Treatment Foster Care Oregon
Evidence-based interventions serving vulnerable children, youth, and families.
Longitudinal Studies

Allow us to see:
• Behavior development across the lifespan
• Behavior patterns impacting various outcomes
• Impact of an intervention

Findings:
• The coercive cycle is predictable
• Disruptive behavior starts early
• Coercion negatively impacts the parent-child relationship
• The negative impact spreads
• Coercion is the foundation of antisocial behavior
Who has participated in the studies?

8 randomized trials

- Youth leaving a state psychiatric hospital
- Boys with chronic delinquency in JJ
- Girls with severe mental health problems and abuse histories in JJ
- “Challenging” children in child welfare
- Child welfare children receiving a next placement
- Girls in foster care in 6th grade
- Young children in foster care
• **Evidence-Based Practice**
  - Blueprints for Healthy Development
  - Washington St. Institute for Public Policy
  - California Clearinghouse for EBP
  - White House Coalition for EB Policy
  - Center for Substance Abuse Prevention
  - National Registry of EBPP

• **Alternative to group and residential care**

• **Backed by multiple randomized clinical trials**

• **Treatment in a foster home model**
Social Learning Theory

- We learn in social contexts
- Interactions shape behavior
- Caregiver reinforcement is powerful
OSLC Method
Long-term Trajectory Change

Institutionalization
Disrupted Marriage
Chaotic Employment

Deviant Peer Group
Substance Use

Poor Academic Performance
Depressed Mood

Low Self-Esteem
Peer Rejection
Parental Rejection

Marriage
Employment

Attends school
Average peer group

Completes homework
Good self-esteem

Emotional Regulation
Positive Engagement with Peers

Positive caregiver-child relationship
Treatment Foster Care Oregon

- **Objective**
  - Change the trajectory of negative behavior by improving social adjustment across settings

- **How?**
  - Simultaneous & well-coordinated interventions across settings

![Diagram](adapted_from_bronfenbrenner_1979)
MTFC intervention components

Resilience mechanisms

Supportive interpersonal relations
- Secure attachment & positive reinforcement from foster parents
- Normative peer group
- Mentoring adults
- Parent social support
- Stable home context

Adaptive neurobiological functioning (child)
- HPA axis
- Prefrontal cortex

Resilience outcomes

Child/adolescent
- Social competence
- Positive mental health
- Positive behavioral adjustment

Caregiver
- Reduced stress
- Increased stability
- Increased attachment

Societal
- School success
- Positive peer relation

Foster parent
- Enhanced foster parenting skills

Biological parent
- Support and training for aftercare family

Child/adolescent
- Strength-building
- Social skills coaching
- Academic support

Service system
- Coordinated services across home & school
Which TFCO components drive the positive results?

- Supervision
- Relationship with a mentoring adult
- Consistent non-harsh discipline
- Less association with delinquent peers
- Homework completion

*(Eddy, Whaley, & Chamberlain, 2004; Leve & Chamberlain, 2005; Leve & Chamberlain, 2007)*
Days in Locked Settings

2 year follow-up

Chamberlain, Leve, & DeGarmo Journal of Consulting and Clinical Psychology, 07
Boys’ Outcomes in Follow Up

Safety
- ½ the number of arrests (and significantly lower violence rates)
- 2/3 fewer days incarcerated
- Significantly less hard drug use

Permanency
- Significantly more time living with family
- Fewer runaways
- Less time with antisocial friends on the street

Well-being
- Higher rates of school attendance and homework completion
- Higher ratings of life satisfaction
The Oregon Juvenile Justice Girls Studies

- National Institute of Mental Health (R01 MH046690, 1996-2001)
- National Institute on Drug Abuse (R01 DA015208, 2002-2006)
- National Institute on Drug Abuse (R01 DA024672, 2009-present)
- National Institute of Mental Health (R03 MH091611, 2010-present)
- Oregon Youth Authority, 1996-2006

Investigators
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Leslie Leve
David Kerr

