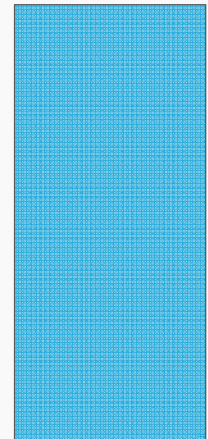


STRONG PARENTING, SUCCESSFUL YOUTH:
THE PARENT TRAINING STATES ARE
PROVIDING TO FOSTER FAMILIES

WISCONSIN FAMILY IMPACT SEMINAR
FEBRUARY 2015
PATRICIA CHAMBERLAIN



MULTIDIMENSIONAL TREATMENT FOSTER CARE (MTFC)

AN ALTERNATIVE TO GROUP/RESIDENTIAL CARE

- Youth are placed individually in foster homes (6-9 months)
- Treatment in a family setting focusing on the youth *and* the family
- For the Youth:
 - Daily behavior management to > responsible behavior, do homework, improve relationships with adults and peers
 - Individual therapy and skills training
- For the Parents:
 - Parent management training
 - Graduated home visits with back up
- Youth attend public schools



WHO HAS PARTICIPATED IN THE STUDIES?

6 Rigorous Randomized Trials:

- Children and adolescents from Child Welfare System leaving a state psychiatric hospital
- Boys from the Juvenile Justice system for chronic delinquency (15 previous offenses)
- Girls from juvenile justice with severe mental health problems and abuse histories (11 previous offenses)
- Young children in foster care



MTFC SITES IN THE U.S.

MTFC-A	MTFC-P
Charlotte, North Carolina	El Centro, California
Bronx, New York (4 teams)	
East Winthrop, Maine	MTFC-C
Dobbs Ferry, New York (2 teams)	Elk Grove, California
Baltimore, Maryland	Minnetoka, Minnesota
New York, New York (4 teams)	San Diego, California
Brooklyn, New York (3 teams)	
Sharon Hill, Pennsylvania	
Elk Grove, California	
Cleveland, Ohio	
Akron, Ohio	

CRITICAL COMPONENTS OF MTFC: KNOWN RISK AND PROTECTIVE FACTORS

- Provision of close supervision
- Provision of consistent limits and consequences for rule violations and antisocial behavior (non-harsh discipline)
- Minimization of influence of delinquent peers
- Daily adult mentoring to increase personal responsibility
- Encouragement/reinforcement for normative appropriate behavior and attitudes
- Birth parents increase skills at supervision, limit setting, reinforcement, and mentoring



BEHAVIORAL PROGRAM

Point and Level System:

A daily behavior management program.

It provides concrete ways for parents to:

- ✓ Teach appropriate skills and responsibilities
- ✓ Reinforce desired behaviors or attitudes
- ✓ Provide negative consequences for problem behavior

The goal is 4:1 (positive reinforcement).

The system is developed by the Program Supervisor and implemented by the foster parent.



Sample Behavior Management Chart

NAME:

DAY/DATE:

Behavior	Description	Time	Points
Up on Time	Out of Bed	6:30 am	10
Ready in the Morning	Shower, teeth brushed, hair combed, wear clean clothes, eat breakfast		10
Morning Clean Up	Bed made, dirty clothes put away, room neat, bath towel & wash rag put away, dishes in the sink		10
Go To School	Be on time & attend classes without tardiness		5
Carry School Card	Carry school card to class & have each teacher sign it		2/class
Behavior in Class	Pay attention to tasks in class, cooperate with the teacher and hand homework in on time		5/class
School Card Bonus	All signature, no overdue homework, no tardies & good behavior		10
Read & Study	50 min. of reading/writing each day (not including letter writing)		20
Chore	To be explained each day		10
Attitude & Maturity	Being helpful, taking criticism well, being pleasant, not pushing limits, not being moody, accepting "No"		15 am 15 pm
Volunteering	Volunteering to do extra tasks (Parents will decide on pts)		2 – 10
Extra Chore	Optional (must be approved by parent)		5 – 30
Bed on Time	In bed with all pre-bedtime activities taken care of	9:30 pm	10

GIRLS' CHARACTERISTICS

- 11.5 arrests (first at age 12.5 & 72% had at least 1 felony)
- 47% clinical level depression
- Over 3/4 of study girls meet criteria for 3 serious mental health disorders
- 57% report an attempted suicide
- 26% had been pregnant
- 66% used hard drugs in last year
- 36% used weekly

