



Family Matters:

Transitioning Towards a Family-Centered Approach in All Healing to Wellness Courts



Russ Bermejo & Brooke O'Byrne | Center for Children and Family Futures | August 29, 2018



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Learning Objectives

1. Gain a greater understanding of the importance of addressing the needs of children and parent-child relationship as a critical part of family recovery
2. Highlight key strategies on how *Healing to Wellness Courts* can make the transition to becoming more family-centered
3. Identify next steps that *Healing to Wellness Courts* can take to becoming more family-centered

*Why is this
important?*

8.7 million children live with one or more parents who are dependent on alcohol or need treatment for illicit drug use

Source: 2009 – 2014 SAMHSA National Survey on Drug Use and Health (NSDUH)

50-70% of participants in three adult drug courts recently studied have at least one minor child

Lipari, R.N. and Van Horn, S.L. Children living with parents who have a substance use disorder. The CBHSQ Report: August 24, 2017. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD.

Transitioning to a Family Centered Approach: Best Practices and Lessons Learned from Three Adult Drug Courts, 2017)

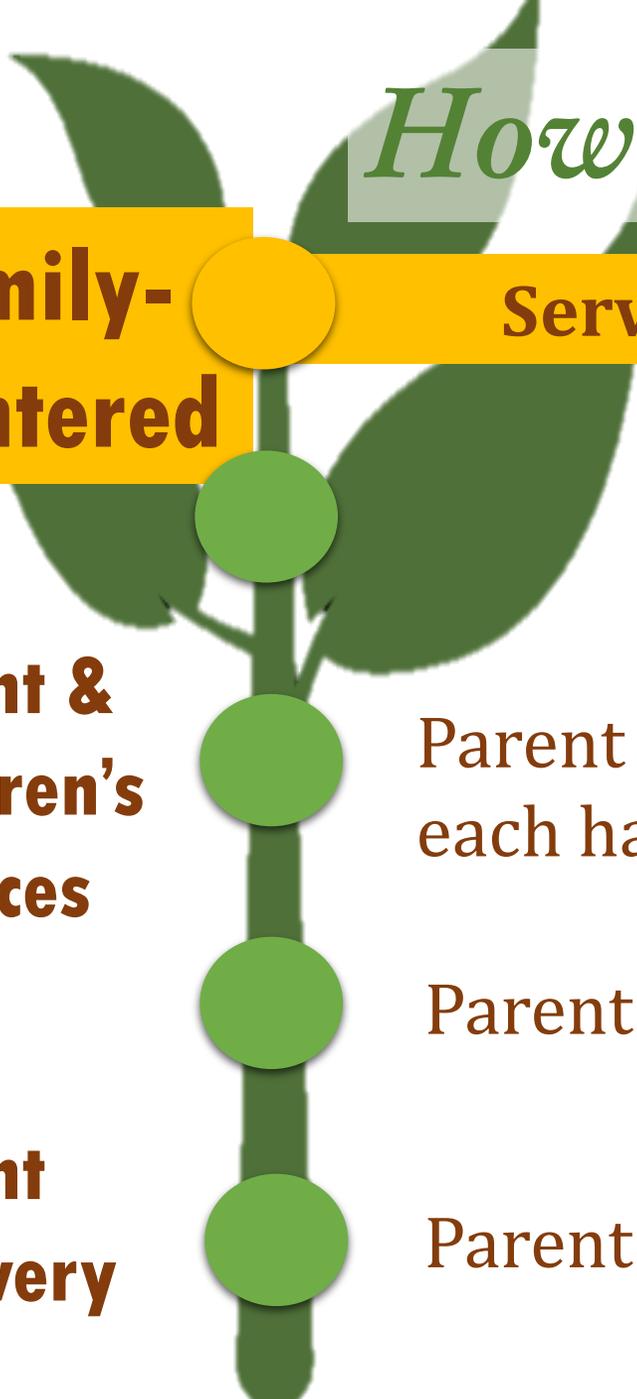
Montana Pilot: Family Issues & Recovery

- **52.7%** had concerns regarding one or more of their **children's social and emotional well-being**
- **47.2%** had concerns regarding **medical problems or issues** with one or more of their children
- **40.0%** had concerns about one or more of their **children's behavior**
- **17.8%** had significant concerns about their spouse's or significant other's **mental health**



Elevating Practice

How Family-Centered Are You?



