

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DEPARTMENT OF BEHAVIORAL HEALTH



# DBH Evidence-Based Practices Fact Sheet

EBP Service	Description	Age & Delivery Setting	Inclusionary Criteria	Exclusionary Criteria	DBH / MCO Service	Treatment Duration/ Rate	Provider Contact Information	System Capacity	
								# Therapists	Max # capacity
<b>INTERVENTIONS FOR CHILDREN 0 TO AGE 6</b>									
<b>Child Parent Psychotherapy for Family Violence (CPP-FV)</b>	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 experience of trauma.	<b>Ages range</b> from 0-6 years old  <b>Delivery Setting:</b> CPP-FV is typically conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	<b>Child Victims or witnesses of :</b> <ul style="list-style-type: none"> <li>family violence</li> <li>intimate partner violence</li> <li>child physical abuse</li> <li>child sexual abuse</li> </ul>	<ul style="list-style-type: none"> <li>Child does not have a trauma or maltreatment history</li> <li>Child does not have a significant caregiver participating in treatment</li> </ul>	DBH & MCO	Average length/number of sessions: 50 or approximately one year	<b>DBH PIECE Program</b> 821 Howard Rd., SE Washington, DC 202-698-1838 <b>Insurance Accepted:</b> <b>AmeriHealth and Trusted Beacon Medstar-Value Option</b>	5	25
							<b>Latin America Youth Center</b> 1419 Columbia Road, NW Wash., DC 20009 202-319-2225 <b>Insurance Accepted:</b> <b>AmeriHealth and Trusted Beacon</b>	1 [Bilingual]	4

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							[CFSA Provider] Post Permanency Center of Adoptions Together 900 Varnum St. NE Wash., DC 20012 202-6298-0205	3	15
<b>Parent Child Interaction Therapy (PCIT)</b>	PCIT is a supported treatment for conduct-disordered young children. It places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.	<b>Ages range</b> from 2-6 years old  <b>Delivery Setting:</b> Outpatient Clinic	<b>Children who exhibit:</b> <ul style="list-style-type: none"> <li>• loss of temper</li> <li>• property destruction</li> <li>• stealing</li> <li>• fighting</li> <li>• general difficulty playing appropriately</li> </ul>	<b>Child is diagnosed with:</b> <ul style="list-style-type: none"> <li>• Autism</li> <li>• PDD</li> <li>• <b>exclusive</b> ADHD</li> <li>• Children whose parents have sexually abused their children (or convicted of such a crime) or who</li> </ul>	<b>MCO only</b>	Children and caregiver participate in a series of therapy sessions: approximately 12 to 16 sessions	<b>DBH PIECE Program</b> 821 Howard Rd., SE Washington, DC 202-698-1838 <b>Insurance Accepted:</b> <b>AmeriHealth and Trusted Beacon Medstar-Value Option</b>	5	25

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			<ul style="list-style-type: none"> <li>Child must live with one or both parents or in a stable foster homes</li> <li>Children must be a resident or ward of the District of Columbia</li> </ul>	<ul style="list-style-type: none"> <li>have an active investigation pending are not eligible for PCIT.</li> <li>Parents with active substance abuse (should be referred for substance abuse treatment before being referred for PCIT).</li> <li>Parents with an IQ below 75</li> </ul>			<b>Mary's Center</b> 2333 Ontario Road, NW Wash., DC 20009 202-483-8319 <b>Insurance Accepted:</b> <b>AmeriHealth, Trusted/Beacon, MedStar-Value Options, HSCSN, and Care First</b>	2 [Bilingual]	10
<b>INTERVENTIONS FOR CHILDREN AND YOUTH</b>									
<b>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</b>	TF-CBT is an intervention designed to help children, youth, and their parents overcome the negative effects of	<b>Ages range</b> from 4-18 years old.  <b>Delivery Setting:</b> TF-CBT is typically	<b>Children who have a history of at least one significant potentially traumatic event</b> to include but not	<ul style="list-style-type: none"> <li>Child does not have a trauma history</li> <li>Child does not have a significant mental health symptoms related</li> </ul>	<b>DBH &amp; MCO</b>	Children participate in a series of therapy sessions approximately 12 to 16 sessions	<b>First Home Care</b> 1012 14th Street, NW Washington, DC 20005 (202)737-2554 <b>Insurance Accepted:</b>	4	18

