Treatment Foster Care Oregon (TFCO)

Treatment Foster Care Oregon (TFCO), formerly known as Multidimensional Treatment Foster Care (MTFC), is distinguished from other models by its **highly structured treatment team**, a **one-child-per-home** rule, and an intensive **daily behavioral modification system** driven by Social Learning Theory. Unlike generic therapeutic foster care, TFCO is a "multisystemic" approach that concurrently works with the youth, the Treatment Parents, the biological family/aftercare resource, and the school system to facilitate a permanent transition within six to nine months. Learn more about TFCO by visiting its webpage, www.tfcoregon.com.

Key Differentiating Features

The following table summarizes the structural and operational elements that separate the TFCO model from traditional and other therapeutic foster care (TFC) models:

FEATURE	TREATMENT FOSTER CARE OREGON (TFCO)	OTHER TFC MODELS/TRADITIONAL CARE
Team Structure	Highly specialized team with distinct roles: Team Leader, Individual Therapist, Family Therapist, Skills Coach, and Recruiter/Trainer/PDR Caller.	Often relies on a general Case Manager or less specialized multidisciplinary support.
Placement Density	Limit of **one youth** per foster home.	May place multiple children or sibling groups together.
Monitoring	**Daily** Parent Daily Report (PDR™) calls and check-ins as well as weekly Treatment Parent meetings.	Typically, weekly case management check-ins.
Theoretical Base	Explicitly based on **Social Learning Theory** and coercive family process models.	Broadly trauma-informed; goals vary by agency.
Duration	Short-term: typically, 6 to 9 months.	Often longer-term, focused on stability and healing over years.
Evidence-Based	Supported by over **40 years of research** and 8+ randomized controlled trials.	Evidence base varies significantly; many models are in pilot stages or lack robust comparative analysis.

Core Components of the TFCO Model

- **Treatment Team Specialization:** TFCO teams are structured to support 10 cases at a time. The Team Leader supervises all clinical staff, ensuring there is little or no overlap in responsibilities.
- **Behavior Contingency System:** Youth and children are supported to use individualized points or charting systems that focus on teaching, shaping, and encouraging prosocial behaviors with consequences built into the systems for shaping challenging behaviors and/or non-compliance. The approach incorporates clear role stratification to protect Treatment Parents from providing larger limits with youth or children, allowing Treatment Parents to stay aligned with youth or child as advocates.
- **Concurrent Family Training:** While the youth is in a treatment home, the biological or permanent aftercare resource receives intensive weekly training and has 24/7 access to the program for updates about their youth. They learn positive parenting approaches that support and incorporate treatment approaches used in the treatment homes.
- **Supervision:** Youth are provided close supervision to encourage positive behavioral choices and opportunities to experience prosocial activities, as well as lessen exposure with non-prosocial peers.
- **School-Based Intervention:** The TFCO program strives to impact youth behavior in all social settings, so the behavior plan is extended into the school setting. Both the point and charting systems incorporate the use of a school card or individualized school plan that support daily collection of attendance and class behaviors. The school card information is directly included in the youth's systems and reviewed daily between the Treatment Parents and youth.
- **24/7 Crisis Support:** Treatment Parents have access to TFCO program staff 24 hours a day, 7 days a week, for in-the-moment coaching and crisis management.

Target Population and Outcomes

TFCO is specifically designed as an alternative to restrictive **group homes or institutional care** for high-needs youth with severe emotional and antisocial behaviors. Research has shown

that, compared to other residential models, TFCO leads to **60% fewer days of incarceration**, significantly fewer subsequent arrests, and lower rates of drug use and pregnancy.

Key Outcomes and Benefits

- **Reduced Delinquency and Recidivism:** Youth show significantly lower rates of criminal offenses and delinquency compared to treatment-as-usual (TAU).
- **Improved Placement Stability:** The TFCO model reduces placement disruptions and helps prevent the need for psychiatric hospitalization or higher-level residential care.
- **Family Reunification:** High rates of success in returning youth to family settings, with about ***66%*** of youth moving to permanent or less restrictive settings at discharge.
- **Long-Term Impact:** Research shows enduring benefits with studies highlighting, for example, decreased arrest rates and improved life satisfaction nearly 10 years post-intervention.
- **Behavioral and Social Gains:** Reductions in externalizing behaviors, fewer runaways, and increased positive academic engagement.
- **Economic Benefit:** Studies indicate a positive return on investment with significant savings compared to long-term institutional care.

Key Success Metrics

- **Post-Discharge Stability:** Approximately ***66%*** of youth remain stable in permanent or less restrictive settings 12 months after discharge.
- **Reduced Institutionalization:** Less than ***10%*** of youth are placed in higher-level residential treatment services after the TFCO program.

What Sets TFCO Apart

- One treatment youth per home
- Highly trained and highly supported treatment foster homes
- Weekly treatment foster parent meetings

- 24/7 support from TFCO team
- Manualized and prescriptive model to support clinical delivery
- All treatment services delivered within the TFCO team
- Weekly consultation support for the TFCO team
- Monthly agency leadership support