



CENTER *for*
EVIDENCE-BASED
PARTNERSHIPS

THE STATE OF EBPS IN VIRGINIA

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CENTER *for*
EVIDENCE-BASED
PARTNERSHIPS



Inclusion



Integrity



Teamwork



Transparency



VIRGINIA

an initiative of the
Virginia Department
of Social Services



Virginia Department of Behavioral Health
and Developmental Services



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES

VIRGINIA'S MEDICAID PROGRAM



Office of Children's Services
Empowering communities to serve youth



*To protect the health and promote the
well-being of all people in Virginia.*



Virginia Department of
Health Professions



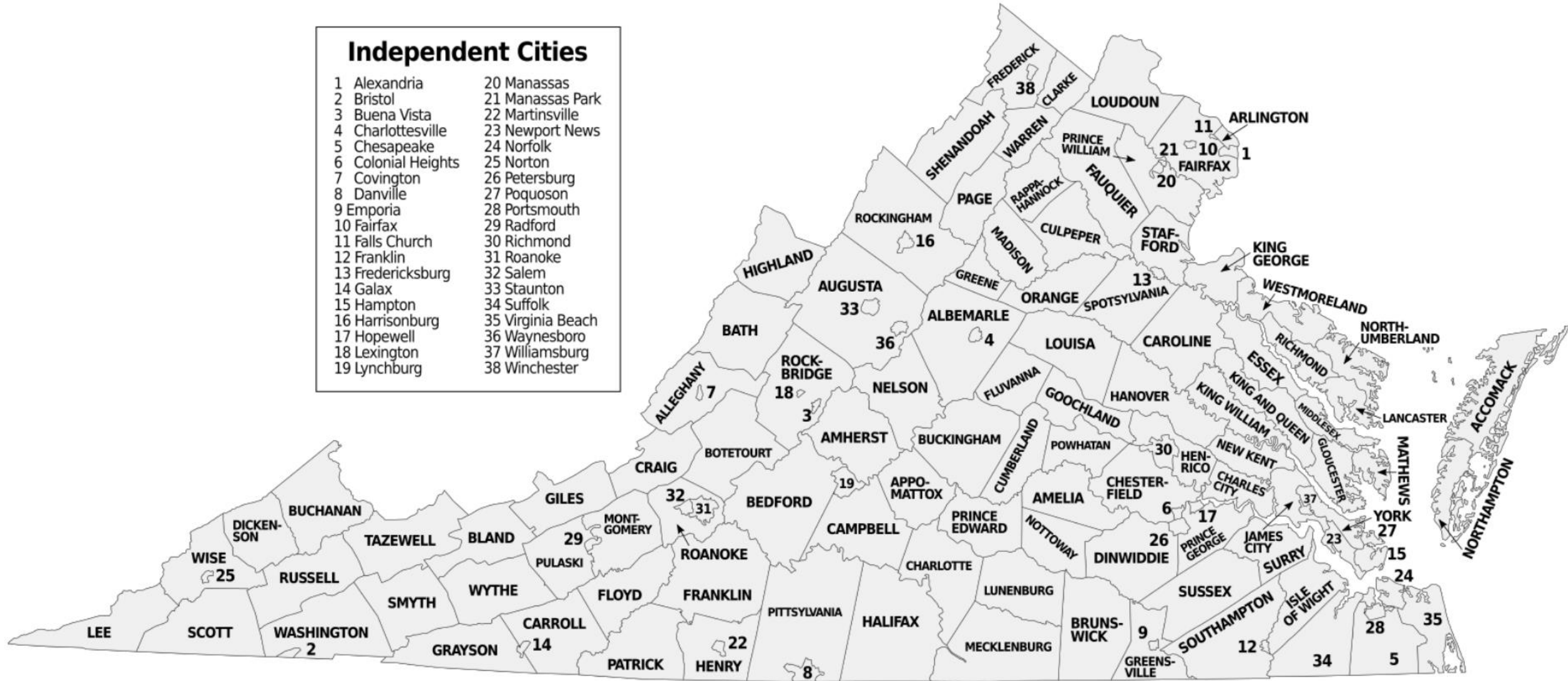
VIRGINIA DEPARTMENT OF
EDUCATION



Connecting activity

Independent Cities

- | | |
|--------------------|-------------------|
| 1 Alexandria | 20 Manassas |
| 2 Bristol | 21 Manassas Park |
| 3 Buena Vista | 22 Martinsville |
| 4 Charlottesville | 23 Newport News |
| 5 Chesapeake | 24 Norfolk |
| 6 Colonial Heights | 25 Norton |
| 7 Covington | 26 Petersburg |
| 8 Danville | 27 Poquoson |
| 9 Emporia | 28 Portsmouth |
| 10 Fairfax | 29 Radford |
| 11 Falls Church | 30 Richmond |
| 12 Franklin | 31 Roanoke |
| 13 Fredericksburg | 32 Salem |
| 14 Galax | 33 Staunton |
| 15 Hampton | 34 Suffolk |
| 16 Harrisonburg | 35 Virginia Beach |
| 17 Hopewell | 36 Waynesboro |
| 18 Lexington | 37 Williamsburg |
| 19 Lynchburg | 38 Winchester |



What makes a program evidence-based?



**Let's learn
more
about
EBPs**



BRIEF STRATEGIC FAMILY THERAPY

BSFT® is an Evidence-Based Program that treats problematic behaviors in kids and teens and aims to keep families together.

Who can BSFT help?

- Families with **children ages 6-18** who display substance use, truancy, defiance, bullying, anxiety and depression
- Parents with substance abuse

How can BSFT help?

- BSFT® aims to **strengthen parenting, reduce problematic behaviors**, and ultimately **keep families intact**.
- BSFT® aims to **increase family bonding, communication, and cohesiveness**.

What does BSFT look like?

BSFT® can be delivered in **homes, health centers, and clinics**, and is typically provided in **12-16 weekly sessions** that are unbound by typical session hour. Sessions are completed primarily in person with minimal flexibility for remote intervention.



