Results First Service Inventory: Child Welfare

This inventory presents information about child welfare programs, practices, and services in Minnesota. The "Impact on outcomes" column contained in subsequent pages indicates the extent to which research provides causal evidence of program effectiveness. Where available, this document shows which child and family outcomes are impacted. The inventory lists three categories of outcomes. The research includes outcomes verified by meta-analyses conducted by respected sources (Washington Institute of Public Policy (WSIPP), California Evidence -Based Clearinghouse (CEBC), and Campbell Collaborative, among other resources). The inventory was created in collaboration with eight Minnesota counties, the Department of Human Services, the Minnesota Department of Health, and the Minnesota Courts.

Number of services	Rating	Definitions
11	Proven Effective	A Proven Effective service or practice offers a high level of research on effectiveness for at least one outcome of interest. This is determined through multiple qualifying evaluations outside of Minnesota or one or more qualifying local evaluation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
10	Promising	A Promising service or practice has some research demonstrating effectiveness for at least one outcome of interest. This may be a single qualifying evaluation that is not contradicted by other such studies but does not meet the full criteria for the proven effective designation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
47	Theory Based	A Theory-Based service or practice has no research on effectiveness or research designs that do not meet the above standards. These services and practices may have a well-constructed logic model or theory of change. This ranking is neutral. Services may move up to Promising or Proven Effective after research reveals their causal impact on measured outcomes.
0	Mixed Effects	A Mixed Effects service or practice offers a high level of research on the effectiveness of multiple outcomes. However, the outcomes have contradictory effects, and there is no additional analysis to quantify the overall favorable or unfavorable impact of the service. This is determined through multiple qualifying studies outside of Minnesota or one or more qualifying location evaluation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
0	No Effect	A service or practice with no effects has no impact on the measured outcome. It does not include the service's potential effect on other outcomes. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
0	Proven Harmful	A Proven Harmful service or practice offers a high level of research that shows program participation adversely affects outcomes of interest. This is determined through multiple qualifying evaluations outside of Minnesota or one or more qualifying local evaluation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
5	Category of Services	These services represent a category of services that a client may receive, dependent on need. Some of these services may be evidenced-based, but the services have not been studied holistically. As services can vary from client to client, we cannot assess their effectiveness.
1	Pending	A service or practice with a high level of research on the effectiveness of multiple outcomes in which a meta-analytic review is currently underway.

Other definitions	
	Favorable impact on the outcome
	Neutral or contradictory evidence of impact on the outcome
	Unfavorable impact on the outcome
*	Adequate research is not available
Population in research study	As available, is specified by race/ethnicity, as well as other specific populations (women, co-occurring disorders, HIV+, and offenders).
Other evidence or expert opinion	Provides additional context from experts in the field.
Culturally-informed intervention	Evidence-based policies may not be equally effective for all communities. Moreover, many communities have built their own programs, imbued with culturally-specific context. These programs often have practice-based evidence of effectiveness, but that evidence does not yet use qualifying research designs. We have attempted to note these programs and their own evidence in the "other evidence or expert opinion" column.

