

PUTTING FAMILIES FIRST IN DC

Building a Framework for Preventing Abuse and Neglect

September 12, 2019

NGA: Human Services
Policy Advisors Institute



Child and Family Services Agency
PUTTING **FAMILIES** FIRST IN DC

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The complex block is a promotional graphic for the Child and Family Services Agency. It features a dark blue top section with the agency name and the slogan "PUTTING FAMILIES FIRST IN DC". Below this are two photographs: the top one shows a family of four walking away on a sunlit path, and the bottom one shows a family of four smiling. The bottom section is red and contains the agency logo, the "WE ARE WASHINGTON DC" logo, and contact information.

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

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)

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

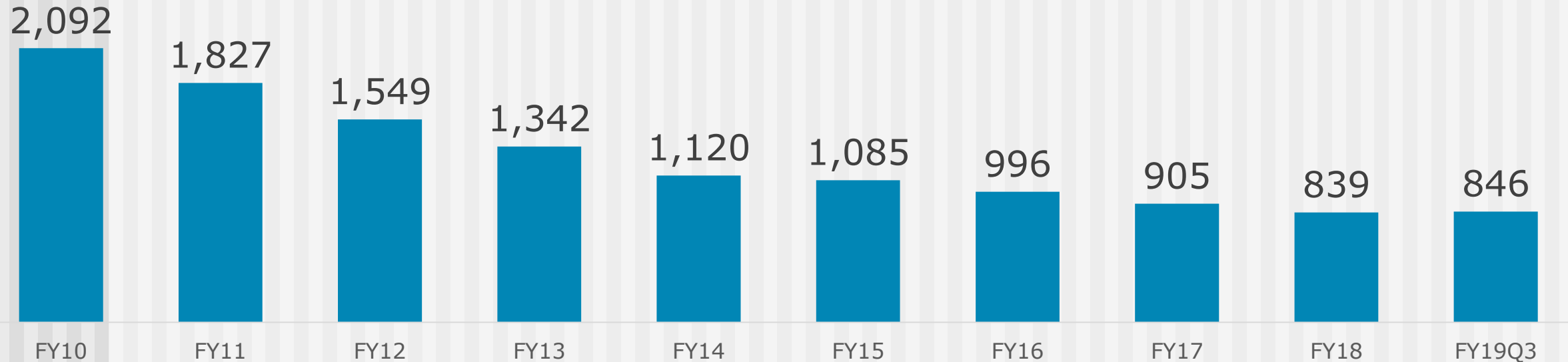
- **Healthy Families/Thriving Communities Collaboratives:** key partners and primary neighborhood-based resource- 20 year history with CFSA



