

# DCS Parent Skill-Building Services

January 14, 2021



# A Vision of System Improvement

## *A service array that is:*

1. Individualized to family need, culture, and readiness for change
2. Based on family need not case status (in-home or out-of-home)
3. Coordinated with other family-serving agencies
4. Separates Safety Assessment & Planning from Needs Assessment & Service Planning
5. Naturally fits with Arizona's Safety and Protective Factors Assessment models
6. Consistent across providers and regions
7. Evidence-based

**Individualized Relevant Engaging Coordinated Consistent Effective**



# Now and Future – Service Array

	Today	Starting July 2021
Family preservation and reunification programs	Building Resilient Families In-Home Moderate In-Home Intensive Family Reunification Teams	Family Connections
Curriculum-based parenting skills training	Parent Aide	Nurturing Parenting Program
Intensive in-home support for families with substance exposed newborns	SENSE	SENSE
Substance use disorder assessment and treatment	AZ Families FIRST	AZ Families FIRST
Mental health services	Behavioral health system DCS contracted services	Behavioral health system Improved DCS contracted services Clinically Supervised Parenting Time



ARIZONA FAMILY CONNECTIONS (AZFC)



# The FC Core Outcomes & CA-Self Interview Assessment Tools

Family Functioning	<ul style="list-style-type: none"><li>• Family Functioning Style Scale</li></ul>
Social Support	<ul style="list-style-type: none"><li>• Support Functions Scale</li></ul>
Family Resources	<ul style="list-style-type: none"><li>• Family Resource Scale</li></ul>
Parenting Attitudes & Behaviors	<ul style="list-style-type: none"><li>• Adult Adolescent Parenting Attitudes</li><li>• Parenting Attitudes About Raising Teens Inventory</li><li>• Nurturing Skills Competency Scales</li></ul>
Parenting Stress	<ul style="list-style-type: none"><li>• Parenting Stress Index – Short Form</li></ul>
Child Well-Being	<ul style="list-style-type: none"><li>• Information supplied by DCS and behavioral health</li></ul>



# Family Connections **is not therapy**, but has a therapeutic effect

## Change-focused interventions may include:

- Motivational interviewing
- Provision of concrete resources
- Social support interventions
- Child development remediation
- Parent education
- Cognitive behavioral interventions
- Genuine and empathetic helping relationship
- Problem-solving coaching
- Crisis intervention
- Grief and loss work
- Narrative techniques to address trauma
- Family system interventions to improve role clarification, boundaries, communication
- Service facilitation and advocacy to obtain culturally relevant community resources



# Family Connections Program Eligibility

- At least one child residing in the home, or out-of-home with parenting time occurring
- At least one parent who is physically and cognitively able and available to participate in FC
- Parents who are not able and available:
  - No contact order between the parent/caregiver and the child
  - Mental or physical health impairment requiring stabilization before the parent could benefit from FC (i.e. active psychosis, physical illness requiring hospitalization or residential care, pervasive substance use impacting reality orientation) - refer to behavioral health services, AFF or physical health care
  - Institutionalized or incarcerated
  - Order relieving DCS of providing reunification services due to an aggravating circumstance as defined by federal or state statute



# Now and Future - Practice

	Today	Starting July 2021
Crisis/Emergency Needs	\$300 flex funds	\$300 flex funds Required assessment at first contact and ongoing
Trauma-informed	No requirement	Trauma screening  All providers trained on trauma assessment & psychoeducational trauma-focused interventions
Engagement	No procedural requirements or skill training	Training on Motivational Interviewing, empowerment theory, crisis theory, readiness assessment (stages of change)  Procedures to get a foot in the door.
Assessment	Not defined	Standardized validated assessment measuring family functioning in areas correlated with child abuse and neglect
Interventions	No specific skills or approach defined  Counseling included  No set parenting skills curriculum	Defined change-focused interventions  Driven by family assessment, so individualized to the family  Not therapy, but has a therapeutic effect improving depression, anxiety, and sobriety  One statewide parenting skills curriculum – <a href="#">Nurturing Parenting Program</a>



# Now and Future - Practice

	Today	Starting July 2021
DCS-FCC communication	Intake and midpoint  Weekly and monthly reporting	Intake  Prior to service plan finalization and case plan staffing  After Evaluation of Change at 90 day increments  Weekly and monthly reporting from FCC to DCS
Support separation of safety plan and service plan	Not addressed	Roles defined – DCS Specialists are safety experts and FC Consultants are parent skill building experts
Families get the right services at the right time	Not addressed	Provide MH and SUD services first if needed  Parent readiness  Knowledge of everything asked of a parent/family so plans are feasible and parents are successful



# Now and Future - Timeframes

	Today	Starting July 2021
Initial outreach	Phone w/in 1 day, in-person 2 days	In-person w/in 1 day
Assessment timeframe	30 days	30 days
Service plan timeframe	35 days	45 days
Frequency of in-person parent contact	Intensive IH: 2 to 3 per week, step down to 1-2 per week Moderate IH: 2 per week, step down to 1-2 per week	2 per week if child has a safety plan or indicated by assessment 1 per week if no child with safety plan Additional virtual and phone based on family need
Service duration	Intensive – 120 days + 45 days if needed Moderate – 90 days + 45 days if needed Family Reunification – 120 days + 3 months of aftercare	90 day increments – continuation based on Evaluation of Change and family stabilization needs during transition periods



# The Vision – Stronger Families

## Decrease re-report rate

22% of children are re-reported within 12 months of the first report

## Decrease entry rate

Arizona's rate is 5.3 per 1,000 children in the general population, compared to a national rate of 3.4 in 2019.

