



# 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			
<a href="#">Brief Strategic Family Therapy (BFST)</a>  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			
<a href="#">Family Check-Up (FCU)</a>  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			
<a href="#">Functional Family Therapy (FFT)</a>  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			
<a href="#">Healthy Families America (HFA)</a>  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			

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