

# EBP REFERRAL GUIDE

Connecting LA families to evidence-based behavioral health care

**1** Learn about the three main focus areas of EBPs. **2** Explore the EBPs available based on the child's age and focus areas on interest.

**3** Locate EBP providers near you by viewing: **4** Contact a provider to see if the EBP is appropriate for your child, and to discuss starting services.

A) our interactive map  
B) PDF documents sorted by region  
C) or, contact your child's Medicaid MCO to ask for a list of EBP providers in their provider network

Or, you can contact your child's Medicaid MCO, and ask for help from a Behavioral Health Care Manager to find an EBP provider that is appropriate for your child

	EBPs that focus on <u>recovery from trauma</u>		EBPs that are typically provided in person (family visits the office)
	EBPs that focus on <u>improving behavior</u>		EBPs that may be offered by telehealth (video call)
	EBPs that focus on <u>strengthening family relationships</u>		EBPs that are typically home-based (practitioner visits family's home)

KEY

## 1 Evidence-based programs that work on...

CENTER FOR EVIDENCE TO PRACTICE

### Recovery from Trauma

These EBPs help children and youth overcome the negative effects of traumatic life events.



Children and youth that have been through trauma may experience:

- Emotional problems such as stress, fear, anxiety, and depression.
- Difficulty trusting other people, and may show their difficult emotions through negative and risky behaviors.

#### Treatment Outcomes

- Children and youth are able to:
  - make sense of what they have gone through
  - understand their thoughts and feelings resulting from trauma
  - relieve distress, and learn skills to cope with challenging emotions

Involve parents/caregivers in the child or youth's treatment to:

- improve family communication
- repair the child's sense of safety, comfort, and trust



### Improving Behaviors

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These EBPs are for caregivers who feel overwhelmed by their child's behavior, or feel that their child is out of control.

Parents and caregivers are valuable resources in the treatment process for EBPs the focus on improving behaviors



Did you know, these treatments can also help the caregiver to resolve mental health issues of their own?



#### Treatment Outcomes

- Parents/caregivers are empowered to effectively parent their children.
- Children/youth and parents to learn strategies to improve social interactions, cope with emotions like frustration and anger, and practice communication skills.

#### These EBPs may help those experiencing:

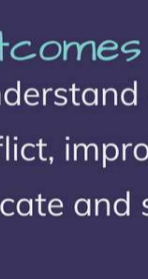
- behavioral outbursts
- impulsivity
- aggression
- disruptive behaviors
- substance use/illegal behaviors in adolescents

### Strengthening Family Relationships

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Many EBPs focus on helping strengthen families and family relationships. This includes resolving conflict between youth, their parents or caregivers, and siblings.

These treatments build on the strengths and resources of youth and their families.



These EBPs may help parents and caregivers that:

- are struggling to supervise children and keep the home safe.
- or are struggling with their own mental health or substance use issues.

- #### Treatment Outcomes
- Help families to understand each other better, reduce conflict, improve their ability to communicate and solve problems
  - Support caregivers to keep a safe, healthy home for the family.



AGE OF CHILD

## 0-6 YEARS

Click on each EBP to learn more


	EBPs that focus on <u>recovery from trauma</u>		In-person (family visits the office)
	EBPs that focus on <u>improving behavior</u>		Telehealth (video call)
	EBPs that focus on <u>strengthening family relationships</u>		Home-based (practitioner visits family's home)

AGE OF CHILD

## 7-10 YEARS

Click on each EBP to learn more


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	EBPs that focus on <u>improving behavior</u>		Telehealth (video call)
	EBPs that focus on <u>strengthening family relationships</u>		Home-based (practitioner visits family's home)

AGE OF CHILD

## 11-18 YEARS

Click on each EBP to learn more


	EBPs that focus on <u>recovery from trauma</u>		In-person (family visits the office)
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**Map of Evidence-Based Programs » Center for Evidence to Practice**  
evidence-based programs in louisiana connecting communities to evidence-based...  
Center for Evidence to Practice