Culturally Competent Services for Asian American & Pacific Islanders

SPECIAL SERVICE FOR GROUPS, INC.

PRESENTERS

TRANG HOANG, LCSW, PHD
KAREN CHENG LIM, PSYD
SHEILA WU, PHD

OCTOBER 23, 2018
Engagement Strategies with AAPI Children & Families

TRANG HOANG, LCSW, PH.D.
DIRECTOR
SSG/ALLIANCE
Objectives

1) Provide demographics for local AAPI communities including barriers to service access and utilization.
2) Highlight demonstrated models of engagement, prevention, early intervention and crisis response for adult and older adults
3) Highlight strategies of engagement and intervention with children and families in the diverse AAPI communities
4) Highlight wellness practice and strategies for mobilization and empowerment for wellness in the AAPI communities
5) Discuss Implementation of Community Defined Practice for AAPI - Caring for Our Family
6) Discussion: lessons learned and implications for riverside county
AAPI in the US

- There are 19.6 millions APIs in the US
- There are 6.1 millions APIs in California
- There are 2.13 millions APIs in Los Angeles, CA
- Since 2000-2010, API communities have been increasing at 46% growth rate

Source: U.S. Census Bureau, 2010
Asian Pacific Islanders in Riverside County

“OTHER” includes ethnic groups numbering less than 10,000 each: Bangladeshi, Bhutanese, Burmese, Cambodian, Hmong, Indonesian, Japanese, Laotian, Malaysian, Nepalese, Pakistani, Sri Lankan, Taiwanese, Thai.

Source: U.S. Census Bureau, 2010
Challenges & Barriers to Access and Service Utilization

- **Role of culture in perception of illness and help-seeking behavior**

- **Community awareness, mobilization, and responsiveness**

- **The public health system has requirements and regulations which present a set of barriers - issues of billing, training, evidence based model, diagnosis, assessment,**

- **The integration of three service systems (behavioral, medical and substance abuse) presented challenges from basic definitions that differed from system to system to levels of confidentiality.**
Strategies for Engagement & Prevention, Early Intervention

- Language
- Transportation & field based services
- Financial & concrete support
- Stigma & cultural concept of health, mental health & wellness
- Outreach time frame
- Early detection & psychoeducation
- To diagnose or not to diagnose – implication
- Practice models – living well, MH first aid, motivational interviewing, seeking safety, case management, problem-solving
Strategies – Crisis response & Continuum of Care

- Crisis response & support – individual & families
- Levels of care: acute, subacute, maintenance & recovery
- Community based services: role of service providers and families
- Community re-integration: defining community of care
- Developing resources and maintaining continuity of care – transition between providers
- Defining recovery
- Examples: integrated care, FSP, RRR, PEI
Engagement Strategies with AAPI Children & Families

KAREN LIM, PSY.D.
PROGRAM DIRECTOR
SSG/APCTC
CHILDREN AND FAMILY SERVICES
Levels & Strategies of Engagement

- INDIVIDUAL & FAMILY ENGAGEMENT
- COMMUNITY OUTREACH & ENGAGEMENT
- COLLABORATIVE NETWORKS
1. Ongoing vs. one-time engagement
   - May be needed to build trust and address stigma
2. Bilingual and bicultural staff
3. Reframe services in culturally acceptable terms
   - Explain how services could help improve academic functioning, employment, harmony in the family.
4. Parent or peer support specialists in the team
   - Connect with consumers/parents on another level to decrease stigma, distrust, resistance
1. Health Clinics/PCPs
AAPIs may trust & respond better to their doctors’ recommendation/referral to MH services.
Examples of partnerships:
- A Filipino pediatrician has a direct line to our Filipino therapist for referrals
- Partnership with Filipino doctor/researcher to implement Incredible Years (IY) parent groups with Filipinos at Filipino churches & language schools
Community Outreach & Engagement

2. **Local libraries**
   - Outreach & drop-in consultation at the library during children’s storytime
   - Conduct brief parent workshops with concurrent children’s play group. Parenting topics such as positive attention, managing tantrums, effective discipline.
Parenting Your 2-5 Year Old Child

These parenting workshops will be presented in Mandarin and English by the Asian Pacific Counseling and Treatment Centers. The goal will be to provide you with important information on raising your 2-5 year old child. You are welcome to bring your child with you; activities will be provided for your child. Please sign up at the Adult Information Desk.

