



County of Los Angeles DEPARTMENT OF CHILDREN AND FAMILY SERVICES

425 Shatto Place, Los Angeles, California 90020
(213) 351-5602

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Chief Deputy Director

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August 31, 2020

Kelly Winston, Chief
Child Welfare Policy and Program Development Bureau
California Department of Social Services
744 P Street, MS 8-11-87
Sacramento, CA 95814

Dear Ms. Winston:

We have appreciated your ongoing inclusiveness and responsiveness as Family First Prevention Services Act (FFPSA) planning efforts have continued at both the state and county levels. As indicated in our July 14, 2020 letter, Los Angeles County has completed a thorough, data-driven, and community informed process to develop an optimal FFPSA evidence-based service array. We believe the broad service array will meet the needs of California's Family First eligible candidates. We appreciate the opportunity to share our recommendations as CDSS drafts the FFPSA State Prevention Plan.

Los Angeles County is proud of the prevention foundation we have built and the collaborative infrastructure that exists across our communities. We continue to work diligently across county agencies, community organizations, and philanthropy to enhance and expand the prevention continuum that our children and families need in order to safely reduce or eliminate their involvement in child welfare. Although FFPSA, as currently structured, is limited to services and supports primarily related to tertiary and, in some instances, secondary prevention, our hope is that over time it will evolve to provide support across the full prevention continuum. It is with this context in mind that we offer the attached set of 25 evidence-based programs (EBPs) for your consideration.

In assessing which EBPs to advance, we took multiple factors into account to ensure a wide range of needs would be met. These factors included:

- **Rating:** Evidence rating within the Federal Title IV-E Clearinghouse and the California Evidence-Based Clearinghouse (CEBC) have been noted for each program, when available.

"To Enrich Lives Through Effective and Caring Service"

- **Coverage across Age:** EBPs that cover the full range of ages from infant through adults have been identified to ensure options for all eligible children and families.
- **Coverage across Category:** A variety of EBPs within each allowable prevention service category – Parenting Skills, Mental Health, and Substance Use Disorder – have been identified to ensure options for all eligible children and families. Data analysis was conducted to match assessed needs with EBP offerings.
- **Availability in Los Angeles, other California counties, or CA Tribal Nations:** Current availability of the program within Los Angeles County was factored into the analysis. As a secondary analysis, we also looked at the extent to which other California counties or Tribal Nations offer the intervention.
- **Culturally Inclusive:** Documentation of which racial/ethnic groups the intervention was developed to serve, languages offered, and available adaptations was gathered.
- **Maximizing Federal Claiming:** Given that FFPSA is the payer-of-last-resort, programs that are not currently funded through Medi-Cal or another Federal fund were highlighted and prioritized. Remaining interventions potentially eligible for transitional payments or 50% reimbursement for training and administrative activities (e.g., data collection, case management, and reporting) have also been identified.
- **Evaluation and Continuous Quality Improvement Requirements:** Consideration was given to the fact that any programs on the list that **have not been rated as well-supported** by the Title IV-E Clearinghouse would require an Evaluation and CQI strategy. A majority of the programs recommended would fall within these requirements and have been included due to the importance of growing the evidence base as well as the possibility of leveraging Federal administrative claiming at 50% to support these efforts.

With those factors built into our analysis, we offer the following rationale for the EBPs on our list organized into 4 key categories:

1. Eligible for Federal Claiming as of July 2020

- *Number of EBPs Recommended in this Category:* 13
- *Rationale for Recommendation:*
 - Title IV-E claiming under Family First is currently permitted for these 13 EBPs due to a favorable rating by the Title IV-E Clearinghouse. If California's Title IV-E Family First Prevention Plan is approved inclusive of these EBPs, counties will be able to claim federal funds for those services, except in cases where payer-of-last-resort restrictions apply.

- Twelve of these EBPs are currently available in Los Angeles County and can be scaled up to meet needs.
 - Four of these twelve are not currently funded through Medi-Cal in LA which allows for maximizing FFPSA funding and administrative claiming.
 - Four of these twelve EBPs have a culturally inclusive aspect that would help to meet the unique needs of African American, Latinx, Asian/Pacific Islander, and/or Native American populations.
- The one EBP not currently available in Los Angeles County, Homebuilders, has been included because it provides a shorter term and more intensive home visiting option to a broader age group compared to other models.

