

Revised: 2-28-23

Interventions that States, Tribal Nations, and U.S. Territories Plan to Include in Their Family First Prevention and Services Act Plan (Third Edition)¹

Document Overview

As of January 6, 2023, the FFPSA Prevention Services Clearinghouse has reviewed **129** programs and services; 66 of these have been rated – with 33 rated as *promising*, 16 as *supported*, or 17 as *well-supported*.² This document provides information about three areas:

- (1) What interventions have been rated by the FFPSA Prevention Clearinghouse (Table 1) or approved through the ACF Technical Review process (Table 2).
- (2) Interventions that were reviewed by the Prevention Clearinghouse but had insufficient evidence for review. (See Appendix A for that information and the [Clearinghouse](#) website for which interventions are currently under review or planned for review.)
- (3) The interventions that states plan to include in their FFPSA plan or have included in their plan that has been approved for use by the Federal Government. (See Table 3.)

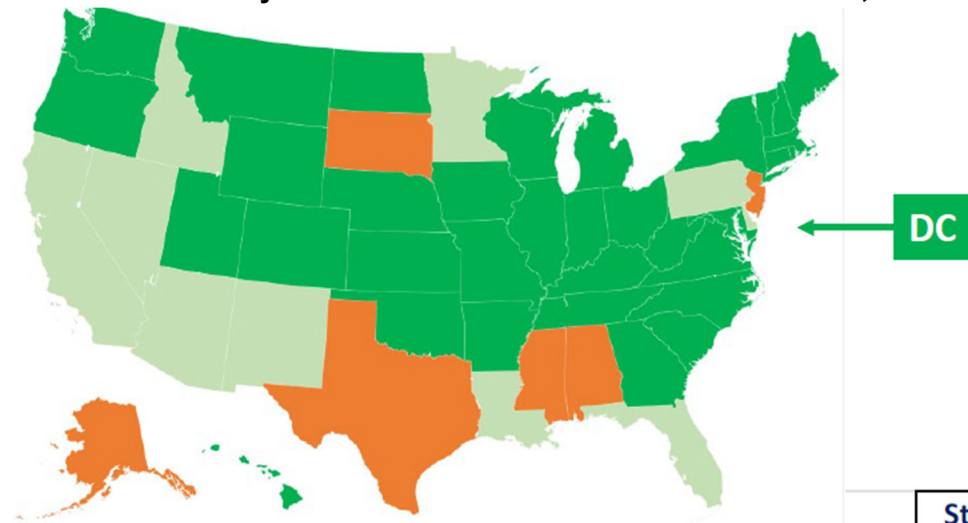
Note that this is a very dynamic situation, and states may update their intervention choices at any time and seek Federal approval for that change. We will publish updates of this summary about twice per year to keep this as accurate as possible. For example, Washington DC has received approval to claim for Motivational Interviewing under Family First as part of the District's comprehensive evidence-based prevention service array, in addition to its use as a substance abuse treatment service.³ Jurisdictions and American Indian/Alaskan Native tribal nations with approved FFPSA plans are depicted in Figure 1 and via the notes below that figure -- which was designed by Don Winstead using information from the ACF/CB website as of December 22, 2022.

¹ For more information about this summary please contact Peter J. Pecora in Research Services, Casey Family Programs. E-mail: PPecora@casey.org Phone: 206-270-4936.

² See <https://preventionservices.abtsites.com/> and <https://preventionservices.abtsites.com/program>

³ See Table 3 and page 23 in https://familyfirstact.org/sites/default/files/DC%20Title%20IV-E%20Prevention%20Program%20Five-Year%20Plan_Amended%209.8.20.pdf

Figure 1. Status of Family First Prevention Plans as of December 22, 2022



Tribes and Territories Submitted or Approved		States & DC	Tribes & Territories	Total
EASTERN BAND OF CHEROKEE INDIANS CHEROKEE, NORTH CAROLINA	Approved	35	3	38
CHEROKEE NATION, TALHLEQUAH, OK	Submitted - Not Approved	10	2	12
SALT RIVER PIMA MARICOPA INDIAN COMMUNITY				
PORT GAMBLE S'KLALLAM TRIBE	Not Yet Submitted	6	8	14
PUERTO RICO				
Total		51	13	64

