

**Appendix: Inventory of Evidence-Based, Research-Based, and Promising Practices
For Prevention and Intervention Services for Children and Juveniles in Child Welfare, Juvenile Justice, and Mental Health Systems**

			Current Definitions			Alternative Definitions					
	Program/Intervention	Manual	Evidence-Based	Research-Based	Promising Practices	Evidence-Based	Research-Based	Promising Practices	Cost-beneficial	Reason Program Does Not Meet Alternative Evidence-Based Criteria (see full definitions for notes below)	Percent Ethnic/Racial Minority
Child Welfare	Intervention										
	Alternative Response	Yes	No	Yes	--	No	Yes	--	Yes (100%)	Heterogeneity	40%
	Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT)	Yes	No	No	Yes	No	No	Yes	N/A	Single evaluation/Weight of evidence/Program cost	60%
	Dependency (family treatment) drug court		No	Yes	--	No	Yes	--	N/A	Single evaluation/Program cost	52%
	Family Team Decision Making	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence/Program cost	42%
	Intensive Family Preservation Services (Homebuilders)	Yes	Yes	--	--	Yes	--	--	Yes (99%)		48%
	Other Family Preservation Services (non-Homebuilders)		No	Yes	--	No	No	Yes	No (0%)	Weight of evidence	68%
	Parent-Child Interaction Therapy	Yes	Yes	--	--	Yes	--	--	Yes (100%)		33%
	Safecare	Yes	No	Yes	--	Yes	--	--	Yes (100%)		44%
	Structured Decision Making Risk Assessment	Yes	No	No	Yes	No	No	Yes	N/A	Weight of evidence/Program cost	38%
	Prevention										
	Healthy Families America	Yes	Yes	--	--	No	Yes	--	No (26%)	Benefit-cost	73%
	Nurse Family Partnership	Yes	Yes	--	--	Yes	--	--	Yes (80%)		51%
	Other Home Visiting Programs for At-Risk Parents		Yes	--	--	No	Yes	--	No (44%)	Benefit-cost	50%
	Parent Child Home Program	Yes	No	Yes	--	No	No	Yes	No (38%)	Mixed results within an outcome/Weight of evidence	64%
Parents as Teachers	Yes	Yes	--	--	No	Yes	--	No (57%)	Benefit-cost	52%	
Triple P (system)	Yes	No	Yes	--	Yes	--	--	Yes (100%)		33%	
Policy											
Flexible Funding (Title IV-E waivers)			No	Yes	--	Yes	--	--	Yes (97%)		48%
Subsidized Guardianship (Title IV-E waivers)			Yes	--	--	Yes	--	--	Yes (100%)		33%
Juvenile Justice	Aggression Replacement Training	Yes									
	Youth in institutions		No	Yes	--	No	Yes	--	Yes (94%)	Heterogeneity	17%
	Youth on probation		No	Yes	--	No	Yes	--	Yes (96%)	Heterogeneity	17%
	Coordination of Services	Yes	No	Yes	--	No	Yes	--	Yes (82%)	Single evaluation	10%
	Dialectical Behavior Therapy	Yes	No	Yes	--	No	Yes	--	N/A	Single evaluation/Heterogeneity/Program cost	27%
	Drug courts		Yes	--	--	Yes	--	--	Yes (94%)		43%
	Family Integrated Transitions	Yes	No	Yes	--	No	Yes	--	Yes (91%)	Single evaluation	30%^
	Functional Family Therapy	Yes									
	Youth in institutions		Yes	--	--	Yes	--	--	Yes (100%)		18%^
	Youth on probation		Yes	--	--	Yes	--	--	Yes (100%)		18%^
	Multidimensional Treatment Foster Care	Yes	No	Yes	--	No	Yes	--	Yes (85%)	Heterogeneity	26%
	Multisystemic Therapy	Yes	Yes	--	--	Yes	--	--	Yes (98%)		51%
	Scared Straight	Yes	No	No	No	No	No	No	No (0%)	Weight of the evidence	N/A
	Sex offender treatment		Yes	--	--	Yes	--	--	N/A	Program cost	43%
Victim offender mediation		Yes	--	--	Yes	--	--	Yes (95%)		72%	
General Prevention	Communities that Care	Yes	Yes	--	--	No	Yes	--	N/A	Heterogeneity/Program cost	11%
	Fast Track Prevention Program	Yes	No	Yes	--	No	Yes	--	No (0%)	Benefit-cost/Single evaluation	0%
	Good Behavior Game	Yes	Yes	--	--	Yes	--	--	Yes (100%)		49%
	Guiding Good Choices	Yes	No	Yes	--	No	Yes	--	Yes (85%)	Single evaluation/Heterogeneity	1%
	Quantum Opportunities Program	Yes	Yes	--	--	No	Yes	--	No (60%)	Benefit-cost	N/A
	Seattle Social Development Project	Yes	No	Yes	--	No	Yes	--	No (59%)	Benefit-cost	56%
	Youth Mentoring Programs		Yes	--	--	No	Yes	--	No (61%)	Benefit-cost	0%
	Big Brothers Big Sisters	Yes	Yes	--	--	Yes	--	--	NA		60%
	Other Mentoring Programs		No	Yes	--	No	Yes	--	N/A	Weight of evidence	N/A
Substance Abuse	Life Skills Training		Yes	--	--	Yes	--	--	Yes (100%)		33%
	Project ALERT		No	No	No	No	No	--	No (1%)	Weight of evidence/Heterogeneity	N/A
	Project STAR		Yes	--	--	No	Yes	--	No (71%)	Heterogeneity/Benefit-cost	21%
	Project Toward No Drug Use		Yes	--	--	Yes	--	--	Yes (76%)		69%