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Child Protection Team	**Description:** A team of multidisciplinary professionals from a variety of agencies that provide education, prevention and intervention resources, treatment and consultation to child welfare agencies. **Duration/intensity of service:** Monthly for 1.5 hours **Target population:** Child welfare professionals	Administrative approaches	Theory Based	*	*	*		Multidisciplinary teams vary in configuration, function and training, making them difficult to research, though county partners noted they are invaluable.
Child Welfare Trauma Training Toolkit	**Description:** Teaches knowledge, skills, and values about working with children in the child welfare system who have experienced trauma, including strategies professionals can use to address trauma and enhance child, family, and provider resilience. **Duration/intensity of service:** Varies **Target population**: Child welfare professionals	Administrative approaches	Theory Based	*	*	*		
Children's Justice Initiative	**Description:** A collaboration between the Minnesota Judicial Branch and the Minnesota Department of Human Services to promote timeliness to safe, stable, permanent homes for abused and neglected children. The initiative provides training and facilitation, a judge's benchbook, checklists and other tools to facilitate timely collaboration among actors. **Duration/intensity of service:** Minimum of quarterly meetings **Target population:** Child welfare professionals	Administrative approaches	Theory Based	*	*	*		Many states have multidisciplinary, judge-led teams focused on child protection at the county level, but the role of these teams can vary.
Family Dependency Treatment Court	**Description:** A specialized court focused on cases of child abuse and neglect that involve substance abuse by the child's parents or other caregivers. An interdisciplinary team assesses the family's situation and creates a comprehensive case plan to address the needs of both children and their parents, including substance abuse treatment, intensive case management, frequent status hearings, and regular drug testing. **Duration/intensity of service:** Approx. 1 year with court hearings every two weeks, becoming less frequent with success **Target population:** Parents with substance abuse that has led to removal of their children, at least one under age eight	Administrative approaches	Proven Effective	Neutral	Favorable	Favorable (Crime)	WSIPP	
Indian Child Welfare Act Courts	**Description:** Courts designed to ensure implementation of the requirements of the Indian Child Welfare Act in order to reduce unnecessary removal of Indian children from their homes, reunify children with their families as soon as possible, and reduce foster care re-entry. **Duration/intensity of service**: Ongoing **Target population:** American Indian children	Administrative approaches	Theory Based	*	*	*		Minnesota (along with Colorado and Montana) has been asked to participate in a federal baseline measures project around their Indian Child Welfare Act initiatives.
Indian Child Welfare Act Advocacy Center	**Description:** An integrative model to provide legal and social work services. An attorney provides civil legal services, and parent mentors and Indian advocates assist families with meeting basic needs by providing support with housing, transportation, and scheduling services. **Duration/intensity of service:** Varies **Target population:** American Indian families	Administrative approaches	Theory Based	*	*	*		

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Indian Child Welfare Act Training	**Description:** A training designed to provide foundational information necessary to comply with both the letter and spirit of the Indian Child Welfare Act, as well as the substantive law and practice skills necessary to improve outcomes for Indian children and their families. **Duration/intensity of service:** Ongoing **Target population:** American Indian children	Administrative approaches	Theory Based	*	*	*		Minnesota (along with Colorado and Montana) has been asked to participate in a federal baseline measures project around their Indian Child Welfare Act initiatives.
Permanency Technical Workshop	**Description:** A day-long workshop offered by the Children's Justice Initiative focused on improving time to permanency for children in out-of-home placement. Provides education on permanency processes and timelines, examines a county's permanency data and develops a timeline and action plan for resolving long-standing cases. **Duration/intensity of service:** One day workshop with follow-up as needed **Target population:** Child welfare professionals	Administrative approaches	Theory Based	*	*	*		The use of this specific methodology for reviewing and improving time to permanency is likely unique to MN.
Safety Organized Practice	**Description:** A practice model that focuses on safety for children while creating partnerships between social workers, families, the family's support network, and community resources. It combines concepts from the Signs of Safety and Structured Decision Making processes. **Duration/intensity of service:** Ongoing **Target population:** Parents and children	Administrative approaches	Theory Based	*	*	*		
Signs of Safety	**Description:** A relationship-grounded, safety-organized child protection framework that expands the investigation of risk to encompass strengths and signs of safety that can be built upon to stabilize and strengthen a child's situation. Central to this approach is meaningful family engagement and capturing the voice of the child. **Duration/intensity of service:** Minimum of once per month **Target population:** Parents and children	Administrative approaches	Theory Based	*	*	*		Research to date has focused on the effectiveness of implementation.
Solution-Based Casework	**Description:** A case management approach that helps families identify their strengths, focus on everyday life events, and build the skills necessary to manage difficult situations. The model combines features from problem-focused relapse prevention practices with solution-focused models that evolved from family systems casework and therapy. **Duration/intensity of service:** 1-6 times per month depending on risk level **Target population:** Parents and children	Administrative approaches	Promising	Favorable	Favorable	Favorable (Various child-wellbeing metrics)	CEBC	
Structured Decision Making Risk Assessment	**Description:** A system of assessment tools used at various decision points in the child welfare system to classify families based on their risk of further child maltreatment. **Duration/intensity of service:** Ongoing **Target population:** Child welfare professionals	Administrative approaches	Promising	*	Favorable	*	CEBC	
Child Assessment Tools	**Description:** A set of scientifically validated tools (such as adverse childhood experiences (ACE) screenings, 35-day evaluations, and the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood) to help practitioners understand if children are meeting developmental milestones and, if not, the appropriate course of treatment or referral services for the child and family. **Duration/intensity of service:** Varies **Target population:** Child welfare professionals	Assessment services	Category of Services	*	*	*		Evaluations help practitioners understand if children are meeting developmental milestones and, if not, the appropriate course of treatment to prescribe.

