

# CT Family First - Programs & Service Array Workgroup

## Initial Recommendations: Tier 1 & 2 Models

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JANUARY 5, 2021

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# PSAWG Governance Meeting Agenda: 1/5/2021

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1. Overview of Workgroup & Deliverables
2. Our Process: Moving from CT Continuum to Tier 1 & 2 Recommendations
3. Initial Recommendations: Tier 1 & 2 (as of 12/18/2020)
4. Identified Gaps
5. Propose/Discuss Next Steps

# Desired Results for Today:

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1. Review and validate the PSAWG program/service review and recommendation process
2. Guidance on how to proceed in addressing remaining candidacy population gaps
3. Discuss fluidity of Title IV-E Clearinghouse and ongoing EBP review

# PSAWG Overview

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Kick-off session: December 13, 2019

2020 Work to Date:

- Pre-COVID: Dec 2019 – March 2020 - 6 meetings on bi-weekly basis @ 3 hours each
- Post-COVID: Oct – Dec 2020 – 6 meetings on bi-weekly basis @ 90 minutes each

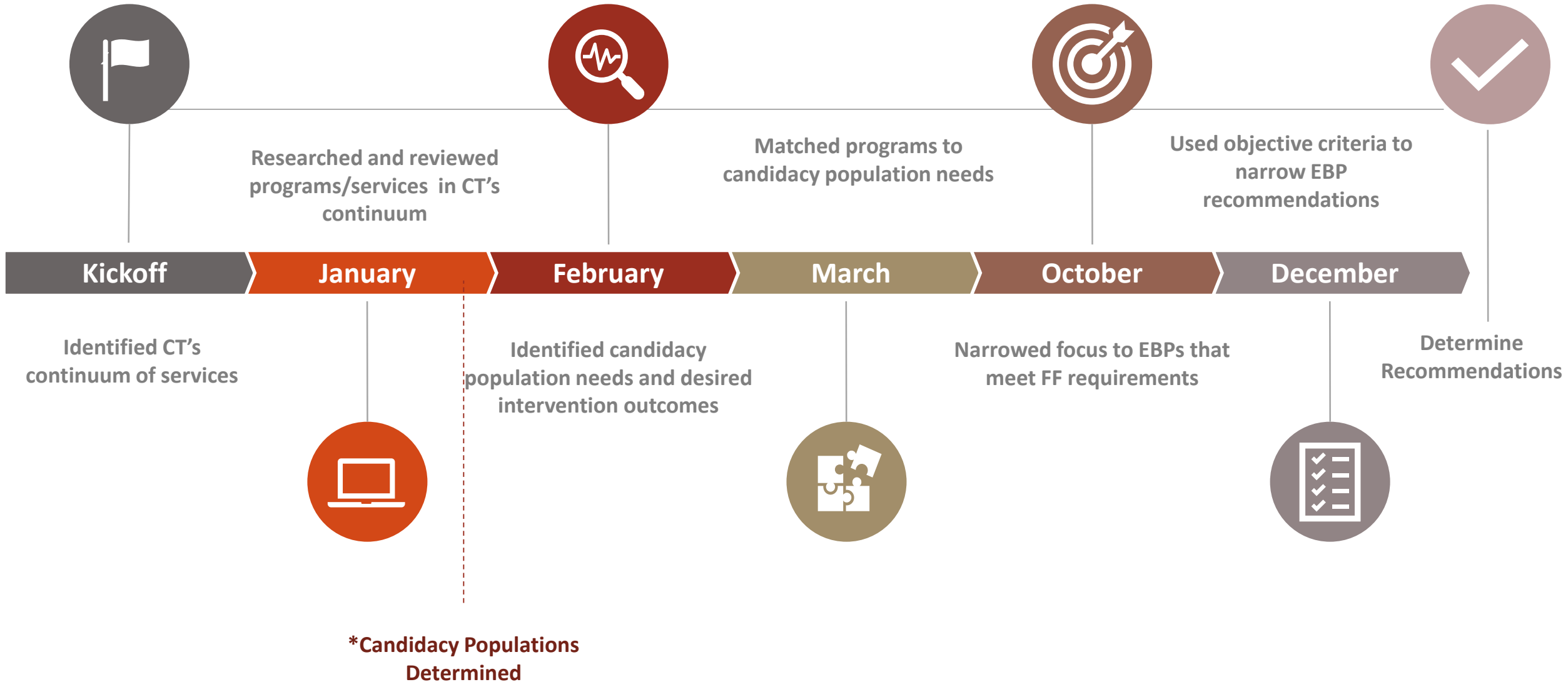
Membership – representing a cross-section of partners including providers, model developers, advocates, other state agencies and consumers