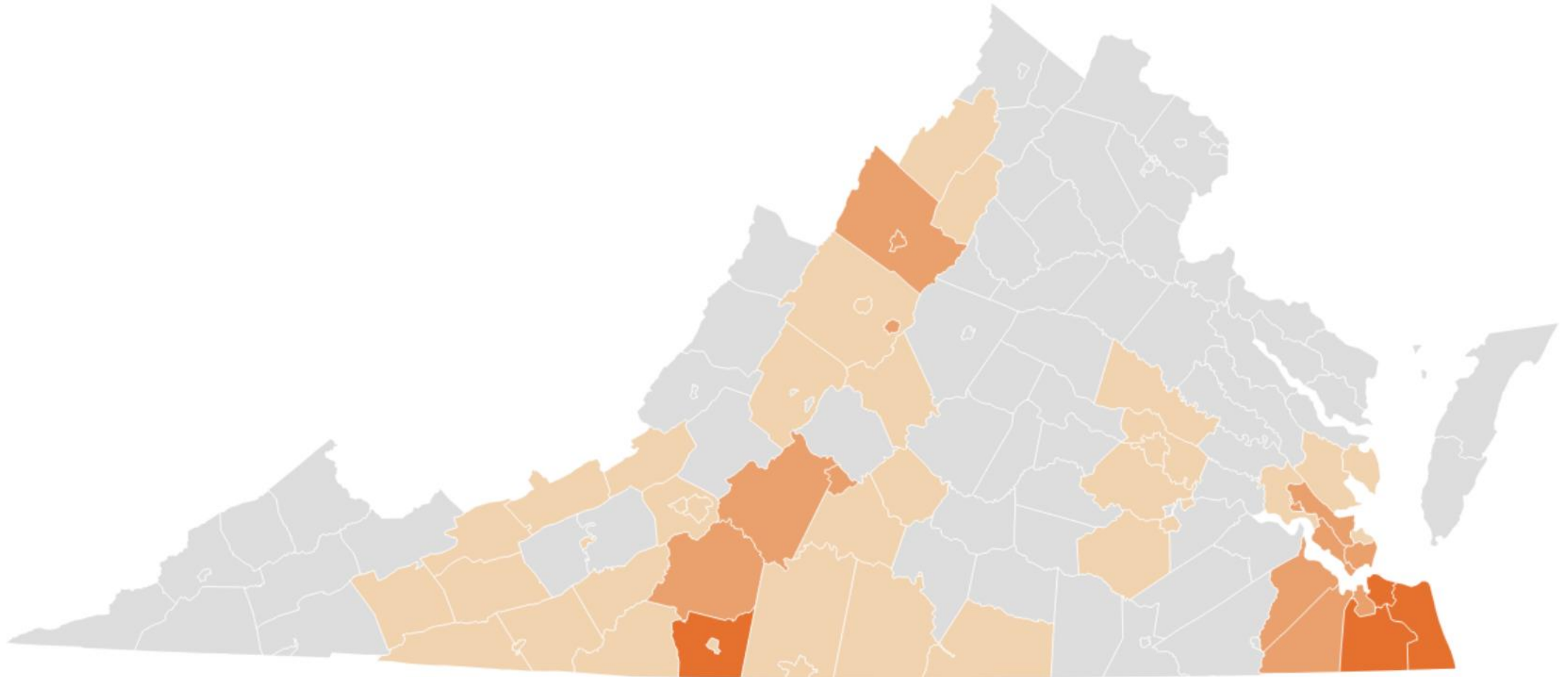
BSFT is approved
to be funded by:

Title IV-E CSA

Brief Strategic Family Therapy in Virginia

BSFT team Coverage as of June 2025

1 Team 2 Teams 3 Teams



MULTI-SYSTEMIC THERAPY

MST is an Evidence-Based Program that aims to reduce delinquency in youth by assessing and addressing all systems within a youth's life.

Who can MST help?

- Youth ages **12-17**
- Families with youth who are **at risk of, or have already committed crimes.**
- Youth with **mental health issues**
- Youth at **risk of being placed out of the home**

How can MST help?

- MST aims to promote pro-social behavior while **reducing mental health problems, substance use, and out of home placements.**
- MST aims to **address core causes** to delinquency and other problematic behaviors.

What does MST look like?

MST is provided in all systems in which the youth is involved and lasts **3-5 months**. During treatment, the **practitioner is available to the family 24/7.**

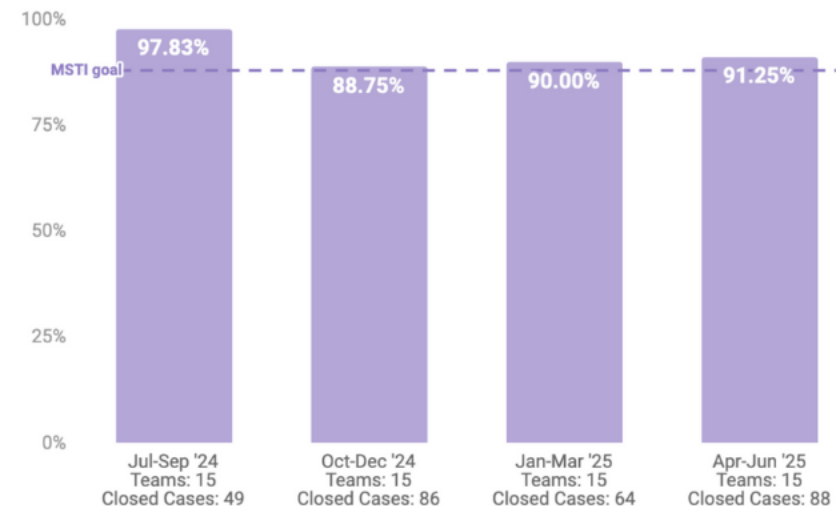


MST is approved to be funded by:

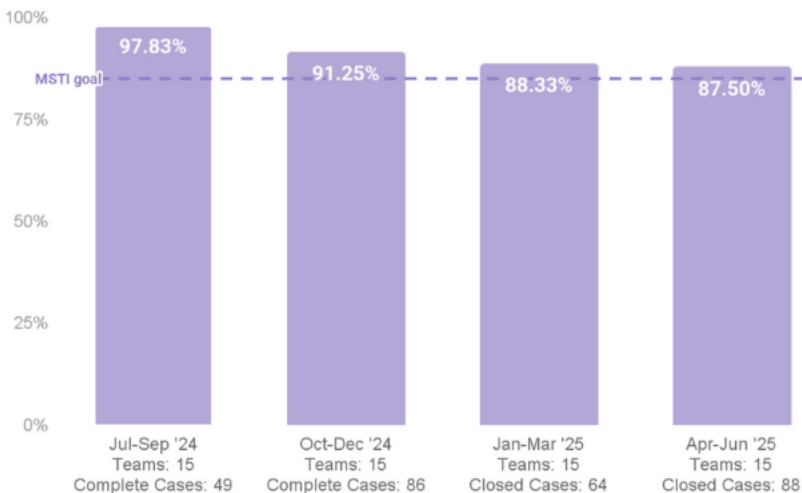
Title IV-E CSA Medicaid

MULTI-SYSTEMIC THERAPY

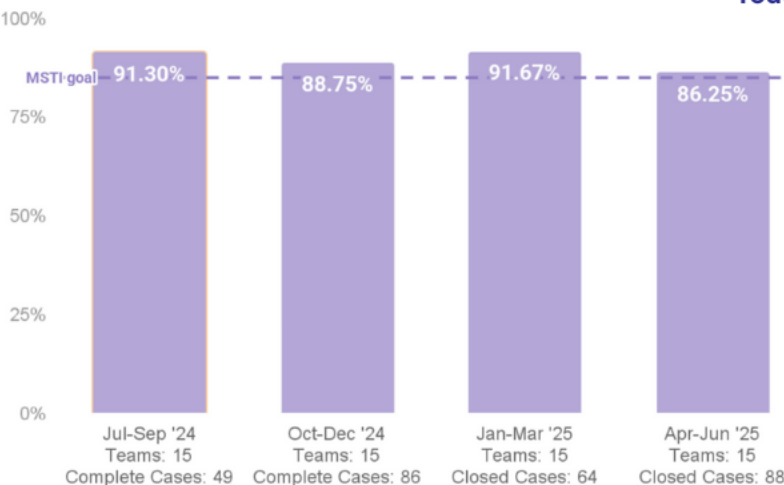
VA Outcomes, July 2024 - June 2025



Youth Living at Home at Treatment Close



Youth in School or Working at Treatment Close

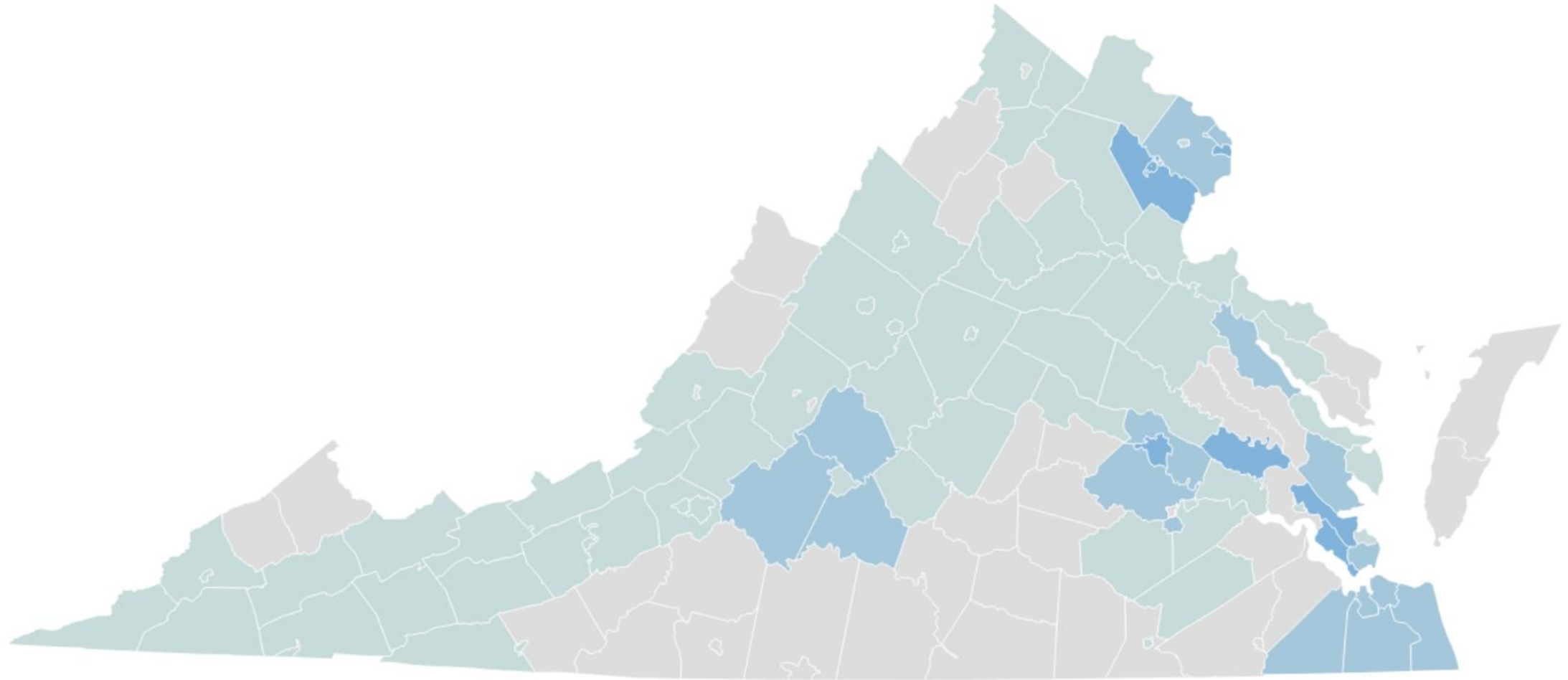


Youth with No New Law Violations at Treatment Close

Multisystemic Therapy in Virginia

MST team coverage as of June 2025

1 Team 2 Teams 3 Teams



FUNCTIONAL FAMILY THERAPY

FFT is an Evidence-Based Program that aims to strengthen family systems and reduce out of home placements for youth.