Family-Centered

Services focus on parent-child dyad

Entire family unit receives services

Parent & Children's Services

Parent and child receives services and each have case plans

Parent is the focus but have children with them

Parent Recovery

Parent recovery is primary focus

A group of people are shown from behind, embracing each other in a warm, sunlit forest. The scene is filled with soft, golden light filtering through the trees, creating a sense of hope and support. The text is overlaid on the right side of the image.

Rethinking
RECOVERY



**Addiction as
a family disease
impacting all relationships
in the family unit**

What Practice Tells Us:

- Attachment-based treatment practices have produced **positive outcomes for women and children** in both residential and outpatient settings
- Family-focused treatment has produced **improvements in treatment retention, parenting attitudes, and psychosocial functioning**
- Postpartum women who had their infants living with them in treatment had **highest treatment completion rates and longer stays in treatment**



Serving Families Saves Money

Adult Drug Courts that provided parenting classes had **65% greater reductions** in criminal recidivism and **52% greater cost savings** than Drug Courts that did not provide parenting classes.

Source: Carey, S.M., Mackin, J.R., & Finigan, M.W. (2012). What works? The 10 key components of Drug Court: Research-based best practices. Drug Court Review.

Numbers

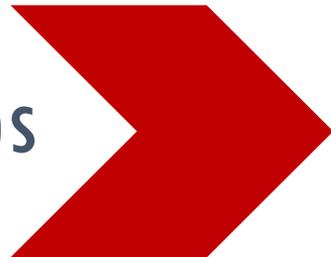
Needs

Networks

3Ns

**What You Can
Do to Be More
Family-
Centered?**

Take the Next Steps

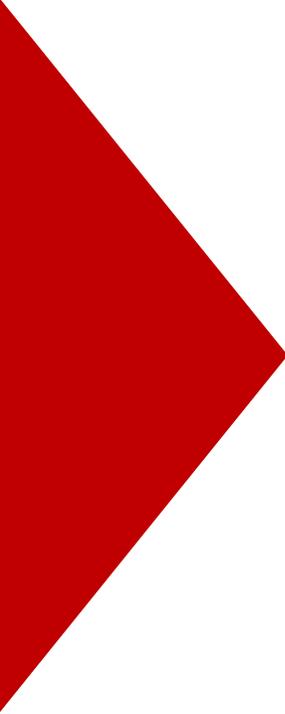


Take the Next Steps

Numbers



*What You Can
Do to Be More
Family-Centered*



KEY STRATEGY

**Start identifying parents
with children (under age 18)**

You cannot change what you cannot count



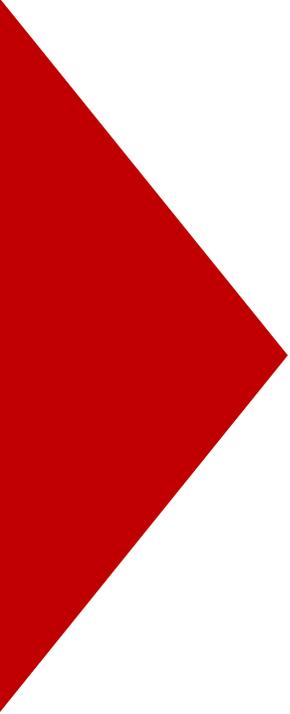
The Judge can:

- Ask clients if they have children
- Ask about other family relationships, such as non-custodial parents (identity, location and quality of relationship)
- Ask questions about family status at intakes



The Team can:

- Reconsider how caseloads are being counted - # of families
- Shift from case managing adults to case managing families
- Ask questions about family structure
- Strategize on how to get entire family into treatment
- Ensure that court information systems including tracking of family members



Identify Key Family Outcomes

What outcomes are most important?