- Pre-COVID: 70+ members
- Post-COVID: 100+ with many new members after September relaunch
- October 15<sup>th</sup>: Orientations session for new members

First deliverable: Initial candidacy plan program/service recommendations

- Original target date - April 2020
- Revised target date – December 2020

# Workgroup Timeline and Process





# Research and Review

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## **Information gathered on each program/service identified in CT continuum :**

- Model
- Target Population
- Level of Empirical Support
- Research-Supported Outcomes
- Provider Qualifications
- Training and Supervision
- Service Location

# CANDIDACY DEFINITIONS: APPROVED JAN 2020

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Families with **accepted Careline calls**

Families who have been **accepted for Voluntary Services**

**Pregnant and parenting youth in foster care**

**Siblings of children in foster care**

**Youth exiting to permanency or youth aging out of DCF foster care**

Families with certain characteristics **who are identified through a community or neighborhood pathway:**

Children who are chronically absent from preschool/school or are truant from school

Children of incarcerated parents

Trafficked youth

Unstably housed/homeless youth

Families experiencing interpersonal violence

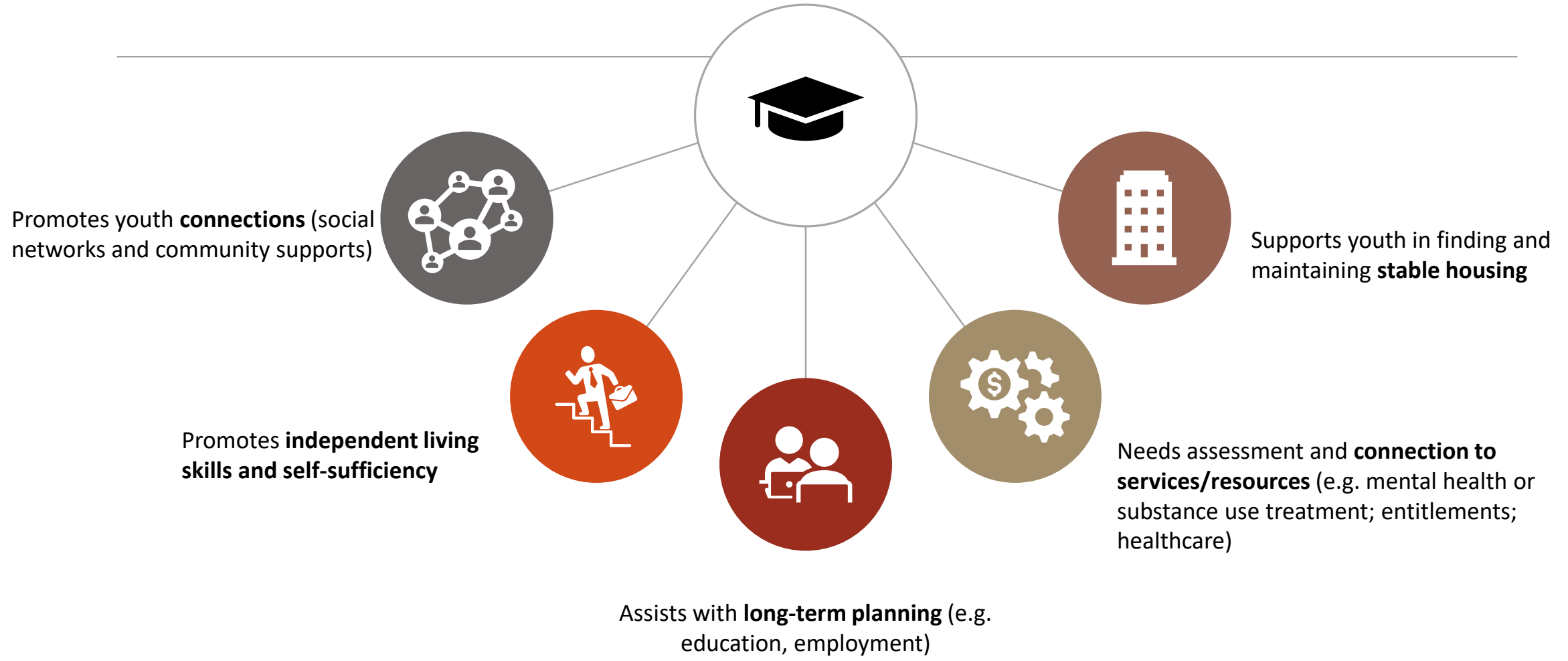
Youth who have been referred to the juvenile review board or who have been arrested

