PUTTING FAMILIES FIRST IN DC
Building a Framework for Preventing Abuse and Neglect

September 12, 2019

NGA: Human Services Policy Advisors Institute
Child Welfare
District Characteristics

- Both local and state functions within CFSA
- Partially privatized
- Have always supported youth in care to age 21
- Strong array of services and best practices
- Relationships are key. CFSA is the agency. Numerous partners make up the system.
Snapshot of the DC Kids We Serve

The DC Child and Family Services Agency (CFSA) works to improve the safety, permanence, and well-being of abused and neglected children in the District of Columbia and to strengthen their families. The numbers and percentages below reflect CFSA data as of June 30, 2019 (end of FY19 Q3).

All children deserve to grow up in a loving, supportive and healthy home. CFSA invites DC families to join us as partners in caring for DC kids. Find out how and the resources available to help you serve as a successful foster parent.

1616
The number of children served in their home (66% of kids we serve)

846
The number of children living in foster care (34% of kids we serve)

238
The number of children living with kin or relative (28% of kids we serve)

55
The number of children who are in need of a permanent family

50
Where do most of our kids come from?

Ward 7: 25%
Ward 8: 34%

266
The number of children who have exited care and have been placed in a permanent home via reunification, adoption or kinship care

312
The number of children we serve, ages 14-21 (37% of kids we serve in foster care)

AUGUST 2019
Four Pillars Agenda: Values-Based

Children grow up best with their families. We remove children only when necessary to keep them safe.

Every child exits care as quickly as possible for a safe, supportive family or life-long connection. Older youth have skills for successful adulthood.

Foster care is temporary. We start planning for permanence the day a child enters care.

Every child is entitled to a nurturing environment that supports healthy growth and development, good physical and mental health, and academic achievement.
Front Door: Focus on Prevention

Prevention Partners

- Healthy Families/Thriving Communities Collaboratives: key partners and primary neighborhood-based resource- 20 year history with CFSA

- Key collaborations with sister agencies: Health, Mental Health, and Human Services
CFSA’s Focus on Prevention: Fewer Kids in Foster Care

Children in District Out-of-Home Care
Point in time: Last day of Fiscal Year

<table>
<thead>
<tr>
<th>Year</th>
<th>FY10</th>
<th>FY11</th>
<th>FY12</th>
<th>FY13</th>
<th>FY14</th>
<th>FY15</th>
<th>FY16</th>
<th>FY17</th>
<th>FY18</th>
<th>FY19Q3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
<td>2,092</td>
<td>1,827</td>
<td>1,549</td>
<td>1,342</td>
<td>1,120</td>
<td>1,085</td>
<td>996</td>
<td>905</td>
<td>839</td>
<td>846</td>
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</table>

First day of FY12 = 51% of caseload

Last day of FY19Q3 = 66% of caseload
**District Title IV-E Waiver**

**Safe and Stable Families**

- **Original target populations**
  - Young families (ages 17-25) with young children (ages 0-6)
  - Children in foster care with goal of reunification for 6-12 months

- **Original evidence-based programs**
  - HOMEBUILDERS®
  - Project Connect
  - Parent Education Support Program (PESP)

- **Learnings**
  - Narrow requirements of national models led to low referrals
  - At the mid-point, renegotiated our demonstration project
Moving from Waiver to Family First

- Although IV-E waiver ended in mid-FY19, CFSA is committed to prevention and family support: front yard, front porch, and front door.

- Goal is to expand effective community-based services available to help families in their own neighborhoods—often before they get involved with child welfare.

- Strengthening strategic partnerships with community-based organizations and other human services agencies is key.

- Moving toward a city-wide approach to prevention.

