

RFA HHS0013413

EXHIBIT V

**TEXAS DEPARTMENT OF FAMILY AND
PROTECTIVE SERVICES**

Expenditure Proposal

Exhibit V: PEI-Approved Program Models

PEI-Approved Evidence-Based Programs Evidence-Informed Programs, and Promising Practices Programs - #1	
Name of Program	AVANCE Parent-Child Education Program (PCEP)
Description	<p>AVANCE’s philosophy is based on the premise that education must begin in the home and that the parent is the Child’s first and most important teacher. The PCEP fosters parenting knowledge and skills through a nine-month, intensive bilingual parenting curriculum that aims to have a direct impact on a young Child’s physical, emotional, social, and cognitive development. Parents/Primary Caregivers are taught how to make toys out of common household materials and how to use them as tools to teach their Children school readiness skills and concepts. Monthly home visits are also conducted to observe parent-Child interactions and provide guidance in the home on learning through play. Along with the parenting education component, parents/Primary Caregivers are supported in meeting their personal growth, developmental, and educational goals to foster economic stability. While parents/Primary Caregivers attend classes, their Children under the age of 3 years are provided with early childhood enrichment in a developmentally appropriate classroom setting that aims to build the academic, social, and physical foundation necessary for school readiness.</p>
Target Population	<ul style="list-style-type: none"> • Parents/Primary Caregivers with Children from birth to age 3 years • Pregnant women and/or partners of pregnant women, especially those with challenges such as poverty, illiteracy, teen parenthood, geographic and social marginalization, and toxic stress.
Age Range	0-3 years
Recommended Dosage	Weekly three-hour classes that comprise 27 bilingual parenting lessons, toy-making classes, and a community education speaker
Settings	<ul style="list-style-type: none"> • Home • Community agency • School

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #2	
Name of Program	Effective Black Parenting Program (EBPP)
Description	EBPP is a parenting skill-building program created specifically for parents of African American Children. The original program design is a 15-session program to be used with small groups of parents. There is also a one-day seminar version of the EBPP for large numbers of parents that has been created. EBPP is disseminated via instructor training workshops that are conducted nationwide.
Target Population	African American Families at risk for Child maltreatment
Age Range	0-17 years
Recommended Dosage	Weekly three-hour sessions for fifteen weeks total or a one-day 6.5-hour abbreviated seminar version
Settings	<ul style="list-style-type: none"> • Home • Community agency • Foster or kinship care • Outpatient care

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #3	
Name of Program	Family Connections (FC)
Description	<p>Family Connections is a multifaceted, community-based service Program that works with Families in their homes and in the context of their neighborhoods to help them meet the basic needs of their Children and prevent Child maltreatment. Nine practice principles guide FC interventions:</p> <ol style="list-style-type: none"> 1. Ecological developmental framework; 2. Community outreach; 3. Individualized Family assessment and tailored interventions; * 4. Helping alliance; 5. Empowerment principles; 6. Strengths-based practice; 7. Cultural competence; 8. Outcome-driven service plans with SMART goals; and 9. A focus on the competence of the practitioner. <p>*Individualized Family intervention is geared to increase Protective Factors, decrease risk factors, and target Child safety, well-being, and permanency Outcomes.</p>
Target Population	Families at risk for Child maltreatment
Age Range	0-17 years
Recommended Dosage	A minimum of one hour of face-to-face Contact between the social worker and clients weekly for 3 to 4 months, with an optional 90-calendar day extension if needed.
Settings	<ul style="list-style-type: none"> • Birth family home • Community agency