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Family Assessment Tools	**Description:** A set of scientifically validated tools, such as a parent-child interaction assessment, to help practitioners understand how well parents and children function as a family and what interventions or services could support family functioning. **Duration/intensity of service:** Varies **Target population:** Child welfare professionals	Assessment services	Category of Services	*	*	*		Evaluations help practitioners understand how well parents and children function as a family and, if they are struggling, the appropriate course of treatment to prescribe.
Motivational Interviewing	**Description:** A client-centered directive method focused on exploring and resolving a client's ambivalence by increasing their intrinsic motivation to change. It can be used by itself or in combination with other treatments **Duration/intensity of service:** Varies **Target population:** Parents and children	Assessment services	Proven Effective	*	*	Favorable (Underage alcohol use, substance misuse)	CEBC	Most research into motivational interviewing relates to substance use rather than child welfare. CEBC still rates the program favorably on child safety measures.
Parent Assessment Tools	**Description:** A set of scientifically validated tools to help practitioners understand how well parents are able to care for their children and what services could enhance parenting skills and resources. Includes: drug testing, parent psychological evaluations, and parenting capacity assessments. **Duration/intensity of service:** Varies **Target population:** Child welfare professionals	Assessment services	Category of Services	*	*	*		Evaluations help practitioners understand how well parents are able to care for their children and, if not, the appropriate course of treatment to prescribe.
Case Management	**Description:** A set of services that includes developing an individual service plan, assisting a child and their family in obtaining needed services through coordination with other agencies, and assuring continuity of care. It can be tailored to meet the needs of a specific population and is a qualified Medicaid service. **Duration/intensity of service:** Ongoing **Target population:** Parents and children	Core county social services	Theory Based	*	*	*		
Child Protection Investigation	**Description:** An investigation of maltreatment reports regarding children and families. **Duration/intensity of service:** Approx. 45 days **Target population:** Parents and children	Core county social services	Theory Based	*	*	*		
Child Welfare Assessment	**Description:** A proactive assessment of a child's safety and well-being with the goal of preventing a maltreatment report (ex: when a child runs away). The assessment involves interviews and connecting the child to community programming that can address their needs. **Duration/intensity of service:** Varies **Target population:** High-risk children	Core county social services	Theory Based	*	*	*		

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Domestic Violence Response Team	**Description:** A specific pathway in child protection services that responds to incidents where children have been in sight or sound of domestic violence between caregivers. The focus is to continually assess the risk posed to children by the presence of domestic violence and by the perpetrator of this violence. **Duration/intensity of service:** Ongoing **Target population:** Children exposed to domestic violence	Core county social services	Theory Based	*	*	*		
Family Assessment	**Description:** A less invasive, more collaborative alternative to a traditional family investigation when a maltreatment report is screened in for follow up. Unlike an investigation, alternative response (also called Alternative Response or Differential Response) does not make a formal determination about whether maltreatment occurred. **Duration/intensity of service:** Approx. 45 days **Target population:** Parents and children	Core county social services	Promising	Favorable	*	*	CEBC	
Minor Parent Services	**Description:** Case management and home visiting to assist young mothers in educational and/or vocational planning and link mother and baby to needed services, such as mental health services, parenting supports, educational supports, and developmental screenings/assessment for the baby. **Duration/intensity of service:** Minimum of once per month depending on need, typically for six months following birth **Target population:** Pregnant minors	Core county social services	Theory Based	*	*	*		
Brief Counseling	**Description:** A short-term, solution-focused therapy provided in a family's home focusing on specific issues the family faces and helping them identify solutions. Counseling establishes a family's goals for improvement on their key issues and defines what improvement might look like. **Duration/intensity of service:** Up to 10 weeks **Target population:** Parents and children	Counseling / Therapy	Theory Based	*	*	*		
Children's Therapeutic Supports Services	**Description:** A flexible package of mental health services for children who require varying levels of therapeutic and rehabilitative intervention. It typically includes psychotherapy, skills training, crisis assistance, and mental health service plan development, and it can be provided in different settings such as at home or at school. **Duration/intensity of service:** Varies **Target population:** Children with SED diagnosis	Counseling / Therapy	Category of Services	*	*	*		Many of the services offered are evidence-based, and they are administered based on children's individual needs.
Collaborative Intensive Bridging Services	**Description:** An intensive 6-9 month treatment program for children ages 6-17 who have problems with aggression or fighting, self-injurious behavior, depression, truancy, acting out in home or school, and other behavioral problems. It combines intensive in-home therapy with a brief, intensive placement in a residential treatment center. **Duration/intensity of service:** 4-8 times per month for 6-9 months **Target population:** High-risk youth	Counseling / Therapy	Theory Based	*	*	*		This model is based on research that indicates children are best treated with their family in the environments in which they live and interact.
Functional Family Therapy	**Description:** A structured family-based intervention that seeks to enhance protective factors and reduce risk. The model includes engagement, motivation, behavior change, and positive role models. **Duration/intensity of service:** Varies **Target population:** Parents and children	Counseling / Therapy	Proven Effective	*	*	Favorable (Crime, risky behavior)	Crime Solutions	

