# Rethinking Family Recovery: Supporting Families Towards Reunification and Recovery Through a Comprehensive Family-Centered Approach

New England Association of Drug Court Professionals Conference

November 29, 2018

Center for Children and Family Futures



### Acknowledgement

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### Our Mission

To improve safety, permanency, well-being, and recovery outcomes for children, parents, and families affected by trauma, substance use, and mental health disorders.





# Key Takeaways

Our beliefs about substance use disorders influence how we respond

Active engagement in early recovery is critical

Systematic approach vs. perceptions of readiness

### Implementation Lessons Family-Centered Approaches



4

### Family Drug Courts



- Pima County, AZ
- Robeson County, NC
- Tompkins County, NY





Case Studies (All Four Grantees)

The Prevention and Family Recovery initiative is generously supported by the Doris Duke Charitable Foundation and The Duke Endowment.

### **Briefs**

Overview of PFR

Key Lessons for Implementing a Family-Centered Approach

Cross-Systems Collaboration, Governance and Leadership:

Evidence-Based Program Implementation

Building Evaluation and Performance Monitoring Capacity of FDCs

### Children Affected by Methamphetamine Brief

- Overview Children Affected by Methamphetamine (CAM) grant program (funded by SAMHSA from October 2010 – September 2014)
- Key implementation lessons learned
- Highlights safety, permanency, recovery, and well-being outcomes for the 1,850 families served during the first three years of the grant



GRANTS TO EXPAND
SERVICES TO
CHILDREN
AFFECTED BY
METHAMPHETAMINE
IN FAMILIES
PARTICIPATING IN
FAMILY TREATMENT
DRUG COURT



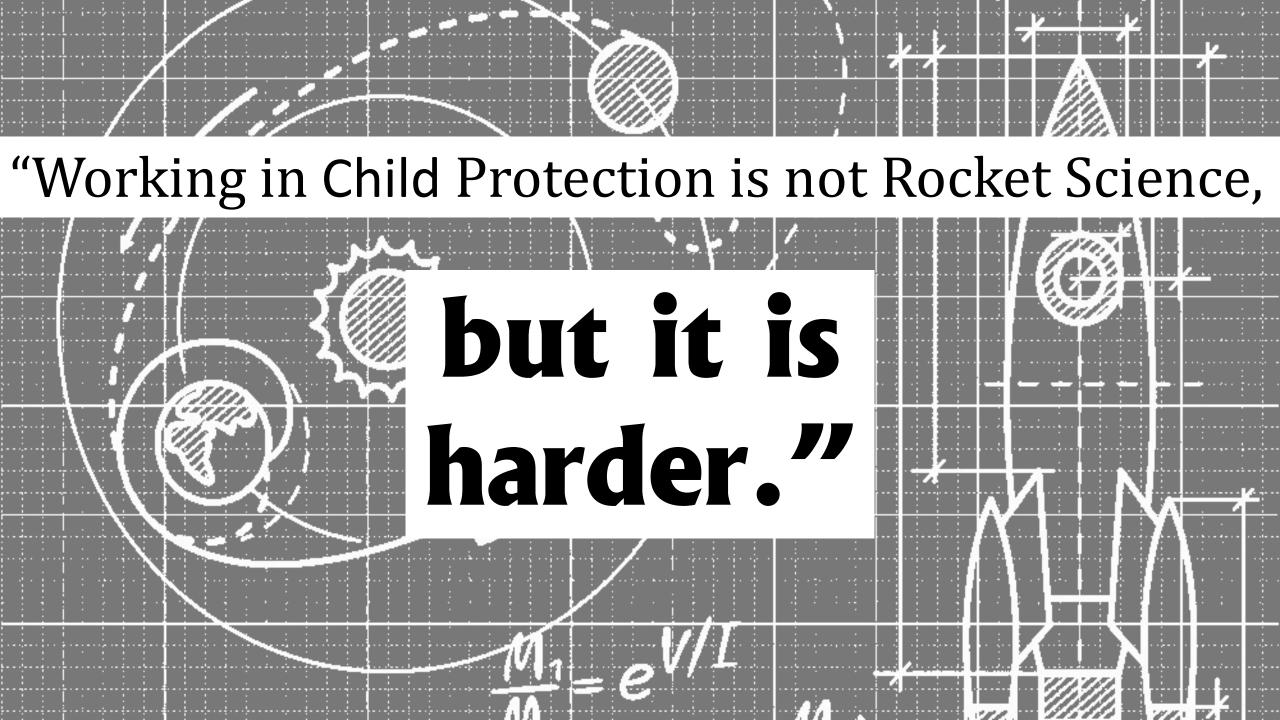
November 2014

CHILDREN AFFECTED BY
METHAMPHETAMINE (CAM) BRIEF

#### **ABOUT THE CAM BRIEF**

Improving outcomes for families affected by parental substance use disorders and child welfare involvement starts with a cross-systems commitment and coordinated approach to address the multiple and complex needs of parents and children. Through collaborative efforts around the country, evidence is emerging of what families need to succeed in their efforts to reunify with their children and maintain their recovery. The brief summarizes the experiences, lessons learned, and outcomes of the collaborative efforts of the Children Affected by Methamphetamine (CAM) grant program (October 2010 – September 2014). The brief also provides an overview of the grant program, the grantees, and key implementation lessons learned and highlights the CAM program's interim safety, permanency, recovery, and well-being outcomes for the 1,850 families served during the first three years of the grant.







**Ambiguity Inconsistent Goals Complexity of Decisions and Systems Severe Time Restraints** Inherent Unpredictability

abstinence

graduation

compliance

safety

### SUCCESS

case closure

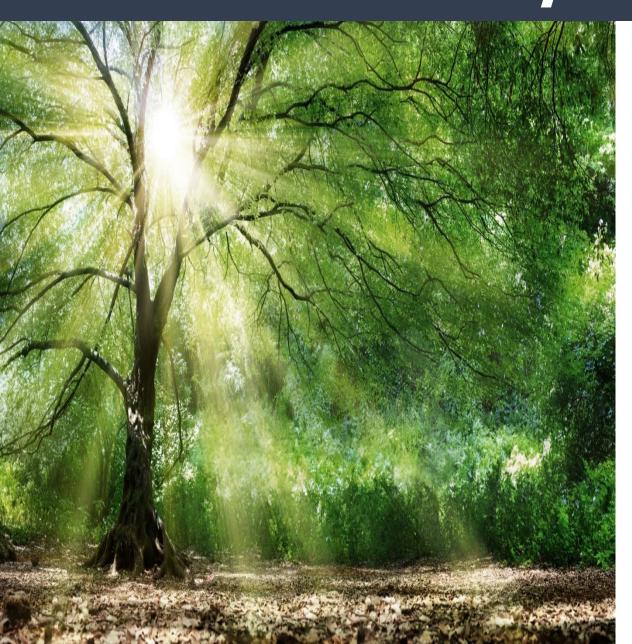
lasting permanency

reunification

recovery



### **Key Strategy**



Redesign phasing system to better assess and prepare families for successful recovery and reunification

### Phases as an Engagement Strategy

- Leverage the phase structure to create a behaviorbased, family-centered program
- Allow parents to see how their progress through the phases moves them to THEIR goal
- Create shared goals and coordinated case plans for all partners including the family
- Focus on vital services
- Lay out steps towards reunification



### What is Recovery?

### **SAMHSA's Working Definition**

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

Recovery is not treatment!

