

# Case Managers' Guide for VDSS-Supported Evidence-Based Practices (EBPs)

## Accessing Title IV-E, Medicaid, or CSA Funding

• *This table outlines evidence-based youth mental health and substance use services and parent skill-based training available through Family First Prevention Services Act (FFPSA), part of Title IV-E of the Social Security Act. This funding is for eligible youth and families receiving in-home child welfare services at risk of foster care.*

### • IV-E Funding:

• To access IV-E funding, candidacy determination and an in-home services plan must be created in the FUSION system within the first 30 days and before IV-E services start. The service plan must be updated every 90 days.

• Approved IV-E-funded services are listed in FUSION:  
<https://fusion.dss.virginia.gov>

• Details about certain EBPs funded through Title IV-E are available through the Center for Evidence-Based Partnerships:  
[www.cep-va.org/resources](http://www.cep-va.org/resources)

### • Medicaid Funding:

• Youth in foster care and others who are not eligible for Title IV-E might be able to access these and other EBPs if Medicaid eligible

### • CSA Funding

• If not covered under Medicaid or IV-E funding and criteria is met, CSA funding can be explored

A listing of providers of these services sorted by location and by service is at: [www.ebpfinder.org](http://www.ebpfinder.org) and a more comprehensive list at: <https://preventionservices.acf.hhs.gov>

## Functional Family Therapy (FFT)

*For youth with behavioral or emotional problems to include substance abuse.*

• May be authorized for 120 days over 4-6 months.

### • Inclusionary Criteria:

- Youth 11 - 18 years old
- Caregiver must agree to attend all sessions
- Externalizing Adolescent Behavior
  - Disorders Conduct Disorder
  - Oppositional Defiant Disorder
  - Drug use/abuse
  - Violence
  - School Truancy
  - Anxiety/Depression with externalizing behaviors
- Parent-Child Conflict/Family Issues
- Youth have to be in the community or ready to return to the community

### • Exclusionary Criteria:

- Youth 10 years or below as primary referral
- Youth has no identify family with a shared history, sense of future, and some level of cohabitation.
- Youth is scheduled to be placed outside of the home (RTC, DJJ foster care, etc)
- Youth's problematic sexual behavior is primary
- Youth who have severe psychiatric illness
- Youth who are currently experiencing acute psychosis
- Actively suicidal and/or homicidal

### • Funding Sources

- Family First
- CSA
- Department of Juvenile Justice
- Medicaid

### • Contracted Service Providers

- National Counseling Group

## Multisystemic Therapy (MST)

*For youth with significant clinical impairment in disruptive behavior, mood, and/or substance use.*

• May be authorized up to 150 days over 5 months

### • Inclusionary Criteria:

- Youth 11 - 17 years old
- At risk of being removed from home due to disruptive, delinquent, substance-using, and Antisocial behavior
- Youth who have significant emotional or behavioral problems and may be at risk of residential placement
- Department of Juvenile Justice populations

### • Exclusionary Criteria:

- Youth living independently or youth for whom a primary caregiver committed to longer-term care of the youth cannot be identified
- Youth whose psychiatric needs are the primary reason leading to referral, or who have severe and serious psychiatric issues
- Actively suicidal and/or homicidal
- Youth's need for sexually offending behavior is primary
- Youth with moderate to severe difficulties with social communication, social interaction, and repetitive behaviors, which may be captured by a diagnosis on the autism spectrum
- Youth for whom an intellectual disability is the only influence, or is the most powerful, direct contributor to the youth's referral behaviors

### • Funding Sources

- Family First
- CSA
- Department of Juvenile Justice
- Medicaid

### • Contracted Service Providers

- Compass Counseling Services of No. VA
- National Counseling Group
- About Change

## Parent-Child Interaction Therapy (PCIT)

*For young children with behavioral problems.*

• May be authorized up to 35 hours over 5 months

### • Inclusionary Criteria

- Children 2.5 - 6 years old
- Children experiencing relational problems with caregivers
- Refusal/Defiance of adult requests
- Difficulty in childcare/school settings
- Easy loss of temper
- Frequent aggression/fights
- Destruction of belongings/property
- Difficult staying seated, playing quietly, or taking turns
- Behavior can be the result of trauma or other mental health concerns
- At least one caregiver willing to attend weekly sessions regularly and with ability to practice at least 3 times weekly with the child

