

January 31, 2013
Inventory of Evidence-Based, Research-Based, and Promising Practices
For Prevention and Intervention Services for Children and Juveniles in Child Welfare, Juvenile Justice, and Mental Health Systems

Budget Area	Program/Intervention	Manual	Current Definitions			Proposed Definitions				Reason Program Does Not Meet Proposed Evidence-Based Criteria (see full definitions for notes below)	Percent Minority
			Evidence-Based	Research-Based	Promising Practices	Evidence-Based	Research-Based	Promising Practices	Cost-beneficial		
Child Welfare	Intervention										
	Family Search and Engagement	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Functional Family Therapy (FFT) for children in the child welfare system	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Intensive Family Preservation Services (Homebuilders)	Yes	Yes	--	--	Yes	--	--	Yes (99%)		48%
	Multisystemic Therapy (MST) for children in the child welfare system	Yes	No	Yes	--	No	Yes	--	N/A	Single evaluation	18%
	Other Family Preservation Services (non-Homebuilders)		No	Yes	--	No	No	Yes	No (0%)	Weight of evidence	68%
	Parent Child Assistance Program	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Parent-Child Interaction Therapy	Yes	Yes	--	--	Yes	--	--	Yes (100%)		33%
	Parents for Parents	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Partners with Families and Children	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Pathway to Reunification	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Safecare	Yes	No	Yes	--	Yes	--	--	Yes (100%)		44%
	Prevention										
	Circle of Security	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Healthy Families America	Yes	Yes	--	--	No	Yes	--	No (26%)	Benefit-cost	73%
	Nurse Family Partnership	Yes	Yes	--	--	Yes	--	--	Yes (80%)		51%
	Other Home Visiting Programs for At-Risk Parents		Yes	--	--	No	Yes	--	No (44%)	Benefit-cost	50%
	Parent Child Home Program	Yes	No	Yes	--	No	No	Yes	No (38%)	Mixed results within an outcome/Weight of evidence	64%
	Parent Mentor Program	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Parents as Teachers	Yes	Yes	--	--	No	Yes	--	No (57%)	Benefit-cost	52%
Promoting First Relationships	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A	
Triple P (system)	Yes	No	Yes	--	Yes	--	--	Yes (100%)		33%	
Juvenile Justice	Aggression Replacement Training	Yes									
	Youth in institutions		No	Yes	--	No	Yes	--	Yes (94%)	Heterogeneity	17%
	Youth on probation		No	Yes	--	No	Yes	--	Yes (96%)	Heterogeneity	17%
	Connections Wraparound	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Coordination of Services	Yes	No	Yes	--	No	Yes	--	Yes (82%)	Single evaluation	10%
	Dialectical Behavior Therapy	Yes	No	Yes	--	No	Yes	--	N/A	Single evaluation/Heterogeneity/Program cost	27%
	Drug courts		Yes	--	--	Yes	--	--	Yes (94%)		43%
	Family Integrated Transitions	Yes	No	Yes	--	No	Yes	--	Yes (91%)	Single evaluation/Heterogeneity	30%
	Functional Family Parole with high fidelity	Yes	No	Yes	--	Yes	--	--	Yes (91%)		38%
	Functional Family Parole with average implementation	Yes	No	Yes	--	No	Yes	--	N/A		38%
	Functional Family Therapy	Yes									
	Youth in institutions		No	Yes	--	No	Yes	--	Yes (100%)	Heterogeneity	18%
	Youth on probation		No	Yes	--	No	Yes	--	Yes (100%)	Heterogeneity	18%
	Mentoring	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Multidimensional Family Therapy for substance abusers	Yes	No	Yes	--	No	Yes	--	Yes (84%)	Single evaluation	100%
	Multidimensional Treatment Foster Care	Yes	No	Yes	--	No	Yes	--	Yes (85%)	Heterogeneity	26%
	Multisystemic Therapy	Yes	Yes	--	--	Yes	--	--	Yes (98%)		51%
	Scared Straight	Yes	No	No	No	No	No	No	No (0%)	Weight of evidence	N/A
	Sex offender treatment		Yes	--	--	Yes	--	--	N/A	Program cost	43%
	Multisystemic Therapy (MST) for juvenile sex offenders	Yes	Yes	--	--	Yes	--	--	N/A		43%
Other treatment for juvenile sex offenders		No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A	
Therapeutic Communities for substance abusers		No	Yes	--	Yes	--	--	Yes (77%)		57%	
Victim offender mediation		Yes	--	--	Yes	--	--	Yes (95%)		72%	
You Are Not Your Past		No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A	
General Prevention	Communities that Care	Yes	Yes	--	--	No	Yes	--	N/A	Heterogeneity/Program cost	11%
	Fast Track Prevention Program	Yes	No	Yes	--	No	Yes	--	No (0%)	Benefit-cost/Single evaluation	0%
	Good Behavior Game	Yes	Yes	--	--	Yes	--	--	Yes (100%)		49%
	Guiding Good Choices	Yes	No	Yes	--	No	Yes	--	Yes (85%)	Single evaluation/Heterogeneity	1%
	Quantum Opportunities Program	Yes	Yes	--	--	No	Yes	--	No (60%)	Benefit-cost	N/A
	Seattle Social Development Project	Yes	No	Yes	--	No	Yes	--	No (59%)	Benefit-cost	56%
	Strengthening Families Program		No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Strengthening Multi-Ethnic Families and Communities		No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Youth Mentoring Programs		Yes	--	--	No	Yes	--	No (61%)	Benefit-cost	0%
	Big Brothers Big Sisters	Yes	Yes	--	--	Yes	--	--	NA		60%
Other Mentoring Programs		No	Yes	--	No	Yes	--	N/A	Weight of evidence	N/A	
Substance Abuse	Life Skills Training		Yes	--	--	Yes	--	--	Yes (100%)		33%
	Multidimensional Family Therapy for substance abusing juvenile offenders	Yes	No	Yes	--	No	Yes	--	Yes (84%)	Single evaluation	100%
	Multisystemic Therapy (MST) for substance-abusing juvenile offenders	Yes	Yes	--	--	Yes	--	--	Yes (85%)		63%
	Project ALERT		No	No	No	No	No	No	No (1%)	Weight of evidence/Heterogeneity	N/A
	Project STAR		Yes	--	--	No	Yes	--	No (71%)	Heterogeneity/Benefit-cost	21%
	Project Toward No Drug Abuse		Yes	--	--	Yes	--	--	Yes (76%)		69%
Seven Challenges	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A	
Therapeutic Communities for substance abusing juvenile offenders		No	Yes	--	Yes	--	--	Yes (77%)		57%	