Caregivers who have, or have a child with, a substance use disorder, mental health condition or disability that impacts parenting  
Infants born substance-exposed (as defined by the state CAPTA notification protocol)



# Identify Candidacy Needs and Desired Intervention Outcomes

**Example Candidacy Population:** Youth exiting to permanency or aging out

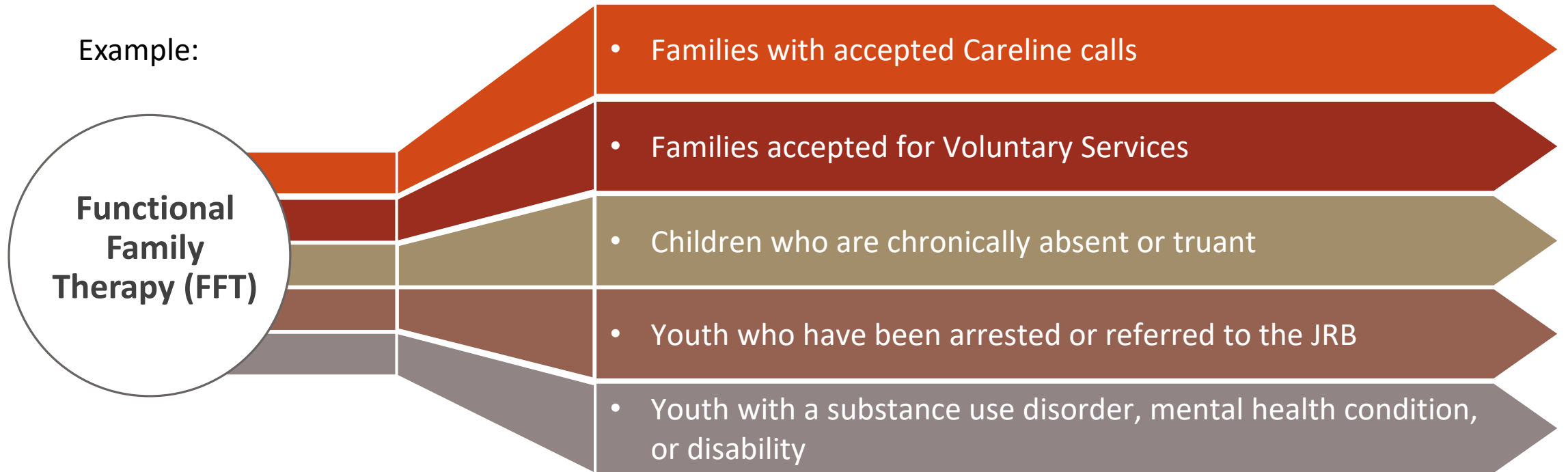






# Match Candidacy Populations to EBPs

Example:





# Narrowed Focus to FFPSA-Eligible EBPs

Evidence Tiers	Prevention Plan CQI/Evaluation Requirement	# of EBPs Reviewed
<b>Tier 1:</b> Rating of “Well Supported” on FFPSA title IV-E Clearinghouse	CQI with Evaluation Waiver	8
<b>Tier 2:</b> Rating of “Supported” or “Promising” on title IV-E Clearinghouse or has an Independent Systematic Review	Full Evaluation	6
<b>Tier 3:</b> Rated on CEBC or has strong body of evidence, but is not on title IV-E Clearinghouse	Independent Systematic Review + Full Evaluation	73
<b>Tier 4:</b> Effective services, but not on CEBC or title IV-E Clearinghouse	N/A (Likely not viable for Plan inclusion)	



# Selection Criteria to Refine Initial EBP Recommendations

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## **Fit:**

- Prioritized EBPs that met 3 or more candidacy populations
- Evidence of research for EBPs with communities of color, as evidenced by studies reviewed on the CEBC or the title IV-E Clearinghouse\*

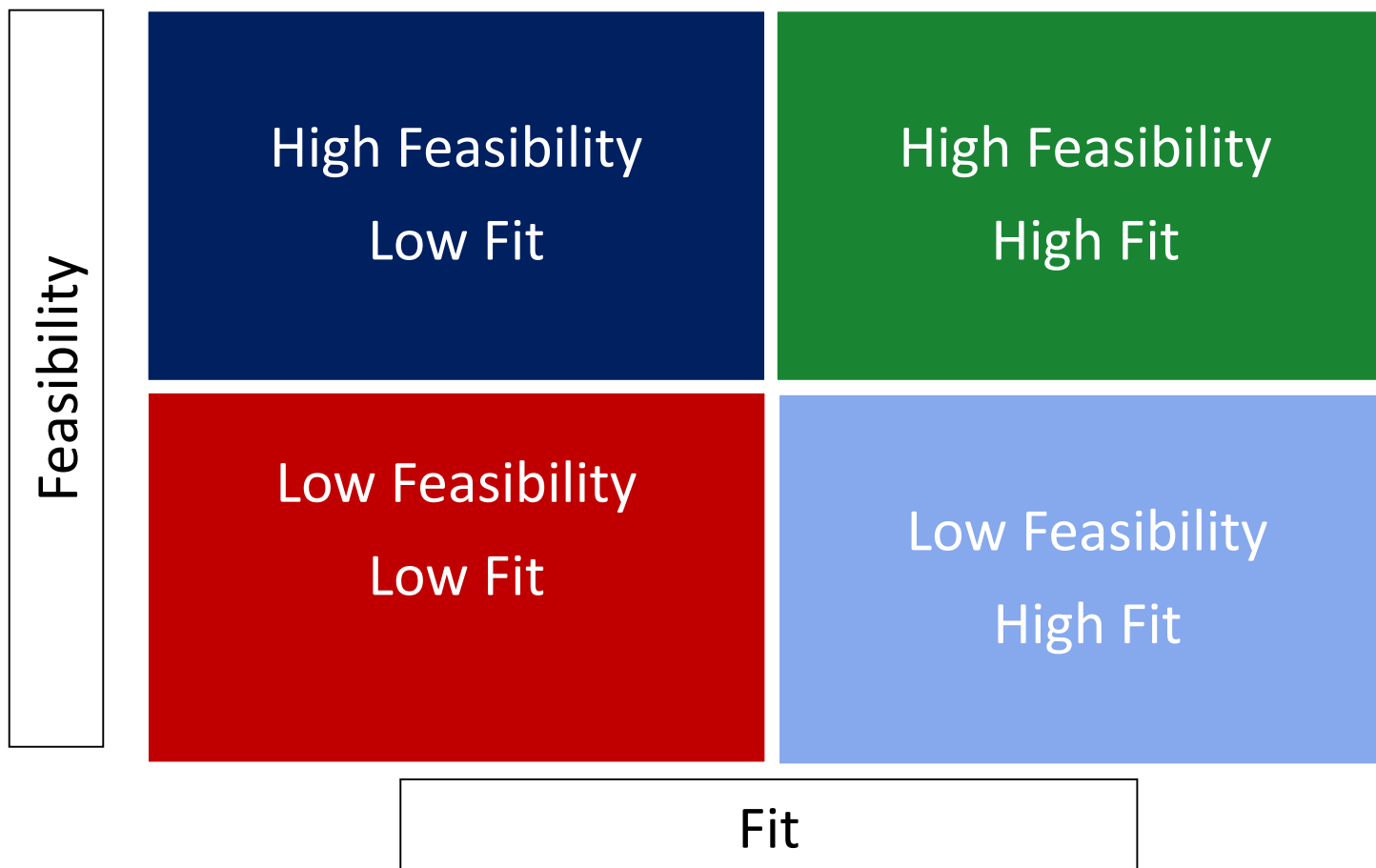
## **Feasibility:**

- The level of evidence, as determined by the title IV-E Clearinghouse (*only Tier 1 and Tier 2 considered at this time*).
- Availability in Connecticut, as defined by existing within 3 or more regions.

*\*Recognizing there may be other sources of research for consideration*



# Fit & Feasibility Matrix



## High Fit/Feasibility:

- EBPs with all 4 criteria met (*likely recommended*)