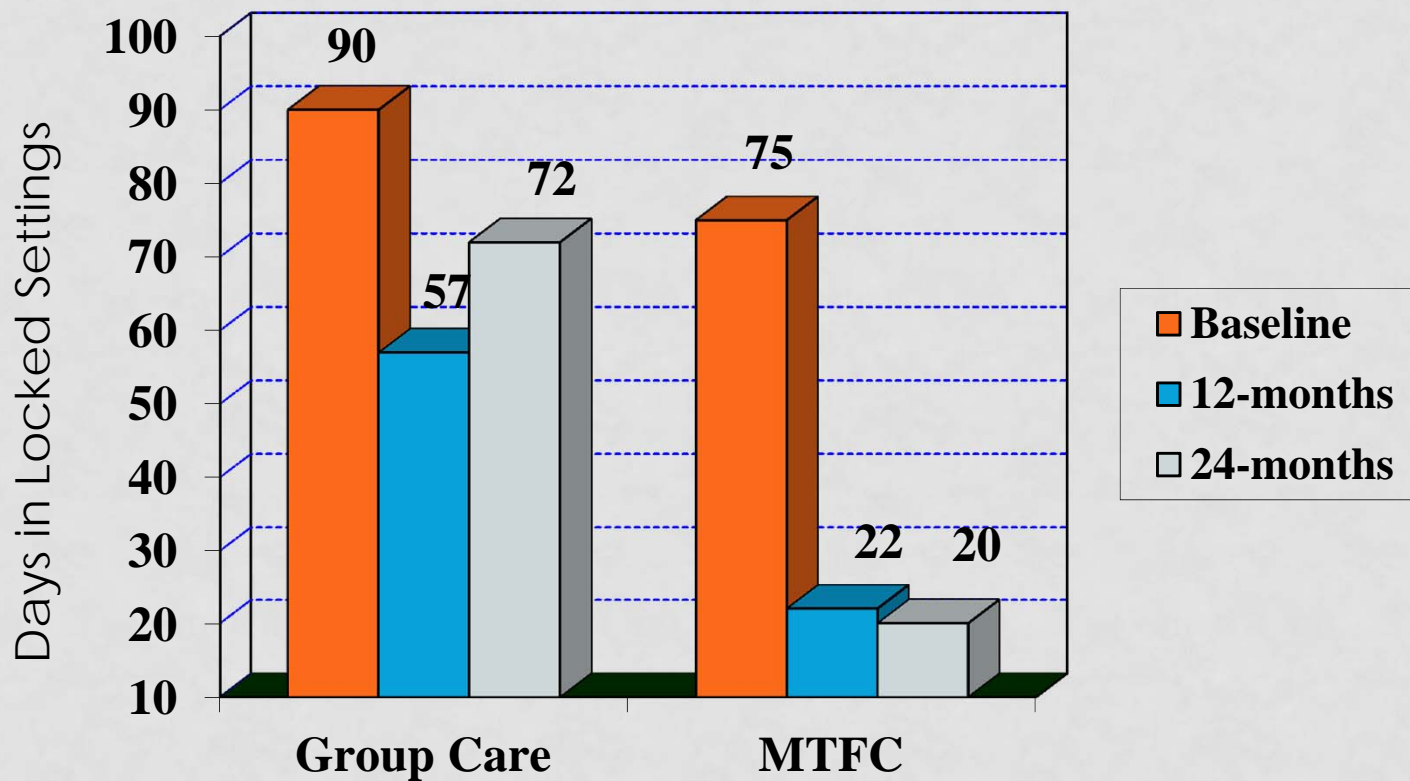
FAMILY HISTORY

Physical Abuse	88%
Sexual Abuse	69%
Physical or Sexual	93%
Both	63%
Family Violence	79%
At least one act of sexual abuse <13	76%
Average sexual abuse acts <13	5
Ave. # of parental transitions	17
Ave. # of prior treatment placements	2.96
Mother convicted of crime	46%
Father convicted of crime	63%
At least 1 parent convicted	74%