Compiled by Don Winstead Consulting from ACF/CB web site
Dec. 23, 2022

FFPSA Federal Approval of State Plans: [Status](#) as of January 6, 2023

- **Approved plan** (36 States plus DC): (AR, CO, CT, DC, GA, HI, IA, IL, IN, KS, KY, MA, MD, ME, MI, MN, MO, MT, NC, ND, NE, NH, NY, OH, OK, OR, RI, SC, TN, UT, VA, VT, WA, WI, WV, WY) **American Indian/Alaskan Native Tribal Nations:** Cherokee Nation (Talhlequah, Oklahoma); Eastern Band of Cherokee Indians (Cherokee, North Carolina); and Salt River Pima-Maricopa Indian Community (Arizona)
- **Submitted plan but not yet approved** (9 states): AZ, CA, DE, FL, ID, LA, NV, NM, PA **American Indian/Alaskan Native Tribal Nations:** Port Gamble S’Klallam Tribe of Kingston, WA (**U.S. Territories:** Puerto Rico (Note that Alaska submitted but then withdrew their state plan; and the Aleut Community of St. Paul Island, AK submitted a plan, received feedback and may be working on a revised plan.)
- **Not yet submitted a plan:** AL, MS, NJ, SD, TX, **American Indian/Alaskan Native Tribal Nations:** Keweenaw Bay Indian Community (Baraga, Michigan); Mashpee Wampanoag Tribe (Massachusetts); Navaho Nation (Window Rock, AZ); Pacua Yaqui Tribe (Tucson, AZ); Penpscot Indian Nation (Maine); Tolowa Dee-ni’ Nation (Smith River, CA) **U.S. Territories:** Guam, U.S. Virgin Islands.

Table 1. Programs That Have Been Rated by the FFPSA Prevention Services Clearinghouse and Their Program Categories as of January 25, 2023

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
WELL-SUPPORTED				
Brief Strategic Family Therapy (BSFT)	X	X	X	
Familias Unidas	X	X	X	
Families First (Utah Youth Village Model)	X	X		
Family Check-up	X	X		
Functional Family Therapy (FFT)		X		
Generation PMTO - Group				
Guiding Good Choices® (GGC), formerly known as Preparing for the Drug Free Years (PDFY)	X	X	X	
Healthy Families America	X			
Homebuilders Intensive Family Preservation and Reunification Services	X			
Intercept	X			
Mindfulness-Based Cognitive Therapy (MBCT)				
Motivational Interviewing (MI) ⁴			X	
Multisystemic Therapy (MST)		X	X	
Nurse-Family Partnership (NFP)	X	X		
Parent-Child Interaction Therapy (PCIT)		X		
Parents as Teachers	X			
Strong African American Families (SAAF)		X	X	
SUPPORTED				
Arizona Kinship Support Services (AKSS)				X
Child First	X	X		
Eye Movement Desensitization and Reprocessing - Standard Protocol	X			
Families Facing the Future			X	

⁴ Washington D.C. has been approved to also use Motivational Interviewing as a “cross-cutting” case management intervention, in addition to substance abuse.

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
Family-Centered Treatment® (FCT)	X			
Fostering Healthy Futures for Preteens® (FHP)		X		
Interpersonal Psychotherapy for Depressed Adolescents (Weissman et al., manual)		X		
Mindfulness-Based Cognitive Therapy for Parents (MBCT-P)		X		
Multi-Dimensional Family Therapy	X	X	X	
Parenting with Love and Limits® (PLL)	X	X		
Parents Anonymous	X	X	X	
Prolonged Exposure Therapy for Adolescents with PTSD		X		
SafeCare ⁵	X			
Sobriety Treatment and Recovery Teams (START)	X		X	
Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14)		X	X	
Triple P – Positive Parenting Program – Online (Level 4)		X		
PROMISING				
Adolescent Community Reinforcement Approach			X	
Aggression Replacement Training® (ART)				
Bounce Back		X		
Child-Centered Group Play Therapy		X		
Child-Centered Play Therapy		X		
Child-Parent Psychotherapy (CPP)		X		
Child-Parent Relationship Therapy		X		
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)		X		
Cognitive Processing Therapy (CPT)		X		

⁵ SafeCare was also submitted to the Prevention Clearinghouse via a technical review with a rating of Well-Supported. Because the Prevention Clearinghouse rating is lower, a new study will need to be submitted to the Clearinghouse for re-review of that intervention.