Access to evidence-based substance use disorder treatment and recovery support services are important building blocks to recovery.

### Four Major Dimensions

#### Health

Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing

#### Home

Maintaining a stable and safe place to live

#### **Purpose**

Conducting meaningful daily activities, such as a job, school or volunteerism, and having the independence of income, and resources to participate in society

#### Community

Having relationships and social networks that provide support, friendship, love, and hope

### Recovery Occurs in the Context of Relationships

- SUD is a brain disease that affects the family
- Adults (who have children)
   primarily identify themselves
   as parents
- The parenting role and parentchild relationship cannot be separated from treatment
- Adult recovery should have a parent-child component including prevention for the child



# The Costs of Focusing Only on Parent Recovery

- Threaten parent's ability to achieve and sustain recovery; increases risk of relapse
- Threatens parent's ability to establish a healthy relationship with their children
- Additional exposure to trauma for child/family
- The parent will continue to struggle with unresolved guilt
- Prolonged and recurring impact on child safety and well-being



# The Costs of Focusing on Parent Recovery Only - What Happens to Children?

- They are children who arrive at kindergarten not ready for school
- They are in special education caseloads
- They are disproportionately in foster care and are less likely to return home
- They are in juvenile justice caseloads
- They are in residential treatment programs
- They develop their own substance use disorders

# The Costs of Focusing on Parent Recovery Only - What Happens to Children?



### Family-Centered Approach



Recognizes that substance use disorder is a family disease and that recovery and well-being occurs in the context of families

### Multiple Needs Require Multiple Partners



#### **PARENTS**

- Parenting skills and competencies
- Family connections and resources
- Parental mental health; co-occurring
- Medication management
- Parental substance use
- Domestic violence





Trauma

Mental health

Adolescent substance use

At-risk youth prevention

Developmental & behavioral screenings and assessments

# Parent-Child: Key Service Components

Quality and frequent visitation

Parent-child relationship-based interventions

**Trauma** 

Early and ongoing peer recovery support

**Evidence-based** parenting

Community and auxiliary support

# Sacramento County Family Drug Court Programming



- Dependency Drug Court (DDC)
  - Post-File
- Early Intervention Family Drug
  Court (EIFDC)
  - Pre-File

Parent-child parenting intervention

Connections to community supports

**Improved outcomes** 

DDC has served over 4,200 parents & 6,300 children EIFDC has served over 1,140 parents & 2,042 children CIF has served over 540 parents and 860 children

# Sacramento County, CAM Project Children in Focus (CIF)

### **Key Service Components**

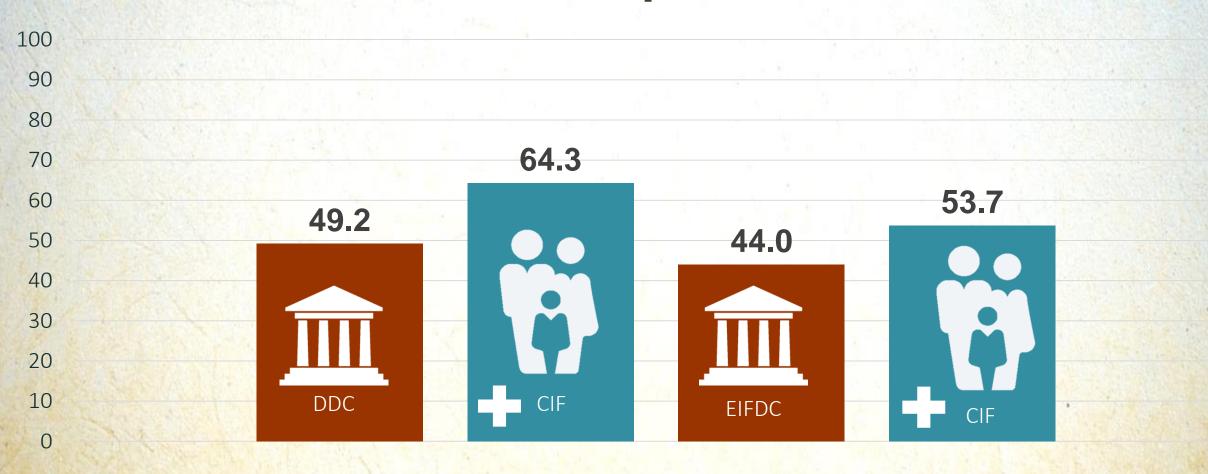


- Implementation of Celebrating Families
  - 16-week curriculum for families affected by parental substance use and child maltreatment and/or neglect

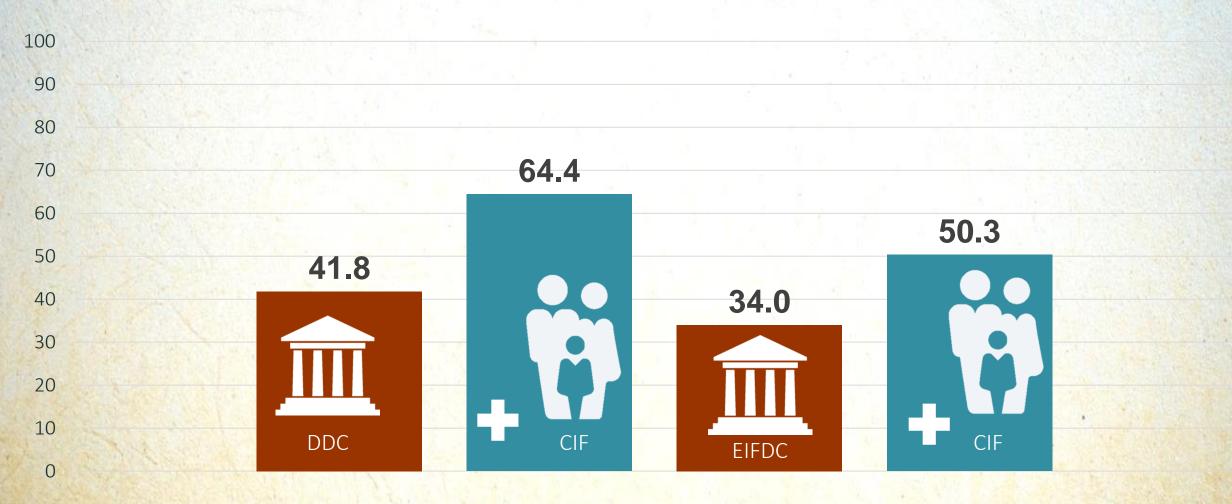


- Linkage to local Family Resource Center
- Warm-hand offs and case management support provided by recovery resource specialists