The importance of

Data

How Will You Know?

- How are families doing?
- Doing good vs. harm?
- What's needed for families?

How Will You?

- Monitor and improve performance?
- Demonstrate effectiveness?
- Secure needed resources?

Domain

Performance Measure

Child Welfare

- Occurrence/Recurrence of Maltreatment
- Children Remain at Home
- Length of Stay in Out-of-Home Care
- Timeliness of Reunification and Permanency
- Re-entry to Out of Home Care
- Prevention of Substance Exposed Infants

Substance Use Disorder
Treatment

- Access to Treatment
- Retention in Treatment
- Length of Stay in Treatment

Parent Education

- Connection to Parenting
- Completion of Parenting

Children's Intervention

- Connection to Children's Service
- Completion of Children's Service

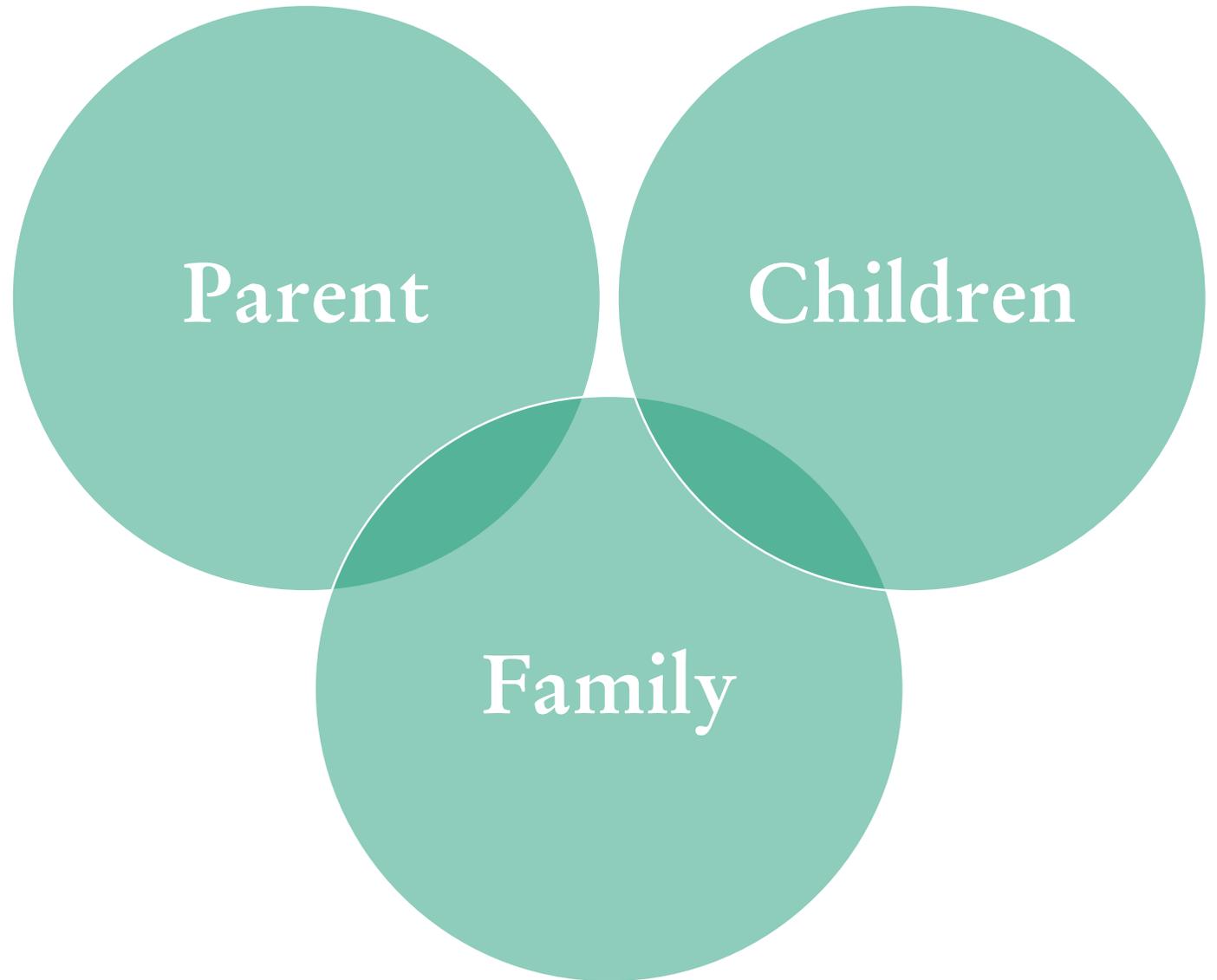
Take the Next Steps

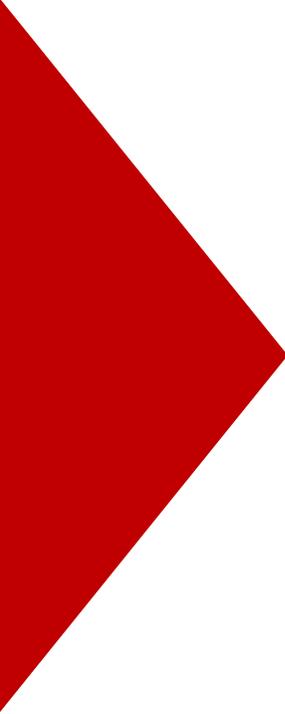
Needs



*What You Can
Do to Be More
Family-Centered*

**Family
Recovery:**
*Multiple &
Complex Needs*





KEY STRATEGY

Assess and link family to appropriate services to meet identified needs

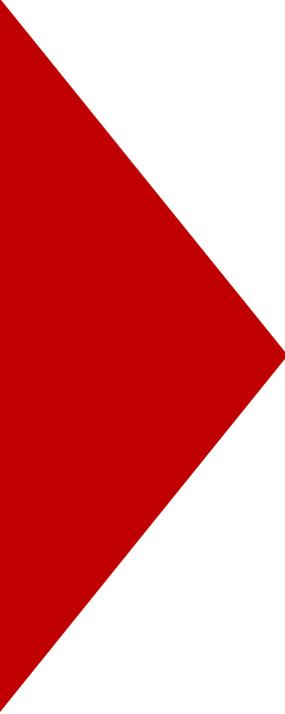


The Team:

- Can ensure that child's medical, developmental, behavioral, and emotional needs are assessed
- Ensure children receive appropriate interventions or services for the identified needs

Tool vs. the Team

Moving the conversation and attention from

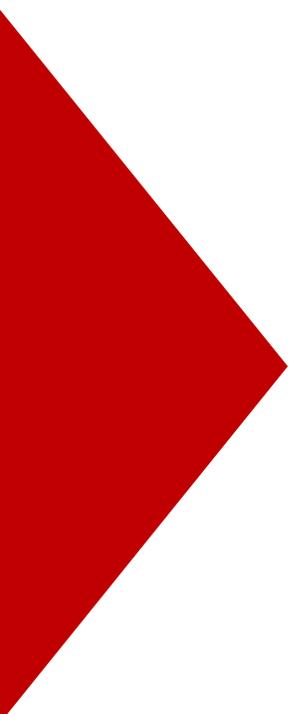


What tool should we use?

What information do we need? What is the purpose?