- 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**



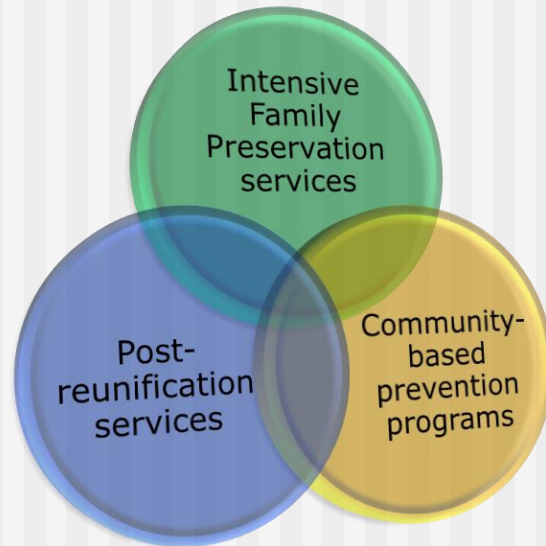
District In-Home Cases

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

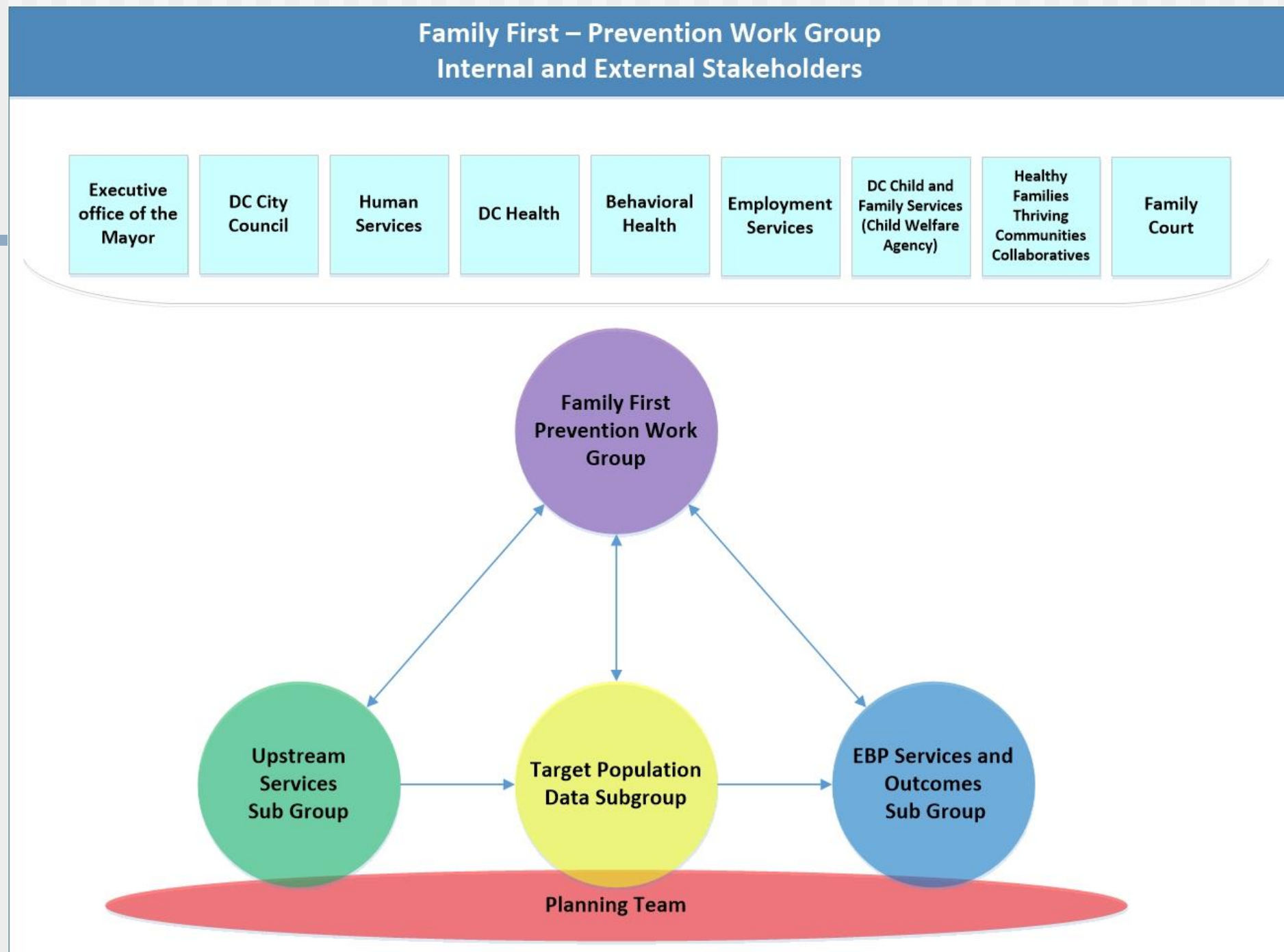
- Although IV-E waiver ended in mid-FY19, CFSA is committed to **prevention and family support**: front yard, front porch, and front door
- Goal is to **expand effective community-based services** available to help families in their own neighborhoods—often before they get involved with child welfare
- Strengthening **strategic partnerships** with community-based organizations and other human services agencies is key
- Moving toward a **city-wide approach** to prevention
- Convened Prevention Work Group June 27, 2018