## Sacramento County, CAM Project, Children in Focus (CIF) Treatment Completion Rates



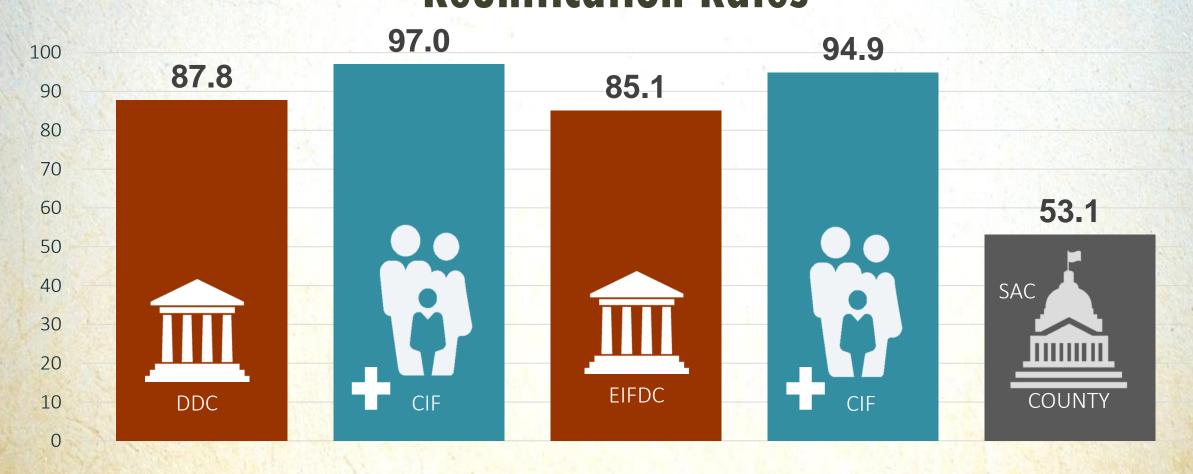
### Sacramento County, CAM Project, Children in Focus (CIF) Rate of Positive Court Discharge/Graduate



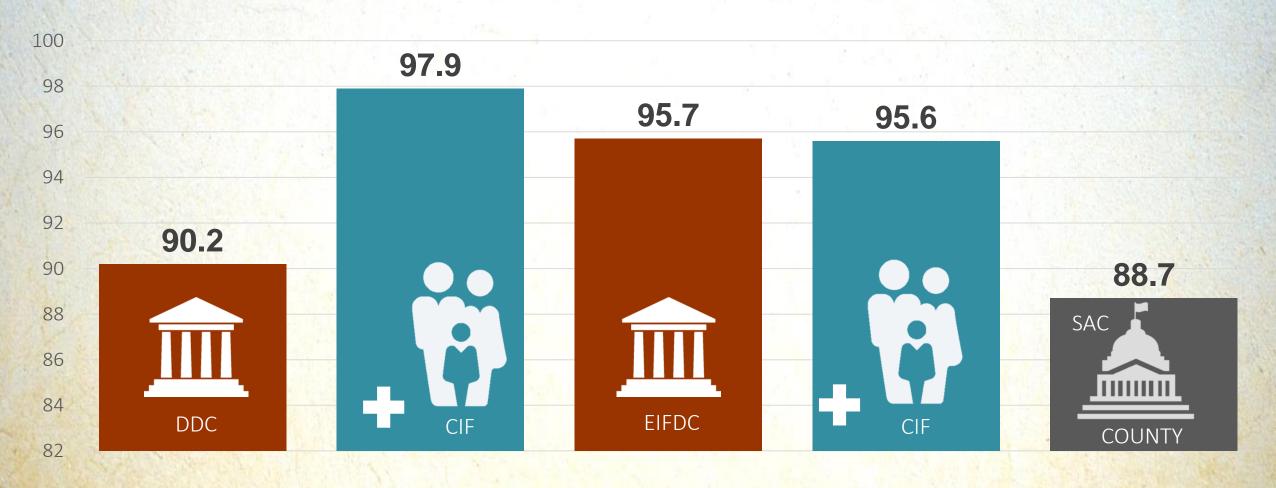
### Sacramento County, CAM Project, Children in Focus (CIF) Remained at Home