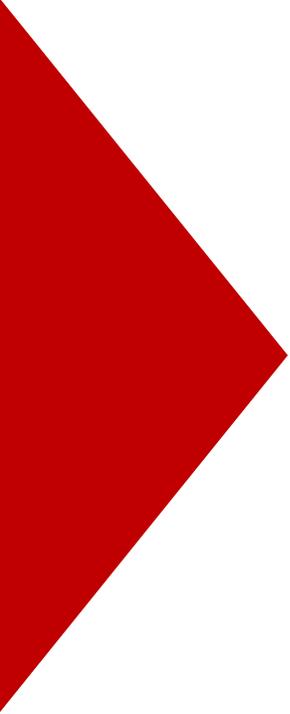
What are we going to do with the information?

How are we going to share the results collaboratively?



KEY STRATEGY

Provide services that support family needs and the parent-child relationship



Parent-Child: Key Service Components

**Developmental &
behavioral
screenings and
assessments**

**Quality and
frequent visitation**

**Early and ongoing
peer recovery
support**

**Parent-child
relationship-
based
interventions**

**Parent
Education**

Trauma

**Community
and auxiliary
support**

Connecting Families to Parenting Program

- Knowledge of parenting skills and basic understanding of child development has been identified as **a key protective factor** against abuse and neglect (Geeraert, 2004; Lundahl, 2006; & Macleod and Nelson, 2000)
- The underlying theory of parent training is that (a) **parenting skills can improve** with training, (b) child outcomes can be improved, and (c) the risk of child abuse and neglect can be reduced (Johnson, Stone, Lou, Ling, Claassen, & Austin, 2008)

When Should We Offer Parent Education?

- Participation in parenting programs can enhance parent motivation and engagement
- Affirms their primary role and identity as a parent
- Focus on their most important need
- Increase self-confidence and equip with needed skills
- Consider any concerns regarding cognitive functioning
- There is no time to lose when it comes to parent-child bond

Parenting Programs

- **Celebrating Families** - <http://www.celebratingfamilies.net/>
- **Strengthening Families** - <http://www.strengtheningfamiliesprogram.org/>
- **Positive Indian Parenting**

Things to Consider

- Have you conducted a needs assessment to determine what families need? How will it help achieve desired outcomes?
- Have realistic expectations of their ability to participate - especially in early recovery?
- Does it have a parent-child component?
- Do you have staffing and logistical support for successful implementation?



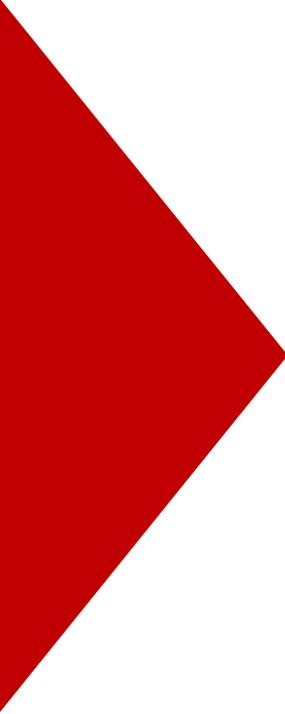
The Court Can Ask Parents

- *“How is your family or parenting (visitation) time with your children?”*
- *“What are you learning in your parenting class?”*
- *“Can you share how your substance use disorder has affected your parenting?”*



The Court Can Ask Parents(cont.)

- *Has everyone in the family been assessed for service needs?*
- *What services are provided to address specific needs of children and other family members?*
- *Can children accompany their parent to treatment? If so, are there any restrictions on age and number of children?*
- *What parenting or family strengthening programs are provided?*
- *What services are being provided to promote full family wellness?*



KEY STRATEGY

Ensure responses to behaviors are sensitive to the needs of families

Key Principles from FTCs

Safety

- A protective response if a parent's behavior puts the child at risk

Therapeutic

- A response designed to achieve a specific clinical result for parent in treatment