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	traumatic life events and address feelings.	conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic	limited to: <ul style="list-style-type: none"> <li>sexual assault</li> <li>physical assault</li> <li>witnessing serious violence in the home or community</li> <li>unexpected traumatic death of a loved one</li> <li>motor vehicle accident</li> <li>dog attack,</li> <li>exposure to disasters</li> <li>exposure to terrorist attacks</li> <li>exposure to war trauma</li> </ul>	to a traumatic event <ul style="list-style-type: none"> <li>Child has severe cognitive disabilities, autism spectrum disorder</li> <li>Child has other difficulties that make it impossible for them to engage in cognitive therapy</li> </ul>			<b>AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN</b>		
							<b>Community Connections</b> 650 Pennsylvania Ave., SE Wash., DC 20003 202- 548-4885 <b>Insurance Accepted: AmeriHealth, Trusted/Beacon and HSCSN</b>	6	24
							<b>MD/DC Family Resource</b> 903 Brightseat Rd. Landover, MD 20785 301-333-2980 <b>Insurance Accepted: Medicaid</b>	3	15

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							<b>Hillcrest Children &amp; Family Center</b> 915 Rhode Island Ave., NW Washington, DC 20001 202 232-6100 <b>Insurance Accepted:</b> AmeriHealth, Trusted/Beacon, MedStar-Value Options and HSCSN	6	22
							<b>Universal Healthcare</b> 3230 Pennsylvania Ave, SE Wash., DC 20020 202-583-1181	4	17
<b>Functional Family Therapy (FFT)</b>	FFT is a family focused intervention for at-risk and juvenile justice involved youth.	<b>Ages ranges</b> from 10-18  <b>Delivery Setting:</b> FFT is typically	<b>Youth and their families whose range of problems</b> include but are not limited to:	<b>Youth who are</b> <ul style="list-style-type: none"> <li>actively suicidal</li> <li>actively homicidal</li> <li>actively psychotic without</li> </ul>	<b>DBH only</b>	Families participate in a series of sessions over a 3-5 month treatment period	<b>First Home Care</b> 1012 14th Street, NW Washington, DC 20005 (202)737-2554	5	35

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		conducted in a(n): Adoptive Home, Birth Family Home, Foster Home, and Outpatient Clinic.	<ul style="list-style-type: none"> <li>• acting out</li> <li>• conduct disorder</li> <li>• alcohol and/or substance abuse</li> <li>• limited access to resources</li> <li>• a range of diagnoses</li> </ul>	<ul style="list-style-type: none"> <li>• medication stabilization</li> <li>• Youth in respite or emergency care</li> <li>• Youth who will <b>not</b> be returning home within 60 days</li> <li>• Youth <b>not</b> living with permanent/ long-term caregiver</li> </ul>			<b>Hillcrest Children &amp; Family Center</b> 1408 U Street, NW Washington, DC 20009 202 232-6100	4	35
							<b>Community Connections</b> 650 Pennsylvania Ave., SE Washington, DC 20003 202 548-4885	3	25
							<b>Parent &amp; Adolescent Support Services (PASS)</b> DC Department of Human Services-- Family Services Administration 64 New York Ave. NE, WDC 20002 (202) 698-4334	4	29

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<b>Multisystemic Therapy (MST)</b>	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><b>Ages ranges</b> from 10 and 17</p> <p><b>Delivery Setting:</b> MST is delivered the in family's natural environment-homes, schools, community</p>	<ul style="list-style-type: none"> <li>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</li> <li>Parents/care giver willing to participate in treatment</li> <li>Children/Youth at risk for out of home placement including residential treatment, juvenile detention, group home,</li> </ul>	<p><b>Youth who are:</b></p> <ul style="list-style-type: none"> <li>actively suicidal</li> <li>homicidal</li> <li>psychotic without medication stabilization</li> <li>Children without a viable and committed family placement and/or children placed in a non-family foster home</li> <li>Children who will not be returning home within 30 days of the referral.</li> </ul>	<b>DBH only</b>	Multiple sessions/contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	<p><b>Youth Villages</b> 2020 North 14<sup>th</sup> Street Arlington, VA 22201 865-560-2548 703-516-6950</p> <p><b>Insurance Accepted:</b> <b>DC Medicaid</b></p>	9	36

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			foster care, etc <ul style="list-style-type: none"> <li>• Children/Youth returning home from an out of home placement within 30 days of referral.</li> <li>• Children/Youth who has been in residential treatment 12 months or less.</li> <li>• Children/Youth with behavior disorders, but may have co-morbid psychiatric illness – behavioral</li> </ul>						

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			<p>issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior, etc.)</p> <ul style="list-style-type: none"> <li>• Child/Youth must have an Axis I diagnosis and be DC Medicaid/ Medicaid MCO eligible</li> <li>• Families living in the District, and wards of DC.</li> </ul>						