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
Colorado Kinnected Kinship Navigator Program (Colorado Kinnected)				X
Community Reinforcement Approach + Vouchers (CRA + Vouchers)			X	
Coping Cat – Group		X		
Coping Cat – Individual		X		
Effective Black Parenting Program (EBPP)		X		
Families and Schools Together® (FAST®) – Elementary School Level		X		
Family Spirit	X			
Generation PMTO – Individual [formerly known as Parent Management Training – Oregon Model (PMTO®)]	X	X		
Incredible Years – School Age Basic Program	X			
Incredible Years – Toddler Basic Program	X			
Intensive Care Coordination Using High Fidelity Wraparound (Wraparound)		X		
Interpersonal Psychotherapy for Depressed Adolescents		X		
Iowa Parent Partner Approach	X			
Methadone Maintenance Therapy			X	
Mindful Mood Balance (MMB)		X		
Ohio’s Kinship Supports Intervention/ProtectOHIO				X
On the Way Home® (OTWH)	X	X		
Prolonged Exposure Therapy for PTSD (Adults)		X		
TBRI – 101 (Trust-Based Relational Therapy for caregivers)		X		
Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)		X		
Triple P – Positive Parenting Program - Group (Level 4)		X		
Triple P – Positive Parenting Program – Self-Directed (Level 4)		X		
Triple P – Positive Parenting Program Standard (Level 4)		X		
Trust-Based Relational Intervention – Caregiver Training		X		

Table 2. Interventions with Ratings Approved via the U.S. Children’s Bureau Technical Review Process

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
SUPPORTED				
Family Centered Treatment (FCT) FCT is now rated as <i>Supported</i> by the Clearinghouse.		X		
Intercept (Formerly Youth Villages Intercept) Submitted by Arkansas) (now rated as <i>Well-Supported</i> by the Clearinghouse)	X			

Interventions that States Plan to Include in Their FFPSA Prevention Plan

In Table 3 we identify the interventions that states, AI/AN Tribal Nations, Washington, D.C., and the U.S. Territories have included in their FFPSA plan or have had approved by the Federal Government. In this edition of the summary, we include about eight American Indian/Alaskan Native-focused interventions that were included in the Alaska FFPSA state plan, which was submitted to the U.S. Children’s Bureau but then withdrawn. Note that Family Spirit was recently rated as Promising by the Prevention Clearinghouse.

The interventions selected by 15 or more states, Tribal Nations, U.S. Territories and Washington, D.C. are listed below:

- Functional Family Therapy (34 jurisdictions)
- Healthy Families America (25 jurisdictions)
- Homebuilders (16 jurisdictions)
- Motivational Interviewing (29 jurisdictions)
- Multi-Systemic Therapy (also related to Intercept in 5 jurisdictions) (28 jurisdictions)
- Nurse Family Partnership (20 jurisdictions)
- Parent Child Interaction Therapy (26 jurisdictions)
- Parents as Teachers (28 jurisdictions)
- Trauma-Focused Cognitive Behavioral Therapy (17 jurisdictions)

It was important to see that some jurisdictions have selected Clearinghouse-rated interventions that were created for specific children and families of color:

- Effective Black Parenting Program (EBPP)
- Familias Unidas
- Family Spirit

The number of interventions with evidence that they are effective with children and families of color and *LGBTQ2SI+* persons is increasing but many more evaluation studies need to be completed.⁶

⁶ See for example:

- O’Brien, J., Evans, J., Heaton, L., Hyland, S., & Weiner, D. (2021). *Elevating culturally specific evidence-based practices*. Chicago: Chapin Hall at the University of Chicago. Retrieved from <https://www.chapinhall.org/wp-content/uploads/Elevating-Culturally-Specific-EBPs.pdf>
- Pecora, P.J., Klein, R., Simon, J., Foster, L.J.J., & Keller, C. (2023). *Interventions Shown to be Effective with Children and Families of Color and LGBTQ2SI+ Persons Being Served with Family First Funding*. (Second Edition). Seattle, WA: Casey Family Programs.
- Thomas, K., & Halbert, C. (2021). *Transforming child welfare: Prioritizing prevention, racial equity, and advancing child and family well-being*. National Council on Family Relations Policy Brief, 6(1), Retrieved from <https://www.ncfr.org/policy/research-and-policy-briefs/transforming-child-welfare>