Positive Attention Leads to Positive Behavior
Wednesday, April 18, 2018; 11:00 AM - 11:45 AM

Managing Tantrums
Friday, April 20, 2018; 11:00 AM - 11:45 AM

Effective Discipline
Wednesday, April 25, 2018; 11:00 AM - 11:45 AM

Being Healthy for Your Child
Friday, April 27, 2018; 11:00 AM - 11:45 AM

March 2018

Asian Pacific Counseling & Treatment Centers
(www.apctc.org)
New Year Couplet Making Workshop for Kids

To celebrate the Chinese New Year,
CSC Behavioral Health Division
will be organizing a "New Year Couplet
Making Workshop for Kids".
Space is limited. Parents and kids are welcome.

Participant: 5 – 8 year-old kids with parents
Fee: Free
Food and Beverage: Breakfast, Festive Food
Date: 1/30/2016 (Sat) – Mandarin / Cantonese
Time: 10:30 – 12:30
Location: Monterey Park Bruggemeyer Library
Address: 315 S. Ramona Ave, Monterey Park, CA 91754

Limited Space
For enrollment or inquiry, please call (213) 808-1720
for Ms. Ada Lok of CSC Behavioral Health Division.
3. Public & Charter Schools

- MOU/partnerships with school districts to provide school-based mental health services
- Address access, transportation barriers & stigma

- Services-assessment, individual, family, group therapy, participation in student’s IEP, classroom observations, collaboration w/ teachers
Community Outreach & Engagement

3. Public & Charter Schools

- Participate in school resource fairs to further engage the community

- Opportunities to conduct workshops to parents, teachers and students related to mental health/well-being, substance use, etc.
You Are Invited!
To Attend GHCHS Spring Parent Workshop Series
With newly added workshops and topics!

Attend one or all workshops for support, education and a safe place to ask professionals questions.

Workshop #1
The Wrong Crowd
How to help your teen identify positive vs. toxic relationships. Come learn strategies to empower your student to make better choices. Facilitated by: Tiger Doan LMFT, Licensed Marriage and Family Therapist.

Date: Wednesday, February 7, 2018
Time: 6:30pm
Location: GHCHS Library

Workshop #2
Social Media
An important aspect of preparing students for a modern world is helping them with self-control and balance when using technology. Learn skills that promote safe and appropriate technology use.

Date: Wednesday, March 7, 2018
Time: 6:30pm
Location: GHCHS Library

Workshop #3
Drug Prevention
Probation Officer Sam Tannous will be providing information on early detection and prevention. Learn about current trends and how they relate to today’s drug laws.

Date: Wednesday, April 11, 2018
Time: 6:30pm
Location: GHCHS Rawley Hall

Workshop #4
Connecting with your Teen
A continued exploration on how to maintain and build a positive relationship with your teen. Workshop will be led by our school’s Social Worker, Dr. Barbara Ackermann, LCSW.

Date: Wednesday, May 9, 2018
Time: 6:30pm
Location: GHCHS Library

Las drogas, el alcohol y su hijo (a)
Drugs, Alcohol and Your Teen
Taller GRATIS (2 horas) para los padres en Inglés e Español
Free 2-Hour Parent Workshop (English & Spanish)
Por la ayuda de one-sg, Asian Pacific Counseling & Treatment Centers
In collaboration with Lincoln Senior High School

By
Special Service for Groups-Asian Pacific Counseling & Treatment Centers

What drugs do teens commonly use?
Que drogas son mas comunes entre las juveniles hoy en dia?

Why do teens use drugs & alcohol?
Porque las juveniles consumen alcohol o drogas?

How can I tell if my teen uses drugs?
Cuales son las señales que mi hijo(a) esta usando sustancias?

How do I talk to my teen about drugs & alcohol?
Como le habla a el/ella sobre las substancias?

Where can I get help for my teen?
Adonde puedo adquirir ayuda?

Workshop Presenters:
Joseph Flores, Certified Drug Counselor
Marina Monterrosa, Mental Health Rehabilitation Specialist

Lugar/Location:
Fecha/Date:
Hora/Time:

Light refreshments will be provided.
There will be no child-care service during the workshop.
Community Outreach & Engagement

4. Asian Language Schools & After School Programs

- Build relationships to establish a referral system.
- Opportunities to conduct workshops to parents, teachers and students related to parenting, mental well-being, etc. (Ex: Incredible Years parenting group at a Filipino cultural/language school)
Community Outreach & Engagement

5. DCFS

- Build relationships and frequent contacts with API DCFS social workers to remind of available services & capacity
- Collaborate with DCFS API Program leadership
- Participate in Team Decision Making (TDM) and Child Family Team (CFT) meetings
6. **Faith-Based Organizations (Churches, temples)**