### Sacramento County, CAM Project, Children in Focus (CIF) Reunification Rates

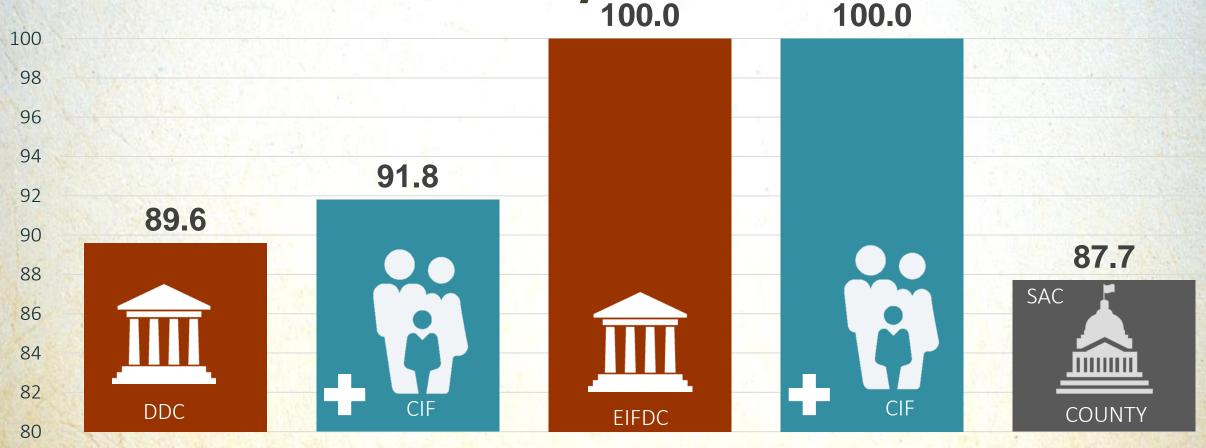


### Sacramento County, CAM Project, Children in Focus (CIF) No Recurrence of Maltreatment at 12 Months



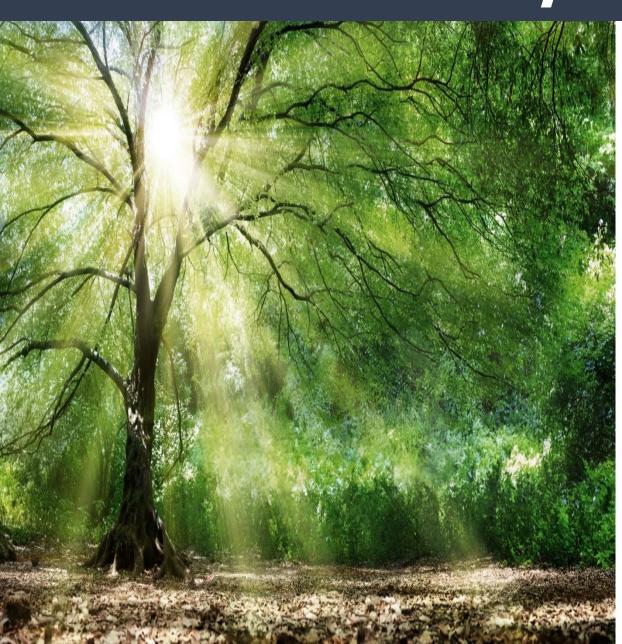
### Sacramento County, CAM Project, Children in Focus (CIF)

No Re-Entry at 12 Months
100.0 100.

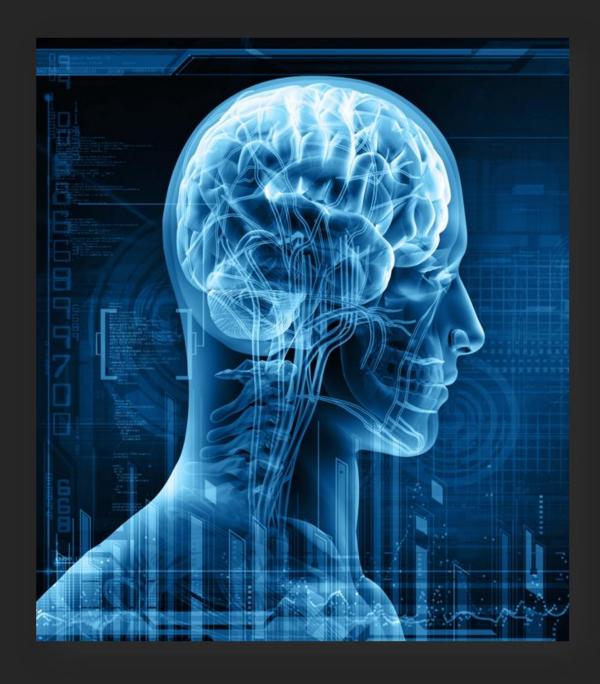




### **Key Strategy**



**Actively Engage Families** in Quality, **Family-Centered Treatment** 



We know more about

Brain Science of Substance Use Disorder

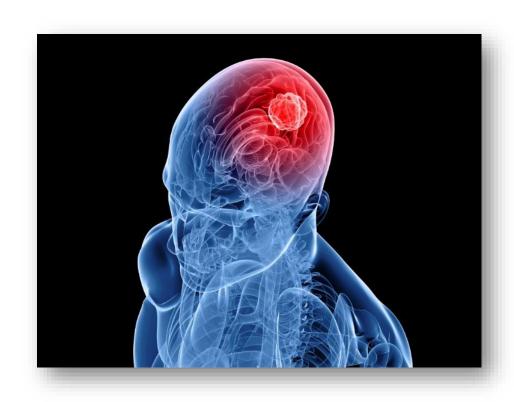
### The ABCDE's of Addiction

#### Addiction is characterized by:

- A. Inability to consistently Abstain
- B. Impairment in <u>B</u>ehavioral control
- C. <u>Craving</u>; or increased "hunger" for drugs or rewarding experiences
- D. <u>D</u>iminished recognition of significant problems with one's behaviors and interpersonal relationships
- E. A dysfunctional <u>E</u>motional response

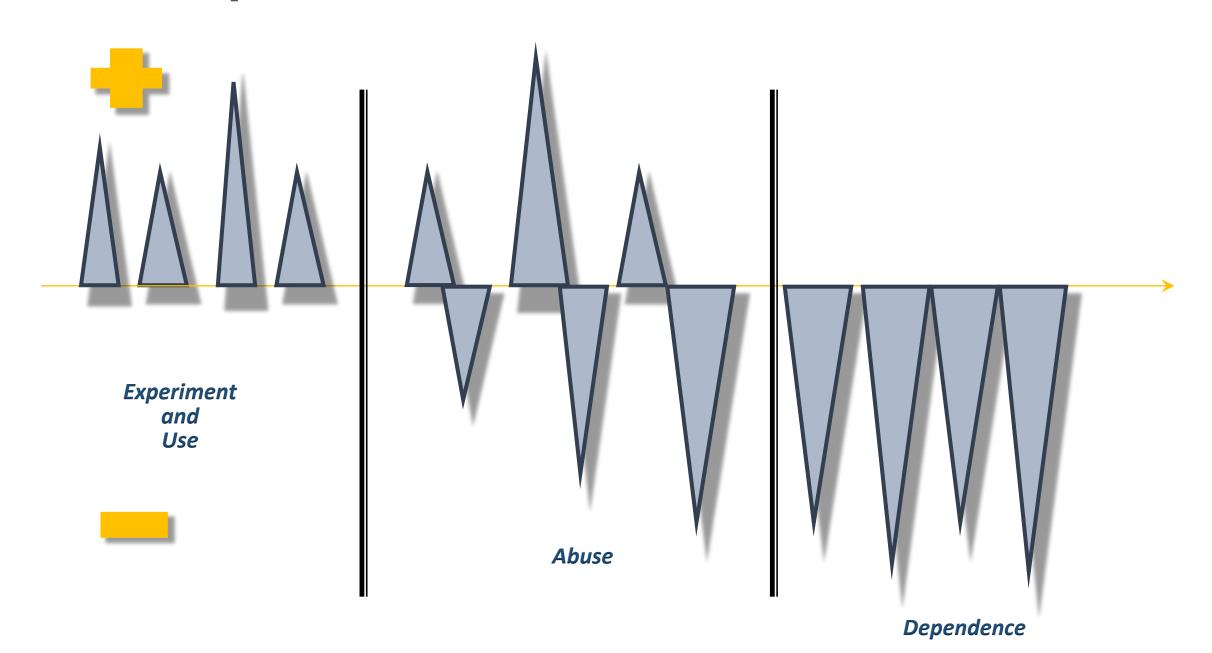


### **ASAM Definition of Addiction**

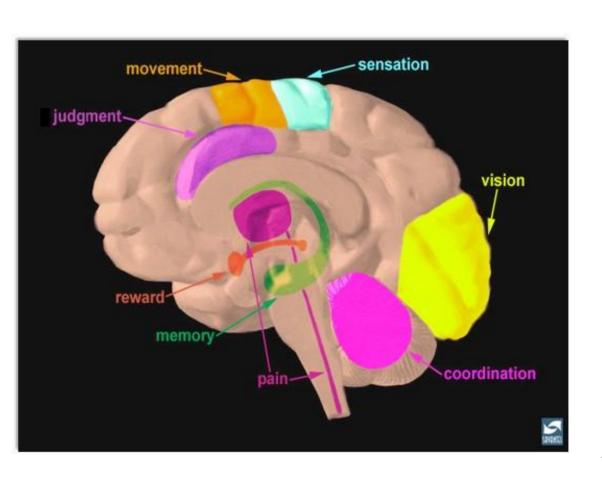


"Addiction is **a primary, chronic** disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors."