Who can FFT help?

- Youth ages **11-18**
- Families with **significant conflict**
- Youth **at risk of court involvement** or already court involved
- Youth **at risk of out of home placement**

How can FFT help?

- FFT is designed to **address problematic cycles** that are happening within the youth and the family as a whole.
- FFT aims to **reduce problematic emotions and behaviors in a family system** while also strengthening the family.

What does FFT look like?

FFT is delivered in the **clinic or home setting** over the course of approximately **3-6 months**. Treatment is typically delivered **weekly for 60-90 minutes** each session.

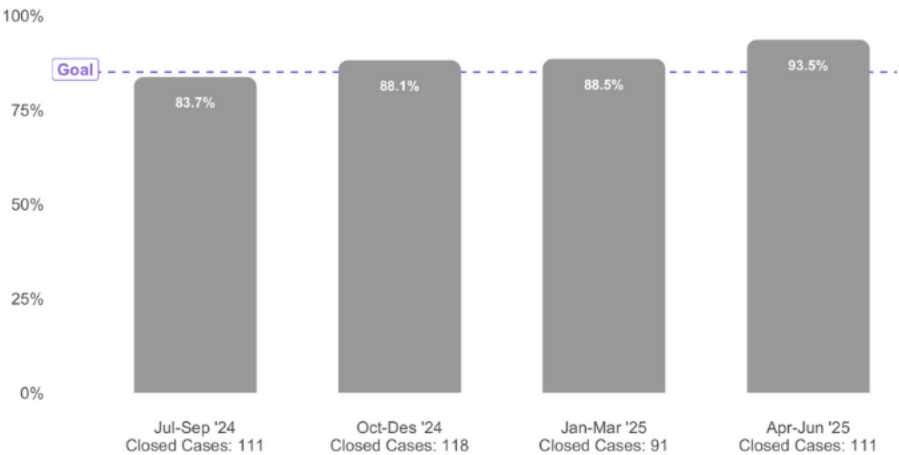


FFT is approved to be funded by:

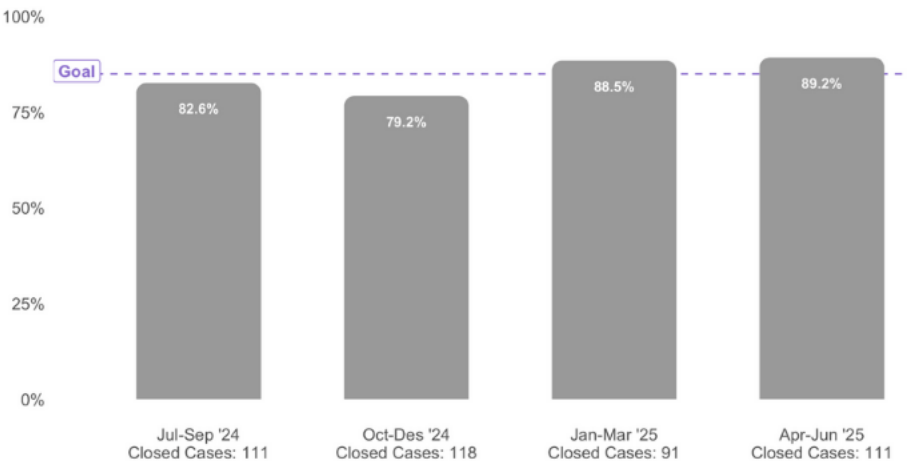
Title IV-E CSA Medicaid

FUNCTIONAL FAMILY THERAPY

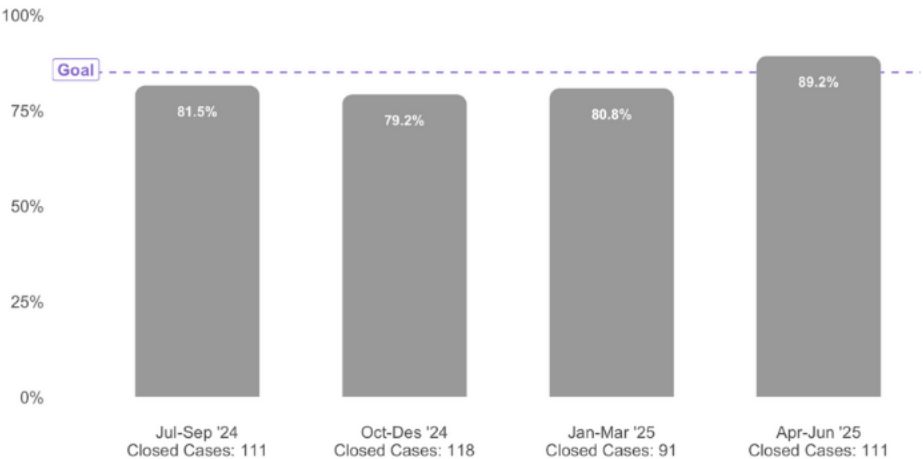
VA Outcomes, July 2024 - June 2025



Youth Remains in Community at Treatment Close



Youth Attending School at Treatment Close

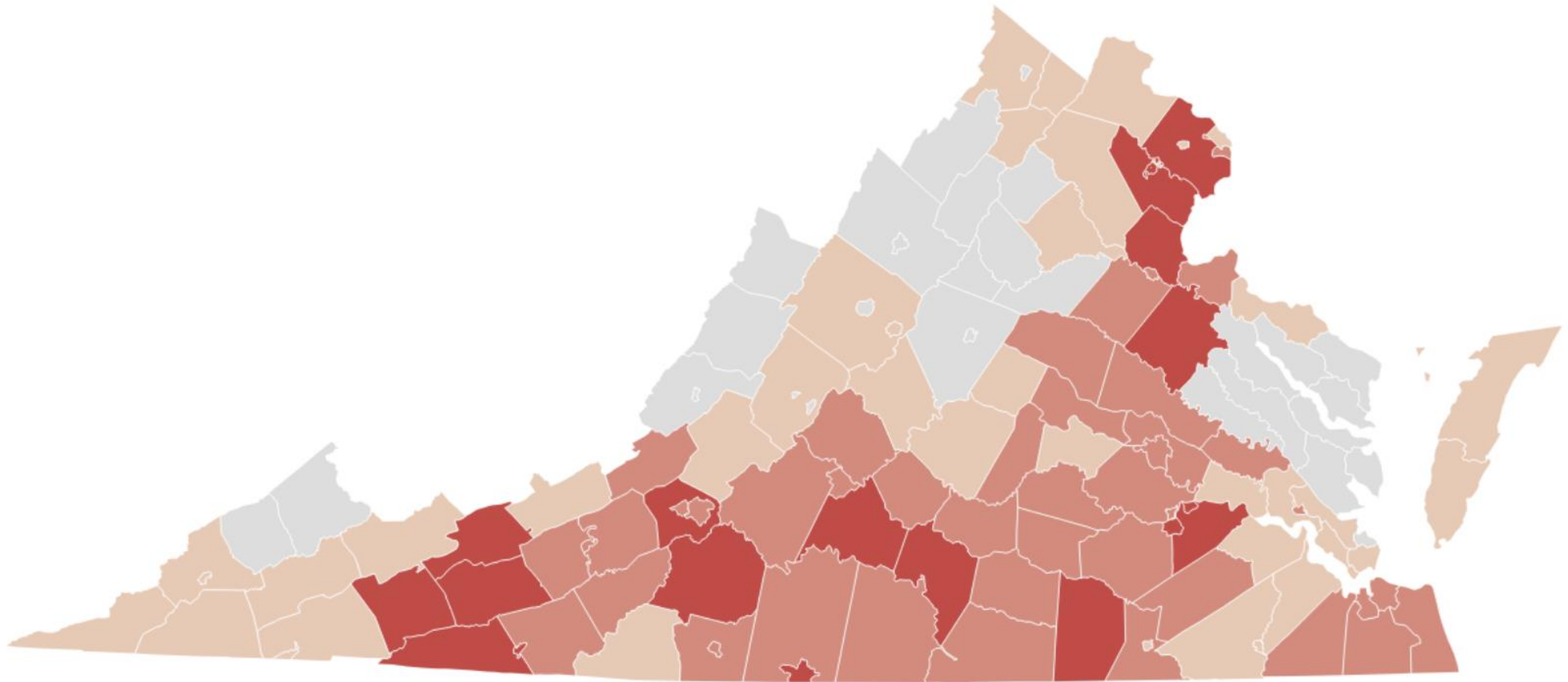


Youth with No New Law Violations at Treatment Close

Functional Family Therapy in Virginia

FFT team coverage as of June 2025

1 Team 2 Teams 3 Teams



Map: CEP-Va • Created with Datawrapper

PARENT-CHILD INTERACTION THERAPY

PCIT is an Evidence-Based Program that aims to improve the child-parent relationship while reducing child problematic behaviors.

Who can PCIT help?

- **Parents of children ages 2-7**
- Caregivers of children who display significant behaviors such as **aggression, defiance, disruptive behaviors, and ineffective social skills**. These families may also experience safety concerns.

How can PCIT help?

- PCIT provides **live coaching** sessions to repair and strengthen the parent-child relationship.
- PCIT aims to **improve attachment** between the caregiver and child to ensure secure relationships; and can assist in reducing maternal depression.

What does PCIT look like?

PCIT is traditionally delivered **in office on a weekly basis**. Treatment typically lasts **12-20 sessions**, but service length is determined by individual family needs. **PCIT can be provided virtually or in person.**



PCIT is approved to be funded by:

Title IV-E CSA

FAMILY CHECK-UP

FCU is an Evidence-Based Program that is strengths based and aims to improve parenting skills and family management.

Who can FCU help?

- **Parents with children ages 2-17**
- Families with children who are **disruptive at home or school**
- Parents who could benefit from developing skills and have been resistant to engagement in the past

How can FCU help?

- FCU aims to **improve a range of emotional, behavioral, and academic outcomes** for children.
- FCU aims to promote **healthy limit setting, family communication, and increase family motivation for change.**

What does FCU look like?

FCU can be delivered in **homes, schools, clinics**, etc. and can be between **3-15 weekly sessions**. FCU can be received in tandem with other services. **FCU can be provided virtually or in person.**



Family Check-Up is approved
to be funded by:

Title IV-E CSA

Family Check-Up in Virginia

FCU team coverage as of June 2025

■ 1 Team ■ 2 Teams

Map: CEP-Va • Created with Datawrapper

HOMEBUILDERS

Homebuilders is an Evidence-Based Program that can be used in crisis situations and aims to assess families and provide treatment in order to prevent imminent out of home placement.

Who can Homebuilders help?

- Families with **children ages 0-18**
- Families with children at **imminent risk of out of home placement**
- Families working towards **reunification**

How can Homebuilders help?

- Homebuilders aims to create positive change in the family system by **assessing strengths and needs** and developing an ongoing service plan.
- Homebuilders aims to challenge problem behaviors in the family by using CBT and Motivational Interviewing skills to create positive change.

What does Homebuilders look like?

Homebuilders is delivered primarily in the **family's home** over the course of **4-6 weeks**; the family should have **24/7 access to the clinician** and receive approximately 40 direct hours of treatment.



Homebuilders is approved
to be funded by:

Title IV-E CSA

HIGH FIDELITY WRAPAROUND

HFW is an Evidence-Based Program that is a family and child centered 4 phased team approach that aims to provide a coordinated set of services and supports where all team members share the same goal for the family members.

Who can HFW help?