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			Evidence-Based	Research-Based	Promising Practices	Evidence-Based	Research-Based	Promising Practices	Cost-beneficial		
Mental Health	Anxiety										
	Cognitive Behavioral Therapy (CBT) for Anxious Children (group, individual or remote)		No	--	--	No	Yes	--	N/A	Heterogeneity	26%
	Cool Kids	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	N/A
	Coping Cat	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	26%
	Coping Cat/Koala book based model	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	26%
	Coping Koala	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	10%
	Other Cognitive Behavioral Therapy (CBT) for Anxious Children		No	Yes	--	No	Yes	--	N/A	Heterogeneity	23%
	Parent Cognitive Behavioral Therapy (CBT) for Anxious Young Children		No	Yes	--	No	Yes	--	Yes (81%)	Heterogeneity	26%
	Theraplay	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Attention Deficit Hyperactivity Disorder										
	Cognitive Behavioral Therapy (CBT) for Children with ADHD		No	No	No	No	No	No	No (3%)	Weight of evidence/Heterogeneity	7%
	Behavioral Parent Training (BPT) for Children with ADHD		No	Yes	--	No	Yes	--	Yes (98%)	Heterogeneity	26%
	Barkley Model	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	26%
	New Forest Parenting Programme	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	N/A
	Multimodal Therapy (MMT) for Children with ADHD		No	Yes	--	No	Yes	--	No (11%)	Weight of evidence/Heterogeneity	7%
	Depression										
	Cognitive Behavioral Therapy (CBT) for Depressed Adolescents		No	Yes	--	No	Yes	--	Yes (99%)	Heterogeneity	19%
	Coping with Depression-Adolescents	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	14%
	Treatment for Adolescents with Depression Study	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence/Heterogeneity	23%
	Other Cognitive Behavioral Therapy (CBT) for Depressed Adolescents		No	Yes	--	No	Yes	--	N/A	Heterogeneity	14%
	Disruptive Behavior (Oppositional Defiant Disorder or Conduct Disorder)										
	Behavioral Parent Training (BPT) for Children with Disruptive Behavior Disorders		No	Yes	--	Yes	--	--	N/A		43%
	Incredible Years Parent Training	Yes	Yes	--	--	No	Yes	--	No (61%)	Benefit-cost	51%
	Incredible Years Parent Training + Child Training	Yes	Yes	--	--	No	Yes	--	No (59%)	Benefit-cost	51%
	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	Yes	Yes	--	--	Yes	--	--	Yes (100%)		64%
	Triple-P Level 4, Group	Yes	No	Yes	--	No	Yes	--	Yes (100%)	Heterogeneity	6%
	Triple-P Level 4, Individual	Yes	No	Yes	--	No	Yes	--	Yes (92%)	Heterogeneity	6%
	Other Behavioral Parent Training		No	Yes	--	No	Yes	--	No (68%)	Heterogeneity	N/A
	Brief Strategic Family Therapy (BSFT)	Yes	Yes	--	--	No	Yes	--	No (69%)	Benefit-cost	100%
	Families and Schools Together (FAST)	Yes	Yes	--	--	No	Yes	--	No (52%)	Benefit-cost	57%
	Kids Club and Moms Empowerment support groups	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Multimodal Therapy (MMT) for Children with Disruptive Behavior		No	No	No	No	No	No	No (42%)	Weight of evidence/Heterogeneity	7%
	Fetal Alcohol Syndrome										
	Families Moving Forward	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Serious Emotional Disturbance										
	Multisystemic Therapy (MST) for Youth with Serious Emotional Disturbance (SED)	Yes	No	Yes	--	No	Yes	--	No (68%)	Heterogeneity	21%
	High Fidelity Wraparound for Youth with Serious Emotional Disturbance (SED)	Yes	No	Yes	--	No	Yes	--	N/A	Program cost	61%
	Trauma										
	ADOPTS: therapy to address distress of post traumatic stress in adoptive children	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Child-Parent Psychotherapy	Yes	No	Yes	--	No	Yes	--	N/A	Single evaluation	9%
	Cognitive Behavioral Therapy (CBT)-Based Models for Child Trauma		Yes	--	--	Yes	--	--	Yes (100%)		47%
	Classroom Based Intervention for war-exposed children	Yes	Yes	--	--	Yes	--	--	N/A		100%
	Cognitive Behavioral Intervention for Children in Schools	Yes	Yes	--	--	Yes	--	--	N/A		100%
	Enhancing Resiliency Among Students Experiencing Stress (ERASE-Stress)	Yes	Yes	--	--	Yes	--	--	N/A		100%
	KID-NET Narrative Exposure Therapy for Children	Yes	Yes	--	--	Yes	--	--	N/A		100%
	Trauma Focused CBT for Children	Yes	Yes	--	--	Yes	--	--	N/A		42%
	Trauma Grief Component Therapy	Yes	No	Yes	--	No	Yes	--	N/A		N/A
	Other Cognitive Behavioral Therapy (CBT)-Based Models for Child Trauma		Yes	--	--	Yes	--	--	N/A		67%
	Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma	Yes	Yes	--	--	Yes	--	--	Yes (79%)		50%
	Take 5: Trauma Affects Kids Everywhere - Five Ways to Promote Resilience	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence	N/A
	Treatment Organizational Approaches										
	Modularized Approaches to Treatment of Anxiety, Depression and Behavior (MATCH)		No	Yes	--	No	Yes	--	N/A	Program cost	65%