## **Spectrum of Substance Use Disorders**



## A Chronic, Relapsing Brain Disease

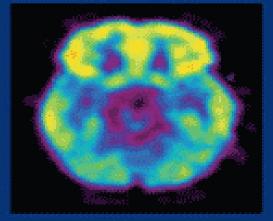


Brain imaging studies show physical changes in areas of the brain that are critical to:

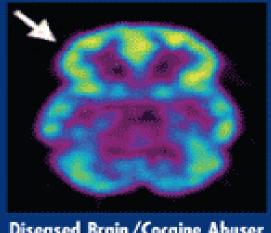
- Judgment
- Decision making
- Learning and memory
- Behavior control

These changes alter the way the brain works and help explain the compulsion and continued use despite negative consequences.

#### DECREASED BRAIN METABOLISM IN PROF ABUSER

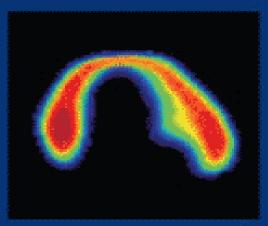


**Healthy Brain** 

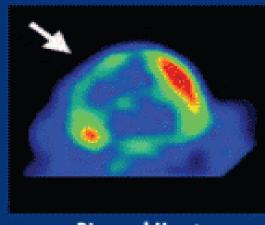


Diseased Brain/Cocaine Abuser

#### DECREASED HEART METABOLISM IN **HEART DISEASE PATIENT**



**Healthy Heart** 



**Diseased Heart** 

Substance use disorders are similar to other diseases, such as heart disease. **Both** diseases disrupt the normal, healthy functioning of the underlying organ, have serious harmful consequences, are preventable, treatable, and if left untreated, can result in premature death.

## Effects of Drug Use on Dopamine Production



- Think of a pleasant experience (a romantic evening, a relaxing vacation, playing w/a child). Pleasure is caused by dopamine, a major brain chemical, that is secreted into the amygdala region of the brain causing that pleasure part of the brain to fire. Addictive drugs do the same, only more intense.
- When drug use is frequent and causes a surge of dopamine on a regular basis, the brain realizes the dopamine is being provided artificially, and it essentially loses its natural ability for pleasure (at least for a period of time).

## Effects of Drug Use on Dopamine Production

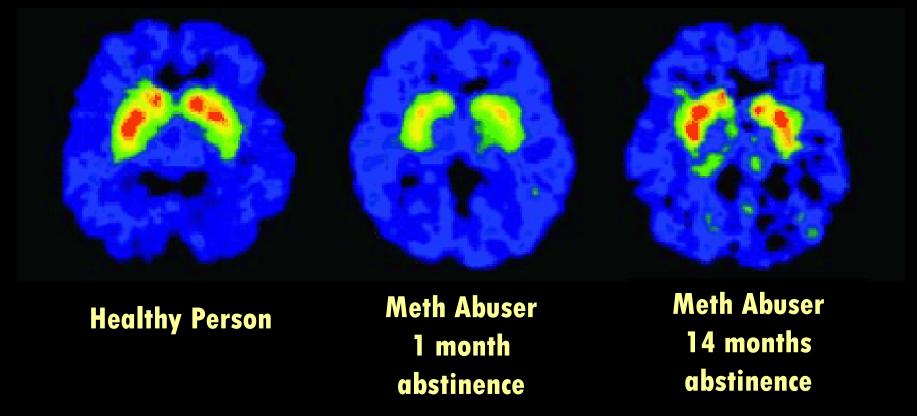


- Think about the implications for a child welfare parent who has just stopped using drugs and is trying to resume normal interactions with their child/ren.
- If you are tasked with observing this visitation, what conclusions might you draw?
- If cues are misread, how might this affect a parent's ability to keep or obtain custody of their child/ren?
- How do we balance compassion, understanding and patience with a parent's temporarily compromised brain condition while maintaining parent accountability and child safety?

## A Treatable Disease

- Substance use disorders are preventable and is a treatable disease
- Discoveries in the science of addiction have led to advances in drug use treatment that help people stop abusing drugs and resume their productive lives
- Similar to other chronic diseases, addiction can be managed successfully
- Treatment enables people to counteract addiction's powerful disruptive effects on brain and behavior and regain areas of life function

## Brain Recovery with Prolonged Abstinence



These images of the dopamine transporter show the brain's remarkable potential to recover, at least partially, after a long abstinence from drugs - in this case, methamphetamine.<sup>9</sup>

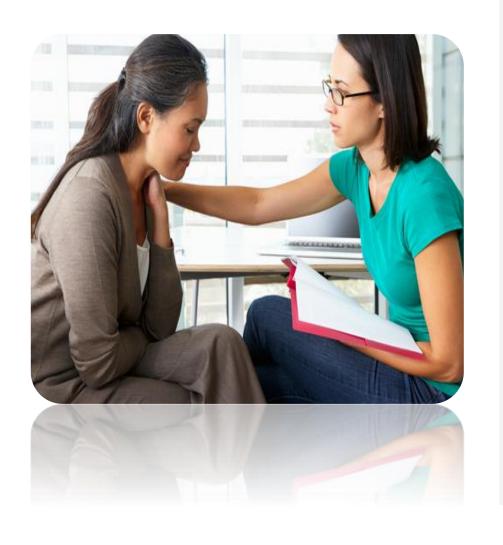


## Addiction as a Family Disease

- The impact on child development is well-known: addiction weakens relationships – which are critical to healthy development
- Child well-being is more than just development, safety and permanency it's about relationships that ensure family well-being
- Impact of substance use combined with added trauma of separation due to out-home custody = severe family disruption



#### **Effective Substance Use Disorder Treatment**



- Is readily available
- Attends to multiple needs of the individual (vs. just the drug of use)
- Uses engagement strategies to keep clients in treatment
- Uses counseling, behavioral therapies (in combination with medications if necessary)
- Addresses co-occurring conditions
- Uses continuous monitoring