- Build relationships with faith leaders

- Opportunities to conduct workshops in a non-stigmatizing location, on topics such as child abuse reporting (for church staff), parenting, promoting self-esteem & positive peer relations (for youth)

- Community outreach during religious festivals & holidays (e.g., Khmer New Year)
Child Abuse Prevention & Reporting Workshop for church leaders and staff
7. **Non-traditional activities**

   Prevention activities that are culturally congruent, build resiliency and social connections among AAPIs

   - Yoga, Tai Chi classes
   - ESL classes for Korean parents/caregivers (taught by bilingual Korean teacher, focused on parent-child communication)
   - Multi-family field trips
   - Holiday-themed parent-child activities (Ex. Chinese lantern-making, pumpkin decorating)
Community Outreach & Engagement

8. MEDIA OUTREACH

- Utilize different media outlets to increase awareness of API community needs and projects
- Example: Asian Foster Family Initiative (AFFI)
  - to increase awareness of the need for and to recruit more AAPI resource/foster families
  - Press releases to Asian media
  - Asian media coverage of Information Sessions
  - Asian newspaper articles and TV/radio promotion
  - Asian TV interviews about AFFI
8. MEDIA OUTREACH

- Utilize different media outlets to increase awareness about mental health and resources, and address MH stigma

- Examples:
  - PSAs in various Asian media – TV, radio, internet
  - Chinese & Khmer radio show on mental health
  - Posters & billboard in the community about API mental health resources
NEVER LEAVE YOUR CHILD IN THE CAR ALONE (PART 1)
HTTPS://WWW.YOUTUBE.COM/WATCH?V=YE15LX2LDGo&FEATURE=YOUTUBE

NEVER LEAVE YOUR CHILD IN THE CAR ALONE (PART 2)
HTTPS://WWW.YOUTUBE.COM/WATCH?V=UQ7ACCIKKRK
Collaborative Networks

Collaboration with various API social service & behavioral health agencies throughout LA County:

- Leverage & maximize resources & expertise
- DCFS-Funded Prevention Programs (serving 11 ethnic grps, 12 API languages/dialects)
  1. LA Countywide API Prevention & Aftercare Service (10 agencies)
  2. LA Countywide API Child Abuse Prevention, Intervention & Treatment (8 agencies)
Prevention and Aftercare Services for Asian Pacific Islander Children & Families

Asian Pacific Counseling and Treatment Centers – Special Service for Groups (APCTC-SSG)
520 S. La Fayette Park Pl #300 LA, CA 90057
Tel: 213-252-2100
1635 W Main St. #100 Alhambra, CA 91801
Tel: 626-248-1800
15350 Sherman Way #200 Van Nuys, CA 91406
Tel: 818-267-1100
11050 Artesia Blvd #F, Cerritos, CA 90703
Tel: 562-860-8838
www.apctc.org

Asian Pacific Family Center—Pacific Clinics (APFC-PC) Prevention Department
9953 E. Valley Blvd.
Rosemead, CA 91770
Tel: 626-287-2988
Fax: 626-287-1937
www.pacificclinics.org

Cambodian Association of America (CAA)
2390 Pacific Ave. Long Beach, CA 90806
Tel: 562-988-1863
Fax: 562-988-1475
2501 Atlantic Blvd
Long Beach, CA 90806
Tel: 562-424-6105
www.cambodianusa.com

Center for the Pacific Asian Family, Inc (CPAF)
3424 Wilshire Blvd., Suite 1000,
Los Angeles, CA 90010
24 hour crisis line:
1.800.339.3940
www.nurturingchange.org

Chinatown Service Center (CSC)
767 N. Hill St. #400 Los Angeles, CA 90012
Tel: 213-808-1720 Fax: 213-253-0883
320 S. Garfield Ave. #202
Alhambra, CA 91801
Tel: 213-808-1720
Fax: 213-253-0883
www.cscla.org

Korean American Family Services (KFAM)
3727 W. 6th St. # 320
Los Angeles, CA 90020
Tel: 213-389-6755
Fax: 213-389-5172
www.kfamla.org

Koreatown Youth and Community Center (KYCC)
3727 W. 6th St. #300
Los Angeles, CA 90020
Tel: 213-365-7400
Fax: 213-927-0017
www.kyccla.org

Little Tokyo Service Center (LTSC)
231 E. 3rd St. #G106
Los Angeles, CA 90013
Tel: 213-473-3035
Fax: 213-473-3031
www.ltsc.org

Search to Involve Pilipino Americans (SIPA)
3200 W. Temple St. Los Angeles, CA 90026
Tel: 213-382-1819 #100
Fax: 213-382-7445
www.sipa-online.org

South Asian Network (SAN)
18173 Pioneer Blvd #1Artesia, CA 90701
Tel: 562-403-0488 #100
Fax: 562-403-0487
www.southasiannetwork.org

Program is funded by Los Angeles County Department of Children and Family Services
**Prevention and Aftercare Services**

The API Prevention and Aftercare Services Collaborative is designed to support and strengthen Asian Pacific Islander (API) families, children and youth in Los Angeles County through the provision of culturally sensitive and linguistically competent services and activities.

