

LSF's Evidence Based Programs

LSF Health Systems supports and fosters the use of evidence-based and evidence-informed practices. We provide training on EBPs through our Training Institute and monitor for fidelity in practice through our clinical team's participation in the provider monitoring process. A list of evidence-based practices employed in the network is below. Focus group summaries in Appendix 4. outline EBPs as described by the network service providers.

Evidence Based Practices

1 2 3 Magic Parenting

12 Step Facilitation

Active Parenting

Be Smart Rx

Botvin Life Skills

Brief Strategic Family Therapy (BSFT)

Celebrating Families

Character Counts

Circle of Security

Cognitive Behavioral Therapy (CBT)

Creating Lasting Family Connections

Dialectical Behavior Therapy (DBT)

Eight to Great

Eye Movement Desensitization and Reprocessing therapy (EMDR)

Family Behavior Therapy

Family Psychoeducation

Friday Night Done Right

Hidden in Plain Sight

I Steer Clear

Illness Management and Recovery

Incredible Years

Infant Mental Health evidence-based interventions

InShape Prevention Plus Wellness

Know the Law

Lily Recovery Wellness

Living in Balance

Mental Health First Aid

Motivational Enhancement Therapy

Motivational Interviewing (MI)

Natural High

No Joke

No One's House

Non-Abusive Psychological and Physical Intervention (NAPPI)

Nonviolent Crisis Intervention (CPI)

Nurturing Parent

Parent Child Interaction Therapy (PCIT)

Parenting Inside Out

Parents Who Host
Project Alert
Project Success
QPR Gatekeeper Model - Question, Persuade, and Refer
Rational Emotive Behavioral Therapy (REBT)
Relapse Prevention Therapy
Responsible Vendor Training
SAMHSA Anger Management
Screening, Brief Intervention and Referral to Treatment (SBIRT)
Second Step
Seeking Safety
Seven Challenges
Solution Focused Therapy
SPORT Prevention Plus Wellness
SSI/SSDI Outreach, Access, and Recovery Technical Assistance (SOAR)
Structural Family Therapy and Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)
The Matrix Model
The Power of Positive Parenting
The Voices
Too Good for Drugs
Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
Trauma Informed Care
Wellness Recovery Action Planning (WRAP)
Women in Recovery
Youth and Family Approach