraumatic Stress Disorder (PTSD), depression or anxiety. Services are delivered within the school setting by clinical staff, as part of multi-disciplinary treatment teams. CBITS intends to reduce the impact of trauma related symptoms, increase resilience, and increase peer and parental support, for students at risk of school failure and improve access to mental health services.	Children (ages 10-15) TAY
7	Crisis Oriented Recovery Services (CORS)	A short-term intervention designed to provide immediate crisis intervention, address identified case management needs, and assure hard linkage to ongoing services. The primary objective is to assist individuals in resolving and/or coping with psychosocial crises by mitigating additional stress or psychological harm. CORS promotes the development of coping strategies that individuals can utilize to help restore them to their previous level of functioning prior to the crisis event.	Children TAY Adults Older Adults

Program Name		Summary Description	Age Groups Served
8	Depression Treatment Quality Improvement Intervention (DTQI)	DTQI is a comprehensive approach to managing depression that utilizes quality improvement processes to guide the therapeutic services to adolescents and young adults. DTQI assumes that maladaptive, or faulty, thinking patterns cause maladaptive behavior and negative emotions. DTQI has two purposes: psychoeducation and psychotherapy. The psychoeducation component helps individuals learn about major depression and ways to decrease the likelihood of becoming depressed in the future. The psychotherapy component assists individuals, who are currently depressed, gain understanding of factors that have contributed to the onset and maintenance of their depression and learn ways to treat their disorder.	Children (ages 12-15) TAY (ages 16-20)
9	Functional Family Therapy (FFT)	A family-based, short-term prevention and intervention program for acting-out youths, ages 11-18. FFT focuses on risk and protective factors that impact the adolescent, specifically intrafamilial and extrafamilial factors, and how they present and influence the therapeutic process. Major goals are to improve family communication and supportiveness while decreasing intense negativity characteristic of these families. Five major components: engagement in change, motivation to change, relational/interpersonal assessment and planning for behavioral change, behavioral change, and generalization of behaviors.	Children (ages 10-15) TAY (ages 16-18)
10	Gay/Lesbian/Bisexual/Transgender Comprehensive HIV & At-Risk Mental Health Services (GLBT CHAMPS)	GLBT CHAMPS is a comprehensive package of interventions with enhanced case management and outreach intervention, mobile van HIV testing, and a CDC evidence-based social skills intervention for enhancing risk reduction education and decreasing stigma among HIV+ African American females (SISTA). GLBT CHAMPS is a CDE that targets HIV+ individuals and serves LGBTQ populations.	TAY
11	Group Cognitive Behavioral Therapy for Major Depression (Group CBT)	Group CBT focuses on changing an individual's thoughts (cognitive patterns) in order to change his or her behavior and emotional state. Treatment is provided in a group format and assumes maladaptive, or faulty, thinking patterns cause maladaptive behavior and negative emotions. Group format is particularly helpful in challenging distorted perceptions and bringing thoughts more in line with reality. Cultural tailoring of treatment and case management shows increased effectiveness for low-income Latino and African-American adults.	TAY (18 – 25) Adults Older Adults
12	Incredible Years (IY)	A curriculum based, multifaceted, developmentally appropriate intervention targeting primarily children ages 2-12. IY is based on developmental theory of the role of multiple interacting risk and protective factors in the development of conduct problems. Parent training intervention focusing on strengthening parenting competency and parent involvement in child's activities to reduce delinquent behavior. Child training curriculum strengthens children's social/emotional competencies. Teacher training intervention focuses on teachers' classroom management strategies, promoting pro-social behavior and school readiness. IY utilizes videotaped scenes to structure content and group discussion.	Children (ages 0-12)
13	Interpersonal Psychotherapy for Depression (IPT)	IPT is a short-term therapy (8-20 weeks) that is based on an attachment model, in which distress is tied to difficulty in interpersonal relationships. IPT targets the TAY population suffering from non-psychotic, uni-polar depression. IPT targets not only symptoms, but improvement in interpersonal functioning, relationships, and social support. Therapy focuses on one or more interpersonal problem areas, including interpersonal disputes, role transitions, and grief and loss issues.	Children (ages 12-15) TAY (ages 16-18)
14	Loving Intervention Family Enrichment Program (LIFE)	An adaptation of Parent Project, LIFE is a 22-week skills-based curriculum implemented with multi-family groups for parents with children at risk of or involved with the juvenile justice system. The program was designed for low income Latino families with monolingual (Spanish) parents of children at high-risk of delinquency and/or school failure.	Children (ages 10-15) TAY (ages 16-17)
15	Managing and Adapting Practice (MAP)	MAP is designed to improve the quality, efficiency, and outcomes of children's mental health services by giving administrators and practitioners easy access to the most current scientific information and by providing user-friendly monitoring tools and clinical protocols. Using an online database, the system can suggest formal evidence-based programs or, alternatively, can provide detailed recommendations about discrete components of evidence-based treatments relevant to a specific youth's characteristics. Whether services are delivered through existing evidence-based programs or assembled from components, the MAP system also adds a unifying evaluation framework to track outcomes and practices.	Children (ages 0-15) TAY (ages 16-21)

