

Evidence-Based Practices (EBP) on Kentucky's FFPSA Prevention Plan

Title IV-E Clearinghouse Website: <https://preventionservices.abtsites.com/>

IV-E Clearinghouse Category	On Kentucky's Prevention Plan	Provided in Lakes Region
Mental Health	Functional Family Therapy (FFT)	
	Multisystemic Therapy (MST)*	
	Parent-Child Interaction Therapy (PCIT)	X
	Trauma-Focused Cognitive Behavioral Therapy (TFCBT)	X
Substance Abuse	Motivational Interviewing (MI)	X
	Multisystemic Therapy (MST)*	
In-Home Parenting Skill-Based	Homebuilders	X

EBPs Available in The Lakes Region

Four Rivers (Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, and McCracken)

Pennyroyal (Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, and Trigg)

<p>Mental Health: Parent-Child Interaction Therapy (PCIT)</p>	<ul style="list-style-type: none"> • Children ages two to seven years of age and their caretakers. • A dyadic behavioral intervention for children and their parents or caregivers that focuses on decreasing externalizing child behavior problems, increasing child social skills and cooperation, and improving the parent child attachment relationship.
<p>Mental Health: Trauma Focused – Cognitive Behavioral Therapy (TF-CBT)</p>	<ul style="list-style-type: none"> • The target age is three to 18 years old. • A conjoint child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. • It is a components-based hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles.
<p>Substance Abuse: Motivational Interviewing (MI)</p>	<ul style="list-style-type: none"> • A client-centered, directive method designed to enhance client motivation for behavior change. • Focuses on exploring and resolving ambivalence by increasing intrinsic motivation to change. • Can be used by itself, as well as in combination with other treatments. It has been utilized in pretreatment work to engage and motivate clients for other treatment modalities.
<p>In-Home Parenting: Homebuilders</p>	<ul style="list-style-type: none"> • A home- and community-based intensive family preservation services treatment program designed to avoid unnecessary placement of children and youth into foster care, group care, psychiatric hospitals, or juvenile justice facilities. • Engages families by delivering services in their natural environment, at times when they are most receptive to learning, and by enlisting them as partners in assessment, goal setting, and treatment planning.