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Intensive Family Therapy	**Description:** A form of therapy (also called systemic family therapy or in-home family therapy) intended to increase stability at home and in the community for family members experiencing emotional and behavioral difficulties. Typically, medical necessity for in-home family therapy must be identified through diagnostic assessment. **Duration/intensity of service:** 2-4 times per month for up to 6 months **Target population:** Parents and children	Counseling / Therapy	Promising	Favorable	Favorable	Favorable (Child and parent behavior and mental health)	CEBC	
Other Preventative Therapeutic Work	**Description:** Services focused on children and family with the goal of improving family and child functioning and the odds of a child remaining in their primary home, out-of-home care setting, or adopted home. **Duration/intensity of service**: Varies **Target population:** Parents and children	Counseling / Therapy	Category of Services	*	*	*		
Parent Child Interaction Therapy	**Description:** A behavioral intervention that includes live coaching sessions for children and their parents or caregivers focused on decreasing externalizing child behavior problems (e.g., defiance, aggression), increasing child social skills and cooperation, and improving the parent-child attachment relationship. **Duration/intensity of service:** Varies **Target population:** Parents and children	Counseling / Therapy	Proven Effective	Favorable	*	Favorable (Child behavior and parent-child interactions)	CEBC / WSIPP	CEBC-cited research indicates that PCIT does not produce an overall effect on outcomes, but it is effective for specific populations such as highly irritable children.
Therapeutic Supervised Parenting	**Description:** A supervised visitation model in which children and their parents engage in supervised parenting with a clinical social worker followed by individual therapy based on case management plans and identified family needs. **Duration/intensity of service:** Weekly 30-minute visitation followed by therapy **Target population:** Parents and children	Counseling / Therapy	Theory Based	*	*	*		
Trauma-Focused Cognitive Behavioral Therapy	**Description:** A child and parent psychotherapy model for children who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a hybrid treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles. (Benefit-cost analysis is included in Result's First juvenile justice report.) **Duration/intensity of service:** Varies **Target population:** Parents and children	Counseling / Therapy	Proven Effective	*	*	Favorable (Child behavior and mental health, parenting skills)	CEBC	
Trauma-Informed Child-Parent Psychotherapy	**Description:** A treatment for trauma-exposed children aged 0-5 and their primary caregiver that examines how the trauma and the caregivers' relational history affect the caregiver-child relationship and the child's developmental trajectory. **Duration/intensity of service:** Varies **Target population**: Parents and children	Counseling / Therapy	Promising	*	*	Favorable (Child and parent behavior and mental health)	CEBC	