Program Name		Summary Description	Age Groups Served
16	Multidimensional Family Therapy (MDFT)	A family-based treatment and substance-abuse prevention program to help adolescents (11-18) to significantly reduce or eliminate an adolescent's substance abuse and their behavior/conduct problems, and improve overall family functioning through multiple components, assessments, and interventions in several core areas of life. MDFT has separate and distinct objectives for both adolescent and parent. There are also two intermediate intervention goals for every family: 1) helping the adolescent achieve an interdependent attachment/bond to parents/family; and 2) helping the adolescent forge durable connections with pro-social influences such as schools, peer groups, and recreational and religious institutions.	Children (ages 11-15) TAY (ages 16-18)
17	Multisystemic Therapy (MST)	Targets youth (12-17) with criminal behavior, substance abuse and emotional disturbance, as well as juvenile probation youth. MST typically uses a home-based model of service delivery to reduce barriers that keep families from accessing services. MST therapists concentrate on empowering parents and improving their effectiveness by identifying strengths and developing natural support systems (e.g. extended family, friends) and removing barriers (e.g. parental substance abuse, high stress). Family to take the lead in setting treatment goals as the therapist helps them to accomplish their goals.	Children (ages 11-15) TAY (ages 16-17)
18	Nurse Family Partnership (NFP)	Provides home visits by registered nurses to first-time, low-income mothers, beginning during pregnancy and continuing through the child's second birthday. Nurses begin 60-90 minute visits with pregnant mothers early in their pregnancy (about 16 weeks gestation). Registered nurses visit weekly for the first month after enrollment and then every other week until the baby is born. Visits may continue until the baby is two years old. Nurses use their professional nursing judgment and increase or decrease the frequency and length of visits based on the client's needs.	Young Children (ages 0-2)
19	Parent-Child Interaction Therapy (PCIT)	Highly specified, step-by-step, live-coached sessions with both the parent/caregiver and the child. Parents learn skills through PCIT didactic sessions. Using a transmitter and receiver system, the parent/caregiver is coached in specific skills as he or she interacts in specific play with the child. The emphasis is on changing negative parent/caregiver-child patterns.	Young Children (ages 0-5) Children (ages 6-12)
20	Prolonged Exposure Therapy for Post Traumatic Stress (PE-PTSD)	PE-PTSD is designed as an early intervention, cognitive behavioral treatment model for individuals (18-70 years) who may be experiencing symptoms indicative of early signs of mental health complications due to experiencing one or more traumatic events. PE-PTSD can be used to treat Veterans and/or their families who have experienced single or multiple/continuous traumas and have post-traumatic stress disorder (PTSD). The individual therapy is designed to help clients process traumatic events and reduce their PTSD symptoms as well as depression, anger, and general anxiety. Treatment consists of 8-15 sessions conducted once or twice weekly for 90-minutes each.	TAY (ages 18-25) Adults Older Adults
21	Seeking Safety (SS)	Designed for flexible use with diverse populations and settings (outpatient, inpatient, residential) and can be conducted in group or individual format. Treatment is intended for individuals or groups who are trauma-exposed, experiencing symptoms of trauma(s) and/or abusing substance. Seeking Safety has been used with people who have a trauma history, but do not meet criteria for PTSD.	Children (ages 13-15) TAY (ages 16-20)
22	Strengthening Families (SF)	A manualized parenting skills, children's life skills, and family life skills training program for high risk families. Parents and children participate in fourteen 2-hour multifamily group sessions, both separately and together as a family. Parent group sessions includes: understanding the risk factors for substance use, enhancing parent-child bonding, monitoring compliance with parental guidelines, managing anger and family conflict, and fostering positive child involvement in family tasks. Child peer group instruction includes: communication skills, motivation, peer resistance, and problem solving skills.	Children (ages 3-15) TAY (ages 16)
23	Trauma Focused CBT (TF-CBT)	An early intervention for children and TAY populations who may be at risk for symptoms of depression and psychological trauma due to experiencing any number of traumatic events. Services are specialized mental health services delivered by clinical staff, as part of multi-disciplinary treatment teams. Program is intended to reduce symptoms of depression and psychological trauma.	Children (ages 3-15) TAY (ages 16-18)

Program Name		Summary Description	Age Groups Served
24	Triple P Positive Parenting Program (Triple P)	Triple P is intended for the prevention and early intervention of social, emotional and behavioral problems in childhood, the prevention of child maltreatment, and the strengthening of parenting and parental confidence. An EBP parenting program and system for delivering parenting information to large and small populations. DMH is implementing Level 4 and Level 5 trainings at most clinics, emphasizing broad focus parenting skills training and behavioral family interventions. Target population is towards parents/caregivers of children ages 0-16 years.	Young Children (ages 0-5) Children (ages 6-15) TAY (ages 16-18)
25	UCLA Ties Transition Model (UCLA TTM)	UCLA Ties Transition Model (TTM) – Young Children. TTM intends to promote successful adoption, growth and development of high risk children. TTM employs interventions to reduce barriers to adoption and supports successful transition into permanent homes. Services include a 9 hour preparation course for adoptive parents, individual child development assessments, and pre-placement consultation. Additional service and support available to families for up to one year include: monthly support sessions, adoption-specific counseling, home visiting if child is less than age 3, interdisciplinary educational and pediatric consultation.	Young Children (ages 0-5) Children (ages 6-8)