Treatment Foster Care Oregon

Where the Research Meets the Road



TFCO Summary

- Treatment Foster Care Oregon (TFCO) is an **evidence-based practice** developed as an alternative for institutions, psychiatric hospitals, and residential care settings
- **Youth placed individually** in specially recruited and trained foster homes
- TFCO offers **intensive, behaviorally focused clinical treatment** in a non-restrictive and community-based setting
- **Simultaneously** intervenes with youth, family, and community.
- TFCO-P model is for children **3-6**, TFCO-C model is for children **7-11** and TFCO-A model is for youth **12-17**.

TFCO EB Standards

An Alternative to Group and Residential Care

Evidence-Based Registries

- Title IV-E Prevention Services Clearinghouse
- 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 Evidence-Based Programs and Practices

TFCO Objectives

1. Support children/youth at risk of experiencing disruption in their home or present living arrangement due to need for higher level of treatment.

2. Provide an intensive, individualized, community-based service alternative to group care, psychiatric hospital, residential facilities, or other institutions.

3. Provide a step-down service for youth and families leaving congregate care across multiple systems simultaneously.

Differences From Other Therapeutic Foster Care Programs

- 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

The Foster-Care-to-Prison Pipeline

How many children in the United States experience foster care at some point during their childhood:

- As many as 5% of all children
- Up to 9% of Black children
- Up to 11% of American Indian and Alaska Native children

Correlation between foster care and crime:

- Close to one-fifth of the prison population in the United States is comprised of former foster children
- About 70% of youth who exit foster care as legal adults are arrested at least once by age 26

Baron, Jason. "The Foster Care-to-Prison Pipeline." CEPR, 12 June 2022, cepr.org/voxeu/columns/foster-care-prison-pipeline.

Who Disrupts From Foster Homes?

A Threshold Effect



Research Studies

8 Randomized Clinical Trials Including…

- Children and adolescents from CWS leaving a state psychiatric hospital. Chamberlain, P., & Reid, J. B. (1991).

- Boys from juvenile justice for chronic delinquency. Chamberlain, P., & Reid, J. (1998).

- Girls from juvenile justice with severe mental health problems and abuse histories (2). Leve, L. D., & Chamberlain, P. (2004).

- Child welfare children receiving a next placement. Price, J. M., Chamberlain, P., Landsverk, J., Reid, J., Leve, L., & Laurent, H. (2008).

TFCO Outcomes from Oregon Studies

Study	Main Findings: TFCO Compared to Group Care
Leve et al., 2022	At 10 years, TFCO girls: - Had 30% fewer court convictions - Had significantly lower rates of violent crimes and reduced criminal offenses into young adulthood - Were half as likely to be convicted of assault - Had 1/5 the rate of conviction for robbery - Had 2/3 the rate of conviction for burglary
Leve et al., 2019	At 10 years, TFCO girls: - Were 5 times less likely to have child welfare involvement as mothers than those who were placed in congregate care - For every $1.00 spent on TFCO treatment compared to usual care, there is a benefit of $3.15 at 4.5 years, increasing to $4.35 at 9.5 years, when considering child welfare and criminal justice involvement.
Rhoades et al., 2014	In early adulthood, TFCO girls: - Had a decreased rate of drug use - Had increased resilience to the influence of partners' drug use
Kerr et al., 2014	In early adulthood, TFCO girls: - Maintained initial reduced depressive symptoms - Had reduced rates of suicidal ideation

View all TFCO journal article summaries:
UPDATE LINK HERE

TFCO Outcomes from Oregon Studies

Study	Main Findings: TFCO Compared to Group Care
Harold et al., 2013	At 24 months post-baseline, TFCO girls: - Had reduced depressive symptoms
Smith et al., 2010	At 12 months postbaseline, TFCO boys: - Had lower levels of self-reported drug use At 18 months postbaseline, TFCO boys: - Had lower levels of self-reported tobacco, marijuana, and other drug use
Kerr et al., 2009	At 24 months postbaseline, TFCO girls: - Had fewer pregnancies
Leve & Chamberlain, 2007	At 12 months, TFCO girls: - Had higher rates of homework completion - Attended school at a higher rate - Homework completion mediated the effects of TFCO treatment
Chamberlain et al., 2007	At 24 months, TFCO girls: - Had lower ratings of self-reported delinquency - Had fewer criminal referrals - Spent fewer days in locked settings