State Intervention Planning Notes

- **Arkansas:** Most of these EBPs will be implemented in phases.
- **Hawaii:** State leaders will review whatever services are submitted through Clearinghouse current “Call for Services” and will further use those as guideline on how to proceed with Services assessment.
- **Kansas:** Kansas has developed their own approach to Family Preservation Services, and this intervention has been accessed extensively as a prevention program for families. It will remain an option for home-based, intensive, therapeutic and/or case management services offered to families in crisis when children are at high risk of out-of-home placement.
- **Kentucky:** Interventions listed are from their submitted FFPSA plan.
- **Nebraska Additional Interventions:** Nebraska did a Request for Qualifications (RFQ) and these are the providers’ proposed models that scored sufficiently. This is subject to change based on outcomes of the Gaps/Needs Analysis being conducted by Chapin Hall. The Nebraska RFQ is still open for providers to apply to at this time. Nebraska is working towards setting rates for the 9 services and will share that information with the provider community once reviewed, approved, and finalized by executive leadership.
 - Family Centered Treatment (FCT)
 - Functional Family Therapy
 - Healthy Families America
 - Homebuilders
 - Motivational Interviewing (MI)
 - Multisystemic Therapy
 - Parent Child Interaction Therapy (PCIT)
 - Parents As Teachers
 - PCIT
 - TF-CBT
- **New Jersey:** In the table are the interventions already being provided and those that have been provided prior to FFPSA. Due to Medicaid-related FFPSA guidance released recently, the state is in the process of considering additional models.
- **Ohio:** Ohio is planning to use three implementation phases, with additional interventions implemented in phases 2 and 3. All the interventions, however, are included in Table 3.
- **Oregon:** Oregon has also identified several EBPs of interest for future phases of implementation: Community Healing Initiative (CHI), FAIR (Families Actively Improving Relationships), Healthy Families American (HFA)/Healthy Families Oregon (HFO), Make Parenting a Pleasure (adapted), Nurse-Family Partnership (NFP), Parents Anonymous, Parent Management Training Oregon (PMTO), Self Enhancement Model (SEM), Sobriety Treatment and Recovery Teams (START), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Youth Villages – Intercept. They also plan to implement some **Tribal Best Practices:** Adventure Based Practices, Canoe Journey – Family, Ceremonies and Rituals, Cradle Boards, Cultural Camp, Domestic Violence Group Treatment for Men, Family Spirit, Family Unity, Healthy Relationship Curriculum, Horse Program, Native American Community Mobilization, Native American Storytelling, Positive Indian Parenting, Powwow, Round Dance, Sweat Lodge, Talking Circle, Trauma Recovery and Empowerment Model (TREM), Tribal Crafts, Tribal Family Activities, Tribal Youth Conference. (See pp. 22-25 in the Oregon plan.)
- **Utah:** Services that are currently being considered for future amendments (which will be reviewed by the University of Utah) include ACT, DBT (for youth and for adults), Helping Men Recover, and Helping Women Recover. Utah is also considering Multi-Systemic Treatment as an intervention as well as Wraparound or High-Fidelity Wraparound.
- **Washington DC:** The District of Columbia (Washington DC) also included in its plan the following interventions that need further evaluation but that they see as effective for their families: Mobile Stabilization Services (MSS), Certified Peer Specialists, Family Peer Coaches - Strengthening Family Coping Resources (SFCR),⁴⁴ C.A.S.E. - Center for Adoption Support and Education, Adoptions Together, and The Association for Successful Parenting (TASP): Successful Parenting DC.⁴⁵

⁴⁴ Family Peer Coaches Program (Certified Family Peer Specialists) group classes use the Strengthening Family Coping Resources (SFCR) Model. Staff are Certified Peer Specialists trained by DC Department of Behavioral Health.