2. On IV-E Clearinghouse Working List for Review

- *Number of EBPs Recommended in this Category: 5*
- *Rationale for Recommendation:*
 - We believe these five EBPs are worth including in California's Title IV-E Prevention Plan given they may be allowable for claiming in the near future based on their inclusion on the IV-E Clearinghouse Working List for Review.
 - Four of these EBPs are currently available in Los Angeles County and can be scaled up to meet needs.
 - Four of these five EBPs have a culturally inclusive aspect that would help to meet the unique needs of African American, Latinx, Asian/Pacific Islander, and/or Native American populations.
 - Four of these five EBPs are not currently funded through Medi-Cal in LA which allows for maximizing FFPSA funding and administrative claiming.
 - Two of these five EBPs have been approved for claiming Transitional Payments.
 - The one EBP not currently available in Los Angeles County, Sobriety Treatment and Recovery Teams (START), has been included because it has been approved for Transitional Payments, it fills the gap of providing substance abuse services to parents with young children, and it has been shown to be effective with African American families. It has a CEBC rating of Promising.

3. Not Yet Selected for Review by IV-E Clearinghouse

- *Number of EBPs Recommended in this Category: 4*
- *Rationale for Recommendation:*
 - Although these four EBPs are not currently slated for review by the Title IV-E Clearinghouse, we believe they should be included in the California prevention service array due to the unique needs they will meet for Los Angeles' children and families. All four are currently available in Los Angeles and can be scaled up to meet needs.
 - The Center for the Improvement of Child Caring's Effective Black Parenting Program is culturally responsive to a population that is disproportionately represented in our systems. It has a CEBC rating of Promising.
 - Helping Women Recover & Beyond Trauma has been shown to be effective with Latina women, is trauma responsive, and factors in the impacts of violence. It has a CEBC rating of Well-Supported.
 - Cognitive Therapy is a critical service for adults that treats anxiety, which was a gap that needed to be addressed when we assessed the rest of the list. It has a CEBC rating of Well-Supported.
 - Triple P – System is available in multiple languages and serves diverse populations. It has a CEBC rating of Supported.

4. Did Not Meet Criteria or Not Yet Rated by IV-E Clearinghouse/CEBC

- *Number of EBPs Recommended in this Category: 3*
- *Rationale for Recommendation:*
 - Although these three EBPs have not yet met criteria or not yet been rated for the IV-E Clearinghouse, we believe they should be included in the California prevention services array due to the unique needs they will meet for Los Angeles County's children and families. All three are widely available in LA County and have been shown to be effective with Latinx and API children and families.
 - Nurturing Parenting Program and Their Infants, Toddlers, and Preschoolers
 - Nurturing Parenting Program and Their School Aged Children

- Nurturing Families Program 5-19 (with infant to 5 supplement)
- Los Angeles County providers along with other state jurisdictions are partnering with Casey Family Programs to proactively strengthen the evidence base for these programs to allow for a re-review by the IV-E Clearinghouse.

As the State proceeds with finalizing the EBP list for the prevention plan, we provide via this memo and in the attached, a clear rationale for inclusion of each EBP utilizing the prevention plan pre-print guidelines.

The prevention plan pre-print guidelines ask each State to address the following:

A. Describe the proposed services selected for inclusion, including:

1. Target population for each service
2. Level of evidence assigned by the Title IV-E Clearinghouse
3. Intended outcomes for each service

B. Describe the rationale for selecting each service.

We hope our approach assists those drafting the California prevention plan. We realize it is a significant and time-consuming task.

Finally, we would like to acknowledge the invaluable time and input from a broad sector of Los Angeles County leaders and community organizations. We welcome the opportunity to provide additional details or engage in further discussions as CDSS continues in the drafting of the prevention plan. Please do not hesitate to contact me or Deputy Director, Karen Richardson at (213) 351-5858.