View all TFCO journal article summaries:
UPDATE LINK HERE

TFCO Outcomes from Oregon Studies

Study	Main Findings: TFCO Compared to Group Care
Leve & Chamberlain, 2005	At 12 months, TFCO girls: - Had fewer associations with delinquent peers Associating with delinquent peers mediated the effects of TFCO treatment
Leve et al., 2005	At 12 months, TFCO girls: - Had fewer criminal referrals - Spent fewer days in locked settings - Had lower ratings of caregiver-reported delinquency
Eddy et al., 2004	At 24 months, TFCO boys: - Were less likely to commit violent offenses
Eddy & Chamberlain, 2000	Supervision, discipline, positive adult–youth relationship, and deviant peer association mediated the effects of TFCO treatment
Chamberlain & Reid, 1998	At 12 months, TFCO boys: - Had fewer criminal referrals - Spent fewer days incarcerated and less time running away - Had lower rates of self-reported delinquent behavior

View all TFCO journal article summaries:
UPDATE LINK HERE

9.5 Years Post-Baseline

Condition	Those with Children	Child Welfare Involved
Group Care (n=85)	33 of 85 (39%)	12 of 33 (36%)
TFCO (n=81)	27 of 81 (33%)	2 of 27 (7%)

Youth receiving TFCO intervention are 5 times less likely to have child welfare involvement when they have children of their own.