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Attachment Biobehavioral Catch-up	**Description:** A multi-component intervention aimed a helping caregivers interpret their children's behavioral signals, provide responsive and predictable environments, and decrease behaviors that could overwhelm or frighten a young child. **Duration/intensity of service:** Varies **Target population:** Parents and children	Parenting education and support	Proven Effective	*	*	Favorable (Parenting skills, child behavior and mental health)	CEBC	Attachment Biobehavioral Catchup is typically billed to county mental health services rather than child welfare. Consequently, Results First will conduct a benefit-cost analysis in our future Children's Mental Health report.
The Beloved Child	**Description:** An intensive case management model utilizing culturally-specific techniques that is combined with the Family Spirit home visiting program. **Duration/intensity of service:** Weekly to monthly depending on age of child **Target population:** American Indian families	Parenting education and support	Theory Based	*	*	*		
Bright Beginnings	**Description:** An intensive case management model for American Indian mothers in need of chemical dependency treatment or recovery support. Case management services include the development of a Child Protection Case Plan, assistance with treatment planning, child care, assessments for treatment, transportation, and other support services. The program also includes a weekly support group focused on exploring cultural identity and important factors for maintaining sobriety. **Duration/intensity of service:** Weekly **Target population:** American Indian women	Parenting education and support	Theory Based	*	*	*		
Circle of Parents	**Description:** A support group that provides high-risk families with a place to discuss parenting successes and struggles while developing a network of support. Child care is provided by trained early childhood staff. **Duration/intensity of service:** Weekly during the school year and twice in the summer **Target population:** High-risk parents	Parenting education and support	Theory Based	*	*	*		
Circles of Security	**Description:** A home-based intervention intended to teach caregivers about attachment theory that explores various parenting models and how they can influence children's cognitive, affective, and behavioral responses. **Duration/intensity of service:** 1-2 visits for two months **Target population:** High-risk caregivers especially with a history of substance abuse and/or mental illness; some programs target adolescent parents	Parenting education and support	Promising	*	*	Favorable (Parent-child interactions)	CEBC	
Crisis Nursery	**Description:** A family support program that provides temporary, short-term care for children while families address a crisis situation. Care may be arranged for daytime hours or overnight and includes services such as crisis counseling, parent education, in-home family counseling, referral to community resources, and kinship services. **Duration/intensity of service:** Daily and overnight care varies **Target population:** Eligible parents and children	Parenting education and support	Promising	*	Favorable	*	Minnesota Management & Budget literature review	

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Early Head Start - Home Visiting	**Description:** A comprehensive home visiting model for enhancing children's development and strengthening their families through weekly home visits and bimonthly group socializations activities for parents and children. **Duration/intensity of service:** Weekly 90 minute visits and 2 center socializations monthly for a year **Target population:** Eligible parents and children	Parenting education and support	Pending	*	*	*	HomVEE	Currently under further review; recognized by Department of Health and Human Services as an evidence-based model
Families First	**Description:** A program to empower parents to intervene effectively with their children, manage the family's basic needs, promote prosocial skills for all family members, and reduce risk factors/increase protective factors. **Duration/intensity of service:** 2-3 visits for 4-8 hours per week over 10-12 weeks **Target population:** Parents and children not in out-of-home care	Parenting education and support	Theory Based	*	*	*		
Healthy Families America	**Description:** A network of programs aimed at reducing child maltreatment and promoting positive parent-child relationships. Includes weekly home visiting, parent support groups, and other services during a child's first months and years of life. **Duration/intensity of service**: 1-hour visits weekly depending on child's age and need; up to age 5 **Target population:** High-risk and eligible parents	Parenting education and support	Proven Effective	Neutral	Neutral	Favorable (Emergency room visits, K-12 special education, and child development)	WSIPP	
Hope, Opportunity, Pride, and Empowerment	**Description:** A program for parents and their children designed to empower families in the community and provide a new pathway to achieving economic self-sufficiency. Includes comprehensive case management, child welfare prevention services, access to stabilizing federal economic programs, workforce development, and early childhood supports. **Duration/intensity of service:** Varies **Target population:** Parents and children	Parenting education and support	Theory Based	*	*	*		
Indian Child Welfare "Gizhawaaso" Program (White Earth Nation)	**Description:** A program for families living in poverty with parents struggling with substance abuse and addiction. Families are referred to services and provided culturally-specific services to facilitate traditional and holistic healing including culturally competent case management and a variety of cultural ceremonies. **Duration/intensity of service:** Weekly meetings **Target population:** American Indian parents and children at high risk for reentry into child protection services	Parenting education and support	Theory Based	*	*	*		
Mothers and Babies	**Description:** A voluntary prenatal and post partum depression prevention program that promotes healthy mood, bonding with one's baby, and strategies for pregnant women and new moms to cope with stress. It can be implemented in either a group setting or in one-on-one home visiting. **Duration/intensity of service:** Weekly group meeting for 9 weeks **Target population:** Prenatal/post-partum mothers	Parenting education and support	Promising	*	*	Favorable (Mother's mental health)	NREPP	Mothers and Babies can be delivered either in a group setting or as home visiting. St. Louis County is participating in a research trial with Northwestern University.