- Families with **youth ages 0-21**
- Families with youth who have **complex mental health, emotional, or behavioral needs**
- Families working towards **reunification or preventing out of home placement**

How can HFW help?

- HFW aims to create and coordinate a **team of supports** for the family and youth who all work towards a common goal.
- HFW aims to **elevate family voice** and empower family members while **supporting the potential for behavioral changes**.

What does HFW look like?

HFW is delivered in **all settings** including community spaces, a family's home, or and alternative residential placement. Service length varies dependent on family needs, but consists of **1-3 hour team meetings every 30-90 days dependent on phase**.



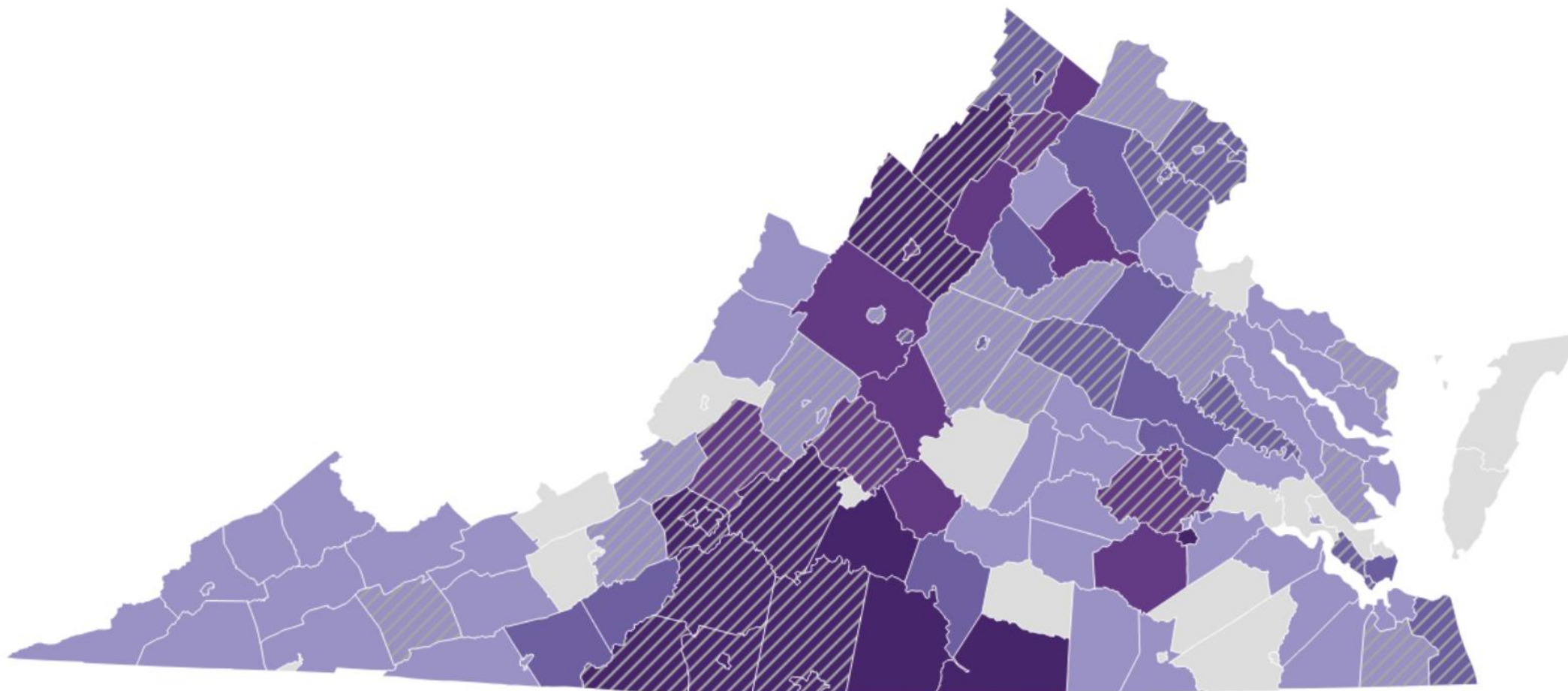
HFW is approved
to be funded by:

Title IV-E CSA

HFW team coverage as of June 2025



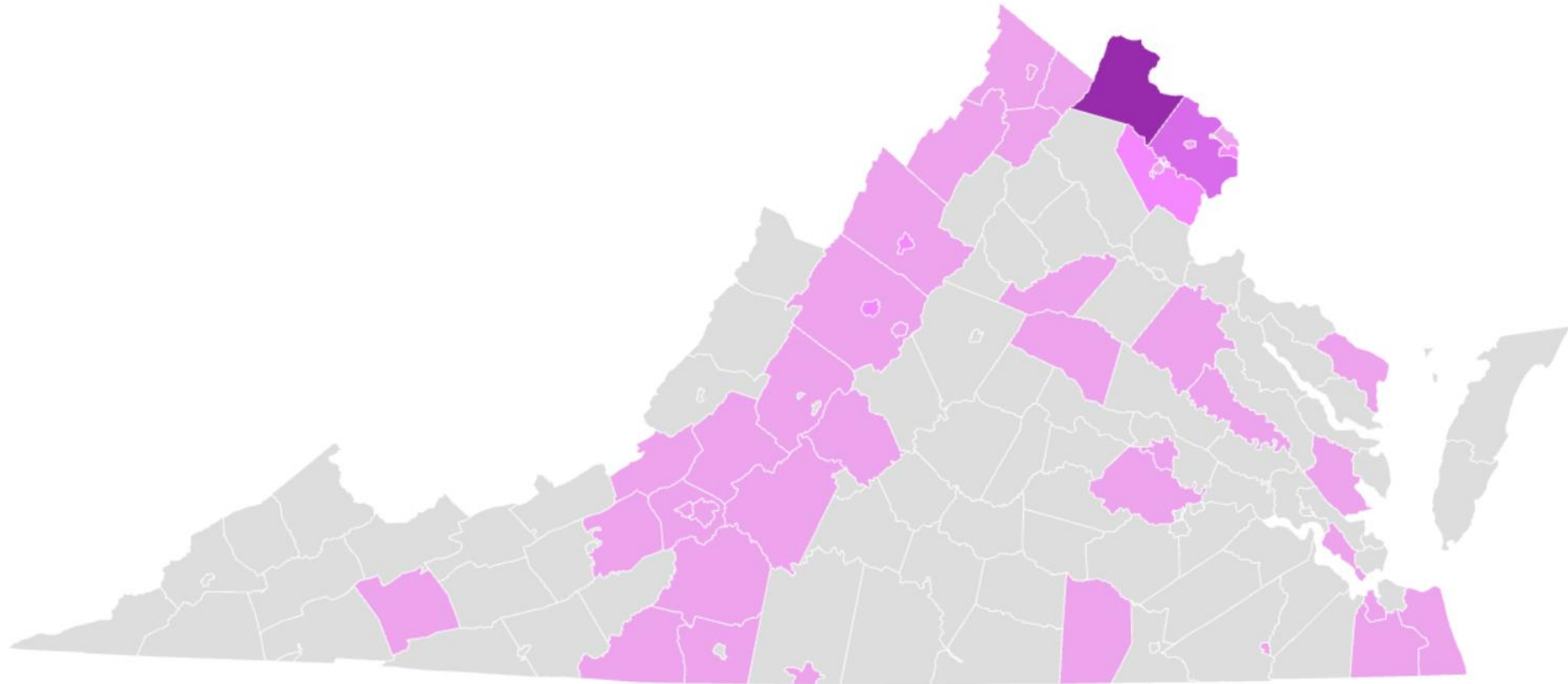
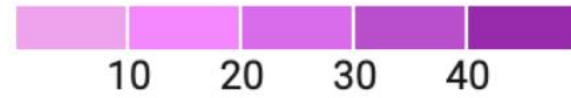
/// HFW Cases Active



