

“New” Evidence-based Treatments for a Case Manager’s Toolkit

CHILDREN’S SERVICES ACT PROGRAM,
AUGUST 2020

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Objectives for Today's Information Session

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WHAT ARE THE NEW TREATMENTS AVAILABLE FOR CHILDREN AND FAMILIES?
- 

HOW DOES THE TEAM AND FAMILY DECIDE WHAT SERVICE OR TREATMENT TO USE?
- 

HOW ARE THESE SERVICES FUNDED?

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What interventions are available?

Adolescents

- Multi-Systemic Therapy (MST)
- Functional Family Therapy (FFT)
- Cognitive Behavior Therapy (CBT):
Core Competencies for Anxiety,
Depression, Substance Use, Trauma,
Conduct

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Multi-Systemic Therapy (MST)

- National Counseling Group (NCG) is an MST provider.**
- MST was designed for youth involved in the juvenile justice system who are at risk of community/legal sanctions related to their behavior.**
- MST focuses on engagement of the youth and family and works with them in their home and community.**
- MST Resources**
- [NCG Referral Form](#)**

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Functional Family Therapy (FFT)

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- ▶ **Three providers are offering FFT:**
 - ▶ National Counseling Group (NCG) - Spanish-speaking therapists!!!
 - ▶ Family Priority
 - ▶ UMFS
- ▶ **FFT Resources**
 - [UMFS Referral Form](#)
 - [UMFS Informational Flyer](#)
 - [Family Priority Informational Flyer](#)

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Interventions for Adults and Adolescents

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Trauma-Focused
Cognitive
Behavior
Therapy (TF-CBT)

Dialectical
Behavior Therapy
(DBT) or (DBT-A)

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What interventions are available?

Young Children

- Parent Child Interaction Therapy (PCIT)
- MATCH ADTC

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Parent Child Interaction Therapy (PCIT)

- Ages 2.5 – 7 years old**
- Parent Training approach – therapist coaches parent is very specific positive parenting skills and child management skills**
- Weekly in-office sessions allow parent to learn the skills, practice with the child in session and receive in the moment feedback**
- Intervention lasts about 16 weeks**
- Recommended for families involved with child welfare where parent needs to enhance parenting skills. More intensive skill-building than a parenting class.**

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PCIT Referrals

- ▶ Phillips Family Partners received a VDSS state training grant
- ▶ Are accepting referrals now
- ▶ Will take Medicaid and CSA funding
- ▶ English speaking therapists available now

▶ **PCIT Resources**
[Phillips PCIT Brochure](#)
[Phillips PCIT Flyer](#)
[Phillips PCIT Referral Form](#)

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MATCH-ADTC

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George Mason University Training Consortium with Healthy Minds Fairfax

Modular Approach to Treatment of Children – Anxiety, Depression, Trauma and Conduct Problems

Ages 6 – 13

Cognitive Behavioral Treatment approach used in outpatient, home-based and other settings. CSB and Home-based providers were trained.

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How am I supposed to know which one?

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No worries.....there are ways to get help to figure this out.



We'll learn more together as we use these services more often.

- ▶ The providers would be happy to talk with you informally, come to your service planning meeting or talk to the family.
- ▶ The mental health/CSB rep on your team should be able to assist in guiding towards the best match.
- ▶ CSA UR Analysts will also help guide.
- ▶ The providers won't accept a referral if they don't think they can help. (It will hurt their fidelity ratings if they do.)

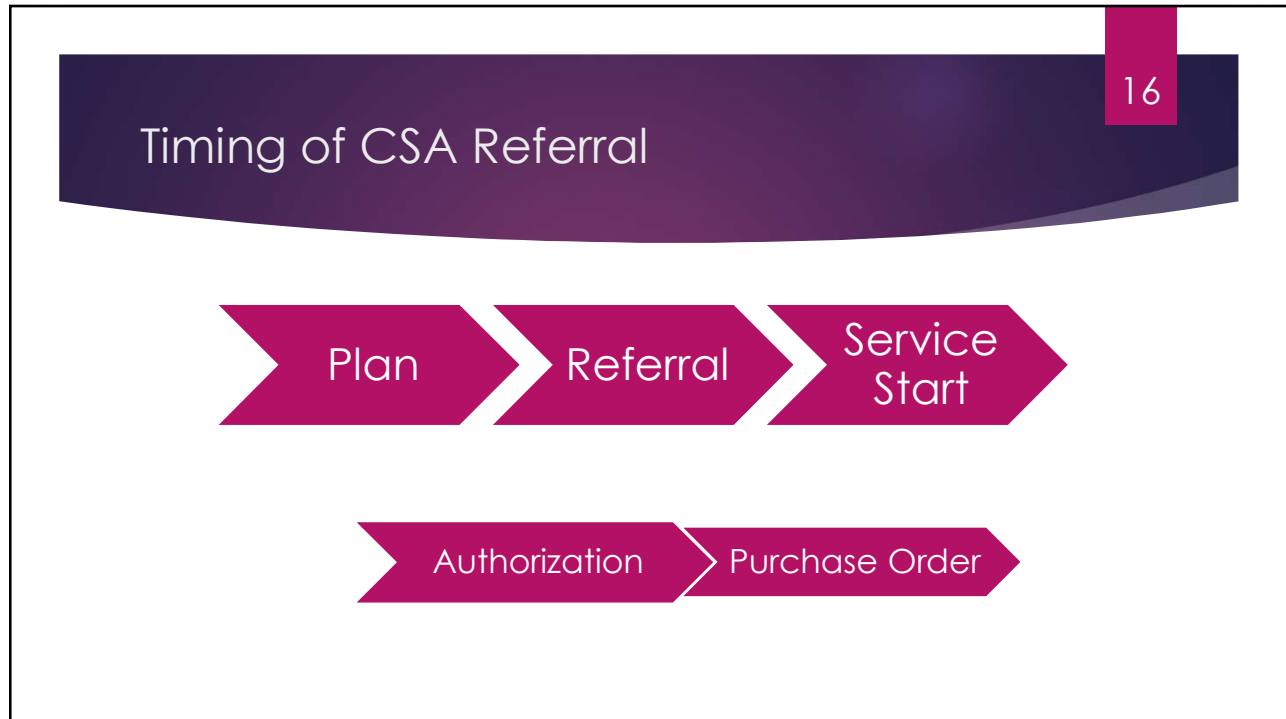
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How are the services funded?