Services aim to promote:
- Parental resilience
- Social connection
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Case Navigation services include assistance in accessing important community resources, such as employment services, education, safe and affordable housing, health and dental care, social networks, legal services, and parenting and child development education.

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<table>
<thead>
<tr>
<th>Partner Agencies</th>
<th>List of Activities &amp; Services</th>
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</thead>
<tbody>
<tr>
<td><strong>APCTC</strong></td>
<td>Parent group for children with Autism (Korean)</td>
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<td></td>
<td>Family wellness activities (Yoga, parent-child art activities, field trips)</td>
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<tr>
<td></td>
<td>ESL class for Korean parents</td>
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<td></td>
<td>Community outreach events</td>
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<td></td>
<td>Community parenting workshops (libraries, community centers)</td>
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<tr>
<td><strong>APFC</strong></td>
<td>Family wellness activities (Yoga, Meditation)</td>
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<td></td>
<td>Community outreach events in San Gabriel Valley</td>
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<td></td>
<td>Youth leadership workshop/groups</td>
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<tr>
<td><strong>CAA</strong></td>
<td>Strengthening Families &amp; Parenting Classes (Khmer)</td>
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<td></td>
<td>Financial literacy &amp; job placement workshops &amp; services</td>
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<tr>
<td></td>
<td>Citizenship clinics</td>
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<tr>
<td><strong>CPAF</strong></td>
<td>Sexual assault prevention workshops</td>
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<td></td>
<td>Youth violence prevention forum</td>
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<td></td>
<td>65-Hour Domestic Violence/Sexual Assault Training (for providers)</td>
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<tr>
<td><strong>CSC</strong></td>
<td>Life skills class for children (social &amp; recreation skills, tobacco/drug awareness)</td>
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<td></td>
<td>Monthly family-oriented, community-based activities</td>
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<td></td>
<td>Financial literacy development</td>
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<tr>
<td><strong>KFAM</strong></td>
<td>Child supervised visitation</td>
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<td></td>
<td>Korean DV support group</td>
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<td></td>
<td>Asian foster/resource parent recruitment &amp; training (AFFI)</td>
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<tr>
<td></td>
<td>Korean foster parent support group</td>
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<td></td>
<td>Youth mentorship</td>
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<td>Financial empowerment counseling</td>
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<tr>
<td><strong>KYCC</strong></td>
<td>Family Support Activities (Parent support group, Youth Enrichment activities)</td>
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<td></td>
<td>Volunteer Income Tax Assistance (VITA)</td>
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<td></td>
<td>Health &amp; Wellness activities</td>
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<td></td>
<td>Small business workshop</td>
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<tr>
<td><strong>LTSC</strong></td>
<td>Japanese parenting support group &amp; workshops in LA and South Bay</td>
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<tr>
<td></td>
<td>Community outreach events</td>
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<tr>
<td><strong>SIPA</strong></td>
<td>Youth after-school &amp; summer school programs</td>
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<td></td>
<td>Intergenerational activities</td>
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<td></td>
<td>Financial literacy workshops &amp; Entrepreneurial Training Program</td>
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<td></td>
<td>Food distribution program</td>
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<td><strong>SAN</strong></td>
<td>Financial literacy classes</td>
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<td></td>
<td>Parenting classes (Bangla, Hindi, Urdu, Gujarati)</td>
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<td></td>
<td>English classes for Hindi/Urdu speakers</td>
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<td></td>
<td>Community outreach events</td>
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</tbody>
</table>

If you are interested in participating in our activities or services, please contact the partner agency listed. For general inquiries in English, contact Karen Lim, Psy.D. at 213-252-2100.
Collaborative Networks

Collaboration with various API social service & behavioral health agencies throughout LA County:

- DMH-Funded Program/Services
  1. LA Countywide - API Child Full Service Partnership/FSP (3 agencies, serving 6 ethnic groups, 8 API languages/dialects)
  2. Prevention & Early Intervention (PEI) Community Outreach Service (4 agencies, 8 API languages/dialects)
Areas of Services Across LA County:
- Metropolitan Los Angeles (Service Area 4)
- San Fernando Valley (Service Area 2)
- South Bay (Service Area 8)
- West Los Angeles (Service Area 5)
- Other service areas may be served depending on language need