Co-Investigators
John Reid
Lisa Saldana
Hyoun Kim
Dana Smith

Consultants
David Bradford
Gordon Harold
Girls Characteristics at Baseline

- 11.5 arrests (first at age 12 ½; 72% had at least 1 felony)
- 57% clinical-level and 17% borderline-level internalizing scores (CBCL)
- 47% clinical level depression
- Over 3/4 of study girls meet criteria for 3+ DSM-IV Axis 1 diagnoses
- 57% report an attempted suicide
- 26% had been pregnant
- 66% used hard drugs in last year
- 36% used weekly
<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>88%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>69%</td>
</tr>
<tr>
<td>Physical or Sexual</td>
<td>93%</td>
</tr>
<tr>
<td>Both</td>
<td>63%</td>
</tr>
<tr>
<td>Family Violence</td>
<td>79%</td>
</tr>
<tr>
<td>At least one act of sexual abuse &lt;13</td>
<td>76%</td>
</tr>
<tr>
<td>Average sexual abuse acts &lt;13</td>
<td>5</td>
</tr>
<tr>
<td>Ave. number of parental transitions</td>
<td>17</td>
</tr>
<tr>
<td>Ave. number of prior treatment placements</td>
<td>2.96</td>
</tr>
<tr>
<td>Mother convicted of crime</td>
<td>46%</td>
</tr>
<tr>
<td>Father convicted of crime</td>
<td>63%</td>
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<tr>
<td>At least 1 parent convicted</td>
<td>74%</td>
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</table>
Higher family dysfunction than boys (Henggeler et al., 1987)

Girl’s age of first arrest predicted by parent criminality (Leve & Chamberlain, 2004)

Girls are more likely than boys to be a victim of child abuse and to be placed out of their homes (Leve & Chamberlain, 2005)

Family conflict predicts a larger portion of female than male offenses (OJJDP Girls Study Group, 2008)

Girls with multiple changes in caregivers are arrested for the first time at an earlier age
Enhancements for Girls

- Coping with social aggression
- Guidance in emotion regulation
- Relationship building with peers
- Guidance in sexually risky and coercive situations
- Coaching on personal risks & refusal skills re: drug use
- Supervision with urinalysis
Interventions for Substance Use

- Motivational Interviewing
- Goal Setting
- Urinalysis
- Refusal Skills
Published TFCO Outcomes for Girls

1 and 2 year follow-up

- Arrests & days in locked settings
- Deviant Peer Association
- School Attendance & Homework Time
- Pregnancy
- Depressive Symptoms
- Psychotic Symptoms

1 Chamberlain, Leve, & DeGarmo, 2007, J Consulting & Clinical Psych
2 Leve & Chamberlain, 2005, J Abnormal Child Psych
3 Leve & Chamberlain, 2007, J Research on Social Work Practice
4 Kerr, Leve, & Chamberlain, 2009, J Consulting & Clinical Psych
5 Harold, Kerr, Leve et al., 2013, Prevention Science
6 Poulton, Van Ryzin, Harold, Chamberlain, et al., 2014
Positive Long-Term Outcomes for Girls

Reduction in:
- criminal offenses
- severity of offenses committed
- unintended pregnancies
- depressive symptoms
- suicidal ideation
- involvement in Child Welfare as a parent

Other outcomes:
- Partner choice is related to long term substance use (THC and hard drugs)
## Added Cost-Benefit for Girls

(adjusted to 2014 dollars)

### Sample DHS Court & Lawyer Victimization Incarceration Arrest Total Condition Costs

<table>
<thead>
<tr>
<th>Sample</th>
<th>DHS</th>
<th>Court &amp; Lawyer</th>
<th>Victimization</th>
<th>Incarceration</th>
<th>Arrest</th>
<th>Total Condition Costs</th>
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</thead>
<tbody>
<tr>
<td>GC (n=85)</td>
<td>$9,353</td>
<td>$1,004</td>
<td>$28,583</td>
<td>$23,823</td>
<td>$631</td>
<td>$63,394</td>
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<tr>
<td>TFCO (n=81)</td>
<td>$1,442</td>
<td>$692</td>
<td>$9,220</td>
<td>$18,490</td>
<td>$368</td>
<td>$30,211</td>
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**Difference in Cost (Benefit)**