⁴⁵ For more information about The Association for Successful Parenting (TASP), see: <http://achancetoparent.net/dc-project/>

- **Washington State:** State leaders also have plans to undertake additional Evidentiary Review (as specified in the Transitional Payment PI) and submit an expanded list in the future. They chose their initial list primarily based on EBPs that they already have contracts for, and have some level of supportive infrastructure in place, in addition to the EBP having been reviewed or under review by the Clearinghouse.

Interventions Especially Appropriate for American Indian/Alaskan Native Families

Tribes who are approved for direct Title IV-E funding from the federal government are not bound by the Evidence-Based Program requirement but can qualify programs for Family First funding under separate tribal criteria using community and practice-based evidence. It is likely that several programs included in the Oregon and Alaska plans would meet these criteria. Tribes that access Title IV-E through a tribal-state agreement, however, can currently receive Family First funding only for approved Evidence Based Programs, although guidance summarized in ACYF-CB-IM-21-04 indicates that some cultural adaptations to EBPs are permissible. None of the activities and programs listed in this chart have been approved as interventions as of this time. Of course, both states and tribes can support these programs and include them as part of a comprehensive prevention strategy regardless of whether they qualify for Family First funding. Some of the interventions that Alaska, Oregon, Washington, and other states might be considering are listed in the table below:

- Adventure Based Practices
- Canoe Journey – Family
- Ceremonies and Rituals
- Cradle Board
- Cultural Camp
- Domestic Violence Group Treatment for Men
- Family Spirit
- Family Unity
- Fatherhood is Sacred
- Healthy Relationship Curriculum
- Horse Program
- Linking Generations by Strengthening Relationships
- Motherhood is Sacred
- Native American Community Mobilization
- Native American Storytelling
- Positive Indian Parenting
- Powwow
- Round Dance
- Sweat Lodge
- Talking Circle
- Trauma Recovery and Empowerment Model (TREM)
- Tribal Crafts
- Tribal Family Activities
- Tribal Youth Conference
- Two Spirit Program
- Yéil Koow Shaawát (Raven Tail Woman)

Appendix A: Technical Reviews and Programs That Have Been Rated by the Prevention Services Clearinghouse and Found to Have Insufficient Evidence

Table A1. Technical Reviews or Studies of Interventions that States Plan to Conduct or Have Conducted That Have Not Yet Been Approved by the U.S. Children’s Bureau

State	Interventions Being Reviewed (Lead Reviewers Known at this Time)
Arizona	Arizona is considering submitting new research evidence for Family Connections and the Nurturing Parenting Program.

State	Interventions Being Reviewed (Lead Reviewers Known at this Time)
Colorado	<p>(Contact Elysia Clemens, <i>Colorado Evaluation Lab at the University of Denver</i>: elysia@coloradolab.org)</p> <ul style="list-style-type: none"> • High Fidelity Wraparound (Technical review rating was <i>Promising</i> – and was reviewed and rated by the Children’s Bureau as <i>Promising</i>.) <p>Other practices reviewed or in progress...</p> <ul style="list-style-type: none"> • Differential Response (DR) was rated as <i>Well-Supported</i> but not yet framed within the CO Prevention Plan or submitted to the Children’s Bureau. • Child First: proposed rating is supported from the technical review – not yet submitted. • Fostering Healthy Futures for Pre-Teens: proposed rating is well-supported from the technical review – not yet submitted. • Fostering Healthy Futures for Teens: proposed rating is supported from the technical review – not yet submitted.
Kentucky	<p>All EBPs are being reviewed by the Public Consulting Group (PCG):</p> <ul style="list-style-type: none"> • 1-2-3 Magic
Utah	<p>With Iowa’s permission, Utah included the SafeCare technical review in their state FFPSA plan resubmission. That review was completed by Peter J. Pecora (Casey Family Programs), Antonio Garcia (University of Kentucky), and Audrey Schnell (The Analysis Factor). Note that shortly after Utah submitted the technical review for SafeCare to the Federal government, the Clearinghouse announced it had completed its review of that intervention and rated SafeCare as <i>Supported</i>. So Utah withdrew their technical review submission. However, based on that technical review, the Clearinghouse rating was appealed by Utah and the SafeCare development team. Unfortunately, the evidence rating was not changed. The intervention that Utah plans to review next is "Families First," which is based on the Teaching Family Model. This is an existing parenting service in Utah.</p>
Washington	<p>Washington DCYF contracted with Dr. Angelique Day of the University of Washington, School of Social Work to conduct a technical review of Family Spirit. The Prevention Clearinghouse recently rated Family Spirit as <i>Promising</i>.</p>