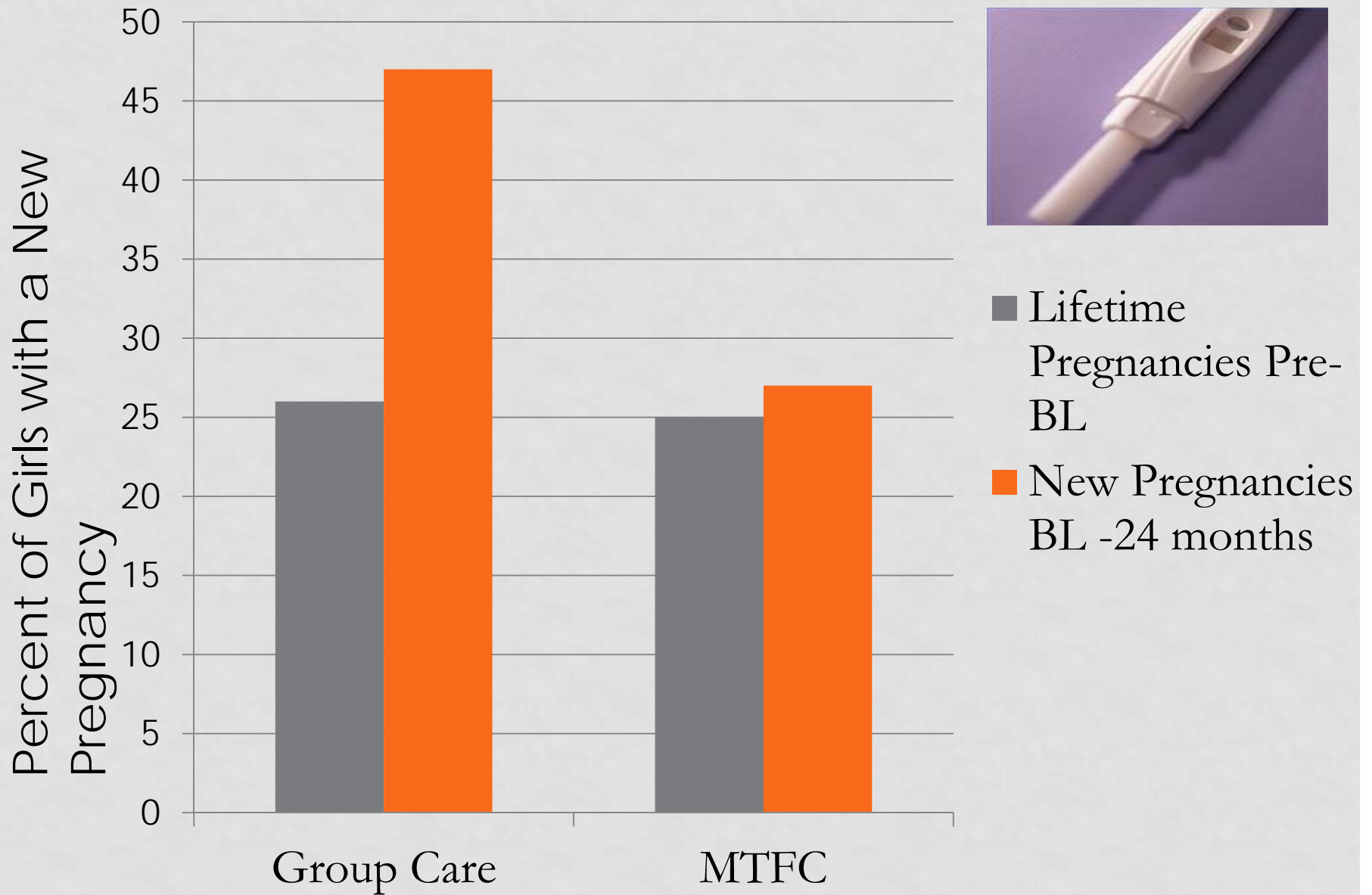


OUTCOMES FOR GIRLS

Days in Locked Settings over Time
(in 12-month increments)



DECREASED PREGNANCY RATES AT 24 MONTHS



(Kerr, Leve & Chamberlain, 2009)

COST BENEFIT STUDIES

Independent economic analysis on boys randomly assigned to MTFC or Group Care

- Conducted by the Washington State Institute of Public Policy
- Found that for every \$1 spent, \$17 are saved in court, victimization, incarceration, and law enforcement costs
- Girls' long-term outcomes also included costs of multigenerational child welfare system involvement
 - Savings grew over 10 year period
 - Biggest returns on less victimization and fewer early pregnancies (and child welfare involvement)

KEEP: KEEPING FOSTER & KIN PARENTS SUPPORTED AND TRAINED

- An evidenced-based approach to promoting permanency & child well-being
- KEEP Sites: Maryland, New York, Oregon, Tennessee, England, Sweden, Denmark