Sincerely,



GINGER PRYOR
Chief Deputy Director

Attachment

Family First in Los Angeles County: Evidence-Based Programs to Consider

Across Los Angeles County, community based provider agencies are using a variety of evidence-based practices (EBPs) to serve children and families receiving preventive services. Family First legislation encourages states to expand use of EBPs, which have documented evidence of effectiveness. EBPs may be added to the existing preventive service array to address three leading causes of child maltreatment: underdeveloped parenting skills, mental health needs and substance use disorder. Los Angeles County is considering recommending the following 25 EBPs for inclusion in the California Family First Prevention Plan.

The pages which follow briefly describe each model. For each EBP, the target population is in italics, followed by a brief summary of the model's key elements and intended outcomes as well as the Title IV-E Clearinghouse or CEBC rating. Click on the title of each EBP for a link to a more detailed description. The Legend provides a guide for the shading and symbols used in this document to provide further rationale for inclusion of each EBP.



Parenting Skills

- Nurse Family Partnership (*Parents with children ages 0-2*)
- Nurturing Parenting Program and Their Infants, Toddlers, and Preschoolers (*Parents with children ages 0-4*)
- Healthy Families America (*Parents with children ages 0-5*)
- Parents as Teachers (*Parents with children ages 0-5*)
- Nurturing Parenting Program and Their School-Aged Children (*Parents with children ages 5-11*)
- Nurturing Families Program 5-19 (*Parents with children ages 5-19, with 0-5 supplement*)
- CICC's Effective Black Parenting Programs (*Parents with children ages 0-17*)
- Family Centered Treatment - FCT (*Parents with children ages 0-17*)
- Homebuilders (*Parents with children ages 0-18*)



Mental Health

- Parent-Child Interaction Therapy – PCIT (*Children ages 2-6*)
- The Incredible Years – School Age Basic Program (*Children ages 6-12*)
- Trauma-Focused Cognitive Behavioral Therapy (*Children ages 3-17*)
- Functional Family Therapy – FFT (*Children ages 11-17*)
- Multisystemic Therapy - MST (*Children ages 12-17*)
- Positive Parenting Program – Standard (Level 4) Triple P (*Parents with children ages 0-11*)
- Positive Parenting Program - System Triple P (*Parents with children ages 0-15*)
- Eye Movement Desensitization and Reprocessing - EMDR (*Adults*)
- Interpersonal Psychotherapy for Depression - IPT (*Adults*)
- Cognitive Therapy (*Adults*)



Substance Use Disorder

- Sobriety Treatment and Recovery Teams - START (*Parents with children ages 0-5*)
- Multisystemic Therapy - MST (*Children ages 12-17*)
- Matrix Model Intensive Output Program (*Children ages 12-17 or Adults*)
- Adolescent Community Reinforcement Approach - A-CRA (*Children ages 12-25*)
- Methadone Maintenance Therapy - MMT (*Children ages 12-18 or Adults*)
- Motivational Interviewing (*Children ages 12-18 or Adults*)
- Helping Women Recover & Beyond Trauma (*Adults*)

Below are 13 EBPs for which Title IV-E claiming under Family First is currently permitted due to a favorable rating by the Title IV-E Clearinghouse. If California's Title IV-E Family First Prevention Plan is approved inclusive of one or more of these EBPs, Los Angeles County will be able to claim federal funds for those services, except in cases where payer of last resort restrictions apply.