Notes:

Benefit-cost: The WSIPP benefit-cost model was used to determine whether a program meets this criterion. Programs that do not achieve at least a 75% chance of a positive net present value do not meet the benefit-cost test. The WSIPP model uses Monte Carlo simulation to test the probability that benefits exceed costs. The 75% standard was deemed an appropriate measure of risk aversion.

Heterogeneity: To be designated as evidence-based under current law or the proposed definition, a program must have been tested on a "heterogeneous" population. We operationalized heterogeneity in two ways. First, the proportion of minority program participants must be greater than or equal to the minority proportion of children in Washington State aged 0 to 17. From the 2010 Census, for children aged 0 through 17 in Washington, 68% were white and 32% minority. Thus, if the weighted average of program participants in the outcome evaluations of the program had at least 32% minorities, then the program was considered to have been tested on a heterogeneous population.

Second, the heterogeneity criterion can also be achieved if at least one of the studies has been conducted on youth in Washington and a subgroup analysis demonstrates the program is effective for minorities ($p \leq .2$). Programs passing the second test are marked with a ^.

Programs that do not meet either of these two criteria do not meet the heterogeneity definition.

Mixed results within an outcome: If findings within an outcome area (e.g., crime) have mixed results from different measures, (e.g., undesirable outcomes for felony convictions and desirable outcomes for misdemeanor convictions) the program does not meet evidence-based criteria.

Research on outcomes not yet available: The program has not yet been tested with a rigorous outcome evaluation.

Single evaluation: The program does not meet the minimum standard of multiple evaluations or one large multiple-site evaluation contained in the current or proposed definitions.

Weight of evidence: Results from a random effects meta-analysis ($p > .10$) indicate that the weight of the evidence does not support desired outcomes, or results from a single large study indicate the program is not effective.

^ Program meets second heterogeneity test: see definition above.