## High Fit/Low Feasibility:

- EBPs that met both fit criteria and 1 feasibility criterion (*recommendation considered*)

## High Feasibility/Low Fit and Low Fit:

- EBPs that met fewer than 3 candidacy populations or are not researched with communities of color: (*likely excluded*)

# Discussion

Are there any questions or feedback about this process?



# EBPs Recommended for Further Consideration for CT Prevention Plan

## High Feasibility/Low Fit:

- None

## High Fit/Feasibility:

- Functional Family Therapy (FFT):
- Multisystemic Therapy (MST):
- Parents as Teachers (PAT):
- Nurse Family Partnership (NFP):
- Parent Child Interaction Therapy (PCIT):
- Motivational Interviewing (MI)

## Low Fit/Low Feasibility:

- Methadone Maintenance Therapy (MMT)

## High Fit/Low Feasibility:

- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Brief Strategic Family Therapy (BSFT)
- Multi Dimensional Family Therapy (MDFT)
- Healthy Families America (HFA)
- Triple P
- Wraparound



# Criteria Summary for Initial EBP Recommendations for Further Consideration

*All recommended EBPs were researched with communities of color*

## Tier 1 –

- Functional Family Therapy (FFT)
- Motivational Interviewing (MI)
- Multi-systemic Therapy (MST)
- Nurse Family Partnership (NFP)
- Parents As Teachers (PAT)
- Parent-Child Interaction Therapy (PCIT)
- Brief Strategic Family Therapy (BSFT)
- Healthy Families America (HFA)