<p>Nurse-Family Partnership (NFP)*⁽²¹⁾: </p> <p>Parents w/Children 0-2 (IV-E: Well-Supported)</p> <p><i>Young, first-time, low-income parents starting from early pregnancy.</i></p> <p>Registered nurses provide support related to individualized goal setting, preventative health practices, parenting skills, and educational and career planning.</p> <p>[CEBC indicates model shown to be effective with Latinx & African American families]</p>	<p>Parents as Teachers (PAT) *⁽¹⁰⁾: </p> <p>Parents w/Children 0-5 (IV-E: Well-Supported)</p> <p><i>New and expectant parents in high risk environments</i></p> <p>Home-visiting parent education program that teaches new and expectant parents skills intended to increase parent knowledge of early childhood development, improve parenting practices, promote early detection of developmental delays and health issues, prevent child maltreatment, and increase school readiness and success.</p>
<p>Healthy Families America (HFA)*⁽¹⁸⁾: </p> <p>Parents w/Children 0-5 (IV-E: Well-Supported)</p> <p><i>Pregnant parents or families with infants who have increased risk for maltreatment or other adverse experiences</i></p> <p>Home visiting program aims to cultivate and strengthen nurturing parent-child relationships, promote healthy childhood growth and development, and enhance family functioning by reducing risk and building protective factors.</p> <p>[Evidence of effectiveness with many populations, including API & Native American children/families]</p>	<p>Parent-Child Interaction Therapy (PCIT) *⁽¹⁶⁾: </p> <p>Children Ages 2-6 (IV-E: Well-Supported)</p> <p><i>Families whose children have frequent, intense emotional and behavioral problems</i></p> <p>Parents are coached in behavior-management and relationship skills to decrease externalizing child behavior problems, increase child social skills and cooperation, and improve parent-child attachment relationship. Therapists use "bug-in-the-ear" technology to provide live coaching from behind a one-way mirror.</p>
<p>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) *^{E (18)}: </p> <p>Children Ages 3-17 (IV-E: Promising)</p> <p><i>Children and adolescents who have experienced trauma with current symptoms of PTSD</i></p> <p>Cognitive-behavioral approach to treat children with PTSD and their caregivers; Builds child's self-regulation and parent's behavior management & supportive care abilities.</p> <p>[Has positive outcomes with Native American children/youth; Available in several languages]</p>	<p>The Incredible Years – School Age Basic Program *^{E (3)}: </p> <p>Children Ages 6-12 (IV-E: Promising)</p> <p><i>Parents of children diagnosed with behavioral problems</i></p> <p>Focuses on 3 developmentally appropriate topics during the group sessions: promoting positive behavior, reducing inappropriate behaviors, and supporting children's education.</p>

LEGEND:

- * = EBP is currently available to some extent in Los Angeles County
- GREEN Header = Does not draw Medi-Cal – Can maximize Family First funding
- BLUE Shading = EBP has culturally relevant/inclusive aspects
- \$ = Approved to Claim Transitional Payments
- E = Will need evaluation
- (#) = No. of CA Counties (or at least 1 CA Tribal Nation) that provide the EBP

Family First Service Array Strategy

Eligible for Federal Claiming as of August 2020 (Continued)

Homebuilders ^①:

Parents w/Children 0-18
(IV-E: Well-Supported)



Families who have children at imminent risk of out-of-home placement, or needing intensive services to return home from out-of-home care.

Provides parents intensive in-home counseling, skill building and support services to prevent placement and support reunification.

Methodone Maintenance Therapy * E ^{②②}:

Children Ages 12-18/Adults
(IV-E: Promising)



Adults or individuals under 18 if two prior treatment attempts were unsuccessful.

Medication-assisted treatment that aims to reduce the use of heroin and other opioids for individuals with opioid use disorder.

Multisystemic Therapy (MST) * ^⑤:

Children Ages 12-17 (IV-E: Well-Supported)



Youth at risk of engaging in delinquent activity or substance abuse, with mental health concerns, and at risk for out-of-home placement. Includes their families.

Intensive treatment for troubled youth delivered in multiple settings which aims to promote pro-social behavior and reduce criminal activity, mental health symptomology, out-of-home placements, and illicit substance use.

[CEBC indicates model shown to be effective with African American youth]

Motivational Interviewing

(MI) * ^⑭:

Children Ages 12-18/Adults
(IV-E: Well-Supported)



Adolescents and adults with a diagnosed substance use disorder or dependence.

Method of counseling clients designed to promote behavior change and improve physiological, psychological, and lifestyle outcomes by identifying ambivalence and increasing motivation.

Functional Family Therapy (FFT)

* ^⑭:

Children Ages 11-18 (IV-E: Well-Supported)



Youth who have behavioral or emotional problems, or family discord

Aims to address risk and protective factors that impact the adaptive development of youth through family therapy. Master's level therapist will meet weekly with families.