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #4	
Name of Program	Home Instruction for Parents of Preschool Youngsters (HIPPY)
Description	HIPPY is a home-based and parent-involved school readiness program that helps parents prepare their Children ages 3 to 5 years old for success in school and beyond. The parent is provided with a kit of a carefully developed curriculum and books and materials designed to strengthen their Child's cognitive and early literacy skills as well as their social, emotional, and physical development. The HIPPY curriculum contains 30 weekly activity packets, a set of storybooks, and a set of 20 manipulative shapes for each year. In addition to these basic materials, supplies such as scissors and crayons are provided for each participating Family. The program uses trained coordinators who go into the home and community-based home visitors. These coordinators and home visitors role-play the activities with the parents and support each Family throughout its participation in the program.
Target Population	Parents who have young Children, and have limited formal education and resources
Age Range	3-5 years
Recommended Dosage	<ul style="list-style-type: none"> • Home visitors engage their assigned parents on a weekly basis for a minimum of 30 weeks. A home visit consists of a one-hour, one-on-one interaction. • Parents then engage their Children in educational activities for five days per week for 30 weeks. • At least six times per year, one or more cohorts of parents meet in a group setting with the coordinator, and their assigned home visitors, in sessions that last approximately two hours.
Settings	<ul style="list-style-type: none"> • Home • Kinship • Foster care

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #5	
Name of Program	Incredible Years
Description	<p>The Incredible Years is a series of three separate, multifaceted, and developmentally based curricula for parents, teachers, and Children. This series is designed to promote emotional and social competence and to prevent, reduce, and treat behavior and emotional problems in young Children. The parent, teacher, and Child programs can be used separately, or in combination. There are treatment versions of the parent and Child programs, as well as prevention versions for high-risk populations.</p>
Target Population	Parents, teachers, and Children
Age Range	4-8 years
Recommended Dosage	<p>One two-hour session per week (parent and Child component) a classroom program as follows: two to three times weekly for 60 lessons;</p> <ul style="list-style-type: none"> • Basic Parent Training Program: 14 weeks for prevention populations, 18-20 weeks for treatment. • Advanced Parent Training Program: Recommended as a supplement to the treatment version of the Basic Parent Training Program. Basic Parent Training Program plus the Advanced Parent Training Program takes 26-30 weeks. • Child Training Program: 18-22 weeks. • Child Prevention Program: 20 to 30 weeks; may be spaced over two years. • Teachers Program: 5-6 full-day workshops, or 18-21 two-hour sessions, spaced over 6-8 months.
Settings	<ul style="list-style-type: none"> • Birth family home • Community agency • Community daily living settings • Foster or kinship care • Hospital • Outpatient clinic • Religious organization • School • Workplace • Primary care settings serving children

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #6	
Name of Program	Nurse-Family Partnership (NFP)
Description	The NFP program provides home visits by registered nurses to first-time, low-income mothers beginning during pregnancy and continuing through the Child's second birthday. Clients are able to participate in the program for two and a half years. Participation is voluntary.
Target Population	First-time, low-income mothers (no previous live births)
Age Range	0-2 years
Recommended Dosage	<ul style="list-style-type: none"> • Ideally, nurses begin 60- to 90-minute visits with pregnant mothers early in their pregnancy (about 16 weeks gestation). • Registered nurses visit weekly for the first month after enrollment and then every other week until the baby is born. • Visits are weekly for the first six weeks after the baby is born and then every other week through the Child's first birthday. • Visits continue every other week basis until the baby is 20 months. • The last four visits are monthly until the Child is two years old. • Nurses use their professional nursing judgment and increase or decrease the frequency and length of visits based on the Participant's needs.
Settings	<ul style="list-style-type: none"> • Home • Community agency

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #7	
Name of Program	Nurturing Parenting Program
Description	The Nurturing Parenting Program is a 15-session, group-based, Family-centered program. Each session is scheduled for 2.5 hours. In each session, parents and their Children attend separate groups that meet concurrently. There's also a 20-minute break included where parents and Children get together and have fun.
Target Population	Families who have been reported to the Child welfare system for Child maltreatment, including physical and emotional maltreatment, in addition to Child neglect. The Nurturing Parenting Program may be used as a court-ordered parenting program.
Age Range	5-12 years
Recommended Dosage	<ul style="list-style-type: none"> • 2.5-hour weekly sessions for 15 weeks. • Each 2.5-hour weekly session includes a 20-minute break.
Setting	Community agency