Table A2. Programs That Have Been Reviewed by the Prevention Services Clearinghouse but the Evidence Does Not Currently Meet Criteria to be Rated as of January 25, 2023

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
Active Parenting™	X	X	X	
Active Parenting: First Five Years™	X	X		
Active Parenting of Teens™	X	X	X	
Active Parenting for Teens: Families in Action™	X	X	X	
Active Parenting for Teens: Teens in Action™		X	X	
Alternatives for Families – A Cognitive Behavioral Therapy		X		
Attachment and Biobehavioral Catch-up – Infant	X	X		
Attachment and Biobehavioral Catch-up – Toddler	X	X		
Being Brave		X		
Brave		X		
C.A.T.		X		
Camp Cope-A-Lot		X		
Chicago Program		X		
Children’s Home Society of New Jersey (CHSofNJ) Kinship Navigator Model				X
Circle of Security -- Intensive™		X		
Circle of Security -- Parenting™		X		
Criando con Amor: Promoviendo Armonía y Superación – Jóvenes (CAPAS-Youth)		X		
Early Pathways	X	X		
ezPARENT		X		
Familias Fuertes		X	X	
Familias Unidas: eHealth	X	X	X	
Families Actively Improving Relationships	X	X	X	
Families and Schools Together® (FAST®) – Early Childhood Education Level		X		
Families and Schools Together® (FAST®) – High School Level				

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
Families and Schools Together® (FAST®) – Middle School Level				
Family Behavior Therapy – Adolescent (Adolescent FBT)			X	
Family Behavior Therapy – Adult (Adult FBT)			X	
Family Behavior Therapy – Adult with Child Welfare Supplement (Adult FBT-CWS)			X	
Fostering Healthy Futures® for Teens (FHF-T)		X		
Functional Family Therapy – Child Welfare		X	X	
Functional Family Therapy – Therapeutic Case Management (FFT-TCM)	X	X		
Helping Women Recover (HWR) and Beyond Trauma (BT) ⁴⁶			X	
Incredible Years: Parents and Babies Program		X		
Incredible Years: Pre-school Basic Program				
Incredible Years: Toddler Basic Program				
Interpersonal Psychotherapy (Stuart and Robertson manual)		X		
Kinship Interdisciplinary Navigation Technologically-Advanced Model (KIN-Tech)				X
Mindfulness-Based Cognitive Therapy for Anxious Children (MBCT-C)		X		
Multi-Media Circle of Life (m-COL)		X	X	
Multisystemic Therapy (MST) Prevention	X	X	X	
Multisystemic Therapy (MST) – Substance Abuse	X	X	X	
Multisystemic Therapy (MST) for Child Abuse and Neglect		X		
Nurturing Parenting Program for Parents & Their Infants, Toddlers, & Preschoolers (NPP-ITP)	X			
Nurturing Parenting Program for Parents & Their School Age Children 5 to 11 Years (NPP 5-11)	X			
Parent Connectors	X	X		
Parenting Wisely – Teen Edition	X	X	X	
Parenting Wisely – Young Child Edition	X	X		

⁴⁶Helping Women Recover (HWR) and Beyond Trauma (BT) are two curricula delivered sequentially as one trauma-informed and trauma-responsive intervention (HWR+BT).

Program and Evidence Rating	In-Home Parent Skill-Based	Mental Health	Substance Abuse Treatment	Kinship Navigator
Positive Indian Parenting	X	X		
Sacred Journey		X		
Safe Environment for Every Kid (SEEK™)		X		
SafeCare Augmented	X			
Seeking Safety			X	
Solution-Based Casework (SBC)	X			
Strengthening Families Program 12-16		X	X	
Strengthening Families Program 3-5		X	X	
Strengthening Families Program 6-11				
Strengthening Families Program Birth to Three				
Strong African American Families - Teen		X	X	
The Matrix Model			X	
The Seven Challenges - Adolescents			X	
The Seven Challenges - Adults			X	
Together Facing the Challenge		X		