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<b>MST for Youth with Problem Sexual Behavior (MST-PSB)</b>	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.	<b>Age ranges</b> from 10 and 17 <b>Delivery Setting:</b> MST-PSB is delivered the in family's natural environment-homes, schools, community.	<b>Children with Problem Sexual Behaviors:</b> <ul style="list-style-type: none"> <li>Committed sexual offenses against an identified victim.</li> </ul>	<b>Children/ Youth who are:</b> <ul style="list-style-type: none"> <li>actively suicidal/homicidal</li> <li>psychotic w/o medication stabilization</li> <li>Children without a viable and committed family placement and/or children placed in a non-family foster home</li> <li>Children who will not be returning home within 120 days of the referral.</li> </ul>	DBH only	Multiple sessions/ contact weekly and 24/7 on-call availability for crisis intervention support for a period of 3-6 months	<b>Youth Villages</b> 2020 North 14 <sup>th</sup> Street Arlington, VA 22201 865-560-2548 703-516-6950 <b>Insurance Accepted:</b> <b>DC Medicaid</b>	<b>2</b>	<b>8</b>
<b>MST for Emerging Adult (MST-EA)</b>	MST-EA is a treatment to help emerging adults with Serious Mental Health Conditions (SMHC) and justice system involvement to decrease	Age ranges from <b>17-21 y.o. (before 22nd birthday) at time of referral</b> Delivery Setting: MST-EA is delivered the in	Has been arrested and/or released from jail/prison/detention within the past 18 months for a new law charge (that is, not a	Is not PRESENTLY suicidal, homicidal, or psychotic  Has NO diagnosis of Autism, Pervasive Developmental Disorder, or	DBH only	4-8months	<b>North American Family Institute (NAFI)</b> 720 I Street SE WDC 20003 202-525-2631 <b>Accepted:</b> <b>DC Medicaid</b>	<b>2</b>	<b>12</b>

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	offending and increase their involvement in the normative activities of this age group (e.g., finishing school, beginning rewarding work, moving into their own housing, shifting to more adult-like relationships with their parents and peers). In addition to increasing positive transition-age role functioning, this approach seeks to reduce symptoms of SMHC.	family's natural environment-homes, schools, community.	<p>probation violation)</p> <p>Severity of any pending charges at referral is not likely to result in incarceration (each referral can be evaluated on a case-by-case basis)</p> <p>Referral behavior is NOT a sex offense (sex offending in the absence of other delinquent or antisocial behavior)</p> <p>No MST or FFT treatment in the past year (minimal exposure is</p>	<p>Mild/Moderate/Severe Mental Retardation</p> <p>Youth has stable housing or a plan to achieve stable housing in the community (Non-hospital, non-residential treatment settings, non-detention/jail/prison. Group homes and supervised living situations can be evaluated on a case by case basis.</p> <p>Evidence of stable housing at present and for the foreseeable future (e.g., not homeless, in a shelter, or temporarily bunking with others)</p>					

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			<p>acceptable and can be judged on case by case basis with the MST-EA supervisor).</p> <p>Youth may have a mental illness or a significant trauma history</p>						
<b>Transition to Independence Process (TIP)</b>	The TIP system is a practice model which prepares youth and young adults with EBD for their movement into adult roles through an individualized process, engaging them in their own futures planning process, as well as providing developmentally-appropriate services and	<b>Age ranges from 14-29 years</b> <b>Delivery Setting:</b> TIP is delivered the in family's natural environment-homes, schools, community.	Youth with Emotional and Behavioral difficulty	Youth with no Emotional and Behavioral difficulty	<b>DBH</b>	12 to 18 months	<b>First Home Care</b> 1012 14th Street, NW Washington, DC 20005 (202)737-2554	<b>4</b>	<b>60</b>
							<b>MBI Services LLC</b> 4017 Minnesota Ave., NE Washington DC 200016 (202)388-9202	<b>2</b>	<b>30</b>
							<b>Life Enhancement Services</b> 1321 Southern	<b>2</b>	<b>30</b>

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	supports. The TIP model involves youth and young adults (ages 14-29), their families, and other informal key players in a process that facilitates their movement towards greater self-sufficiency and successful achievement of their goals.						Ave. SE Ste. 301 Washington DC 20010 (202)562-6262			
							<b>Community Connections</b> 801 Pennsylvania Ave., SE Washington DC 20003 (202)-548-4885	4	60	
								<b>Family Preservation Services</b> 3341 Benning Rd. NE WDC 20019 (202)543-1360	2	30
								<b>Universal Healthcare Mgmt Services</b> 3230 Pennsylvania Ave, SE Washington DC 20003 (202) 583-1181	2	30

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							CFSA Office of Youth Empowerment	3	45
							DC Department of Human Services--Family Services Administration Teen Parent Assistance Program 64 New York Ave. NE, Washington, DC 20002 (202) 698-4334	5	51
							<b>Total Family Care Coalition</b> 1214 I St SE, Washington, DC 20003 (202) 249-1000	<b>7</b>	<b>105</b>