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #8	
Name of Program	Parenting Wisely
Description	<p>Parenting Wisely is a self-administered, highly interactive, computer-based program that teaches parents and adolescent Children skills to improve their relationships and decrease conflict through support and behavior management. The program utilizes a DVD for group administration, or an interactive online program for individual administration, with 10 video scenarios depicting common challenges with adolescents. Parents are provided the choice of three solutions to each challenge and can view the scenarios enacted while receiving feedback about each choice. Parents are quizzed periodically throughout the program and receive feedback. The program operates as a supportive tutor, pointing out typical errors parents make and highlighting new skills that will help them resolve problems. Computer experience or literacy is not required. Parents and Children can use the program together as a Family intervention. Parenting Wisely uses a risk-focused approach to reduce Family conflict and Child behavior problems and improve the quality of parent-Child relationships.</p>
Target Population	Families with Children at risk for, or with, behavior problems, substance abuse problems, or delinquency.
Age Range	9-18 years
Recommended Dosage	<ul style="list-style-type: none"> • Three to five hours to complete (in a two-week period) • Recommend viewing program twice in a six-month period • For group administration, the program can be completed in five to 10 group session
Settings	<ul style="list-style-type: none"> • Home • Community agency • Foster or kinship care • Hospital • Outpatient clinic • Residential care facility • School

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #9	
Name of Program	Parenting with Love and Limits (PLL)
Description	PLL combines group therapy and Family therapy to treat Children and adolescents who have severe emotional and behavioral problems and frequently co-occurring problems. The program has also been used with teenagers with less extreme behaviors. PLL is also used as an alternative to residential placement for Youth, as well as with Youth returning from residential placement such as commitment programs, halfway houses, group homes, or foster homes. PLL teaches Families how to reestablish adult authority through consistent limits while reclaiming a loving relationship.
Target Population	Children and adolescents 10 to 18 years who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, and attention deficit/hyperactivity disorder) and frequently co-occurring problems such as depression, alcohol or drug use, chronic truancy, destruction of property, domestic violence, or suicidal ideation.
Age Range	10-18 years
Recommended Dosage	<ul style="list-style-type: none"> • 2-hour weekly group sessions, with 1 hour of parents and Children meeting together and 1-hour meeting separately • 1- to 2-hour weekly Family sessions, as needed • 6 weeks for group sessions • 4 to 20 sessions for Family sessions
Settings	<ul style="list-style-type: none"> • Adoptive home • Birth family home • Community agency • Foster or kinship care • Outpatient clinic • Residential care facility
PEI-Approved Evidence-Based Programs and Promising Practices Programs - #10	
Name of Program	Parents as Teachers (PAT)

Description	Parents as Teachers (PAT) is an early childhood parent education, Family support, and school readiness home visiting model based on the premise that “all children will learn, grow, and develop to realize their full potential.” Based on theories of human ecology, empowerment, self-efficacy, attribution, and developmental parenting, PAT involves training and certifying parent educators who work with Families using a comprehensive curriculum to strengthen Protective Factors and ensure that young Children are healthy, Safe, and ready to learn.
Target Population	Families with an expectant mother, or parents of Children up to kindergarten entry (usually 5 years of age)
Age Range	0-5 years
Recommended Dosage	2 years per Family
Settings	<ul style="list-style-type: none"> • Adoptive home • Birth family home • Child care center • Community agency • Foster or kinship care • Outpatient clinic • School

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #11	
Name of Program	Period of PURPLE Crying Program
Description	The Period of PURPLE Crying Program is the name given to the shaken baby syndrome prevention program developed by the National Center on Shaken Baby Syndrome. This program educates parents and Caretakers on normal infant crying, the most common trigger for shaking an infant. It was designed to be used primarily in universal primary prevention settings, but it is applicable to secondary prevention as well.
Target Population	All Caregivers of infants up to 5 months, and society in general to understand early increased infant crying and shaken baby syndrome.
Age Range	Birth to 5 months
Recommended Dosage	3- to 10-minute Contacts over three months
Settings	<ul style="list-style-type: none"> • Home • Hospital • Primary care provider