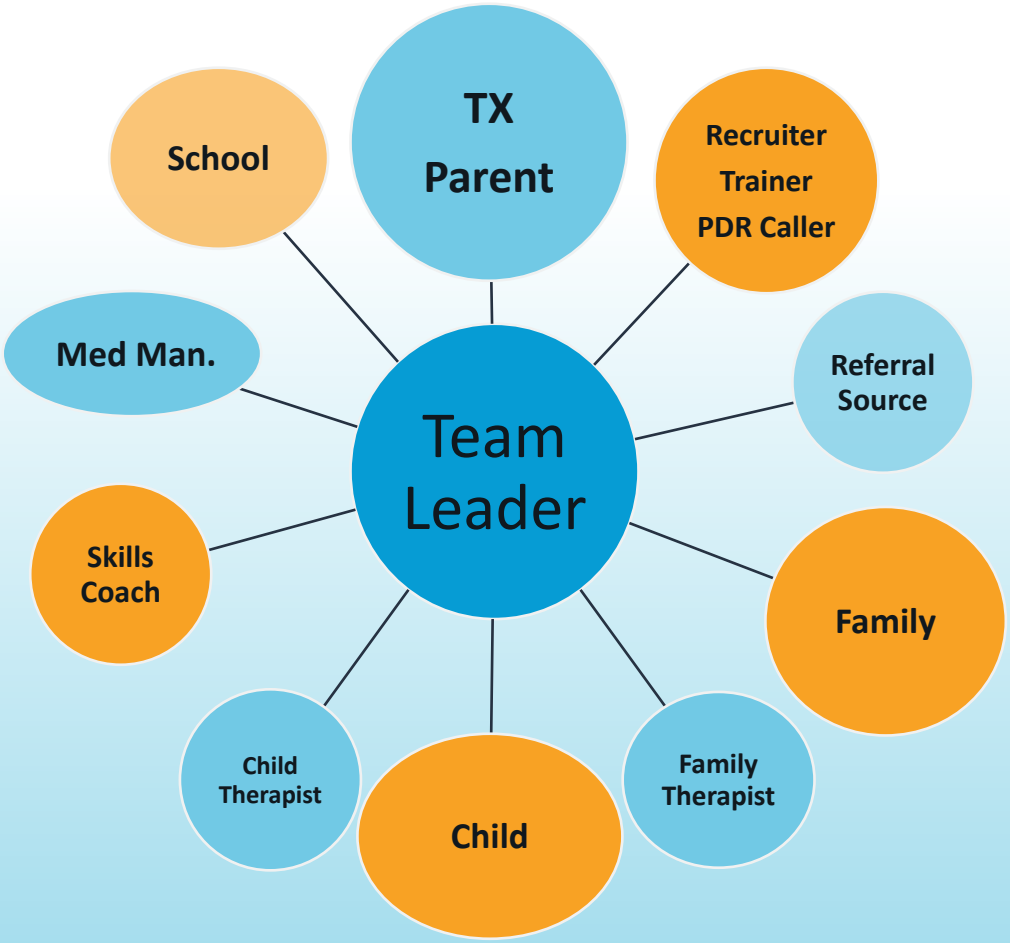
The Model

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

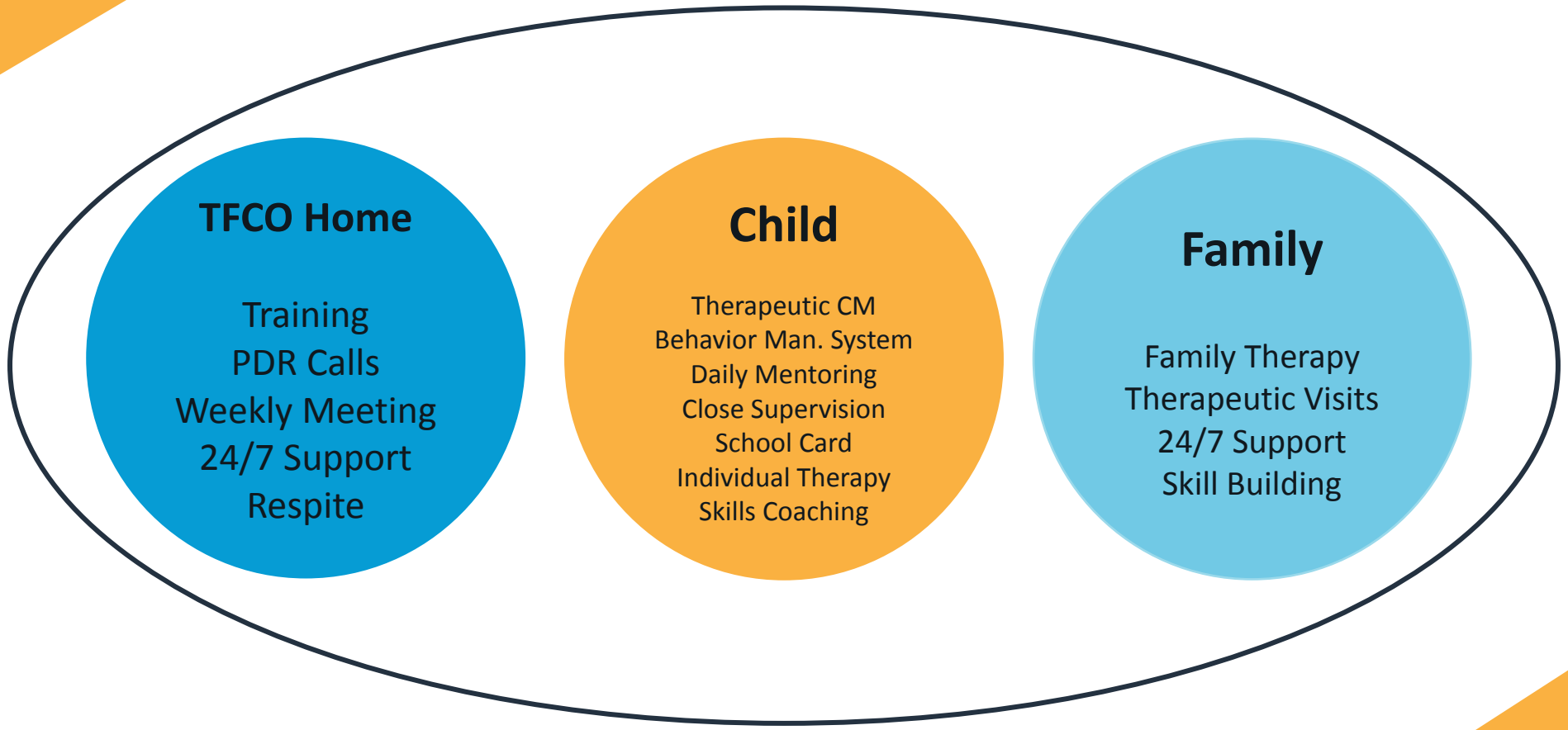
TFCO Team

- TFCO Treatment Home
- Team Leader (1.0 FTE)
- Family Therapist (1.0 FTE)
- Youth Therapist (.50 FTE)
- Skills Trainers (hourly)
- PDR Caller/Foster Parent Recruiter (1.0 FTE)
- Consulting Psychiatrist (hourly)
- TFCO Champion

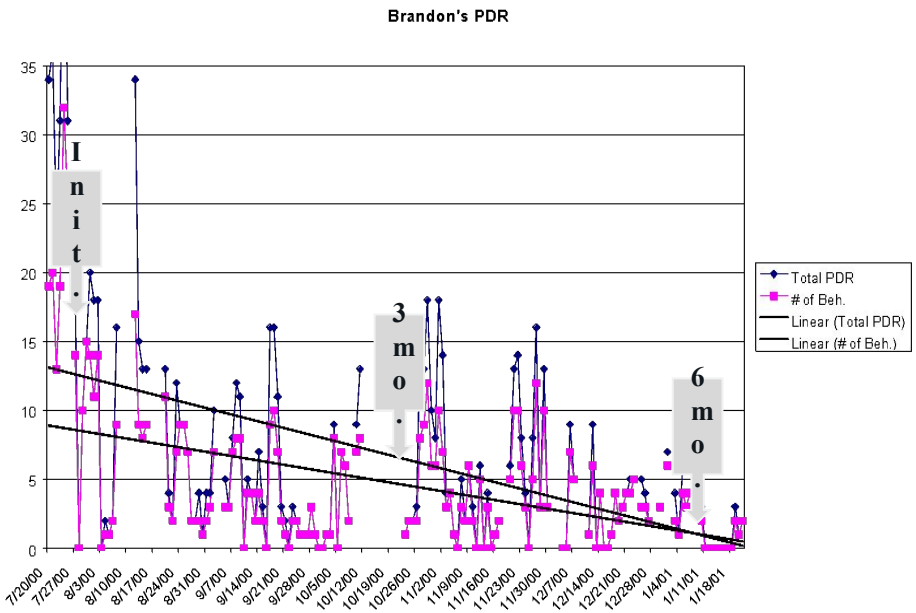
Flow of Information



TFCO Services



Behavior & Stress Over Time



Parent Daily Report - PDR

- A validated measurement-based tool
- Tested in a variety of settings
- Measures behaviors related to negative outcomes
- Produces daily data on child behaviors
- Produces data on foster parent stress

FOCUS System

- Easy to use
- Self-managed access
- Tutorial videos
- Web based – www.focus.tfco.com

How is TFCO Trauma-Specific?