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Non-Model Long-Term Home Visiting	**Description:** A group of long-term (longer than six months) home visiting programs that do not follow one of the specific models featured elsewhere in this inventory. Some programs use the same curricula as model home visiting programs, but have not completed the steps needed for accreditation by the model developers. **Duration/intensity of service:** Frequency of visits varies, typically from infancy through toddler years **Target population:** Varies by local program, typically children 0-3	Parenting education and support	Proven Effective	Favorable	Neutral	*	WSIPP	
Non-Model Parent Coaching	**Description:** Programs aimed at improving or enhancing parenting capacity, skills, and competence that do not follow one of the specific models featured elsewhere in this inventory. **Duration/intensity of service:** Weekly sessions, typically for 6 months **Target population:** Parents	Parenting education and support	Theory Based	*	*	*		
Non-Model Short-Term Home Visiting	**Description:** A group of home visiting programs that do not follow one of the specific models featured elsewhere in this inventory and are typically limited in scope to one or a few areas of intervention. Short-term home visiting can be a referral pathway to a long-term home visiting program. **Duration/intensity of service:** Frequency of visits varices, typically less than six months **Target population:** Varies by local program	Parenting education and support	Theory Based	*	*	*		
Nurse-Family Partnership	**Description:** A program providing intensive home visiting by public health nurses during a woman's pregnancy and the first two years after birth. The program is designed to serve low-income, at-risk pregnant women expecting their first child. The program aims to improve prenatal health and outcomes, child health and development, and family economic self-sufficiency. **Duration/intensity of service:** Approx. 1 hour visits weekly or every other week depending on child age and need, from pregnancy until child is aged two **Target population:** First-time, low-income mothers and their children	Parenting education and support	Proven Effective	Favorable	*	Favorable (Crime, disruptive behavior disorder symptoms, very pre-term birth, and public assistance)	WSIPP	
Parent Mentoring	**Description:** A program that matches parent mentors, who themselves have a past involvement with the child welfare system, with parents who are currently working with child welfare in order to support them and help them understand and navigate both systems. **Duration/intensity of service:** Varies **Target population:** Parents	Parenting education and support	Theory Based	*	*	*		
Parent Support Outreach Program	**Description:** A program that provides early intervention, outreach, and supportive services to families that had a maltreatment report that was screened out from formal follow up because the reported incident did not reach the legal standard of abuse or neglect. These families may still have risk factors, and the program aims to prevent future incidents of child maltreatment. **Duration/intensity of service:** Varies **Target population:** Parents and children with a screened-out maltreatment report	Parenting education and support	Theory Based	*	*	*		A 2009 study conducted for the MN Dept. of Human Services indicated that most families found PSOP helpful and that social workers felt that PSOP improved most families' functioning.

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Parents and Children Excel	**Description:** A program aimed at empowering families of color by engaging them in partnerships that build safety and well-being for children. The program works with youth who have attendance issues or behavior problems to keep them engaged in school and coordinates a positive teen-peer mentorship program for the younger children in the program. **Duration/intensity of service:** Varies **Target population:** Parents and children of color	Parenting education and support	Theory Based	*	*	*		
Prenatal Exposure Outreach	**Description:** A voluntary intervention serving women who are pregnant and believed to be using alcohol or other drugs aimed at ending chemical abuse during pregnancy. Includes case management to access chemical health assessments and treatment, pregnancy and parenting support, prenatal care and basic health and safety assessments. **Duration/intensity of service:** Visits 3 times per month, up to two years **Target population:** Pregnant women suspected of using alcohol or other drugs	Parenting education and support	Theory Based	*	*	*		Though research is nascent, these types of outreach programs may become increasingly important interventions for combatting consequences of the opioid crisis.
Respite	**Description:** A short-term care service provided due to the absence or need for relief of the primary caregiver in order to support the continued residence of a child with their family. It is typically planned or scheduled, and may occur in the family's home, in a foster home, or in a licensed facility. **Duration/intensity of service:** Up to 21 days in one year **Target population:** Parents experiencing high stress in their caregiver role due to child needs or parent circumstances	Parenting education and support	Theory Based	*	*	*		
The Incredible Years	**Description:** A series of three separate, multifaceted, and developmentally based curricula for parents, teachers, and children designed to promote emotional and social competence and to prevent, reduce, and treat behavior and emotional problems in young children. **Duration/intensity of service:** Varies **Target population:** Parents and children	Parenting education and support	Proven Effective	*	*	Favorable (Parenting skills and child behavior)	CEBC	
Concurrent Permanency Planning Training	**Description:** A program to provide education and skills training to foster parents while simultaneously preparing them to adopt their foster children in the event that reunification with the children's biological family is not possible. **Duration/intensity of service:** 2 three-hour sessions over one month **Target population:** Foster parents willing to support birth families and committed to adopt children who cannot return home	Placement and permanency services	Theory Based	*	*	*		
Northstar Care for Children (subsidized guardianship)	**Description:** A program that consolidates and simplifies benefits and processes for three child welfare programs: family foster care, kinship assistance, and adoption assistance to support families caring for children who were removed from their homes due to safety issues, delinquency, or disability. **Duration/intensity of service:** Varies based on child age when entering care and assistance continuing until age 18 **Target population:** Children in out-of-home care	Placement and permanency services	Promising	Neutral	Favorable	*	WSIPP	