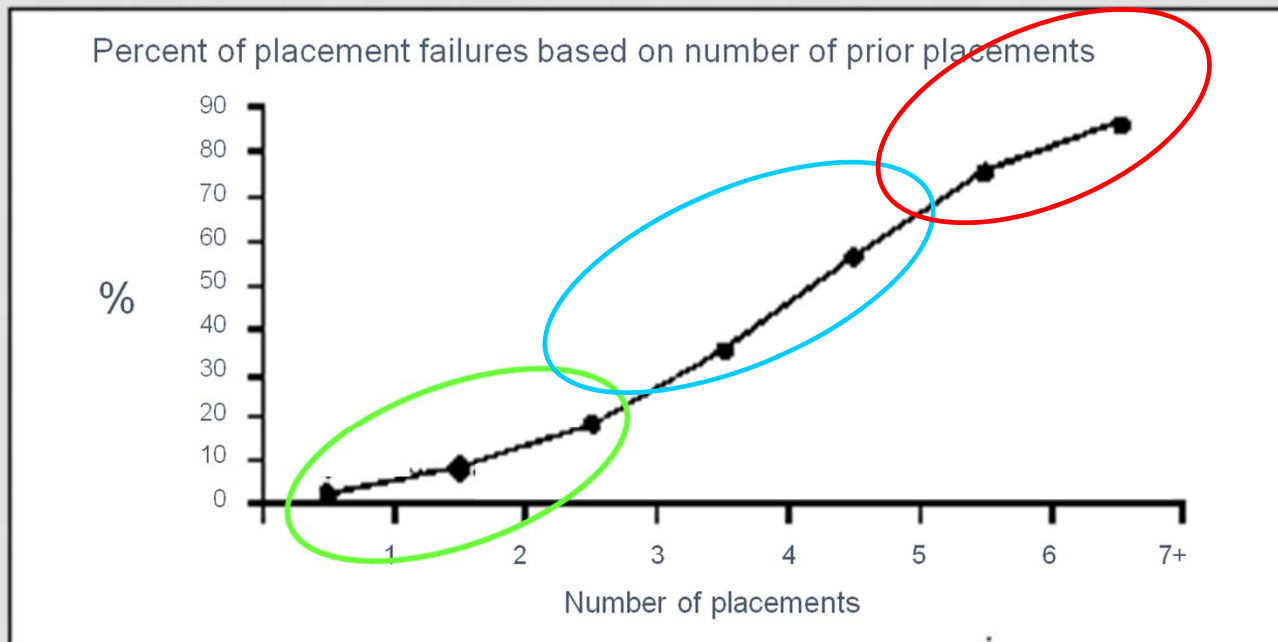
THE PROBLEM

- A significant portion of children in foster care have emotional and behavioral problems (40%)
- These put them at risk for placement disruption (50% within 1st year)
- Disruption increases mental health and school problems, feelings of isolation, loneliness, and creates further trauma
- After 3 failed placements the probability of disruption is 70%

How to stop the cycle?

A GRADUATED APPROACH TO PREVENTING PLACEMENT DISRUPTIONS

- Leave well enough alone ○
- Low intensity intervention ○
- High intensity intervention ○