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #12	
Name of Program	SafeCare®
Description	<p>SafeCare® is an in-home parent training program that targets risk factors for Child neglect and physical abuse in which parents are taught skills in three module areas:</p> <ol style="list-style-type: none"> 1. How to interact in a positive manner with their Children, plan activities, and respond appropriately to challenging Child behaviors; 2. To recognize hazards in the home and improve the home environment; and 3. To recognize and respond to symptoms of illness and injury in addition to keeping good health records. <p>All three modules should be used in implementing SafeCare®; any modifications to or elimination of modules needs to be discussed with the program developers.</p>
Target Population	<ul style="list-style-type: none"> • Parents at risk for Child neglect and/or abuse • Parents with a history of Child neglect and/or abuse
Age Range	0-5 years
Recommended Dosage	<ul style="list-style-type: none"> • Weekly sessions for 18-20 weeks • Each session is for 1-1.5 hours
Settings	<ul style="list-style-type: none"> • Adoptive home • Birth Family Home • Foster or kinship care

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #13	
Name of Program	Safe Environment for Every Kid (SEEK) Model
Description	The SEEK Model is designed to support medical professionals in identifying and managing targeted risk factors for Child maltreatment for Families with Children, from 2 months to 5 years old. The program trains health professionals (pediatricians and social workers) to assess and provide Referrals to community resources.
Target Population	Families with Children aged 0-5 years who have risk factors for Child maltreatment, such as parental depression or substance abuse
Recommended Dosage	Assessed at each checkup starting at 2 months - 5 years
Age Range	2 months - 5 years
Setting	Pediatric physician's office

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #14	
Name of Program	Systemic Training for Effective Parenting (STEP)
Description	STEP is a multicomponent parenting education curriculum. The three STEP programs help parents learn effective ways to relate to their Children from birth through adolescence by using parent education study groups. By identifying the purposes of Children's behavior, STEP also helps parents learn how to encourage cooperative behavior in their Children and how not to reinforce unacceptable behaviors. STEP also helps parents change dysfunctional and destructive relationships with their Children by offering concrete alternatives to abusive and ineffective methods of discipline and control. STEP is offered in three separate programs covering early childhood, Children ages 7 through 12 years, and teenagers. Each program contains a leader's resource guide, promotional tools, videos, and parent handbooks.
Target Population	Parents of Children birth through adolescence
Age Range	0-17 years
Recommended Dosage	Weekly sessions, 60 to 90 minutes each for 7 weeks

Settings	<ul style="list-style-type: none">• Adoptive home• Birth family home• Community agency• Foster or kinship care• Hospital• Outpatient clinic• Residential care facility• School
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PEI-Approved Evidence-Based Programs and Promising Practices Programs - #15	
Name of Program	Stewards of Children
Description	The Stewards of Children program is a 2-hour training that teaches adults how to prevent, recognize, and react responsibly to Child sexual abuse. It integrates commentary from sexual abuse survivors, experts in the field, and other concerned adults, all providing practical guidance for preventing and responding to Child sexual abuse. It is available in both a facilitator-led model and online model.
Target Population	<ul style="list-style-type: none"> • Staff and volunteers of schools and other Youth-serving organizations • Parents/Caregivers • Concerned adults
Age Range	18+ years of age
Recommended Dosage	One-time two-hour training
Settings	<ul style="list-style-type: none"> • Home • Community agency • Foster or kinship care • Hospital • Outpatient clinic • Residential care facility • School

