

State of Maine Evidence Based Practices For Children (EBP) Grid

EBP Treatment	What it is	Who is Eligible?	Which Service	Length of Tx
Cognitive Behavioral Therapy (CBT)	Examines thoughts, feelings and behaviors to modify thought patterns and improve coping.	Youth w/ anxiety, avoidance, depression delinquency, disruptive disorders, substance abuse, traumatic stress	Most outpatient individual therapy, HCT, residential treatment, Psychiatric Hospitals.	Usually 12-16 weeks
Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)	Trauma sensitive interventions w/ CBT to reduce trauma symptoms.	Youth (age 3-18) with emotional and behavior difficulties related to trauma	Some outpatient individual, some HCT, therapy, Some residential treatment,	Usually 12 to 16 weeks
Applied Behavior Analysis (ABA)	Designed to restore adaptive functioning and reduce interfering behaviors.	Autism, ID, (for our purposes) under 21	Section 28 Specialized RCS, Some residential programs, DDU units, some schools	Varies: In Maine, length of treatment determined by APS
Functional Family Therapy (FFT)	Family-based model to improve family attributions, communications and supportiveness and decrease intense negativity and dysfunctional patterns of behavior.	Youth and their family ages 11-18 with (or at risk of) delinquent behavior	HCT	Usually 8-12 sessions up to 30 sessions
Multi Systemic Therapy (MST)	Intensive family-based treatment that addresses serious disruptive behavior focusing across the youth's environment.	Youth ages 12-17 with serious disruptive behavior.	HCT	Usually up to 60 hours of contact over a four month period.
MST-Problematic Sexualized Behavior (MST-PSB)	Follows the key components of standard MST, but with specialized training in sexualized behavior	Youth ages 10-17 that engages in criminal sexual behavior.	HCT	Usually up to 60 hours of contact over a four month period.
Child Parent Psychotherapy (CPP)	To promote and strengthen the relationship between the child and caregiver to restore the child's functioning.	Children 0-5 who have experienced at least one traumatic event that are experiencing behavior, attachment, and/or mental health problems.	Outpatient individual/family therapy only	Varies but can be up to 1 year.
Eye Movement Desensitization Reprocessing (EMDR)	Psychotherapy to reduce symptoms of anxiety and depression related to trauma. Uses bilateral stimulation	Children ages 4-17 for anxiety, phobias and trauma symptoms. Best for single episode trauma	Outpatient individual therapy only, some residential tx	Usually 3 to 12 sessions
Incredible Years	Group treatment to improve parenting skills and teach appropriate discipline.	parents of young children (ages 2-7)	Outpatient group	Usually 12-16 weeks

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Parent Child Interaction Therapy (PCIT)	Intervention focusing on decreasing externalizing child behavioral challenges by increasing child social skills and cooperation and improving the parent-child attachment.	Children 2-7 with behavior and parent-child relationship problems; may be conducted with parents, foster parents, or other caretakers	Outpatient	Avg 14 weeks but does not end until skills are mastered
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Need	EBP Treatment	Which Service
Anxiety Disorders	Cognitive Behavioral Therapy, Medication Management (in conjunction with treatment)	Most outpatient individual therapy, HCT, residential treatment, Psychiatric Hospitals
Depressive Disorders (predominantly internalizing)	Cognitive Behavioral Therapy, Medication Management (in conjunction with treatment)	Most outpatient individual therapy, HCT, residential treatment, Psychiatric Hospitals
Disruptive Disorders (predominantly externalizing behaviors i.e. aggression)	Multi-systemic Therapy, Functional Family Therapy, Parent Management Training, Cognitive Behavioral Therapy, PCIT	Outpatient, HCT, residential treatment
Problem Sexual Behavior	Multi-systemic Therapy Problem Sexual Behavior, Cognitive Behavioral Therapy (if MST-PSB is unavailable)	Outpatient, HCT, residential treatment
Trauma Symptoms	Trauma Focused-Cognitive Behavioral Therapy (most evidence), Parent Child Psychotherapy, Eye Movement Desensitization, Cognitive Behavioral Therapy	Outpatient individual therapy, HCT, residential treatment, Psychiatric Hospitals
Substance Abuse	Cognitive Behavioral Therapy, MST and FFT (in combination of externalizing behaviors), MTFC	Outpatient, Residential, HCT
Autism and/or Intellectual Disabilities, (for our purposes) under 21	Applied Behavior Analysis (ABA)	Section 28 Specialized RCS, Some residential programs, DDU units, me schools
Self-Injurious and/or self-destructive Behaviors	Dialectical Behavior Therapy, Cognitive Behavior Therapy, Trauma Focused-Cognitive Behavior Therapy	Outpatient, HCT, residential treatment, Psychiatric Hospitals,