The API Child FSP Collaborative is headed by Special Service for Groups (SSG) and consists of the following agencies:

SSG/Asian Pacific Counseling & Treatment Centers – Main Center
520 S. Lafayette Park Place, Ste. #300
Los Angeles, CA 90057
(213) 252-2100

SSG/Asian Pacific Counseling & Treatment Centers – San Fernando Valley Center
15350 Sherman Way, #200
Van Nuys, CA 91406
(818) 267-1100

Koreatown Youth & Community Center
3727 W. 6th Street, Suite 411
Los Angeles, CA 90020
(213) 365-7400

Pacific Asian Counseling Services,
Long Beach Office
3530 Atlantic Ave., Ste. #210
Long Beach, CA 90807
(562) 424-1886

Pacific Asian Counseling Services,
Los Angeles Office
8616 La Tijera Blvd., Ste. #200
Los Angeles, CA 90045
(310) 337-1550

Languages Spoken:
- Cantonese
- Japanese
- Khmer/Cambodian
- Korean
- Mandarin
- Tagalog
- Thai
- Vietnamese

Full Service Partnership Program (FSP) for Asian Pacific Islander Children (0-15 years old)

Offered by the API Child FSP Collaborative
Special Service for Groups (SSG) is proud to be a Full Service Partnership (FSP) provider, serving individuals of all ages in LA County. Incorporated in 1952, SSG is a nonprofit health and human service organization dedicated to building and sustaining community-based programs that address the needs of vulnerable communities.

What are Full Service Partnership (FSP) programs offered by the API Child Collaborative for children?

Through the combined efforts of API human service agencies listed on this brochure, our API Child FSP Collaborative offers children and families a wide array of support and services to help children thrive and overcome significant emotional, psychological or behavioral problems.

We commit to do “whatever it takes” to address the total needs of families and promote the children’s development and well being.

We offer culturally competent and responsive services in multiple Asian languages.

What is different about FSP’s compared to other services?

The API Child FSP Collaborative is capable of services beyond the scope of traditional clinic-based mental health services. Those participating will have the support of a service provider 24 hours a day, 7 days a week.

FSP Program Services

Comprehensive, intensive mental health services for children and families in their homes and communities.

Your family could receive:

♦ Counseling for your child and family members.
♦ Peer support from people with experiences similar to yours.
♦ Transportation that gets you and your child to where you need to go for services.
♦ Help with access to physical health care for your child and family members.
♦ Housing services that help you find suitable housing for your family.
♦ Assistance getting financial and health benefits for which your child and family are eligible.
♦ Substance abuse and domestic violence counseling and assistance.
♦ A team dedicated to working with your child and family as you plan and accomplish goals that are important to your health, well being, safety and stability.

Who is eligible?

An Asian Pacific Islander (API) child age 15 and struggling with significant emotional and/or behavioral problems, and meets one of the following:

♦ Has serious behavior problems at school;
♦ Has been or is at risk of being removed from home by Child Protective Services;
♦ Has a parent/caregiver with a mental health and/or substance abuse problem;
♦ Has been in out-of-home placement and is moving back into a home/community setting.
♦ Has a co-occurring substance abuse problem
♦ Is on probation and taking medication for a mental health problem.

Interested in FSP Services?

Contact our Program Coordinator or one of the partner agencies listed on this brochure, who will submit a referral request to LA County Department of Mental Health on your behalf.

For Questions or Referrals:
James Oh, LMFT
Program Coordinator
API Child FSP Collaborative
520 S. Lafayette Park Place,
Ste 300, Los Angeles CA 90057
(213)-252-2144 (Office)
(213)-252-2199 (Fax)

The Full Service Partnership Program is funded by a contract with the Los Angeles County Department of Mental Health.
Implementation of Community Defined Practice for AAPI

SHEILA WU, PH.D.
DIRECTOR
SSG - APCTC
Development and Implementation
Caring for Our Family
Family Connections LA Model
Overview

Developer
Diane DePanfilis, MSW, Ph.D.

