

Fact Sheet for Child Welfare Professionals

Descriptions of Current Programs Rated at the CEBC's Highest Scientific Level

1- Well Supported-Effective Practice

www.cachildwelfareclearinghouse.org

What is the California Evidence-Based Clearinghouse for Child Welfare (CEBC)?

The purpose of the CEBC is to provide practical and efficient ways of informing child welfare administrators, front line supervisors/child welfare workers, community service providers and academic institutions about evidence-based practice within child welfare. The CEBC provides information on selected evidence-based practices through a user-friendly website.

How does a program earn a rating of "1-Well Supported-Effective Practice"?

A Scientific Rating of "1-Well Supported-Effective Practice," the CEBC's highest rating, is based on the available published, peer-reviewed research. The practice must have at least two randomized controlled trials that show the practice is superior to an appropriate comparison practice and has a sustained effect of at least one year.



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Parent Training

Parent-Child Interaction Therapy (PCIT)

PCIT was developed for families with young children experiencing behavioral and emotional problems. Therapists coach parents during interactions with their child to teach new parenting skills. These skills are designed to strengthen the parent-child bond; decrease harsh and ineffective discipline control tactics; improve child social skills and cooperation; and reduce child negative or maladaptive behaviors. Parents learn relationship enhancement and discipline skills, which can transfer to other areas of the child's life. *PCIT* is an empirically supported treatment for child disruptive behavior and is a recommended treatment for physically abusive parents.

For Further Information: <http://www.pcit.org>

Age	Target Population(s)
3- 6 years Adaptable up to age 12	<p><u>Populations Represented in the Research</u></p> <ul style="list-style-type: none"> Children with oppositional and/or defiant behavior and biological, adoptive or foster parent(s). <i>PCIT</i> has been adapted and tested with Mexican American children. <p><u>Other Populations Who have Received this Therapy</u></p> <ul style="list-style-type: none"> Physically Abusive Parents

Parent Training (Continued)

The Incredible Years

The Incredible Years series is a set of three separate, multifaceted, and developmentally based curriculums for parents, teachers, and children. This series is designed to promote emotional and social competence and to prevent, reduce, and treat behavioral and emotional problems in young children. The parent, teacher, and child programs can be used separately or in combination. There are treatment versions of the parent and child programs as well as prevention versions for high-risk populations.

For Further Information: <http://www.incredibleyears.com>

Age	Target Population(s)
4-8 years	<p><u>Populations Represented in the Research</u></p> <ul style="list-style-type: none"> • Children with oppositional and/or defiant behavior and their (biological, adoptive or foster) parent(s) and teachers. • Tested with Hispanic Populations.

Triple P- Positive Parenting Program

The *Triple P-Positive Parenting Program* is a multi-level system of parenting and family support. It aims to prevent severe behavioral, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. It can be provided individually, in a group, or a self-directed format. It incorporates five levels of intervention on a tiered continuum of increasing strength for parents of children and adolescents from birth to age 16. The multi-disciplinary nature of the program allows utilization of the existing professional workforce in the task of promoting competent parenting. The program targets five different developmental periods from infancy to adolescence. Within each developmental period, the reach of the intervention can vary from being very broad (targeting an entire population) to quite narrow (targeting only high-risk children). *Triple P-Positive Parenting Program* enables practitioners to determine the scope of the intervention given their own service priorities and funding.

For Further Information: <http://www.TripleP-America.com>

Age	Target Population(s)
0-16 years	<p><u>Populations Represented in the Research</u></p> <ul style="list-style-type: none"> • Children with oppositional and/or defiant behavior and biological, adoptive or foster parent(s). • Adapted and tested with children with developmental delays.

Parental Substance Abuse

Motivational Interviewing (MI)

MI is a client-centered, directive method designed to enhance client motivation for behavior change. It focuses on exploring and resolving ambivalence by increasing intrinsic motivation to change. *MI* has been shown to be effective in improving substance abuse outcomes by itself, as well as in combination with other treatments.

For Further Information: <http://www.motivationalinterview.org>

Age	Target Population(s)
N/A	<p><u>Populations Represented in the Research</u></p> <ul style="list-style-type: none"> • Adults with Substance Abuse Problems • <i>MI</i> was tested with African-American, Hispanic, and Native American populations.

Placement Stabilization

Multidimensional Treatment Foster Care (MTFC)

MTFC is a model of treatment foster care for children 12-18 years old with severe emotional and behavioral disorders and/or severe delinquency. *MTFC* aims to create opportunities for youths to successfully live in families rather than in group or institutional settings, and to simultaneously prepare their parents (or other long-term placement) to provide youth with effective parenting. Four key elements of treatment are (1) providing youths with a consistent reinforcing environment where he or she is mentored and encouraged to develop academic and positive living skills, (2) providing daily structure with clear expectations and limits, with well-specified consequences delivered in a teaching-oriented manner, (3) providing close supervision of youths' whereabouts, and (4) helping youth to avoid deviant peer associations while providing them with the support and assistance needed to establish pro-social peer relationships.

For Further Information: <http://www.mtfc.com>

Age	Target Population(s)
12-18 years	<u>Populations Represented in the Research</u> <ul style="list-style-type: none"> • Adolescents with severe delinquency issues.

Trauma Treatment for Children

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is a conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles. *TF-CBT* is a program with strong evidence base. Research has specifically shown *TF-CBT* to be effective in treatment of sexually abused children.

For Further Information: www.musc.edu/tfcbt

Age	Target Population(s)
3-18 years	<u>Populations Represented in the Research</u> <ul style="list-style-type: none"> • Children who have been sexually abused and a parent, caretaker, legal guardian, or supportive adult. (Therapy can also be conducted without adult involvement.) • <i>TF-CBT</i> has been adapted and tested with Hispanic children. • Children experiencing Traumatic Grief <u>Other Populations Who have Received this Therapy</u> <ul style="list-style-type: none"> • Children exposed to domestic violence