

LSF's Evidence Based Programs

LSF Health Systems supports and fosters the use of evidence-based and evidence-informed practices. We provide training on EBP's 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 EBP's 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