- Professor and Associate Dean for research at the University of Maryland School of Social Work.
- Director of the Ruth H. Young Center for Families and Children
- Principal Investigator of research for Family Connections.
- Principal Investigator for the Atlantic Coast Child Welfare Implementation Center, which partners with state and tribal child welfare agencies to implement systems change improving lives of children, youth and families.
- New York Child Welfare – Child Maltreatment Prevention Program
- New York City Department of Mental Health
<table>
<thead>
<tr>
<th>Year</th>
<th>Milestone</th>
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<tbody>
<tr>
<td><strong>1996-2002</strong></td>
<td>Five year demonstration – US Department of Health &amp; Human Services, National Center on Child Abuse &amp; Neglect</td>
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<tr>
<td><strong>1999-2000</strong></td>
<td>Testing FC adaptation targeting reunification when children placed in foster care – Baltimore City Department of Social Services</td>
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<tr>
<td><strong>1999-2002</strong></td>
<td>Family Connections’ family strengthening initiative – US DHHS, Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</td>
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<tr>
<td><strong>2003-2009</strong></td>
<td>Selected as “demonstrated effective program” by US DHHS, Office on Child Abuse &amp; Neglect; federal replication funding for 8 sites (CA-2, MD, MI, TN, TX-2, WV); adaption with kinship caregivers</td>
</tr>
<tr>
<td><strong>2007</strong></td>
<td>SAMHSA award to develop Family Informed Trauma Treatment (FITT) Center; Trauma Adapted Family Connections (TA-FC) developed</td>
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<tr>
<td><strong>2008-2009</strong></td>
<td>Rated as a promising practice – CA Evidence-Based Clearinghouse for Child Welfare &amp; the Pew Charitable Trust report; Special Issue of <em>Protecting Children</em>; JBA preliminary cross-site findings presented</td>
</tr>
<tr>
<td><strong>2010-2012</strong></td>
<td>Replications in CO, MD, NM, NJ, NV, TX, LA; development of SAFE-FC as a demonstration project in Washoe County, NV; NYC ACS selects FC as an evidence-based model for conversion of General Preventive and Family Treatment/Rehabilitation programs services</td>
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<tr>
<td>Year</td>
<td>Milestone Description</td>
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<tr>
<td>2012</td>
<td>James Bell Associates (JBA) cross site replication evaluation report release</td>
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<tr>
<td>2013</td>
<td>Replication by nine preventive service programs in NYC in the Bronx, East Harlem, lower Manhattan, and Brooklyn</td>
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<tr>
<td>2014</td>
<td>Replication in Central Florida by two Community Based organizations and their provider agencies, implementation in a new site in south Texas via CBCAP funding; expansion to 4 additional sites in Texas via an agency endowment</td>
</tr>
<tr>
<td>2015</td>
<td>Replication of Trauma Adapted Family Connections (TA-FC) in Cleveland</td>
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</tbody>
</table>
Eight Replication Sites

1. SSG/APCTC – Los Angeles, CA
2. Black Family Development – Detroit, MI
3. Child and Family Tennessee – Knoxville, TN
4. Children’s Institute – Los Angeles, CA
5. DePelchin Children’s Center – Houston, TX
6. Respite Care of San Antonio – San Antonio, TX
7. University of Maryland, Baltimore, MD
8. Youth Health Service – Elkins, West Virginia
Family Connections CFOF Fidelity Criteria

1. Philosophical principles
2. Program structure
3. Administrative activities
4. Professional development activities
5. Research activities
1. Philosophical Principles

- Ecological developmental framework
- Community outreach
- Family assessment & tailored intervention
- Helping alliance with family
- Empowerment/strengths based
- Cultural competence
- Outcome-driven service plans
- Focus on the practitioner
2. Program Structure

- FC/CFOF screening inclusion criteria
- 1 business day response at intake
- At least 1 hr weekly service visits
- Comprehensive family assessment with clinical assessment instruments to target and tailor intervention
- Outcome driven service plans
- Services designed to increase protective & decrease risk factors
- Evaluates change over time
3. Program Administration

- Tailors the intervention manual to the target population
- Establishes safety policies for practitioners related to work in the community
- Quality assurance procedures
- Risk management procedures
- Tracks time units of services
4. Professional Development

- Professional workforce
- Orientation, training, and reinforcement of intervention manual
- Weekly supervision
- Organizational culture reinforcing FC principles
- Individualized training and methods to reinforce correctly implementing the model as intended
5. Research and Evaluation

- Use of a logic model
- Measures change over time
- Documentation of the process of intervention
- Implements strategies that document the process of implementation and the service delivery process
Original Logic Model - Family Connections

Inputs → Intermediate Outputs → Final Outputs → Short-Term/Intermediate Outputs → Long-Term Outcomes

- Diverse Funding
- Eligibility Criteria and Referral Procedures
- Trained Staff
- Program Objectives

Intermediate Outputs
- Emergency Assistance
- Comprehensive Family Assessment
- Service Plan Development
- Direct Counseling Services
- Advocacy

Final Outputs
- Number of families who complete services

Short-Term/Intermediate Outcomes
- Increase Protective Factors
  - Parenting Attitudes
  - Parenting Satisfaction
  - Social Support
- Decrease Risk Factors
  - Everyday Stress
  - Parental Stress
  - Parental Depression

Long-Term Outcomes
- Increase child safety
- Improve child behavior
Multi-modal intervention: Individualized services geared to increase protective factors and decrease risk factors.