Notes:

Benefit-cost: The WSIPP benefit-cost model was used to determine whether a program meets this criterion. Programs that do not achieve at least a 75 percent chance of positive net present value do not meet the benefit-cost test.

Heterogeneity: To be designated as evidence-based under current law or the proposed definition, a program must have been tested on a "heterogeneous" population. We operationalized heterogeneity in two ways. First, the proportion of minority program participants must be greater than or equal to the minority proportion of children in Washington State aged 0 to 17. From the 2010 Census, for children aged 0 through 17 in Washington, 68% were white and 32% minority. Thus, if the weighted average of program participants had at least 32% minorities then the program was considered to have been tested on a heterogeneous population.

Second, the heterogeneity criterion can also be achieved if at least one of the studies has been conducted on youth in Washington and a subgroup analysis demonstrates the program is effective for minorities ($p \leq .2$). Programs that do not meet either of these two criteria do not meet the heterogeneity definition.

Mixed results within an outcome: If findings within an outcome area (e.g., crime) have mixed results from different measures, (e.g., undesirable outcomes for felony convictions and desirable outcomes for misdemeanor convictions) the program does not meet evidence-based criteria.

Program cost: A program cost was not available to WSIPP at the time of the inventory. Thus, WSIPP could not conduct a benefit-cost analysis.

Single evaluation: The program does not meet the minimum standard of multiple evaluations or one large multiple-site evaluation contained in the current or proposed definitions.

Weight of evidence: Results from a random effects meta-analysis ($p > .10$) indicate that the weight of the evidence does not support desired outcomes, or results from a single large study indicate the program is not effective.