

Parent-Child Interaction Therapy Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Health and Human Services (HHS) program Parent-Child Interaction Therapy (PCIT) guide. The full guide is available at:

<https://preventionservices.acf.hhs.gov/programs/258/show¹>

Impact of The Condition

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment program for children ages 2 to 7 years old who are experiencing frequent and intense behavioral and/or emotional difficulties and their parents and/or caregivers.

Summary of the Guidelines

In this specialized program, parents are coached by a trained therapist in behavior management and relationship skills to decrease child behavior problems, increase positive parenting behavior, and improve the quality of the parent-child relationship. During each session caregivers are coached in skills such as child-centered play, increasing child compliance, and problem-solving. Most families complete treatment in 12 to 20 one-hour sessions. Therapists provide live coaching to parents and/or caregivers behind a one-way mirror using a wireless earphone. Treatment is individualized to the child and family's needs and progresses as specific competencies are mastered. Treatment is considered complete when a positive parent-child relationship is established, the parent can effectively manage the child's behavior, and the child's behavior is within normal limits on a behavior rating scale.

The Title IV-E Prevention Services Clearinghouse was established by the Administration for Children and Families (ACF) within the U.S. Department of Health and Human Services (HHS) to conduct an objective and transparent review of research on programs and services intended to provide enhanced support to children and families and prevent foster care placements.

The Prevention Services Clearinghouse, developed in accordance with the Family First Prevention Services Act (FFPSA) as codified in Title IV-E of the Social Security Act, rates programs and services as well-supported, supported, promising, or does not currently meet criteria. Parent-Child Interaction Therapy (PCIT) is rated as a well-supported practice.

Additional tools to assist providers with educating their patients on behavioral health conditions are available on the MVP Health Care website by following the link below.

[Quality Programs and Initiatives | MVP Health Care](#)

For providers in New York State who care for children and adolescents with mild-to-moderate behavioral health needs, an additional resource, Project TEACH, is available. Project TEACH is funded by the New York State Office of Mental Health and aims to strengthen and support the ability of New York's pediatric primary care providers to

deliver care to children and their families experiencing mild-to-moderate mental health concerns including anxiety, depression, and ADHD, in children, adolescents, and young adults up to age 22. Project TEACH offers providers consultations, referrals, and training at no cost. Project TEACH may be accessed at <https://projectteachny.org/>.

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793**.

References

1. Title IV-E Prevention Services Clearinghouse <https://preventionservices.acf.hhs.gov/programs/258/show>
2. <https://projectteachny.org/>