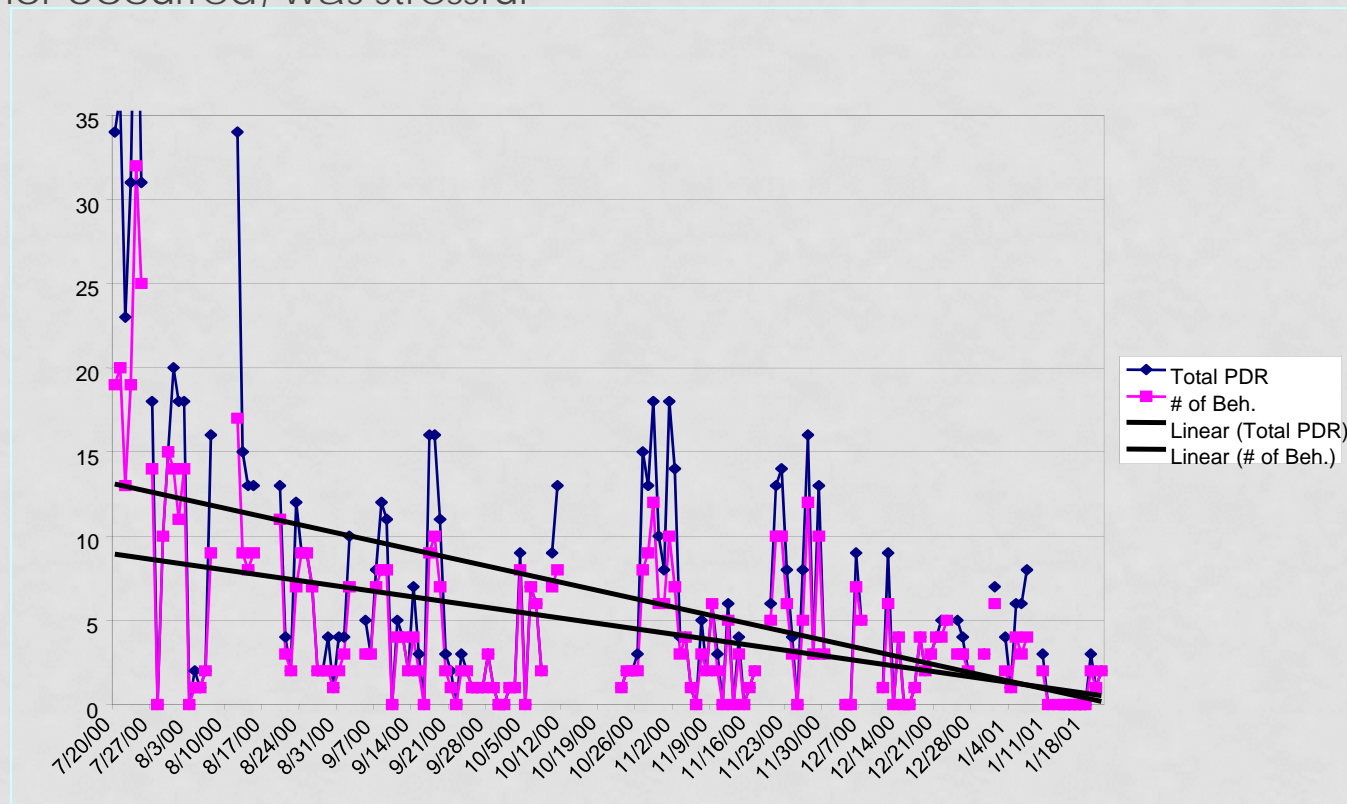


Adapted from Fisher, Burraston, & Pears (2005), *Child Maltreatment*

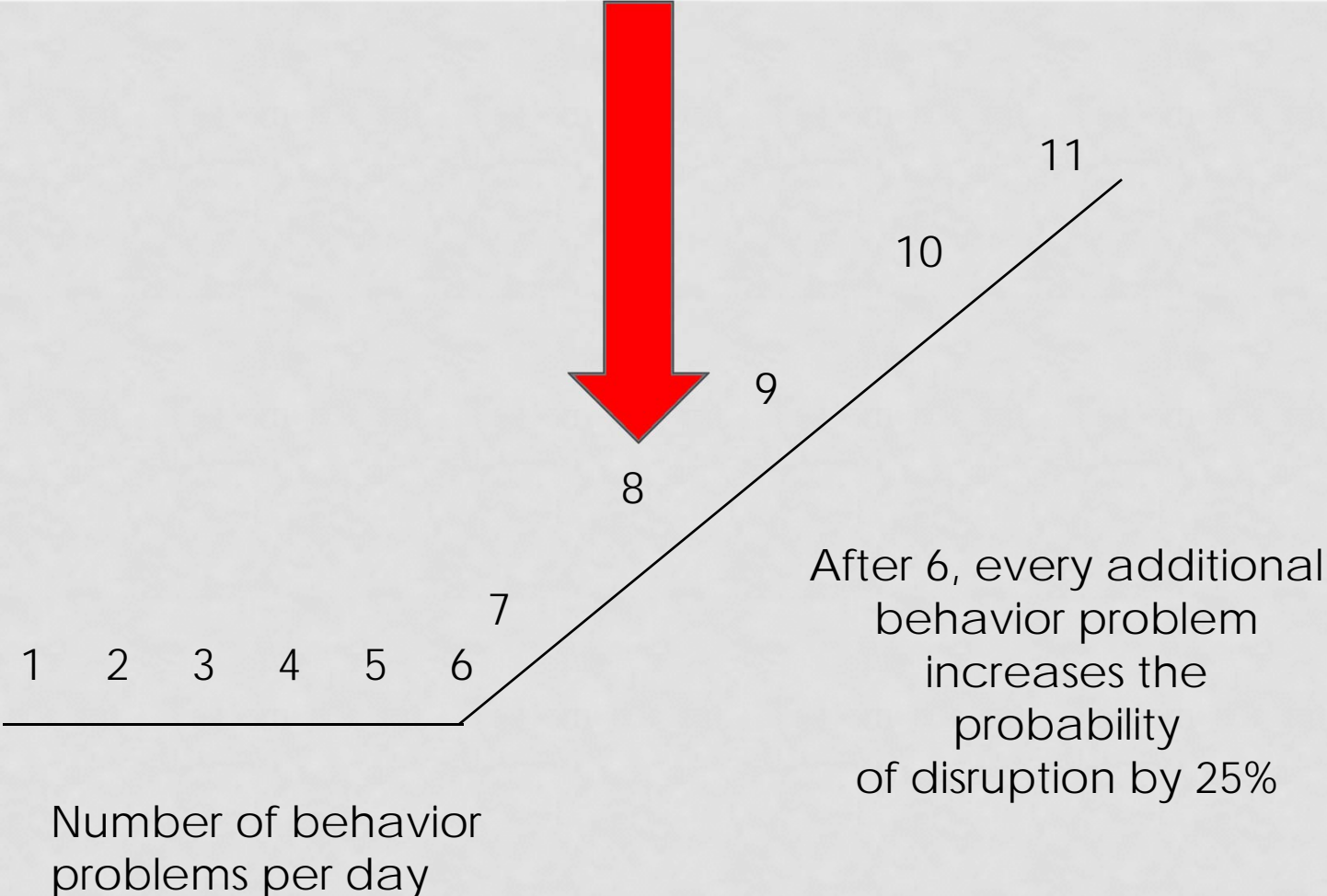
MEASURING CHILD BEHAVIOR/ EMOTIONAL PROBLEMS AS EXPERIENCED BY FOSTER/KINSHIP PARENTS

Parent Daily Report

- 5-10 minute telephone call, Behavior checklist format:
 - 0 = behavior did not occur
 - 1 = behavior occurred, was not stressful
 - 2 = behavior occurred, was stressful