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Relative Foster Care	**Description:** A out-of-home care setting in which a child is placed in the care of family members or important friends with whom the child has resided or has significant contact in lieu of placing the child with licensed foster care providers previously unknown to the child. **Duration/intensity of service:** Until reunification occurs, typically for six months **Target population:** Children in out-of-home care	Placement and permanency services	Proven Effective	Favorable (institutional abuse)	Favorable	Favorable (Various child behavioral outcomes)	Campbell Collaboration	
Supervised Visitation	**Description:** Includes a range of services from formal, supervised parenting time to transportation assistance to/from visitation sessions to locations for the safe exchange of children between parties. **Duration/intensity of service:** 2-3 times per week depending on duration and progress of case **Target population:** Families involved in the child protection system with children placed in foster care	Placement and permanency services	Theory Based	*	*	*		
Family Group Decision Making	**Description:** Also called Family Group Conference, Parallel Protection Process or Rapid Response Case Planning Conference, this is an alternative dispute resolution approach that positions the "family group" as leaders in decision making about their children's safety, permanency, and well-being. A trained coordinator convenes the family group and agency personnel to create and carry out a plan to safeguard children and other family members. **Duration/intensity of service:** Minimum of one 2-3 hour conference, 1-6 months **Target population:** Parents and children	Placement prevention services	Theory Based	*	*	*		Most research into Family Group Decision Making involves nonequivalent control groups.
Family Preservation Services	**Description:** A program to prevent the removal of a child from his or her home (or to promote his or her return home) by improving family functioning. These programs typically have the same goals as intensive family preservation service models such as Homebuilders but lack the rigorous criteria for implementation as defined by the Homebuilders® model. **Duration/intensity of service:** Varies **Target population:** Parents and children	Placement prevention services	Theory Based	*	*	*	WSIPP	
Family Preservation Supports	**Description:** A set of supports that addresses short-term material needs in order to mitigate a particular risk or concern that might have otherwise led to children being placed in out-of-home care. Include the provision of household and baby care supplies or use of alternative-to-placement funds to address short-term housing issues. **Duration/intensity of service:** Amount varies, typically one-time **Target population:** Parents and children	Placement prevention services	Theory Based	*	*	*		
Family Unification Program	**Description:** A program to provide income-based housing subsidies to three different populations: children who are at imminent risk of out-of-home placement due primarily to lack of housing; children for whom the delay in discharge from out-of-home placement is due to lack of adequate housing; and youth who are leaving foster care. **Duration/intensity of service:** Varies **Target population:** Parents and children	Placement prevention services	Theory Based	*	*	*		
Gage East	**Description:** A permanent supportive housing program for youth and families in Rochester, Minnesota. Includes supportive services and voluntary case management services to attend to child wellbeing and family stability. **Duration/intensity of service:** Varies **Target population:** Chronically homeless families and children and youth age 16-24	Placement prevention services	Theory Based	*	*	*		