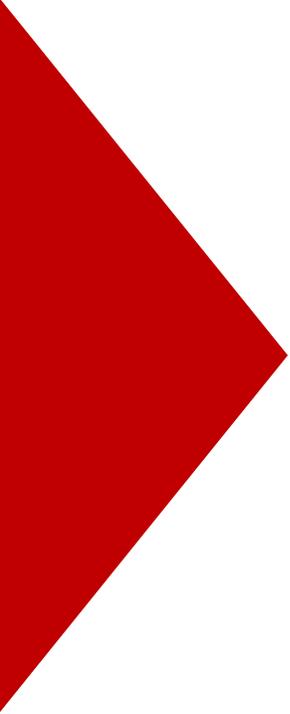
Motivational

- Designed to teach the parent how to engage in desirable behavior and achieve a stable lifestyle

Jail as a Sanction

- Studies indicate that jail sanctions produce diminishing returns after approximately three to five days (Carey et al., 2012; Hawken & Kleiman, 2009)
- A multi-site study found that Drug Courts that had a policy of applying jail sanctions of longer than one week were associated with increased recidivism and higher costs (Carey et al., 2012)
- Increase the chance of mixing individuals at high and low risk of criminal recidivism; have not been demonstrated to be effective in engaging drug court participants in treatment participation, and may lead to additional trauma for the participant (Edwards, 2010).

Things to Consider



When deciding on a response, consider what the impact of that sanction would have on children and the parent-child relationship, and family's participation in case plan?

Take the Next Steps

Networks



*What You Can
Do to Be More
Family-Centered*



The Team can:

- Ask parents if they have an understanding of their child's identified needs? Are they able to cope with the child's behavioral, developmental, or emotional
- Ensure that family has access to long-term supportive services
- Provide training and education to the Team, including judicial leaders on the importance of serving children and families

Example: Turning to Community Partners to Serve Families

- Partnered with Linda Ray Center to provide comprehensive family and children services
- Advocated for its treatment partner to provide family therapy
- ADC and treatment provider tracking family outcomes

Things to Consider

- What resources already exist in the community to serve children and families?
- Are you mobilizing and linking to new resources from other agencies that already serve children and families?
- Are child and family-serving agencies on your collaborative team?
- Have you identified shared outcomes to make the case for shared resources?



You do not have to divert resources from treating parents to help their children

- Children and families have multiple and complex needs
- Serving these needs will require more resources
- Build collaborative partnerships and seek out existing resources



*Q&A and
Discussion*



Big steps
Small steps
Just keep moving

TRANSITIONING TO A FAMILY CENTERED APPROACH:

Best Practices and Lessons Learned
from Three Adult Drug Courts



Children and Family Futures
National Drug Court Institute



Transitioning to a Family Centered Approach: Best Practices and Lessons Learned from Three Adult Drugs Courts

To download a copy:

<https://www.ndci.org/wp-content/uploads/2016/05/Transitioning-to-a-Family-Centered-Approach.pdf>

Additional Resource

3Ns Handout – Taking the Next Steps Towards a Family-Centered Approach

Numbers
Needs
Networks

Explore further with your Team about possible next steps you can take to move practice.

3Ns
Numbers
Needs
Networks

Taking Next Steps Towards a Family-Centered Approach

TRANSITIONING TO A FAMILY-CENTERED APPROACH:
Best Practices and Lessons Learned from Three Adult Drug Courts

Review Case Studies for Strategies & Lessons

Published by National Drug Court Institute and Children and Family Futures, this resource examines three adult drug courts from Florida, Michigan, and Montana that took steps to becoming more family-centered in their approach in serving participants. The case studies identified ten key strategies and an array of lessons that will prove helpful as you take the next steps in transitioning to a family-centered approach. Review these strategies and lessons and discuss key takeaways with team members. Then use this handout to guide further discussion and identify concrete next steps.

Children and Family Futures
National Drug Court Institute

NDCI

Conduct a Quick Self-Assessment

How Family-Centered Is Your Program?

Parent recovery is primary focus
Parent Recovery

Parent is the focus but have children with them
Parent and Children's Services

Parent and child receives services and each have case plans

Entire family unit receives services

Services focus on parent-child dyad
Family-Centered

What steps can you take to move practice?

Use the 3N Framework (turn page) to identify your next steps to becoming more family-centered