Triple P Positive Parenting

Program Standard (Level 4) * E ^⑲:

Children Ages 0-11 (IV-E: Promising)



Parents of children w/behavior and emotional difficulties

One-on-one sessions that include parent training that aims to promote children's social competence and self-regulation.

Interpersonal Psychotherapy – IPT

(Weissman, et al. Manual) * E ^⑬:

Adults (IV-E: Supported)



Adults diagnosed w/major depression

Aims to support patients in improving interpersonal relationships or circumstances that are directly related to the current depressive episode. Consists of 3-phases.

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- E = Will need evaluation
- ① = No. of CA Counties (or at least 1 CA Tribal Nation) that provide the EBP

Family First Service Array Strategy

On IV-E Clearinghouse Working List for Review

Below are 5 EBPs for which Title IV-E claiming under Family First is not currently permitted but may be permitted in the near future, pending the results of reviews underway by the Title IV-E Clearinghouse. If California's Title IV-E Family First Prevention Plan is approved inclusive of one or more of these EBPs, Los Angeles County may be able to claim federal funds for those services—pending the results of the reviews.

Sobriety Treatment and Recovery Teams (START) ^{E \$ 0} :



Parents w/Children 0-5 (CEBC: Promising)

Child-welfare involved families with at least one child under 6 and a parent whose substance use is a primary child safety risk factor

Trauma-responsive program that pairs child welfare workers trained in family engagement with family mentors. Parents have rapid access to intensive SUD treatment services to safely maintain child placement in the home.

[CEBC indicates there is some research showing this model is effective with African-American families.]

Adolescent Community Reinforcement Approach ^{* E 12} :



Children Ages 12-25 (CEBC: Supported)

Adolescents and young adults with substance abuse issues

Outpatient behavioral program that promotes abstinence from substances, positive social activity, and caregiver support of the adolescent's recovery.

[CEBC research shows model is effective with non-white youth]

Eye Movement Desensitization & Reprocessing (EMDR) ^{* E 54} :



Adults (CEBC: Well-Supported)

Children, adolescents and adults who have experienced trauma

In phases, the client processes emotionally disturbing material in brief sequential doses that include the client's beliefs, emotions, and body sensations associated with the traumatic event while simultaneously focusing on an external stimulus.

[CEBC research shows model is effective with non-white youth]

Matrix Model ^{* E 4} :



Children Ages 12-17/Adults (CEBC: Not Able to be Rated)

Adults and adolescents with substance use disorders

Intensive outpatient treatment for substance use disorders, uses a cognitive behavioral approach imbued with a motivational interviewing style and supplemented with social support groups.

Family Centered Treatment (FCT) ^{* E \$ 2} :



Parents w/Children 0-17 (CEBC: Promising)

Families with children at imminent risk of placement, or needing intensive services to return from out-of-home care

Intervention uses a strengths-based framework to enhance family stability and reduce harmful behaviors that impact family functioning.

[CEBC research shows model is effective with non-white youth]

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- # = No. of CA Counties (or at least 1 CA Tribal Nation) that provide the EBP

Family First Service Array Strategy

Not Yet Selected for IV-E Clearinghouse Review but Nominated by Jurisdictions for Review

Below are 4 interventions that have not yet been selected for review by the Title IV-E Clearinghouse. For these services, Title IV-E claiming under Family First is not currently permitted but may be permitted in the future. If California's Title IV-E Family First Prevention Plan is approved inclusive of one or more of these interventions, Los Angeles may be able to claim federal funds for those services—pending the selection of the services for review, and pending the results of the reviews. Although not currently eligible for federal claiming, these programs may have unique benefits worth considering for specific populations.

CICC's Effective Black Parenting Program * E (2):



Parents w/Children 0-17 (CEBC – Promising)

African-American families at risk for child maltreatment

A parenting skill-building program created specifically for parents of African-American children that aims to strengthen family cohesion by teaching parenting skills infused with cultural pride and cultural relevance. It was originally designed as a 15-session program to be used with small groups of parents. A one-day seminar version of the program for large numbers of parents has been created.

[Focus on Black Families]

Helping Women Recover & Beyond Trauma * E (5):



Adults (CEBC: Well-Supported)

Adult women with addictive disorders and a trauma history (e.g., abuse, domestic violence, community violence, etc.)