- PALS/Chart = Reinforcement
- Routine
- Consistency
- Neutral Tone
- Sandwiched Feedback
- Supervision
- Highly Trained Treatment Parents with 24/7 Support
- Youth Treatment Goals = Coping Skills
- IT/SC as Youth's Advocate

Cultural Responsiveness/ Sensitivity in the TFCO Model

Examples of applying a cultural lens to the implementation of TFCO include:

- Engaging community stakeholders
- Hiring a diverse staff for the TFCO Team
- Recruiting a diverse cadre of foster parents
- Diversity, equity, and inclusion training for agency staff and TFCO staff and consultants
- Culturally inclusive program materials (verbal and written materials)

Cultural Responsiveness/ Sensitivity in the TFCO Model

Examples of applying a cultural lens to the implementation of TFCO include:

- Use of culturally relevant activities for young people and TFCO foster parents
- Ability to tailor programs to the very individual needs of each youth and family in an affirming way.
- Address specific risk factors and vulnerabilities in these populations through individual therapy aligned with best practices
- Ability to reach a larger geographical area by combining in-person and technology (this is particularly valuable in more rural settings)

TFC Consultants, Inc. Quality Assurance, Fidelity Monitoring and Support

Feasibility:

- Kickoff and Discovery meeting for state and agencies
- Feasibility Questionnaire
- Agency fit review
- Group and individual pre-readiness meetings
- Pre-readiness review

Implementation Support:

- Prescriptive and manualized model
- Clinical training
- Treatment Parent training
- Implementation Review

Clinical Supervision:

- Weekly consultation calls with Team Leader
- Weekly PDR review
- Review video from Treatment Parent and clinical team meeting
- Monthly leadership calls with agency leadership

Fidelity Monitoring:

- Site Visits 5x for first two years
- Implementation feedback 5x for first two years
- PDR report review ongoing
- Annual Fidelity Assessment
- Certification reviews every two years until certification

Implementation Roadmap

Treatment Foster Care Oregon

3 Homes Certified
Date: _____

1 ✓Begin TFCO implementation discussions

2 Feasibility Assessment

	Target Date
❑ TFCO Feasibility Questionnaire	_____
❑ Discovery Meeting	_____

3 Readiness Planning

	Target Date
❑ Readiness Questionnaire	_____
❑ Identify Program Champion	_____
❑ Implementation Plan	_____
❑ Funding plan (TFCO Cost Calculator)	_____
❑ Timeline	_____
❑ Communication Plan	_____
❑ Recruitment Plan for TFCO Homes	_____
❑ Staffing Plan	_____
❑ Referral planning	_____
❑ Stakeholder meeting	_____

4 Staff Hiring and Training

	Target Date
❑ Hire TL & Recruiter	_____
❑ Hire Therapists & Skills Coaches	_____
❑ TFCO Training for clinical team	_____
❑ TFCO Treatment Home training	_____
❑ Focus System Training	_____
❑ TFCO Consultant Introduction	_____

5 Fidelity Set-Up

	Target Date
❑ Begin consultation with Team Leader	_____
❑ Confirm review of Implementation Packet (TL)	_____
❑ Confirm review of Manager Implementation Packet (Manager)	_____
❑ Begin monthly operations calls	_____
❑ Begin monthly senior management calls	_____

6 Services Begin

	Target Date
❑ ***First TFCO youth placement!***	_____
❑ Begin weekly consultation	_____
❑ Begin recruitment consultation	_____

7 2-yr Service Plan: Ongoing Monitoring of Implementation & Treatment Operations

- ❑ Implementation Feedback
  - Implementation Reviews x 5
  - Fidelity assessments x 2
  - Debrief Call x 7
- ❑ Consultant visits x 5

8 Competency

	Target Date
❑ Submit certification application	_____
❑ ***Congratulations, you're certified!***	_____

Ideal Ranges for Implementation Milestones

Pre-Implementation Phase (#1-3): 90-270 days

Implementation Phase (#4-7): 689-925 days

Readiness to Training: 60-120 days

Training to Start-Up: 0-90 days

Contact Information

Email: tfcconsultantsinc@tfcoregon.com

Phone Number: (541) 343-2388

Address: 12 Shelton McMurphey Blvd. Eugene, OR 97401

TFCO
Treatment
Foster Care
Oregon