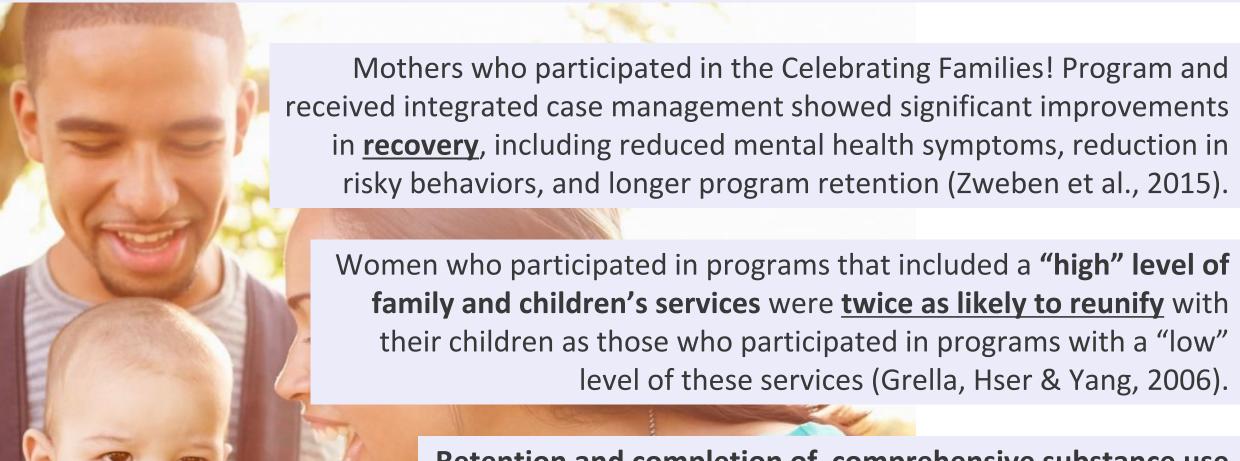
### Medication-Assisted Treatment



As part of a comprehensive treatment program, MAT has been shown to:

- Increase retention in treatment
- Decrease illicit opioid use
- Decrease criminal activities, re-arrest and reincarceration
- Decrease drug-related HIV risk behavior
- Decrease pregnancy related complications
- Reduce maternal craving and fetal exposure to illicit drugs

## Family-Centered Substance Use Disorder Treatment



Retention and completion of comprehensive substance use treatment have been found to be the strongest predictors of reunification with children for parents with substance use disorders (Green, Rockhill, & Furrer, 2007; Marsh, Smith, & Bruni, 2010).



Thoughts & beliefs



Emotions and feelings



Behavior and practice

## Re-thinking SUD **Treatment** Recovery Response

Why won't they just stop?

# Our Beliefs

They must love their drug more than their kids.

They need to really want to get sober.

They need to hit rock bottom.

Here's a referrallet me know when you get into treatment.

# Our Response

They'll get into treatment if they really want it.

Call me on Tuesday.

Don't work harder than the client.

## Rethinking Treatment Readiness



## Re-thinking "Rock Bottom"

- "Tough love"- in the hopes that they will hit rock bottom and wanting to change their life
- Collective knowledge in the community is to "cut them off, kick them out, or stop talking to them"
- Addiction as a disease of isolation



#### "Raising the bottom"

- Getting off on an earlier floor
- Has realistic expectations and understands both the neuro-chemical effects on people with substance related and addiction disorders and difficulties and challenges of early recovery
- Readiness
- Recovery occurring in the context of relationships

Let's call the treatment agency together now.

# Active Engagement

Let's talk about how you are going to get to your intake appointment and what that appointment will be like.

Let me introduce you to your counselor.

I will call you in the morning and check how things are going.

## Peer Support

- Peer Mentor
- Peer Specialist
- Peer Providers
- Parent Partner

Experiential Knowledge,
Expertise

## **Titles and Models**

- Recovery Support Specialist
- Substance Abuse Specialist
- Recovery Coach
- Recovery Specialist
- Parent Recovery Specialist

Experiential Knowledge, Expertise + Specialized Trainings

#### YOU NÆED TO ÆSK:

What does our program and community need?

## Functions of Recovery Support Specialists





#### Liaison

• Links participants to ancillary supports; identifies service gaps

#### **Treatment Broker**

- Facilitates access to treatment by addressing barriers and identifies local resources
- Monitors participant progress and compliance
- Enters case data

#### **Advisor**

- Educates community; garners local support
- Communicates with FDC team, staff and service providers

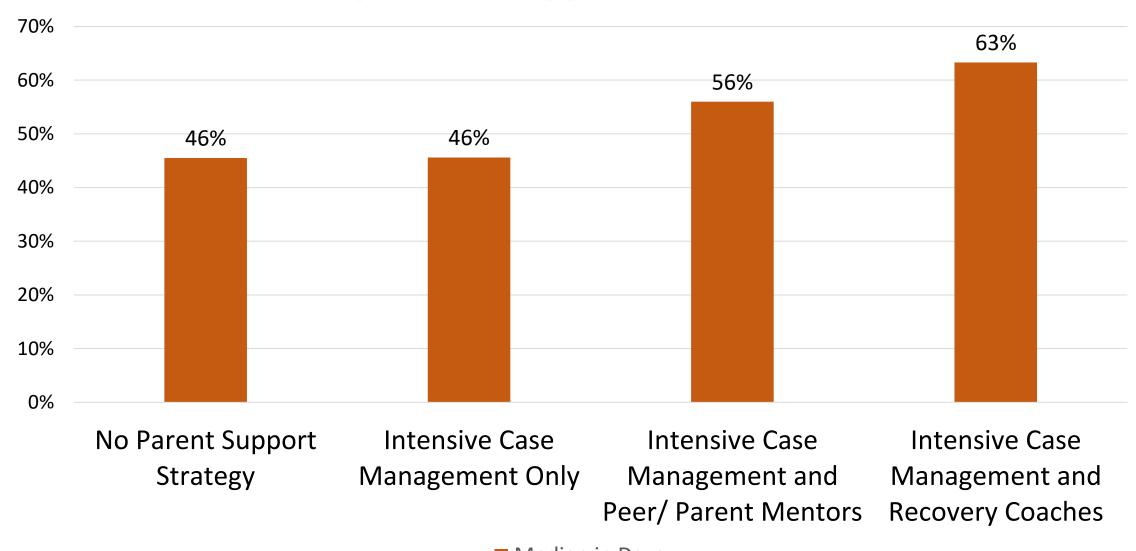


# Median Length of Stay in Most Recent Episode of Substance Use Disorder Treatment After RPG Entry by Grantee Parent Support Strategy Combinations





# Substance Use Disorder Treatment Completion Rate by Parent Support Strategies



## Recovery Support Matters

A Randomized Control Trial – Cook County, IL (n=3440)