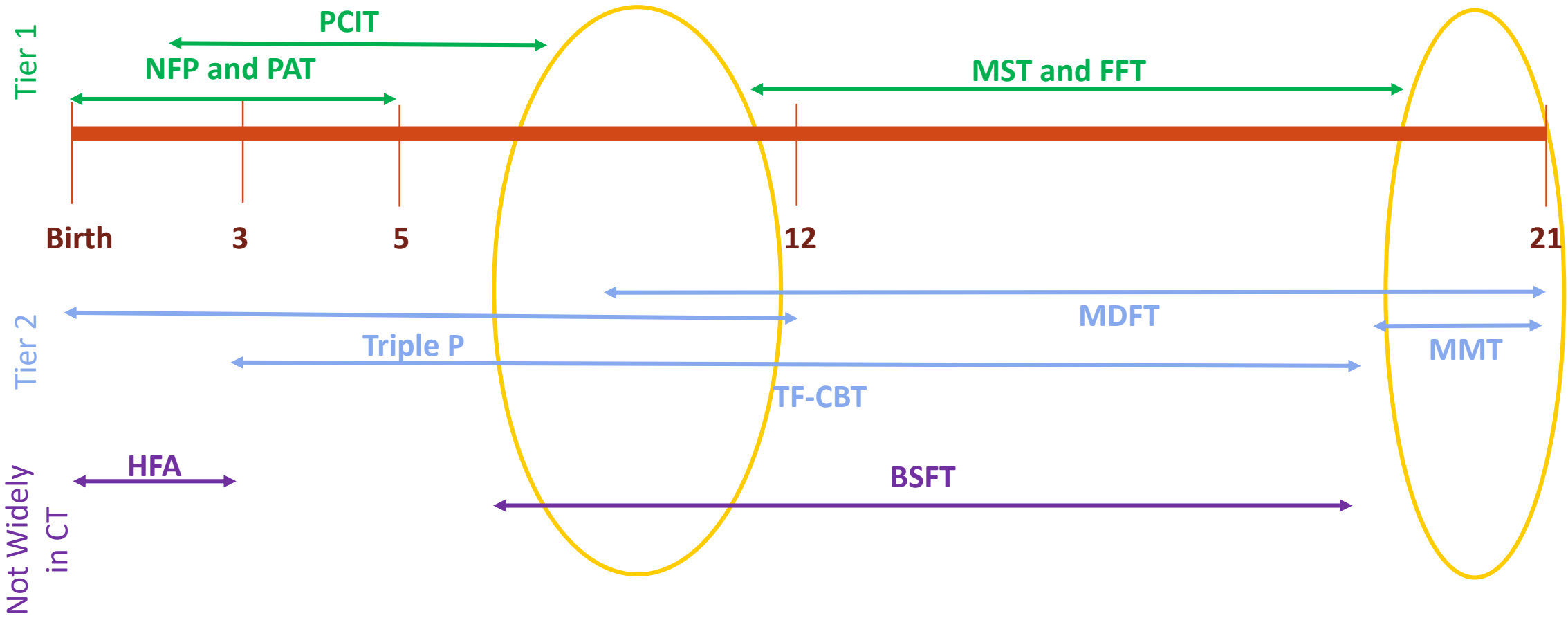
## Tier 2 –

- Methadone Maintenance Therapy (MMT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Triple P
- Multi Dimensional Family Therapy (MDFT)
- Wraparound

Not Yet Available in CT	Some Availability in CT	Widely Available in CT
Brief Strategic Family Therapy	Healthy Families America	All Other Tier 1 and Tier 2 Recommended EBPs



# Age Continuum of Recommended EBPs







# Service Type of Recommended EBPs

## Mental Health Services

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Triple P
- Wraparound
- Functional Family Therapy (FFT)
- Parent-Child Interaction Therapy (PCIT)

## Substance Use Programs

- Methadone Maintenance Therapy (MMT)
- Motivational Interviewing

## In-Home Parenting Programs

- Healthy Families America (HFA)
- Nurse Family Partnership (NFP)
- Parents as Teachers (PAT)

- Multi-systemic Therapy (MST)

- Multi Dimensional Family Therapy (MDFT)
- Brief Strategic Family Therapy (BSFT)

# Discussion

Are there any questions about the EBPs the workgroup put forward?

# Remaining Gaps

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From PSAWG Phase 1 review, here are identified where Tier 1 & 2 models do not address candidacy needs:

- Housing
- Caregivers and/or children with Intellectual/developmental disabilities
- Parents or caregivers with mental health disorders
- Parents and caregiver substance use disorders
- Families with IPV
- Children with incarcerated parents
- Mental health needs of very young children

# Potential Strategies to Address Gaps

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- Review new and future models on Title IV-E Clearinghouse
- Convene small, time-limited workgroup to review areas of overlap and gatekeeping criteria for Tier 1 & 2 model recommendations
- Consider Tier 3 services
  - Require Independent Systematic Review before submission of the Prevention Plan
- Consider Tier 4 services
  - Require resources outside of Family First
- Strategies to guide planning for identified gaps
  - Existing initiatives or partnerships

# Recommendation and Discussion

The Programs and Service Array Work Group proceeds in its effort to identify services to meet the needs of candidacy groups.