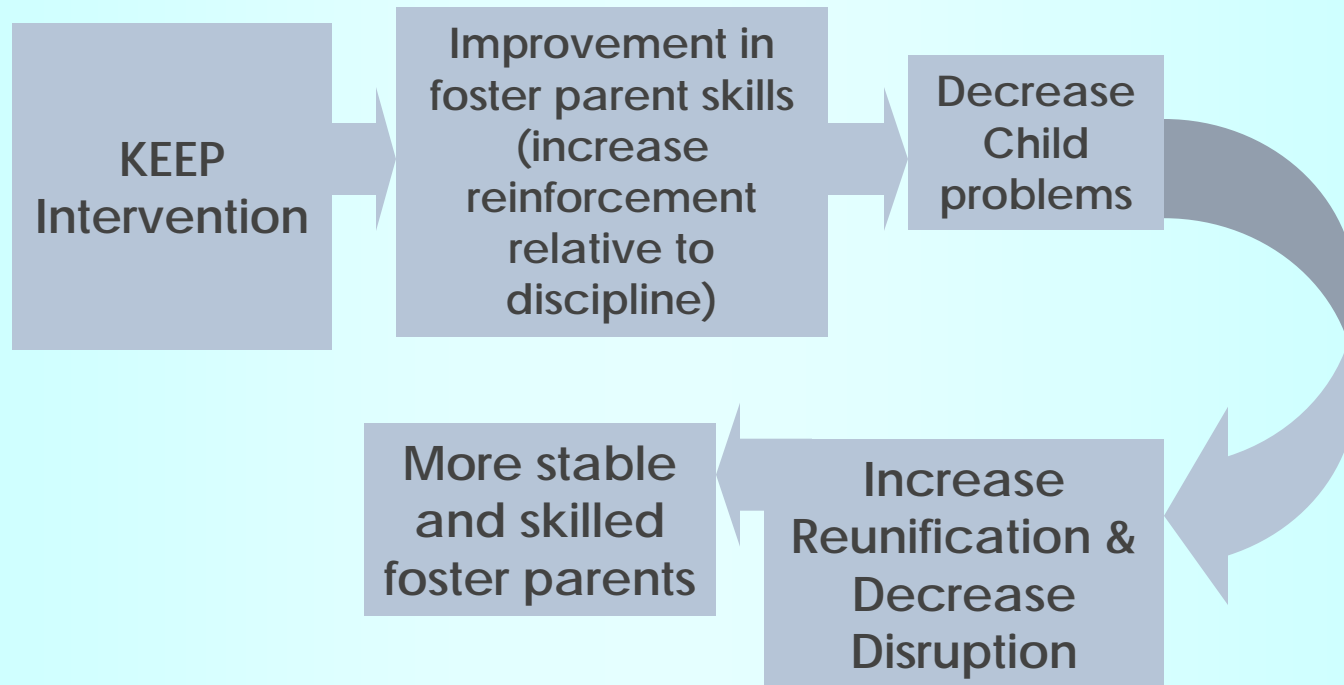


WHO DISRUPTS?



(Chamberlain et al., 2006)

LOGIC MODEL FOR KEEP



KEEP GOALS

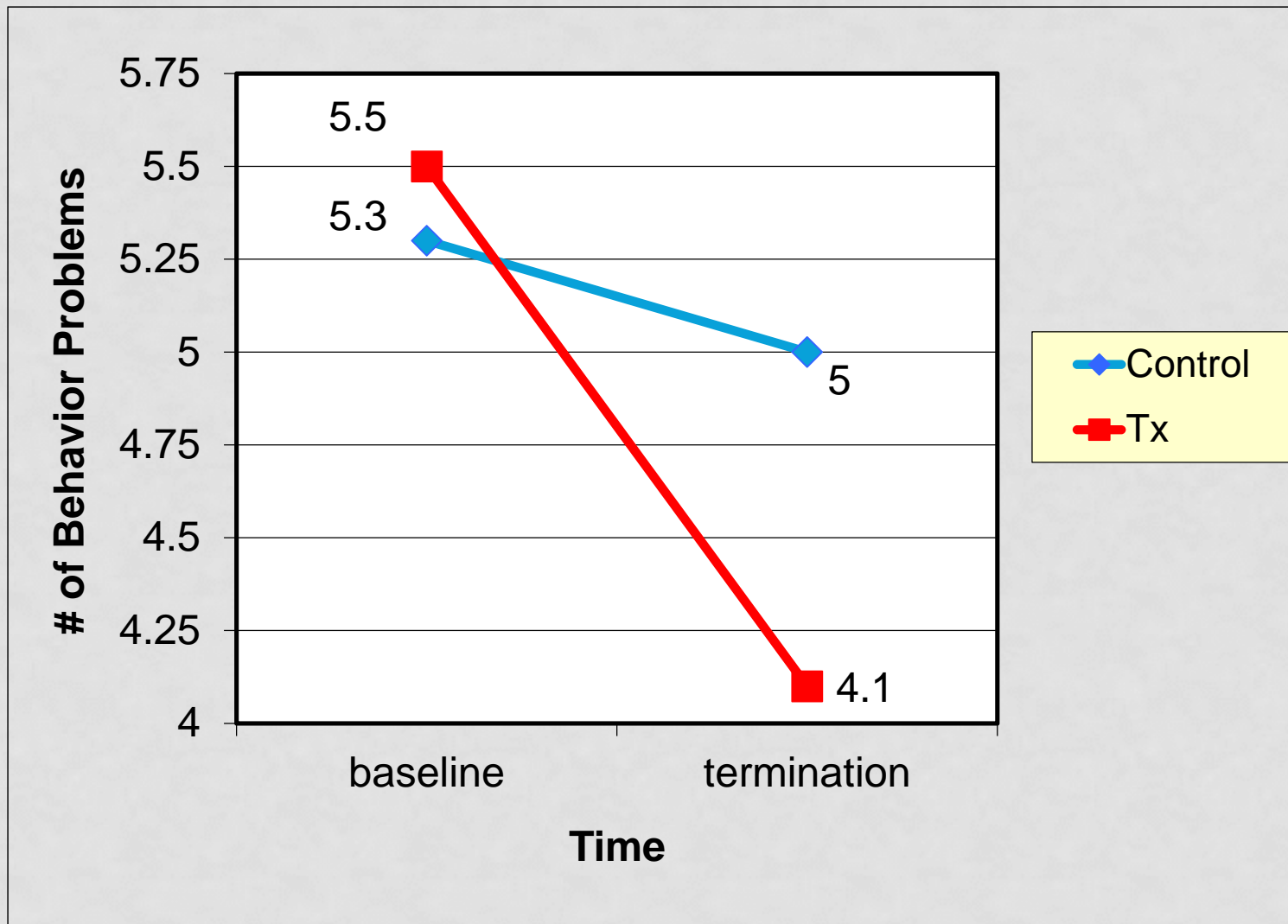
- Promote the idea that foster parents can serve as key agents of change for children.
- Provide a supportive reinforcing environment
- Help children be more responsible in school and at home
- Strengthen foster parents' confidence and skills so they can cope with and change child's problem behaviors
- Help foster parents use evidence-based parent management strategies and provide them with support to do so.
- Increase short and long term positive child outcomes in multiple domains and settings – home, school, with peers.