## Increase reunification rate

Of all children entering care, a little more than half reunify with a parent, and roughly 1 in 3 reunify within 12 months of entry

## Decrease racial disparity at reporting, entry, and permanency

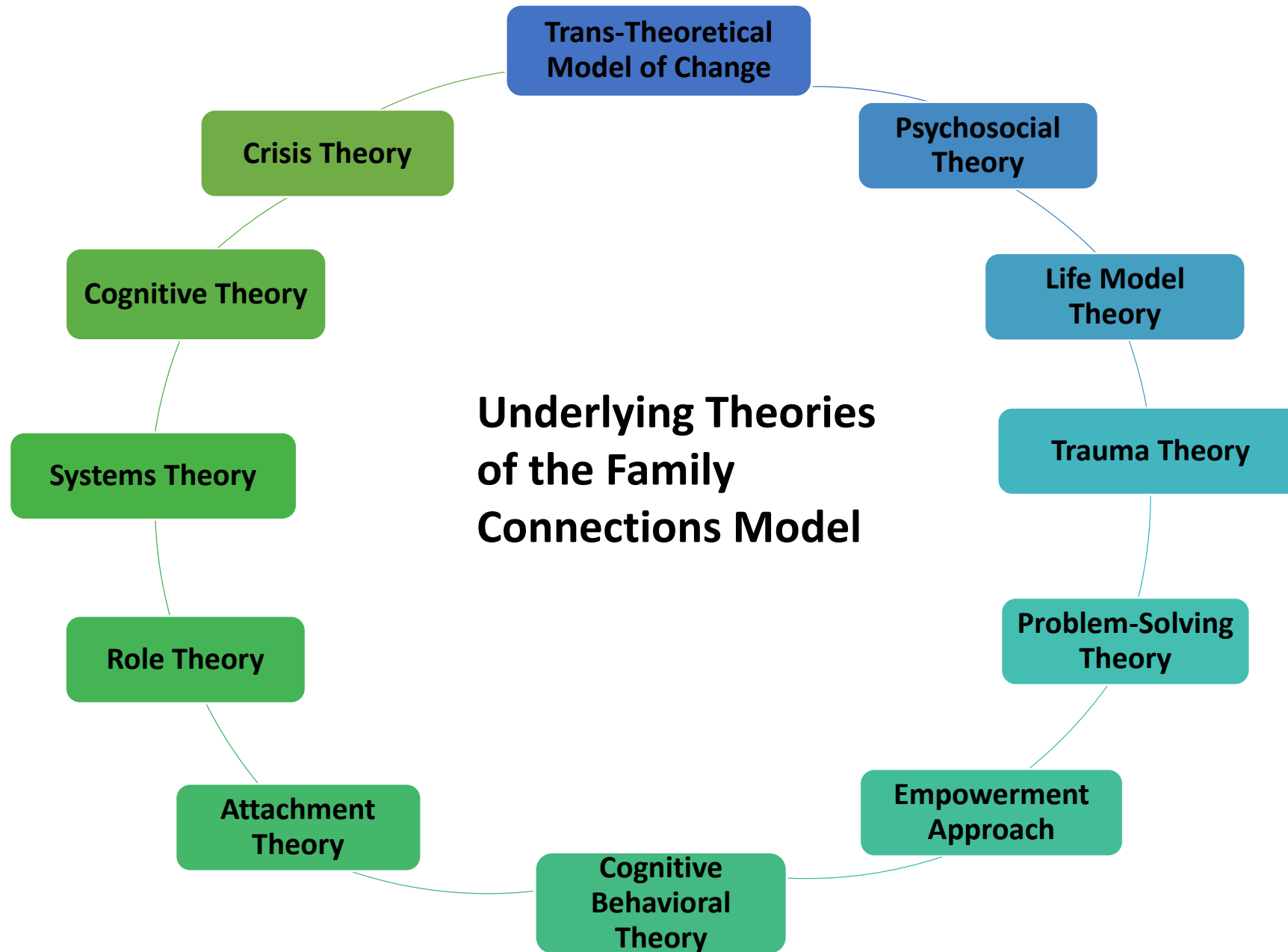
African American children are reported to DCS at a rate 3.5 times greater than their rate in the general population.

American Indian children are overrepresented among children reported to DCS, and among children removed from home.



# Appendix





# IV-E Well-Supported & Support Programs

## Well-Supported

- Brief Strategic Family Therapy
- Functional Family Therapy
- Healthy Families America
- Homebuilders – Intensive Family Preservation and Reunification Services
- Motivational Interviewing
- Multi-systemic Therapy
- Nurse-Family Partnership
- Parent-Child Interaction Therapy
- Parents as Teachers

## Supported

- Families Facing the Future
- Interpersonal Psychotherapy
- Multidimensional Family Therapy
- SafeCare