Source: CEP-Va • Created with Datawrapper

High Fidelity Wraparound in Virginia

Estimated Case Counts by Locality



The localities were determined by zipcode of youth caregiver. Two agencies whose youth rosters have not been collected from are not included in this visual.

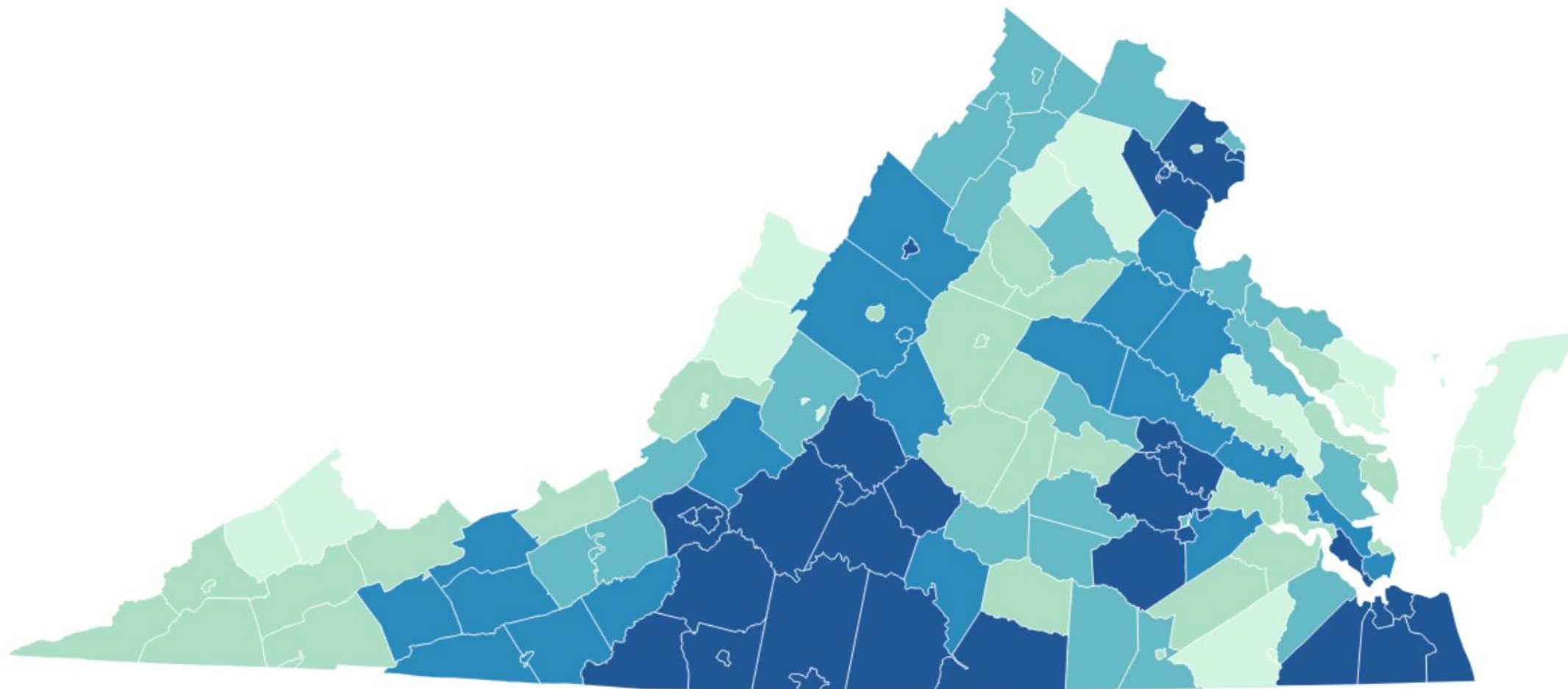
Source: CEP-Va • Created with [Datawrapper](#)



Family First EBP Coverage in Virginia

The number of BSFT, FCU, FFT, HFW, or MST teams serving each locality as of June 2025