LOGISTICS

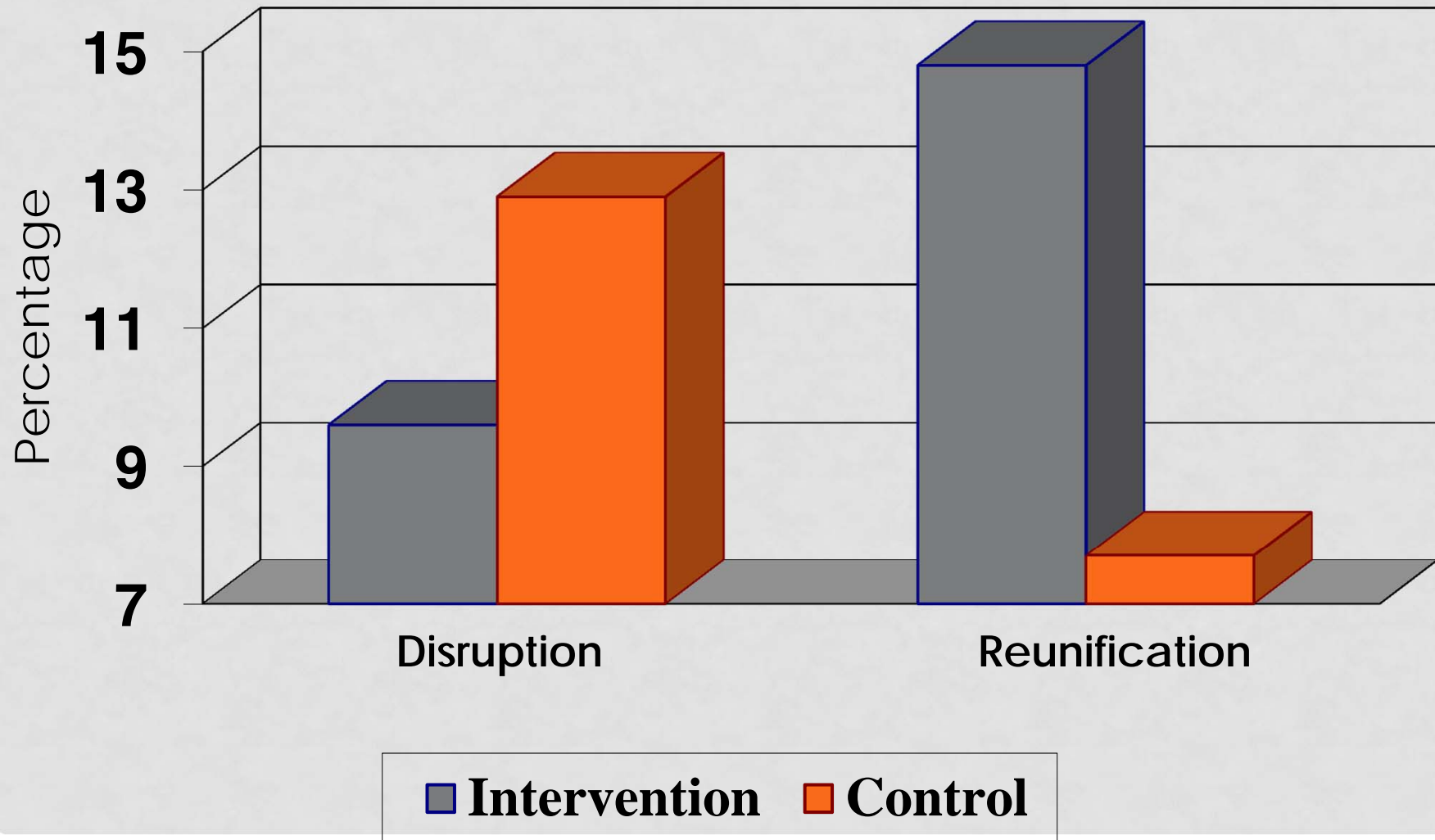
- Informal fun atmosphere--not class
- Groups 1 X per week for 16 weeks
- 90 minutes long
- 2 facilitators (lead and co)
- Missed sessions get home visit (20%)
- Snack and drink served
- Child care provided
- Home practice every week
- Groups are videotaped
- Clear guidance given to facilitators on curriculum content and engagement
- Parent Daily Report 1 X per week