Family First Planning Process

- Established a cross-agency, cross-sector work group

- Clear charge: create a citywide plan to strengthen families and keep children safe

- Family First Prevention Services Act is an opportunity, not an end game
Prevention Work Group

- Reviewed CFSA and partner data and obtained input on potential target populations and services
- Conducted client and provider focus groups
- Identified target populations for services, including upstream (primary prevention) target populations and candidates for foster care
- Recommended the best-fit evidence-based interventions to meet DC families’ specific service needs.
- Articulated a broad vision for prevention in DC
Family Work Prevention Internal Core Team – Subject Matter Expert (SME) Meetings

- Key internal stakeholder meetings to answer plan development and implementation questions.

- Used Chapin Hall’s Readiness Assessment, Planning, and Implementation tool as a framework for meeting with CFSA subject matter experts (SMEs).

- Initial meetings to inform plan development served as a kick-off for CFSA’s implementation team to answer critical questions to craft our prevention plan.

- Shifting now from plan development to implementation efforts following the submission of our Plan to the Children’s Bureau.
Family First Internal Planning

- Congregate Care Analysis

- Claiming and Fiscal Impacts
  - Budget impacts and preparing to move from the Waiver to Family First

- Practice and IT System Changes
  - EBP Case Management Services, IT system design/changes, Training

- Building Evaluation and CQI capacity internally
  - Partnership with The Lab @ DC, Chapin Hall
Theory of Change

**Target Population**

- Identify, assess, & engage the target population:
  - Pregnant and parenting youth in foster care
  - Children at high risk of entering or re-entering foster care and their caregivers

**Interventions**

- Deliver high fidelity evidence-based programs that are aligned with the specific needs and characteristics of the target population.
- Promote increased family engagement and completion of services through case management and motivational interviewing.

**Proximal Outcomes**

- Parent, child, and family functioning improves by achieving the desired outcomes each service at high rates, such as:
  - Parents empowered with skills and resources
  - Reduced behavioral and mental health disorder symptoms
  - Improved PTSD and trauma symptoms
  - Reduced problematic patterns of substance use

**Distal Outcomes**

- As the number of children and families served in the community increases, the number of children served in foster care decreases
- The child welfare system rebalances as a primarily preventive and family-strengthening system

**Infrastructure & Implementation Supports**

- CFSA and city agencies provide critical administrative supports to facilitate successful implementation and achievement of outcomes, e.g., IT tools, interagency collaboration, and workforce supports.

*Initial and repeat child maltreatment declines*
# Family First Target Population

<table>
<thead>
<tr>
<th>Target Sub-Populations</th>
<th></th>
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<tbody>
<tr>
<td><strong>Front Porch</strong></td>
<td></td>
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<tr>
<td>(1) Children served through the Healthy Families/Thriving Communities Collaboratives (the Collaboratives) following a CPS investigation or closed CFSA case.</td>
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<tr>
<td>(2) Children who have exited foster care through reunification, guardianship, or adoptions.</td>
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<td>(3) Children born to mothers with a positive toxicology screening.</td>
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<tr>
<td><strong>Front Door</strong></td>
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<tr>
<td>(4) Children served through CFSA’s In-Home Services program, which offers intensive case management and service referrals to families.</td>
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<tr>
<td>(5) Pregnant or parenting youth in/recently exited foster care with eligibility for services ending five years after exiting foster care.</td>
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<tr>
<td>(6) Non-ward children of pregnant or parenting youth in or recently exited foster care with eligibility for services ending five years after exiting.</td>
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<tr>
<td>(7) Siblings of children in foster care who reside at home and have assessed safety concerns.</td>
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## EBP Services: In-Home Parenting

<table>
<thead>
<tr>
<th>In-home Parenting</th>
<th>EBP Interventions</th>
<th>Target Population (in years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents as Teachers (PAT)</td>
<td>Parents of children 0-5</td>
<td></td>
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<tr>
<td>Nurturing Parent Program (NPP)</td>
<td>Parents of children 5-12</td>
<td></td>
</tr>
<tr>
<td>Healthy Families America (HFA)</td>
<td>Parents of children 0-5</td>
<td></td>
</tr>
<tr>
<td>Chicago Parenting Program (CPP)</td>
<td>Parents of children 2-5</td>
<td></td>
</tr>
<tr>
<td>Effective Black Parenting Program (EBPP)</td>
<td>Parents of children 0-17</td>
<td></td>
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<tr>
<td>YVLifeset</td>
<td>Pregnant or Parenting Youth 17-22</td>
<td></td>
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<tr>
<td>Transition to Independence (TIP)</td>
<td>Pregnant or Parenting Youth 14-29</td>
<td></td>
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</tbody>
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## EBP Services: Substance Abuse