1 Team 2-3 Teams 4-5 Teams 6-7 Teams 8+ Teams





Take a break



Measurement Reframe

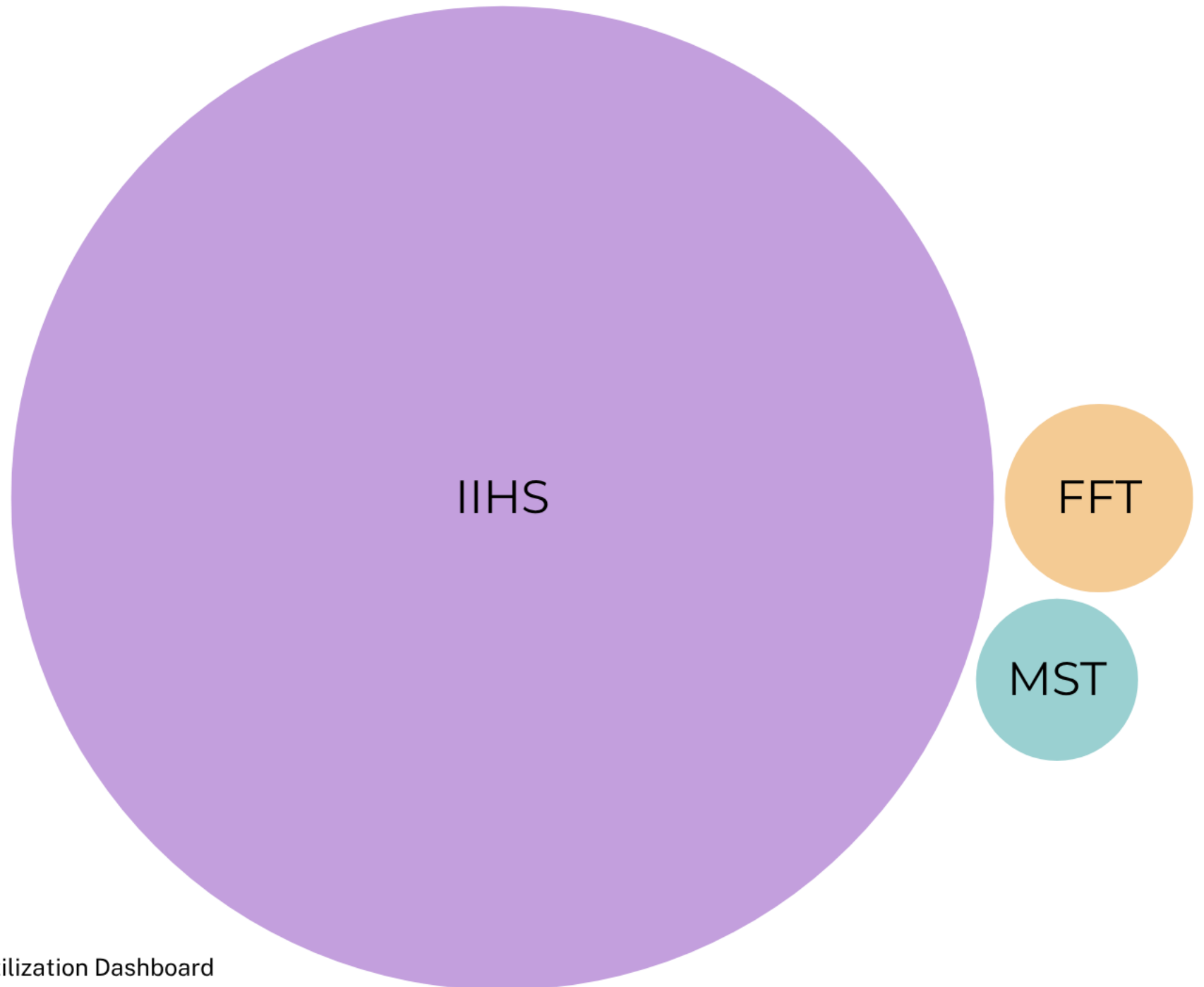
| Service | Avg Treatment Length in VA | Average Cost / Child |
|----------------------------|----------------------------|-----------------------|
| Treatment Foster Care | ~489 days | \$32,183.59 |
| Residential-all categories | ~259 days | \$45,035.76 |
| High Fidelity Wrap | ~264 days | ~11,134.992-13,361.92 |



Measurement Reframe

| Treatment Type | Treatment Length | Cost / Child / Year 2024 |
|---------------------------------|---|--------------------------|
| Intensive In-Home Services | ~3-10 Hours per week for 6 months or more | \$8,757 |
| Functional Family Therapy (FFT) | ~15-30 Sessions over 3-5 months | \$3,251 |
| Multisystemic Therapy (MST) | ~10-20 Sessions per month for 3-5 months | \$7,693 |

Proportion of
Medicaid
utilization of
Intensive In Home
Services, MST, and
FFT in Virginia in
fiscal year 25





Treatment purveyor data - July 2024-June 2025

Treatment Outcome
Living at Home
at Treatment Close

Measurement Reframe

| EBP | Treatment Length | Cost / Child |
|--------------------------------|--|------------------|
| Brief Strategic Family Therapy | ~12-16 weekly sessions | \$7,680 |
| The Family Check-Up | ~4-16 Sessions over 1-4 months | \$8,400 |
| High Fidelity Wrap | ~12-18 Months, billed monthly at ~\$1100 per month | ~\$13,200-19,800 |



Section A.

**Thinking about your community,
fill in what you know about your locality in FY25.**



Finding opportunity through data

CQI Dashboard

DMAS dashboard



Section B.

Using the CQI/OCS Dashboard consider how families and children accessed CSA in your locality in FY25



Section C.

Using the CQI/OCS Dashboard identify your kids served in FY 25

- Foster Care (mandate type)
- Foster Care Prevention (mandate type)
- Residential (service placement type)



Section D.

1. What EBPs do you think are available to your locality?
2. Use the EBP finder to see what is available to you
3. Use the CQI/OCS dashboard to validate what EBPs were funded in FY25

Who are the Family First EBP Providers?





Section E.

Reflect on your community and consider next steps.

The Barbara Burns Slide

“What is one thing you will do differently on your next work day that stems from your experiences here today?”



Thank you for joining us!

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