- Practitioners use an Intervention manual to guide & tailor service delivery.

- Intervention Manual specifies
  - Theory
  - Practice Principles
  - Process (outreach, engagement, assessment, planning, tailored outcome driven case plans, intervention strategies, methods for evaluating change).
Core Intervention Services

- Outreach
- Intake & screening
- Crisis intervention
- Emergency-concrete services
- Comprehensive Family Assessment
- Outcomes based service planning

- Multi-modal tailored intervention
  - Individual & family counseling
  - Advocacy & service facilitation
  - Case management
- Evaluation over time & at case closure
Does length of services affect change over time in:

- risk factors?
- protective factors?
- child safety or well-being outcomes?
Intervention: Random Assignment

3-Month Intervention
- Emergency assistance
- Home based counseling services
  - Family Assessment
  - Outcome driven service plans
- Service Referrals
- Service coordination and facilitation

9-Month Intervention
- Emergency assistance
- Home based counseling services
  - Family Assessment
  - Outcome driven service plans
- Service Referrals
- Service coordination and facilitation
Outcome Study Questions

1. How much did families in the study improve over time?
2. Did *Family Connections* families improve more than typical services families?
3. Did assigned service duration of *Family Connections* matter in terms of outcomes?
4. Did fidelity to the *Family Connections* model moderate improvements in outcomes?
Method and Discussion

1. **Eight** replication sites; Random assignment to condition
2. Focus on the primary caregiver and an index child from each family
3. Assessments at Baseline, service completion (Post-Test), and 6 month Follow-Up
4. Regardless of condition, families showed **significant improvement over time** for all 11 outcome variables.
Result: 3 vs 9 month group comparison

- 9 month intervention demonstrated greater improvement than the 3 month group in:
  - Child behavior

- No differences between groups in other domains (e.g., parenting stress, life stress, parenting attitudes, social support, household safety)
**Child Behavior - Externalizing**

* Significant difference from preceding time point at $p < .05$

---

**Treatment*Time ($p = .029$)**

<table>
<thead>
<tr>
<th></th>
<th>Family Connections</th>
<th>Typical Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>58</td>
<td>57</td>
</tr>
<tr>
<td>Post-Test</td>
<td>54</td>
<td>53</td>
</tr>
<tr>
<td>Follow-Up</td>
<td>52</td>
<td>57</td>
</tr>
</tbody>
</table>

*Significant difference from preceding time point at $p < .05$*
APCTC Random Assignment

Cambodian and Korean families

6 months CFOF intervention
or
3 months CFOF program (comparison group)
Overall Impact on Children and Families in APCTC

Most Cambodian and Korean families in both the 6 month intervention and the 3 month control groups welcomed CFOF services. **Areas** including depression, anxiety, and stress, parental skills and competencies, and child well-being are all potential areas that could be impacted by the services in CFOF.

**Longer** duration of CFOF may be more appropriate for higher need families. In this study, it would be the Cambodian families.
Publication -
Cross-site Evaluation of 8 Replication studies

- Demonstrated effective across different target population: geographic, cultural.
- Specific to LA population, but maintain fidelity of original Family Connections

Replicating the Family Connections Program: Lessons Learned, American Humane, Protecting Children, vol 24, Nov 3, 2009

1. 2009 Proposal – State of California, Mental Health Services Act (MHSA) funding: Prevention and Early Intervention (PEI) 2010
2. Evidence-based practice (EBP) & Community Defined Evidence Models (CDE)
3. Empowerment and strengths-based approaches are integral to CFOF/Family Connections
4. Overall impact to families – targeting mental health issues: depression, anxiety, and stress; parenting skills and competencies, and child well-being.
5. Outcome measures: Family Assessment Form (FAF), Achenbach System of Empirically Based Assessment (ASEBA)
Partners in CFOF Collaborative

1. SSG/ Asian Pacific Counseling and Treatment Centers
2. SSG/Occupational Therapy Training Program
3. SSG/Weber Community Center
4. Pacific Asian Counseling Services
5. Tessie Cleveland Community Services Corporation
6. Southern California Health and Rehabilitation Program*
7. Long Beach Asian Pacific Islander Family Mental Health Center *
CFOF
Clinical Oversight Committee