* $33,183 *

* p<.01

### Study Benefits (reduction in cost) Cost of Treatment Benefit to Cost Ratio

<table>
<thead>
<tr>
<th>Study</th>
<th>Benefits (reduction in cost)</th>
<th>Cost of Treatment</th>
<th>Benefit to Cost Ratio</th>
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<tbody>
<tr>
<td>GLO</td>
<td>$33,183</td>
<td>$8,230</td>
<td>$4.03</td>
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<tr>
<td>WSIPP</td>
<td>$17,356</td>
<td>$8,230</td>
<td>$2.11</td>
</tr>
</tbody>
</table>

9 years $5.83

*GLO- Girls Long term Follow up Outcomes

** WSIPP Washington State Institute for Public Policy
CLINICAL OVERVIEW
The Approach

• Social Learning Theory
• Skills deficit approach
• Community based
• Reinforcement
• Practice
Problems Grow Over Time

• How individuals learn to behave in social contexts

• How children learn to use negative behaviors
  • Stage 1: Child learns to get attention
  • Stage 2: Rejection grows
  • Stage 3: Problem peer group
  • Stage 4: Unskilled young adult
Problems = Skill Deficits

- Typical parenting techniques are ineffective
- Foster parents need support
Foster Parents: The Key to Success

- Interest in treatment aspect of role
- Preference for team work
- Reinforcement & encouragement rather than discipline
- Ability to provide mentoring and supervision
- Willingness to learn and follow structure of program
- Collaborative
- Flexible
The Model

- Family setting
- Many interventions are in the moment
- Simultaneous services
- High level of support
- Average 9 months
Logic Model

TFCO → Improvement in foster parent skills → Decrease child problems → Increase Reunification & Decrease Disruption → More skilled foster parents
**Why love is not enough:**

- In utero exposure to drugs and alcohol
- Rejection by peers/school failure
- Neglect/inadequate parenting
- Termination of parental rights
- Chronic victimization
- Rejection by parents
- No idea what are typical family expectations
- Chaos
- Physical/sexual abuse
- Antisocial behavior / delinquency
- Lack of trust
- History of failure
What Drives The Results?

1. Supervision
2. Relationship with a mentoring adult
3. Consistent non-harsh discipline
4. Less association with delinquent peers
5. Homework completion
Meeting Attachment Needs

- A responsive, warm, predictable environment
- Reduced conflict = better relationships
- Coaching and 24/7 support
- Attachment becomes secure and organized
Change in Attachment
TFCO Team

- TFCO Foster Home
- Team Leader (1.0 FTE)
- Family Therapist (.50 FTE)
- Youth Therapist (.50 FTE)
- Skills Trainers (hourly)
- PDR Caller/Foster Parent Recruiter (0.75 FTE)
- Consulting Psychiatrist (hourly)
- Agency Program Director/Program Champion
TFCO Universe
TFCO Services

Foster Parent
- Training
- PDR Calls
- FP Meetings
- 24/7 Support
- Respite

Child
- Therapeutic CM
- Behavior Man. System
- Daily Mentoring
- Close Supervision
- School card
- Individual Therapy
- Skills Coaching
- Psychiatry

Family
- Family Therapy
- Therapeutic Visits
- 24/7 Support
Fidelity = Good Outcomes

- Fidelity of the Implementation
- Foster Parent Stress (PDR)
- Percentage of placements to lower levels of care
Effective & Sustainable Teams

- Thoroughly complete program development activities
- Have a committed and competent Team Leader
- Have strong internal support
- Have positive relationships with referring agencies
- Effectively advocate with education systems
- Appreciate and value the foster parents
- Engage youth and parents in sessions
- Have fun working together
- Maintain fidelity over time
FORWARD TOGETHER: Improving lives for vulnerable children and families.

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