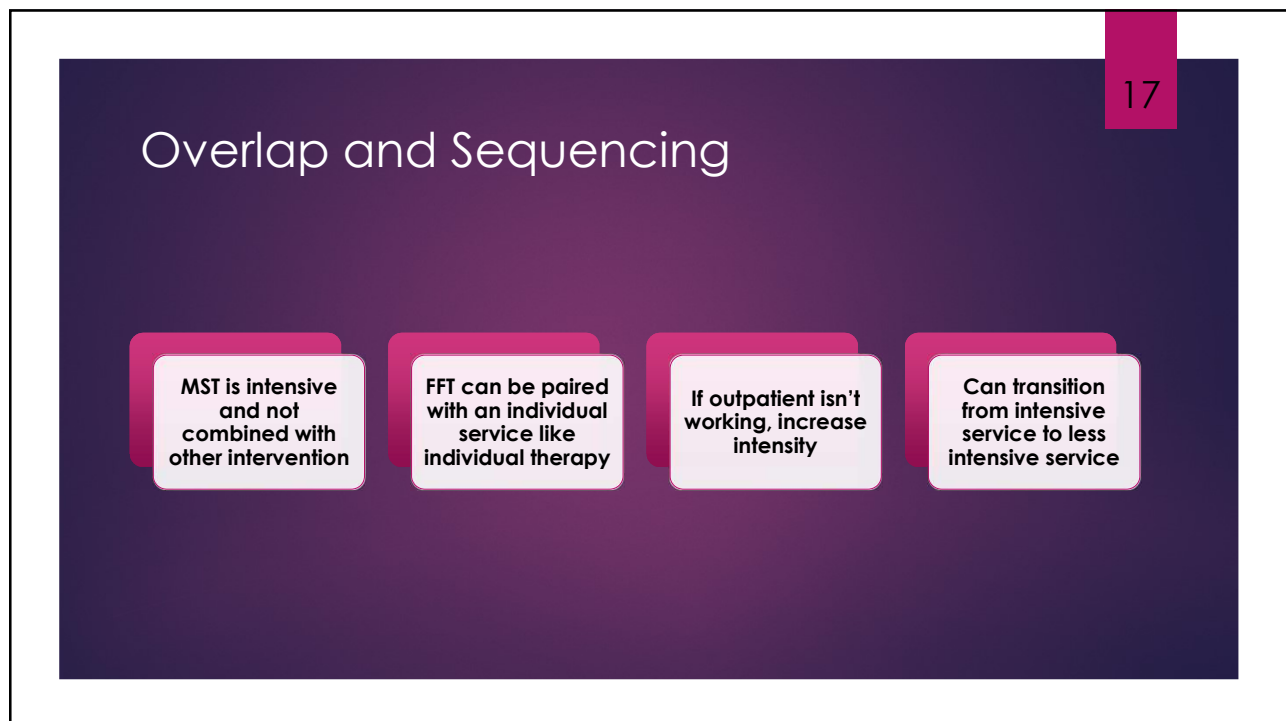
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EBT	Insurance/Medicaid	CSA	Title IVE – FFPSA as of 1/21
Outpatient therapy (TF-CBT, DBT, CBT, Core Competencies, MATCH-ADTC)	YES	YES	TF-CBT only
Functional Family Therapy	Medicaid	YES	YES
Multi-Systemic Therapy	Medicaid	YES	YES
Parent-Child Interaction Therapy	Medicaid	YES	YES

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Resources and
Questions

Questions? Want more info?

Youtube videos

Google

www.effectivechildtherapy.com

▶ <https://fairfaxcounty.sharepoint.com/sites/DFS/csa/SitePages/Evidence.aspx>

▶ <https://www.fairfaxcounty.gov/healthymindsfairfax/evidence-based-treatments>