

# QUICK DIRECTORY OF EVIDENCE-BASED PROGRAMS

Program Title	Target Client	Purpose/Modality	Contact to Make Referral
<b>Nurse Family Partnership (NFP)</b>	1st time pregnant, low-income women; Must enroll before start of 3rd trimester of pregnancy (28 weeks); Low-income defined as eligible for MA or WIC	RN home visiting services designed to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family.	Project Secretary: (814) 451-6733 or Erie County Department of Health Intake Nurse: (814) 451-6711
<b>Healthy Families America (HFA)</b>	All pregnant women or parents/ caregivers raising children ages 0-5; Prenatal enrollments or within 2 weeks of child's birth.	Home visiting service that focuses on early attachment; cultivates and strengthens nurturing parent-child relationships; promotes healthy childhood growth and development; enhances family functioning by reducing risk and building protective factors.	Erie Family Center: Kristen Costa, (814) 874-6695 kcosta@eriesd.org
<b>Parents as Teachers (PAT)</b>	Parents with children ages prenatal through age 5, or upon school entry; any parent/caregiver may enroll for services at any time from prenatal (recommended) until the age of school entry.	Home visiting service to work with parents; increases parent knowledge of early childhood development and improve parenting practices; provides early detection of developmental delays and health issues; prevents child abuse and neglect; increases children's school readiness and school success	Erie Family Center: Kristen Costa, (814) 874-6995 kcosta@eriesd.org  Union City Support Center: Valerie, (814) 438-7550 Valerie.ucfsc@gmail.com
<b>Parent Child Interaction Therapy (PCIT)</b>	Children ages 2.5 - 6yr, 11mo. Children acting out or exhibiting behavior problems (verbal and physical aggression, defiance, noncompliance, temper tantrums); parents who could benefit from enhanced relationship and/or behavior management skills with young children.	Outpatient counseling modality; improves parent-child relationship; reductions in disruptive behavior; improvements in parent behavior, parent stress, and maternal depression; improvements in child school behavior; generalization to untreated siblings.	Achievement Center: (814) 459-2755, extension 1116 Safe Harbor: Mandy Fauble, 814-459-9300 mandy.fauble@shbh.org Sarah Reed Children's Center: Matt Bogardus, (814) 835- 3126 mbogardus@sarahreed.org
<b>Big Brothers/Big Sisters (BB/BS)</b>	Children ages 6 - 13 from predominantly single parent, at-risk families	Volunteer mentors initiate consistent one- to-one contact with a child and provide positive social, recreational, and cultural experiences to help the child reach his/her full potential.	Family Services: Paula Hayes, (814) 866-4566 paulah@fsnwpa.org
<b>Strengthening Families Program (SFP) for Parents &amp; Youth</b>	Parenting program for families with youth ages 3-16	Family skills training program involving both the parent and the youth; enhances parenting skills & styles; strengthens family bonds; promotes positive communication among family members; builds life skills in youth including stress management, conflict resolution, and improved communication.	Erie Family Center: Michelle Martucci (814) 874-6984 mmartucci@eriesd.org
<b>Functional Family Therapy (FFT)</b>	10 to 17 years old with externalizing problem behaviors stemming from relational problems within the family; caregiver must be willing to participate.	In-home family therapy, one time per week for up to 22 weeks.	Family Services: Michele Kephart, (814) 866-4500 mkephart@fsnwpa.org
<b>Multi-Systemic Therapy (MST)</b>	12-17 years old with delinquent behaviors (*i.e., verbal/physical aggression, truancy, substance abuse, experiencing problems at school, etc.); a caregiver must be willing to participate	Intensive in-home therapy 2-5 times per week for up to 27 weeks; provides 24 hour on call service.	Harborcreek Youth Services: Norm Stanford, 814-899-7664 x311 nstanford@hys-erie.org Family Services: Martha Swick, (814) 866-4500 mswick@fsnwpa.org
<b>Multi-Systemic Therapy for Problem Sexual Behaviors (MST-PSB)</b>	10 to 18 years old exhibiting sexually related anti-social and delinquent behaviors; caregiver must be willing to participate	In-home therapy 3-5 times per week addresses the determinants of sexually inappropriate behavior and related behavior concerns; provides 24 hour on call service.	Family Services: Martha Swick, (814) 866-4500 mswick@fsnwpa.org
<b>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</b>	Any child age 3 to 18 experiencing a traumatic life event such as abuse, neglect, traumatic loss/death of a loved one, fire, disaster, auto accident, etc.  Open to children ages 3-21 with a qualifying mental health or high functioning ASD diagnosis who have experienced trauma; participants must be approved through the BHRS process; Trauma Focused and Grief Therapy is recommended through a psychological or psychiatric evaluation.	Weekly office based therapy works to minimize the negative impact of traumatic life events that may be resulting in depression, anxiety, or behavioral problems.	Family Services: Sandi McIntire, (814) 866-4500 sandim@fsnwpa.org  Barber Center: Steve Colvin, (814) 878-5930 scolvin@barberinstitute.org
<b>Family Group Decision Making (FGDM)</b>	Families must be referred by the Erie County Office of Children and Youth or Juvenile Probation	Facilitates a decision-making process that draws together extended family members to develop a sound plan to address concerns with regard to child safety, well-being, and overall development.	Family Services: Sarah Williams, (814) 866-4500 sarahw@fsnwpa.org Union City Support Center: Pat Vallimont, (814) 438-7550 pat.ucfsc@gmail.com