

VALUES-DRIVEN EVIDENCE-BASED PRACTICE MATRIX

OUTCOMES

SELECTED PRACTICES	Improved Child/Youth Behavior	Improved Family Functioning	Reduced Substance Abuse	Improved School Performance	Reduced JJ Recidivism	Reduced Mood/Anxiety Symptoms	Reduced Trauma Symptoms	Improved Parent Well-Being
Effective¹								
Adolescent Transitions Program	x	x	x					
Brief Strategic Family Therapy	x	x	x					
CBT for Child Sexual Abuse	x				x	x		
Family Connections	x	x						x
Functional Family Therapy	x	x	x	x				
Incredible Years	x	x		x				x
Multidimensional Family Therapy	x	x	x	x				
Multidimensional Treatment Foster Care	x	x		x	x			
Multisystemic Therapy	x	x	x		x			
Nurse Family Partnership	x	x	x		x			x
Positive Parenting Program	x	x						x
Parent-Child Interaction Therapy	x	x						x
Parenting Wisely	x	x						x
Strengthening Families 6-12	x	x	x		x			
Strengthening Families Prog. 10-14	x	x	x					
Efficacious²								
UCLA Trauma/Grief Program for Adolescents				x	x	x		
Promising³								
Aggression Replacement Training	x				x			
Trauma Adaptive Recovery Group Education and Training (TARGET)			x	x	x			
Wraparound Process (acc. to the National Wraparound Initiative)	x	x		x				x

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PRACTICE CHARACTERISTICS

SELECTED PRACTICES	PRACTICE CHARACTERISTICS									
	Parent Training	Family Therapy	Individual	Group	Clinic-based	School-based	Home/Community-based	Hospital/Group Home-based	Rural	Urban
Effective¹										
Adolescent Transitions Program	X	X			X	X			X	
Brief Strategic Family Therapy	X	X	X		X		X		X	X
CBT for Child Sexual Abuse		X	X	X	X				X	X
Family Connections							X			X
Functional Family Therapy		X			X		X		X	X
Incredible Years	X			X		X			X	X
Multidimensional Family Therapy		X	X		X				X	X
Multidimensional Treatment Foster Care	X	X	X		X		X		X	X
Multisystemic Therapy	X	X					X		X	X
Nurse Family Partnership	X						X		X	X
Positive Parenting Program	X	X			X	X	X			X
Parent-Child Interaction Therapy	X	X			X		X			X
Parenting Wisely	X				X	X	X		X	X
Strengthening Families 6-12	X	X	X		X	X	X		X	X
Strengthening Families Prog. 10-14	X	X	X			X			X	X
Efficacious²										
UCLA Trauma/Grief Program for Adolescents			X	X	X	X			X	X
Promising³										
Aggression Replacement Training				X	X	X		X	X	X
Trauma Adaptive Recovery Group Education and Training (TARGET)			X	X	X					
Wraparound Process (acc. to the National Wraparound Initiative)							X		X	X

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ETHNICITY

AGE

SELECTED PRACTICES	ETHNICITY							AGE			
	Caucasian	Latino	African-American	Asian	Native American	Pacific Islander	Language Materials	Gender	Age 0-5	Age 5-11	Age 12-18
Effective¹											
Adolescent Transitions Program	x							M/F		x	x
Brief Strategic Family Ther		x	x				Span	M/F		x	x
CBT for Ch Sexual Abuse	x	x	x					M/F	x	x	x
Family Connections	x		x					M/F		x	
Functional Family Therapy	x	x	x				Span	M/F			x
Incredible Years	x	x	x	x		x	Span	M/F	x	x	
Multidimensional Family Therapy	x	x	x				Span	M/F		x	x
Multidimensional Treatment Foster Care	x							M/F			x
Multisystemic Therapy	x		x					M/F		x	x
Nurse Family Partnership	x	x	x					M/F	x		
Positive Parenting Program	x								x	x	x
Parent-Child Interaction Therapy	x							Males	x	x	
Parenting Wisely	x	x	x	x				M/F		x	x
Strengthening Families 6-12	x	x	x	x	x	x	Span	M/F		x	x
Strengthening Families Prog. 10-14	x	x	x	x	x		Span	M/F			x
Efficacious²											
UCLA Trauma/Grief Program for Adolescents	x	x	x	x	x	x		M/F		x	x
Promising³											
Aggression Replacement Training	x	x	x					M/F		x	x
Trauma Adaptive Recovery Group Education and Training (TARGET)								M/F		x	x
Wraparound Process (acc. to the National Wraparound Initiative)	x	x	x	x	x	x		M/F	x	x	x

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SELECTED PRACTICES	CHILD CHARACTERISTICS				IMPLEMENTATION		
	Externalizing Behavior Disorders	Anxiety/Depression/Mood	Substance Abuse	Trauma Exposure	Licensed Staff	License-eligible Staff	Paraprofessional Staff
Effective¹							
Adolescent Transitions Program	x		x		x	x	x
Brief Strategic Family Therapy	x		x		x		
CBT for Child Sexual Abuse		x		x	x	x	
Family Connections				hi-risk		x	x
Functional Family Therapy	x		x		x	x	x
Incredible Years	x				x	x	x
Multidimensional Family Therapy	x		x		x		
Multidimensional Treatment Foster Care	x				x	x	x
Multisystemic Therapy	x		x		x	x	
Nurse Family Partnership					x		
Positive Parenting Program	x				x	x	x
Parent-Child Interaction Therapy	x				x	x	
Parenting Wisely	x		x				
Strengthening Families 6-12							x
Strengthening Families Prog. 10-14			x				x
Efficacious²							
UCLA Trauma/Grief Program for Adolescents		x		x			
Promising³							
Aggression Replacement Training	x		x		x	x	x
Trauma Adaptive Recovery Group Education and Training (TARGET)	x	x	x	x			
Wraparound Process (acc. to the National Wraparound Initiative)	x	x	x	x	x	x	x

¹**Effective** = outcomes achieved, based on controlled research, with independent replications in usual care settings.

²**Efficacious** = outcomes achieved, based on controlled research, with independent replications in controlled settings.

³**Promising** = some positive research evidence, quasi-experimental and/or expert consensus