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Prevention of Placement	**Description:** A program to prevent out-of-home placement by assisting families in developing a long-term plan linking them to needed services and addressing issues that resulted in law enforcement being called to their home. Includes a guaranteed appointment time the next business day to meet with a social worker. **Duration/intensity of service:** Minimum of one meeting **Target population:** Parents and children	Placement prevention services	Theory Based	*	*	*		
Adoption Support Group	**Description:** A facilitated but unstructured support group for adoptive parents providing an opportunity to discuss the unique experiences of parenting adopted children while the children meet in a simultaneous recreational group. **Duration/intensity of service:** Monthly for about 2 hours **Target population:** Adoptive parents	Post-permanency	Theory Based	*	*	*		
Beyond Consequences	**Description:** A group training for caregivers aimed at offering techniques to help caregivers regulate the behavior of children with significant trauma histories and/or attachment issues. Follows the model and book by Heather T. Forbes, "Beyond Consequences, Logic and Control." **Duration/intensity of service:** 8 two-hour sessions over two months **Target population**: Caregivers with adoptive, kinship, or foster placements	Post-permanency	Theory Based	*	*	*		
Child-Specific Recruitment	**Description:** A process to explore the individual needs, circumstances, and history of foster care children, particularly those most at risk of aging out of care, in order to pursue placement with an appropriate family. **Duration/intensity of service:** Monthly contact with child over several months **Target population:** Children in out-of-home care expected not to reunify with their parents	Post-permanency	Promising	*	Favorable	*	CEBC	
Crossover Youth Programming	**Description:** Also known as the Dually Involved Youth Program, this program is designed to interrupt a pattern of delinquent/criminal behaviors for youth involved in the child welfare and juvenile justice systems by providing youth and their families with more integrated and trauma-informed mental health, chemical health and parenting support. **Duration/intensity of service:** Minimum of once per month, typically 6 months **Target population:** Youth ages 10-15 who are charged with their first criminal offense	Youth Services	Theory Based	*	*	*		An 2016 evaluation from the University of Minnesota (http://bit.ly/2huC5LV) found that the program was associated with a reduction in recidivism compared to a like control group. However, the study had too few participants to meet Results First's threshold for a promising rating.

Service	Program details	Category	Impact on outcomes	Maltreatment	Placement / Permanency	Other outcomes	Source of evidence	Other evidence or expert opinion
Extended Foster Care	**Description:** While children typically "age out" of foster care at age 18, Minnesota law allows a child continue in foster care up to age 21 if he or she chooses. In some cases, youth who left foster care at age 18 may be able to return to care. **Duration/intensity of service:** 0-3 years **Target population:** Young adults ages 18-21 in foster care	Youth Services	Theory Based	*	*	*		There is a large body of research from the University of Chicago around extended foster care outcomes in Midwest states, but the methodology is unclear as to how control groups were established.
Independent Living Skills	**Description:** Programming is focused on providing youth, who are nearing independence or lack exposure to independent life skills, with information on budgeting, housing, employment, and other life skills. Content is delivered in a group setting. Instructors provide resources and know-how, and occasionally coordinate services. **Duration/intensity of service:** Varies **Target population:** Youth in foster care	Youth Services	Theory Based	*	*	*		
LINK	**Description:** A program that provides case management; life-skills and peer support groups; assistance with food, clothing, housing and employment; a transitional housing program; and activities, retreats and recreational outings for youth who are at-risk, homeless or have run away. **Duration/intensity of service:** Varies **Target population:** High-risk youth	Youth Services	Theory Based	*	*	*		
SELF	**Description:** A program offering services to older children currently or previously in foster care to help them prepare for a successful transition to adulthood. **Duration/intensity of service:** At least monthly for 6-12 months **Target population:** Youth in foster care	Youth Services	Theory Based	*	*	*		
Someplace Safe	**Description:** A set of services to assist victims of domestic violence, sexual assault, sexual exploitation, sex trafficking, labor trafficking, and other crimes navigate the social, emotional, and economic impacts they face as victims on the path to becoming survivors. Services include victim advocacy, supervised visitation, and exchange centers, and safe harbor case management. **Duration/intensity of service:** As needed over 6 months **Target population:** High-risk youth	Youth Services	Theory Based	*	*	*		
Youth Activities Program	**Description:** Funding for extra-curricular activities to allow children involved in the child welfare system to participate in extracurricular activities they may not otherwise have access to. **Duration/intensity of service:** Varies **Target population:** Youth in foster care	Youth Services	Theory Based	*	*	*		