### • Exclusionary Criteria

- Caregiver IQ <75

### • Funding Sources

- Family First
- CSA

### • Contracted Service Providers

- Jewish Social Services Agency

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**High Fidelity Wraparound (HFW)**  
*Treatment for youth who are impacted by trauma and their*

- *In Virginia, this is called Intensive Care Coordination (ICC)*
- **Inclusionary Criteria**
  - Youth 0 - 18 years old
  - Complex behavioral health needs requiring coordination of services across multiple providers
  - Difficulty accessing required services
  - Actionable risk issues or multiple actionable behavioral health needs as documented on CANS
  - Includes youth entering community treatment after residential treatment
- **Exclusionary Criteria**
  - Youth already receiving child welfare case management
- **Funding Sources**
  - Family First
  - CSA
- **Contracted Service Providers**
  - United Methodist Family Services
  - Wrap Fairfax (CSB)

**Homebuilders**  
*Family assessment and intervention to prevent imminent out-of-home placement*

- *Typically 40 hours over 1 - 4 months*
- **Inclusionary Criteria:**
  - Youth 0 - 18 years old
  - Crisis and unstable living situation
  - Need for improved safety at home
  - Current focus is on meeting basic needs
  - Includes children who are reunifying
  - Includes Motivational Interviewing and Cognitive-Behavioral Therapy
- **Exclusionary Criteria:**
  - Specific providers might have exclusionary criteria
- **Funding Sources**
  - Family First
  - CSA
- **Contracted Service Providers**
  - National Counseling Group

NOT YET AVAILABLE THROUGH FAIRFAX COUNTY PROVIDERS	
<p><b>Family Check-Up</b>  <i>To improve parenting and family management skills like routines and limits</i></p> <ul style="list-style-type: none"> <li>• <i>Typically 15 weekly sessions over 4 - 6 weeks</i></li> <li>• <b>Inclusionary Criteria:</b> <ul style="list-style-type: none"> <li>• Youth 2 - 17 years old</li> <li>• Youth disruptive behaviors at home or school</li> <li>• Caregivers are not committed to treatment and likely to refuse or drop out early</li> <li>• Family communication and functioning needs improvement</li> <li>• Motivation for change needs to be developed</li> <li>• Includes parenting curriculum as a follow-up service</li> </ul> </li> <li>• <b>Exclusionary Criteria:</b> <ul style="list-style-type: none"> <li>• Specific providers might have exclusionary criteria</li> </ul> </li> <li>• <b>Funding Sources</b> <ul style="list-style-type: none"> <li>• Family First</li> </ul> </li> </ul>	<p><b>Brief Strategic Family Therapy (BSFT)</b>  <i>For youth where the whole family is in need of change</i></p> <ul style="list-style-type: none"> <li>• <i>Provided as 12 - 16 weekly sessions over 3 - 5 months</i></li> <li>• <b>Inclusionary Criteria</b> <ul style="list-style-type: none"> <li>• Youth 6 - 17 years old</li> <li>• Family over- or under-involvement</li> <li>• Family conflict and negativity</li> <li>• To strengthen parenting to keep families intact</li> <li>• To increase family bonding and cohesion</li> <li>• For issues such as: <ul style="list-style-type: none"> <li>• Substance use</li> <li>• Truancy</li> <li>• Defiance</li> <li>• Bullying</li> <li>• Anxiety</li> <li>• Depression</li> </ul> </li> <li>• Including for co-occurring disorders</li> <li>• Including when parents/caregivers also have substance use disorders</li> <li>• Including families who are ambivalent about participating</li> </ul> </li> <li>• <b>Exclusionary Criteria</b> <ul style="list-style-type: none"> <li>• If parents/caretivers decide not to participate</li> </ul> </li> <li>• <b>Funding Sources</b> <ul style="list-style-type: none"> <li>• Family First</li> </ul> </li> </ul>

**Motivational Interviewing**

Motivational Interviewing is a client-centered counseling approach that supports the individual to enhance motivation for change. Though not a standalone service that can be purchased in Virginia through Family First, it is an EBP that is supported by Family First through practitioner training. Providers of other EBPs might also use Motivational Interviewing within their continuum of services or as a component of treatment.