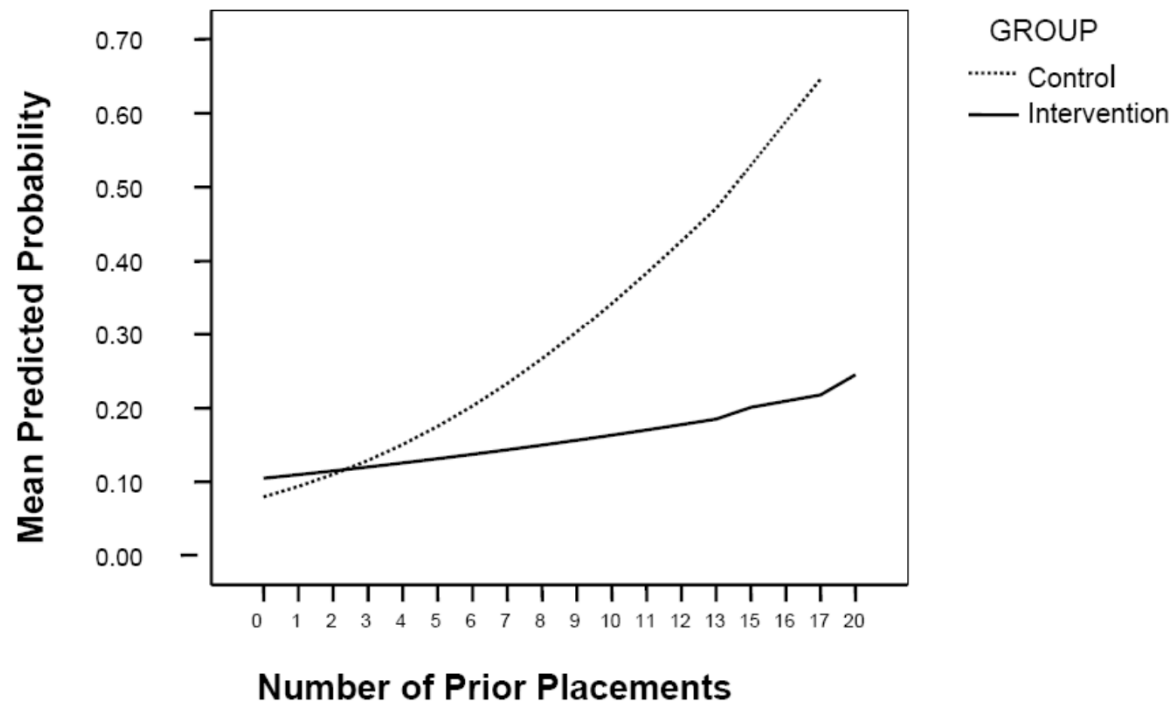
CHILD BEHAVIOR PROBLEMS ARE REDUCED: PARENT DAILY REPORT



PERCENTAGES OF EXIT TYPE BY GROUP



PROBABILITY OF DISRUPTION GIVEN NUMBER OF PLACEMENTS



CONCLUSIONS

- MTFC and Keep are being used throughout the US (MTFC - 9 States/ KEEP 4 States)
- Foster Parent can be trained and supported to improve child and family outcomes
- The cost benefit of using evidence-based strategies to provide strong foster care
- States and agencies can develop the infrastructure to sustain MTFC and KEEP over time
- Children and families benefit
- Juvenile justice and child welfare systems benefit
- Taxpayers benefit (for every dollar spent \$17 saved)