Timely
Comprehensive
Assessment



Early Access to Treatment

Ryan, Perron, Moore, Victor, Park, (2017) "Timing matters: A randomized control trial of recovery coaches in foster care, Journal of Substance Abuse Treatment

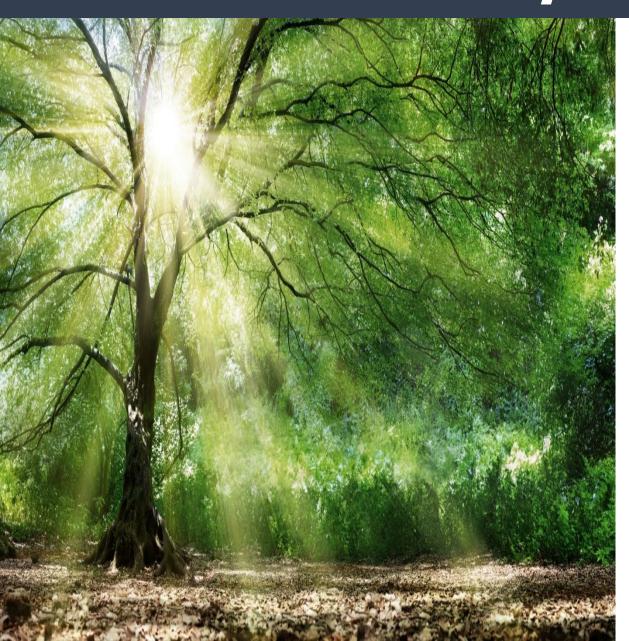
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## **Key Strategy**



Connect with services that strengthen families and support parent-child relationships



## Connecting Families to Evidence-Based 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
  - (c) the risk of child abuse and neglect can be reduced

# Parenting Programs Specific to Families Affected by Substance Use Disorders

- Celebrating Families <a href="http://www.celebratingfamilies.net/">http://www.celebratingfamilies.net/</a>
- Strengthening Families <a href="http://www.strengtheningfamiliesprogram.org/">http://www.strengtheningfamiliesprogram.org/</a>
- Nurturing Program for Families in Substance Abuse Treatment and Recovery -

http://www.healthrecovery.org/publications/detail.php?p=28

#### **Please visit:**

- California Evidence-Based Clearing House <u>www.cebc4cw.org</u>
- National Registry of Evidence-Based Programs and Practices www.nrepp.samhsa.gov

Grantee	EBPs Identified and/or Selected
Grantee A	<ul><li>Baby Smarts (existing)</li><li>Positive Indian Parenting (new)</li></ul>
Grantee B	<ul> <li>Child-Parent Psychotherapy (existing)</li> <li>Trauma-Focused Cognitive Behavioral Therapy (existing)</li> <li>Alternatives for Families: A Cognitive-Behavioral Therapy (existing)</li> <li>SafeCare (existing)</li> <li>Celebrating Families! (new)</li> </ul>
Grantee C	<ul> <li>Nurturing Families (existing)</li> <li>Strengthening Families Program (existing)</li> <li>Incredible Years (existing)</li> <li>Triple P (existing)</li> </ul>
Grantee D	<ul> <li>Celebrating Families! (existing)</li> <li>Early Pathways (existing)</li> <li>Parents Interacting with Infants (existing)</li> <li>Solution-Focused Brief Therapy (new)</li> <li>Caring for Children Who Have Experienced Trauma (new)</li> </ul>

<sup>&</sup>quot;Existing" – leveraging existing EBP community resource; "New" – implementing new EBP



**Social Connections** 

**Nurturing and Attachment** 

Knowledge of Parenting and Child Development

Parental Resilience

Concrete
Support for
Families

Social and
Emotional
Competence of
Children

**Building Protective Factors to Strengthen Families** 

## Considerations for Selecting a Parenting Program

- Have you conducted a needs assessment? What do the 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?
- Is it evidence-based for this population?
- Do you have the staffing and logistical support for successful implementation?

## **Key Strategy**



# Ensure Quality Time for Parents and Children

# Child and Family Services Reviews Round 3 Findings 2015-2016

- Cases did better when there was frequent quality parenting time
- Cases did better when parents and children were involved in case planning

Children's Bureau (2017). *Child and Family Services Reviews: Round 3 Findings 2015-2016.* Retrieved from <a href="https://training.cfsrportal.org/resources/3105">https://training.cfsrportal.org/resources/3105</a>

## Impact of Parenting Time on Reunification Outcomes



- Children and youth who have regular, frequent contact with their families are more likely to reunify and less likely to reenter foster care after reunification (Mallon, 2011)
- Visits provide an important **opportunity to gather information** about a parent's capacity to appropriately address and provide for their child's needs, as well as the family's overall readiness for reunification
- Parent-Child Contact (Visitation): Research shows
   frequent visitation increases the likelihood of
   reunification, reduces time in out-of-home care (Hess,
   2003), and promotes healthy attachment and reduces
   negative effects of separation (Dougherty, 2004)

## Elements of Successful Parenting Time Plans



#### Parenting time should occur:

- Frequently
- For an appropriate period of time
- In a comfortable and safe setting
- With therapeutic supervision when appropriate

## **Children Need to Spend Time with Their Parents**



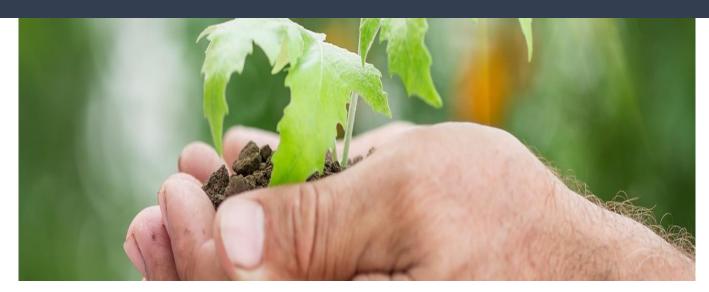
- Involve parents in the child's appointments with doctors and therapists
- Expect foster parents to participate in visits
- Help parents plan visits ahead of time
- Enlist natural community settings as visitation locations (e.g. family resource centers)
- It is an opportunity to gather information about parent and child service needs

## Practice Innovation: Reunification Group

- Participation begins during unsupervised/overnight visitations through 3 months post-reunification
- Staffed by an outside treatment provider and recovery support specialist (or other mentor role)
- Focus on supporting parents through reunification process
- Group process provides guidance and encouragement; opportunity to express concerns about parenting without repercussion



## **Aftercare and Ongoing Support**



#### Ensure aftercare and recovery success beyond FTC and CWS participation:

- Personal Recovery Plan recovery prevention, relapse
- Peer-to-peer support alumni groups, recovery groups
- Other relationships family, friends, caregivers, significant others
- Community-based support and services basic needs (childcare, housing, transportation), mental health, physical health and medical care, spiritual support
- Self-sufficiency employment, educational and training opportunities