<table>
<thead>
<tr>
<th>Substance Abuse</th>
<th>EBP Interventions</th>
<th>Target Population (in years)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Project Connect</td>
<td>Parents of children 0-17</td>
</tr>
<tr>
<td></td>
<td>Recovery Coaches - Connecticut Center for Addiction and Recovery (CCAR) certification</td>
<td>Caregivers (all ages)</td>
</tr>
<tr>
<td></td>
<td>Adolescent Community Reinforcement Approach (A-CRA)</td>
<td>Children 12-25</td>
</tr>
</tbody>
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## EBP Services: Mental Health & Cross-Cutting

<table>
<thead>
<tr>
<th>EBP Interventions</th>
<th>Target Population (in years)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mental Health</strong></td>
<td></td>
</tr>
<tr>
<td>Multi-Systemic Therapy (MST)</td>
<td>Children 11-17</td>
</tr>
<tr>
<td>Trauma-Focused Cognitive Behavioral Therapy</td>
<td>Children 3-18 and their caregivers</td>
</tr>
<tr>
<td>Functional Family Therapy</td>
<td>Children 11-18</td>
</tr>
<tr>
<td>Parent Child Interaction Therapy (PCIT)</td>
<td>Children 2-6</td>
</tr>
<tr>
<td>Parents Anonymous</td>
<td>All families</td>
</tr>
<tr>
<td><strong>Cross-cutting</strong></td>
<td></td>
</tr>
<tr>
<td>Motivational Interviewing (MI)</td>
<td>Parents (all ages)</td>
</tr>
</tbody>
</table>
The Role of Case Management

- CFSA is investing in training on encouraging meaningful connections-to and engagement-in EBP services
- MI has emerged as a prominent case management tool in the field of child welfare
- In-home social workers, supervisors and Collaboratives will carry out Motivational Interviewing (MI) as a core component of the practice model

Evidence-Based Preventive Services + Significantly improved outcomes for families!
FAMILIES FIRST DC: MOVING UPSTREAM
Family First (CFSA) + Families First DC

Wraps around the narrow requirements of Family First to support and strengthen DC families in their own neighborhoods through primary prevention.

Evidence-based programs to support pregnant & parenting youth in foster care and foster care candidates.

Families First DC: Neighborhood-based strengthening approach
Families First DC: 10 Family Success Centers in Targeted Neighborhoods
Families First DC: Goals

- **Empower Communities** - Place-based approach - neighborhoods and families will create Family Success Centers to meet their specific needs.
  - Community Advisory Committees to set priorities, $400,000 grants including up to $250,000 for sub grants to fill services gaps

- **Integrate Services** – Centers will be uniquely designed by each community to facilitate access to existing government and community resources tailored to meet families’ needs

- **Focus Upstream** - Family Success Centers will focus on increasing protective factors and mitigating trauma - prevent crises through early engagement
Families First DC: Neighborhoods and Locations

Families First DC neighborhoods were selected based on social determinants of health data, violence prevention priority areas, and substantiated reports of child abuse and neglect.

**Ward 7**
1. Simple City (Benning Terrace)/Benning Park
2. Clay Terrace (Richardson Dwellings)
3. Mayfair/Paradise
4. Stoddart Terrace/ 37th (Fort Dupont)

**Ward 8**
6. Woodland
7. Anacostia
8. Congress Heights
9. Condon Terrace/Wahler Place/3rd World/6th Street (Washington Highlands)
10. Wingate/Forrester/Elmira (Bellevue)
Questions & Discussion