• Monthly Meetings
• Clinical Case Discussion
• Quality Assurance
• Fidelity to Model
• Technical Assistance
• Research & Evaluation Team
• Six Months Progress Report
CFOF
Community Advisory Board

Community Leaders:
1. Bobby J. Davis – LA County Department of Mental Health
2. Bruce Saito – Los Angeles Conservation Corps
3. Denise Woo – LA County Department of Children and Family Services
4. Donna Mills – Metropolitan Transit Authority
5. Fred Noya – LA County Sheriff’s Department
6. Jacquelyn McCroskey – USC Professor of Social Work
7. Kenneth Langie – Community Leader/Child Advocate
8. Michi Fu – Pacific Clinics
9. Nancy Au – First 5 LA
10. Virginia Culbertson - LA County Department of Children and Family Services
CFOF Trainings in Los Angeles

1. March 2010
2. June 2010
3. January 2011
4. September 2011*
5. March 2012*
6. September 2012*
7. September 2013*
8. October 2014*
9. May 2017
10. January 2018*

Close to 500 staffs trained in LA County
Referral Criteria

1. Lives in Los Angeles County
2. No current Involvement with CPS/DCFS
3. Family is willing to participate
4. Child is at risk of harm because basic needs have not been met
5. Inadequate/delayed health care
6. Inadequate nutrition
7. Poor personal hygiene
8. Inadequate clothing
9. Unsafe household condition
10. Unsanitary household conditions
11. Unstable living conditions
12. Shuttling
11. Inadequate supervision
12. Inappropriate substitute caregiver
13. Inadequate nurturance or affection
14. Isolating
15. Witnessing violence
16. Permitting alcohol or drug use
17. Permitting other maladaptive behavior
18. Delay in obtaining needed mental health care
19. Chronic truancy
20. Unmet special education needs
Outcome Measures

**CFOF requirement - 2 outcome measures**
- Family Assessment Form (FAF) *<at intake, 3 months, 6 months or discharge>
- ASEBA* <at intake, 6 months or discharge>

**LA County Department of Mental Health requirement –**

1) General Outcome Measure:
   - Youth Outcome Questionnaire (YOQ)
   - Youth Outcome Questionnaire Self Report (YOQ/SR)

2) Specific Outcome Measure:
   - Change the ASEBA to ECBI/SESBI – November 2012
   - Eyberg Child Behavior Inventory (ECBI)
   - Sutter-Eyberg Student Behavior Inventory Revised (SESBI-R)
   - ECBI – Spanish version
Preliminary Data
Child Behavioral Checklist – Caregiver Report

Cumulative through March 2012* <outcome measure changed>

<table>
<thead>
<tr>
<th>Measure</th>
<th>Baseline Mean</th>
<th>3 Mos. F/U Mean</th>
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<tbody>
<tr>
<td>Internalizing</td>
<td>10.47</td>
<td>5.33</td>
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<tr>
<td>Externalizing</td>
<td>16.33</td>
<td>11.14</td>
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<tr>
<td>Total Problems</td>
<td>47.71</td>
<td>30.76</td>
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* All Family CBCL factors showed significant difference from preceding time point at $p < .05$
Preliminary Data
Family Assessment Factors

Cumulative through March 2014

Mean =

<table>
<thead>
<tr>
<th>Factor</th>
<th>Baseline Mean</th>
<th>Discharge Mean</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>18.63/15.36*</td>
<td>14.11/12.83*</td>
<td>11</td>
</tr>
<tr>
<td>B</td>
<td>14.11/12.83*</td>
<td>14.41/12.95*</td>
<td>46</td>
</tr>
<tr>
<td>C</td>
<td>14.41/12.95*</td>
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<td>64</td>
</tr>
<tr>
<td>D</td>
<td>33.55/29.68*</td>
<td>11.29/9.9*</td>
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<tr>
<td>E</td>
<td>11.29/9.9*</td>
<td></td>
<td>72</td>
</tr>
</tbody>
</table>

* Significant difference from preceding time point at p < .05. Statistical analysis is based on the paired t-test.

A = Cleanliness/Orderliness of the Home
B = Financial Conditions
C = Support to Caregiver
D = Primary Caregiver/child interaction
E = Development Stimulation
Strengths of CFOF

1. Family focused, strength based, community based interventions.
2. Case management services are a core component.
4. Training and implementation.
5. Cultural competence is one of the Guiding Principles.
6. The collaborative brought together agency representatives to provide oversight to ensure the fidelity of the model.
7. Flexibility to adapt to fit the target population, culture, situation, and perceived needs.
Q & A