29-session manualized program that integrates a theory of addiction, a theory of women's psychological development, and a theory of trauma; and then adds a psychoeducational component that teaches women what trauma is, its process, and its impact.

[CEBC research shows this model has been effective with Latina women.]

Cognitive Therapy * E (16):



Adults (CEBC – Well-Supported)

Adults with a range of mental health disorders including depression, anger and anxiety.

CT is a form of psychotherapy that is effective for a wide variety of disorders. Therapists help clients change their thinking, behavior, and emotional responses by using techniques including problem-solving therapy, stress-inoculation therapy, motivational interviewing, and behavioral modification. CT is designed to include family members in the treatment as needed.

Triple P-Positive Parenting Program

* E (12) :



Parents w/Children 0-16 (CEBC: Supported)

Parents and caregivers of children and youth

Multi-tiered system of 5 levels of education and support that teaches parents strategies that promote social competence and self-regulation in children.

[Available in multiple languages & serves diverse populations]

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Family First Service Array Strategy

Reviewed but Did Not Meet Criteria or Not Yet Rated by IV-E Clearinghouse or CEBC

Below are 3 Nurturing Parenting/Families interventions. Two have been reviewed by the Title IV-E Clearinghouse but did not meet criteria while one has efforts underway to document the evidence. There is reason to believe that organizations and jurisdictions across the country are making progress on getting these interventions re-reviewed. For these services, Title IV-E claiming under Family First is not currently permitted but may be permitted in the future if these interventions are re-reviewed and rated as well-supported, supported or promising by the IV-E Clearinghouse. If California's Title IV-E Family First Prevention Plan is approved inclusive of one or more of these interventions, Los Angeles will not be able to claim federal funds for these services at this time. Although not currently eligible for federal claiming, these programs may have unique benefits worth considering for specific populations.

Nurturing Parenting Program and Their Infants, Toddlers, and

Preschoolers* E (8):

Parents w/Children 0-4
(CEBC: Not Able to be Rated)



Families who have been reported to the child welfare system for child maltreatment

Family-centered and trauma-informed program designed to build nurturing parenting skills in order to prevent and treat child abuse and neglect. Both parents and their children participate in home-based, group-based, or combination group-based and home-based program models. Lessons are competency-based ensuring parental learning and mastery of skills.

[Research shows effectiveness with Latinx & API children/families]

Nurturing Parenting Program and Their School Aged

Children* E (8):

Parents w/Children 5-11 (CEBC: Promising)



Families who have been reported to the child welfare system for child maltreatment

Family-centered and trauma-informed program designed to build nurturing parenting skills in order to prevent and treat child abuse and neglect. Both parents and their children participate in home-based, group-based, or combination group-based and home-based program models. Lessons are competency-based ensuring parental learning and mastery of skills.

A 15-session program that is group-based. During group sessions, parents and their children attend separate groups that meet concurrently. Each session is scheduled for 2.5 hours with a 20-minute break in which parents and children get together and have fun.

[Research shows effectiveness with Latinx & API children/families]

Nurturing Families Program 5-19* E (1) with infant to 5 supplement:

Parents w/Children 5-19 (supplement 0-5)
(CEBC: Not Yet Rated)



Families and others in a co-parenting relationship (step, kinship, foster, adoption, grandparents, etc) who are involved in child abuse and neglect prevention or treatment services

Nurturing Program for Families 5-19™ is an evidence based, trauma informed and nationally validated family systems model that focuses on: Bonding & Attachment; Healthy Relationship Maintenance; Emotional Regulation; Healing & Recovery; Empathy & Self-Awareness; Sense of Belonging; Self-Identity & Self-Worth; Age Appropriate Expectations ; Dignified Discipline Alternatives

[Research shows effectiveness with Latinx & API children/families]

LEGEND:

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- BLUE Shading = EBP has culturally relevant/inclusive aspects
- \$ = Approved to Claim Transitional Payments
- E = Will need evaluation
- (#) = No. of CA Counties (or at least 1 CA Tribal Nation) that provide the EBP