## Practice Innovation: Peer Support

#### Alameda, CA:

- All petitions reviewed for substance use by specialized and trained court clerks
- Recovery support specialist attends hearings
- Engagement at the earliest point improves treatment outcomes



### Practice Innovation: Court Ordered Observation

#### Pima, AZ:

- Systematic screening
- All eligible families are courtordered to observe FTC docket
- Peer mentors present to engage families during observation
- Observation survey



## Practice Innovation: Enrollment

#### Florida:

 All eligible families are enrolled; Parents must opt out vs. opt in

#### Wapello, IA & Tompkins, NY:

 If eligible parent does not enter FTC, court sets parent frequently -weekly/biweekly/monthly -until parent is engaged in treatment or enters FTC

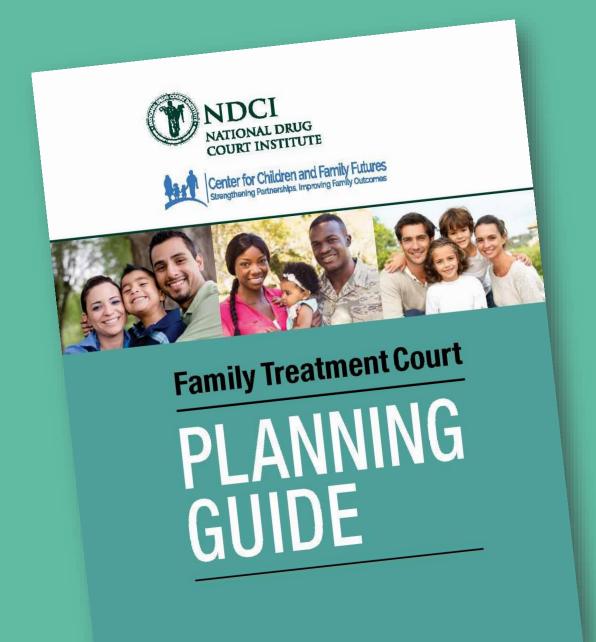






## Highlighted Resources





- Designed to provide step-by-step instructions
- Use Guide to gather needed information to present FTC concept
- WorksheetActivities

## TRANSITIONING TO A FAMILY CENTERED APPROACH:

Best Practices and Lessons Learned from Three Adult Drug Courts



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

#### To download a copy:

https://www.ndci.org/wpcontent/uploads/2016/05/Transition ing-to-a-Family-Centered-Approach.pdf

## Family Drug Court Orientation Materials



## Family Drug Court Peer Learning Court Program



http://www.cffutures.org/plc/

A COLLABORATIVE APPROACH TO THE TREATMENT OF PREGNANT WOMEN WITH OPIOID USE DISORDERS







Practice and Policy Considerations for Child Welfare, Collaborating Medical, & Service Providers







#### **New Publication!**

#### **Purpose**

Support the efforts of states, tribes and local communities in addressing the needs of pregnant women with opioid use disorders and their infants and families

#### **Audience**

- Child Welfare
- Substance Use Treatment
- Medication Assisted Treatment Providers
- OB/GYN
- Pediatricians
- Neonatologists

#### **National Workgroup**

- 40 professionals across disciplines
- Provided promising and best practices; input; and feedback over 24 months

https://www.ncsacw.samhsa.gov/

### **Additional Resources on Opioids**

## Web-Based Resource Directory:

- Webinar Series
- Information on Treatment of Opioid Use Disorders in Pregnancy; Neonatal Abstinence Syndrome
- Site Examples



## Family Drug Court Learning Academy







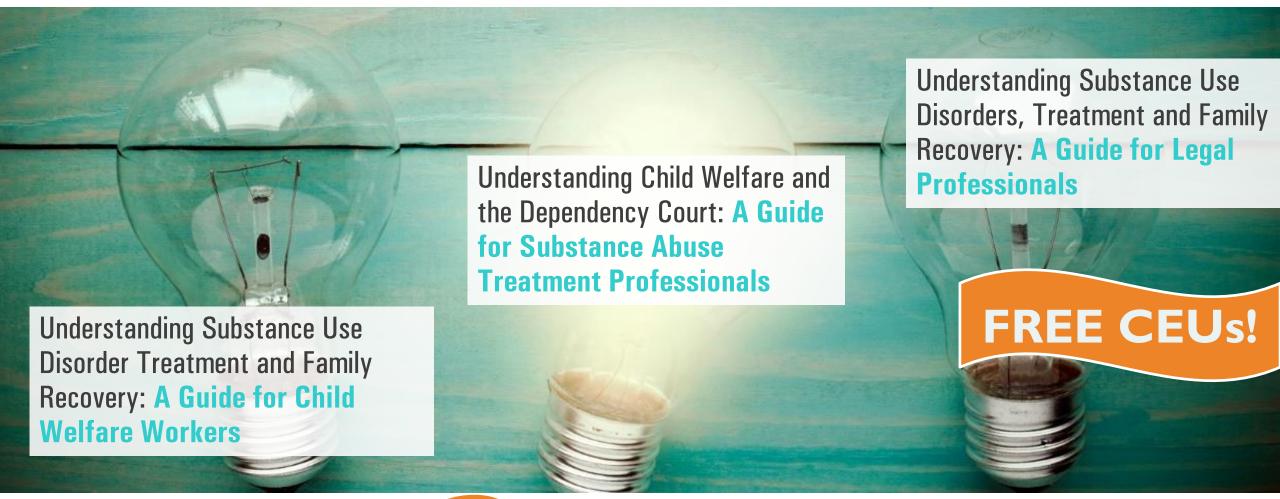


www.cffutures.org/fdc-learning-academy/

## Family Drug Court Online Tutorial



## NCSACW Online Tutorials Cross-Systems Learning





www.ncsacw.samhsa.gov/training

## Family Drug Court Guidelines

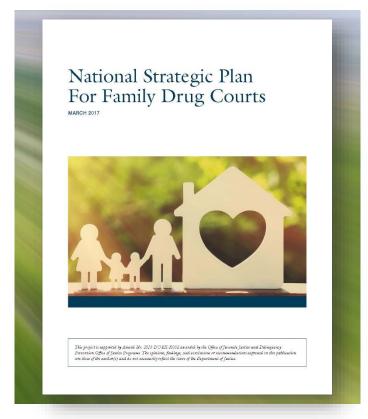


## Family Drug Court National Strategic Plan

#### Vision:

Every family in the child welfare system affected by parental/caregiver substance use disorders will have timely access to comprehensive and coordinated screening, assessment and service delivery for family's success.









http://www.cffutures.org/report/nationalstrategic-plan/

## Family Drug Court Blog



