



CALIFORNIA'S WELL SUPPORTED PROGRAMS SELECTED FOR THE FFPSA SERVICE ARRAY

All listed programs are "Well Supported" on the [Title IV-E Prevention Services Clearinghouse](#)

EBP Categories: Mental Health (MH) · Substance Abuse Prevention & Treatment (SA) · In-home Parent Skill-based Programs (IHP)

Delivery Setting: Comm DL - Community Daily Living · CBO - Community-based Organization/Provider · Foster/Kin - Foster/Kinship Care · Group/Res - Group or Residential Care · Home - Adoptive and/or Birth Family · Hospital (H) · OP Clin - Outpatient Clinic · School - includes day care, day treatment programs, etc. · Virtual - Online, Telephone, Video, Zoom, etc.

EBP	Goals	Target Population	Intensity	Setting	Minimum Practitioner Qualifications	Initial Training Requirements
			Length			
Brief Strategic Family Therapy (BFST) MH SA IHP	Reduce behavior problems, drug use, and associations with anti-social peers. Improve family relationships, communications, and parenting skills.	Children aged 6-17 and parents/caregivers	Weekly (1-1.5 hours)	Comm DL, CBO, Foster/Kin, Group/Res, Home, Hosp, OP Clin, School, Virtual	Master's Degree in SW, MFT, Psych, or related OR Bachelor's w/5+ years clinical experience	Live onsite or virtual workshops & supervision practicum
			12-16 sessions			
Family Check-Up (FCU) MH IHP	Promote positive family management and address child and adolescent adjustment problems	Families with children aged 2-17	Weekly/ Every other week	CBO, Foster/Kin, Home, Hosp, OP Clin, School	MSW, MS, MA, MEd, with some clinical experience	16-32 hours pre-implementation depending on mode (virtual, hybrid, or in person – onsite or at ASU)
			1-4 months			
Functional Family Therapy (FFT) MH	Eliminate youth referral problems and improve prosocial behaviors and family and individual skills	Adolescents aged 11-18 and their parents/caregivers	Weekly (1 hour)	Home, CBO, Foster/Kin, School	Quals vary for therapists Supv: Master's Degree	Multi-day training and ongoing consultation dependent on training purveyor; certification can take up to 3 years
			3 months			
Healthy Families America (HFA) IHP	Promote positive parent-child relationships and secure attachment and access to healthcare, concrete supports, and community services	Prenatal or within 3 months of birth to 5 years	Initially weekly, decreasing to quarterly (50-60 min)	Home	Direct Services: High School Diploma/ GED	4-day online training (self-paced & instructor-led); 1 additional day for supervisor
			3-5 years			

<p>Homebuilders</p> <p>IHP</p>	<p>Reduce child abuse and neglect, family conflict, and child behavior problems. Teach families skills to prevent placement or successfully reunify.</p>	<p>Families with children aged 0-18</p>	<p>8-10 hours/ week (2-hour sessions); phone contact between sessions</p> <p>4-6 weeks</p>	<p>Home</p>	<p>Therapist: Master's Degree in Psych, SW, Counseling or Bachelor's in same + 2 years working with families</p> <p>Supv: Min + 1-year supv/mgmt. exp.</p>	<p>5 days initial training; 8 days of intermediate/ advanced training</p> <p>Supervisor: 7 additional training days</p>
<p>Motivational Interviewing (MI)</p> <p>SA</p>	<p>Enhance and reinforce internal motivation to change; develop a plan to achieve change</p>	<p>Adolescents and their parents/ caregivers</p>	<p>None specified</p> <p>1-3 sessions (30-50 min)</p>	<p>CBO, Group/Res, Hosp</p>	<p>No minimum requirements</p>	<p>No specific training required. For more information: Training Expectations</p>
<p>Multisystemic Therapy (MST)</p> <p>MH SA</p>	<p>Decrease youth criminal behavior and out-of-home placements</p>	<p>Adolescents aged 12-17 and their parents/ caregivers</p>	<p>Variable (May initially be several times/week, tapering to "as needed")</p> <p>3-5 months</p>	<p>Foster/Kin, Home, School</p>	<p>Therapists: 66% must have Master's Degree in Counseling or SW</p> <p>Supv: Master's-level clinician with training in CBT, behavioral and/or pragmatic family therapies</p>	<p>5-day training (on site or in Charleston, SC); weekly consultation; quarterly booster training</p>
<p>Nurse Family Partnership (NFP)</p> <p>IHP</p>	<p>Improve the health and lives of first-time moms and their children living in poverty</p>	<p>First-time mothers pregnant or with a child <2years</p>	<p>Weekly/ Biweekly, decreasing to monthly at 20 months</p> <p>2.5 years</p>	<p>CBO, Foster/Kin, Group/Res, Home, Hosp, OP Clin, School, Virtual</p>	<p>RN with Bachelor's Degree in nursing</p> <p>Supv: Master's Degree in Nursing preferred</p>	<p>50-60 hours self-study, 3.75-day training in Denver + 30 additional self-study and classroom hours</p>
<p>Parent-Child Interaction Therapy (PCIT)</p> <p>MH</p>	<p>Decrease child behavior problems, increase positive parenting behaviors, improve parent-child relationship</p>	<p>Children aged 2-7 and their parents/ caregivers</p>	<p>1-2 sessions/ week</p> <p>10-20 sessions</p>	<p>CBO, OP Clin</p>	<p>Licensed Master's Level mental health provider</p>	<p>40 hours of training with PCIT-certified trainer (30 face to face). Within agency trainer option</p>
<p>Parents as Teachers (PAT)</p> <p>IHP</p>	<p>Improve knowledge of parenting and child development; promote early detection of developmental delays and health issues, prevent child abuse and neglect; increase school readiness</p>	<p>Families with an expectant mother or parents of children up to KG</p>	<p>Every other week to monthly (~60 min)</p> <p>Up to 5 years</p>	<p>CBO, Foster/Kin, Home, OP Clin, School</p>	<p>HS Diploma/GED and 2 years supervised work experience w/ young children and/or parents</p>	<p>5+ day training</p> <p>Prof dev for cert renewal: Year 1: Min 20 hours Year 2: Min 15 hours Year 3+: Min 10 hours</p>