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #16	
Name of Program	Teaching-Family Model (TFM)
Description	TFM is a unique approach to human services characterized by clearly defined goals, integrated support systems, and a set of essential elements. TFM has been applied in residential group homes, home-based services, foster care and treatment foster care, schools, and psychiatric institutions. The model uses a married couple, or other “teaching parents,” to offer a Family-like environment in the residence. The teaching parents help with learning living skills and positive interpersonal interaction skills. They are also involved with Children’s parents, teachers, and other support network to help maintain progress.
Target Population	<ul style="list-style-type: none"> • At-risk Youth • Juvenile delinquents • Youth in foster care • Developmentally disabled, or severely emotionally disturbed, Youth • Families at risk of having Children removed
Age Range	0-17 years
Recommended Dosage	<ul style="list-style-type: none"> • Residential settings: 24/7 • Home-based interventions: 10-15 sessions weekly for 6 to 10 weeks, 9 months optimal
Settings	<ul style="list-style-type: none"> • Birth family home • Community agency • Foster or kinship care • Hospital • Outpatient clinic • Residential care facility • School

PEI-Approved Evidence-Based Programs and Promising Practices Programs - #17

Name of Program	Level 4 Triple P - Positive Parenting Program®
Description	<p>Level 4 Triple P is one of the five levels of the Triple P - Positive Parenting Program® System, which is also highlighted on the California Evidence-Based Clearinghouse for Child Welfare (CEBC). Level 4 Triple P helps parents learn strategies that promote social competence and self-regulation in Children as well as decrease problem behavior. Parents are encouraged to develop a parenting plan that uses a variety of Level 4 Triple P strategies and tools. Parents are then asked to practice their parenting plan with their Children. During the course of the Level 4 Triple P, parents are encouraged to keep track of their Children’s behavior, as well as their own behavior, and to reflect on what is working with their parenting plan and what is not working so well. They then work with their practitioner to fine-tune their plan. Level 4 Triple P practitioners are trained to work with parents’ strengths and to provide a supportive, nonjudgmental environment where parents can continually improve their parenting skills. Level 4 Triple P is offered in several different formats (individual, group, self-directed, and online). The CEBC evaluated the standard version of Level 4 Triple P as described above and not any other variations (including early teen versions or those for Children with developmental delays).</p>
Target Population	<ul style="list-style-type: none"> • Parents and Caregivers of Children and adolescents from birth to 12 years old with moderate to severe behavioral and/or emotional difficulties • Parents who are motivated to gain a more in-depth understanding of positive parenting
Age Range	0-12 years
Recommended Dosage	<ul style="list-style-type: none"> • Three group versions; five 2-hour group sessions and three 20-minute individual telephone consultations for each Family offered over 8 consecutive weeks; • An online version with 8 self-paced online modules; • Self-directed, self-paced workbook; or • Three individual or standard versions; ten 1-hour sessions that occur weekly. • Program interventions typically take place over 2 to 3 months.

Settings	<ul style="list-style-type: none"> • Adoptive home • Birth family home • Community agency • Foster or kinship care • Hospital • Outpatient clinic • Residential care facility • School
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PEI-Approved Evidence-Based Programs and Promising Practices Programs - #18	
Name of Program	Big Brothers Big Sisters of America (BBBSA)
Description	Each youth is matched with a carefully screened and trained volunteer adult or high school mentor, and matches typically meet once a week at a school or other location (site-based program) or in community settings (community-based program). Matches can spend their time together talking, doing homework, participating in crafts, and/or playing games or sports. In community-based matches, they also spend time doing activities in the community like attending cultural events, going to restaurants or movies, or exploring other interests. Independent Big Brothers Big Sisters of America agencies provide support, ongoing training, and resources to the mentor and mentee to enable development of a positive and trusting relationship. Evidence ratings comes from the Crime Solutions clearinghouse.
Target Population	<ul style="list-style-type: none"> • Youth aged 5 to 18 seeking additional support from a caring adult who guides them through goal-setting activities and relationship building skills to prepare them for long-term success in school, in the workplace, and in their personal lives.
Age Range	5-18 years
Recommended Dosage	<ul style="list-style-type: none"> • Between two and four outings or visits per month for a total of 4 to 10 hours of mentoring each month • Program is at least 12 months in duration
Settings	<ul style="list-style-type: none"> • Community daily living setting • Community-based agency / organization / provider • School setting (Including: day care, day treatment programs, etc.)