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	Program/Intervention	Manual	Current Definitions			Alternative Definitions				Reason Program Does Not Meet Alternative Evidence-Based Criteria (see full definitions for notes below)	Percent Ethnic/Racial Minority	
			Evidence-Based	Research-Based	Promising Practices	Evidence-Based	Research-Based	Promising Practices	Cost-beneficial			
Mental Health	Anxiety											
	Cognitive Behavioral Therapy (CBT) for Anxious Children (group, individual or remote)		No	--	--	No	Yes	--	N/A	Heterogeneity	26%	
	Cool Kids	Yes	No	Yes		No	Yes		N/A	Heterogeneity	N/A	
	Coping Cat	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	26%	
	Coping Cat/Koala book based model	Yes	No	Yes		No	Yes		N/A	Heterogeneity	26%	
	Coping Koala	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	10%	
	Other Cognitive Behavioral Therapy (CBT) for Anxious Children		No	Yes		No	Yes		N/A	Heterogeneity	23%	
	Parent Cognitive Behavioral Therapy (CBT) for Anxious Young Children		No	Yes	--	No	Yes	--	Yes (81%)	Heterogeneity	26%	
	Attention Deficit Hyperactivity Disorder											
	Cognitive Behavioral Therapy (CBT) for Children with ADHD			No	No	No	No	No	No (3%)	Weight of evidence/Heterogeneity	7%	
	Behavioral Parent Training (BPT) for Children with ADHD			No	Yes	--	No	Yes	--	Yes (98%)	Heterogeneity	26%
	Barkley Model	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	26%	
	New Forest Parenting Programme	Yes	No	Yes	--	No	Yes	--	N/A	Heterogeneity	N/A	
	Multimodal Therapy (MMT) for Children with ADHD		No	Yes	--	No	Yes	--	No (11%)	Weight of evidence/Heterogeneity	7%	
	Depression											
	Cognitive Behavioral Therapy (CBT) for Depressed Adolescents			No	Yes	--	No	Yes	--	Yes (99%)	Heterogeneity	19%
	Coping with Depression-Adolescents	Yes	No	Yes	--	No	Yes		N/A	Heterogeneity	14%	
	Treatment for Adolescents with Depression Study	Yes	No	No	Yes	No	No	Yes	N/A	Weight of the evidence/Heterogeneity	23%	
	Other Cognitive Behavioral Therapy (CBT) for Depressed Adolescents		No	Yes	--	No	Yes		N/A	Heterogeneity	14%	
	Disruptive Behavior (Oppositional Defiant Disorder or Conduct Disorder)											
	Behavioral Parent Training (BPT) for Children with Disruptive Behavior Disorders			Yes	--	--	Yes	--	--	N/A		43%
	Incredible Years Parent Training	Yes	Yes	--	--	No	Yes	--	No (61%)	Benefit-cost	51%	
	Incredible Years Parent Training + Child Training	Yes	Yes	--	--	No	Yes	--	No (59%)	Benefit-cost	51%	
	Parent Child Interaction Therapy (PCIT) for Children with Disruptive Behavior Problems	Yes	Yes	--	--	Yes	--	--	Yes (100%)		64%	
	Triple-P Level 4, Group	Yes	No	Yes	--	No	Yes	--	Yes (100%)	Heterogeneity	6%	
	Triple-P Level 4, Individual	Yes	No	Yes	--	No	Yes	--	Yes (92%)	Heterogeneity	6%	
	Other Behavioral Parent Training		No	Yes	--	No	Yes	--	No (68%)	Heterogeneity	N/A	
	Brief Strategic Family Therapy (BSFT)	Yes	Yes	--	--	No	Yes	--	No (69%)	Benefit-cost	100%	
	Families and Schools Together (FAST)	Yes	Yes	--	--	No	Yes	--	No (52%)	Benefit-cost	57%	
	Multimodal Therapy (MMT) for Children with Disruptive Behavior		No	No	No	No	No	No	No (42%)	Weight of evidence/Heterogeneity	7%	
	Serious Emotional Disturbance											
	Multisystemic Therapy (MST) for Youth with Serious Emotional Disturbance (SED)	Yes	No	Yes	--	No	Yes	--	No (68%)	Heterogeneity	21%	
	Full Fidelity Wraparound for Youth with Serious Emotional Disturbance (SED)	Yes	No	Yes	--	No	Yes	--	N/A	Program cost	61%	
	Trauma											
	Cognitive Behavioral Therapy (CBT)-Based Models for Child Trauma			Yes	--	--	Yes	--	--	Yes (100%)		47%
	Classroom Based Intervention for war-exposed children	Yes	Yes	--	--	Yes	--	--	N/A		100%	
	Cognitive Behavioral Intervention for Children in Schools	Yes	Yes	--	--	Yes	--	--	N/A		100%	
	Enhancing Resiliency Among Students Experiencing Stress (ERASE-Stress)	Yes	Yes	--	--	Yes	--	--	N/A		100%	
	KID-NET Narrative Exposure Therapy for Children	Yes	Yes	--	--	Yes	--	--	N/A		100%	
	Trauma Focused CBT for Children	Yes	Yes	--	--	Yes	--	--	N/A		42%	
	Trauma Grief Component Therapy	Yes	No	Yes	--	No	Yes	--	N/A		N/A	
	Other Cognitive Behavioral Therapy (CBT)-Based Models for Child Trauma		Yes	--	--	Yes	--	--	N/A		67%	
	Eye Movement Desensitization and Reprocessing (EMDR) for Child Trauma	Yes	Yes	--	--	Yes	--	--	Yes (79%)		50%	
	Systematic Approaches to Treating Various Mental Health Disorders											
	Cognitive Behavioral Treatment Plus (CBT-Plus)		No	No	Yes	No	No	Yes	N/A	Research on outcomes not yet available		
	Modularized Approaches to Treatment of Anxiety, Depression and Behavior (MATCH)	Yes	No	Yes	--	No	Yes	--	N/A	Program cost	65%	

Inventory as of September 27, 2012