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



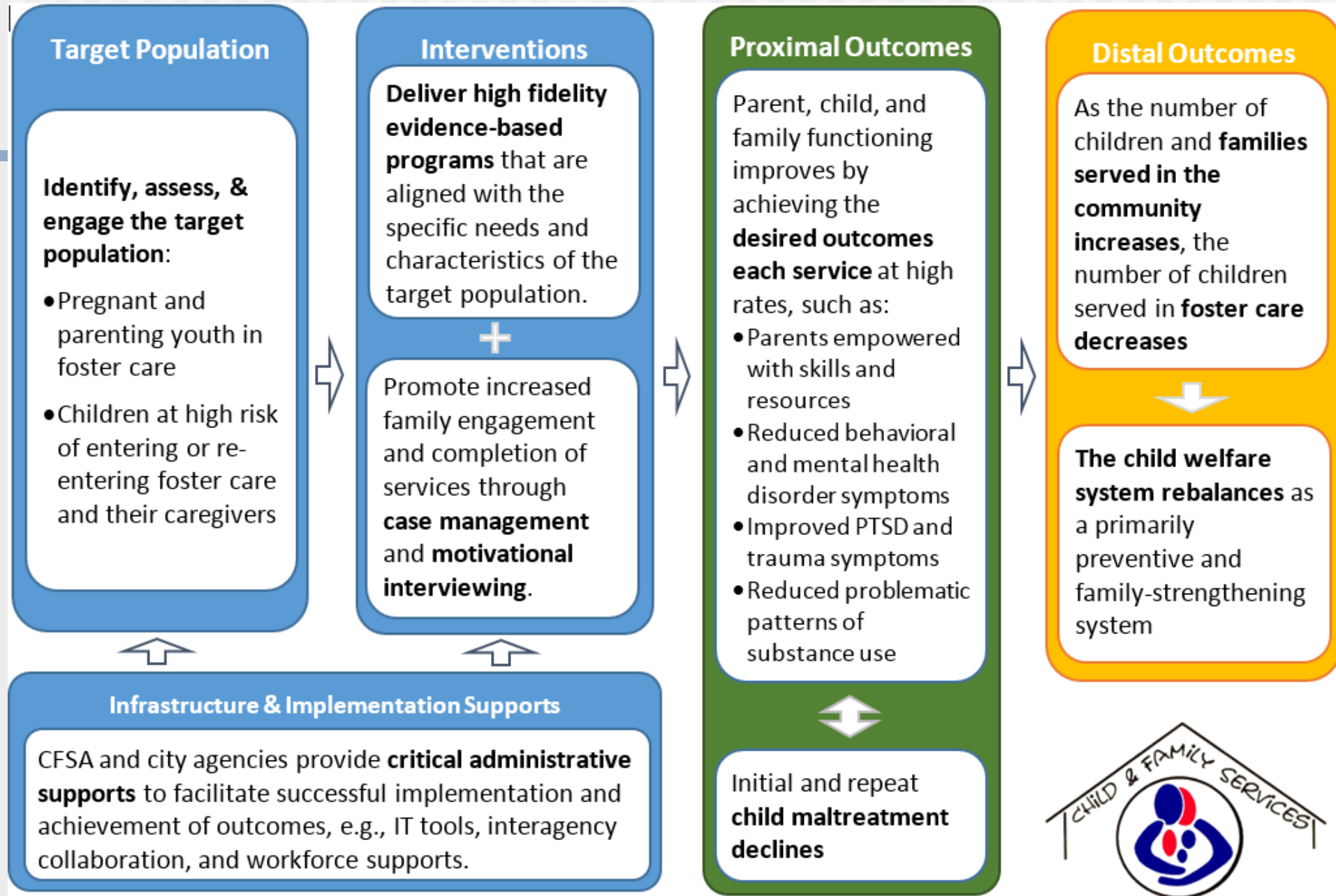
Family Work Prevention Internal Core Team – Subject Matter Expert (SME) Meetings

- 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.

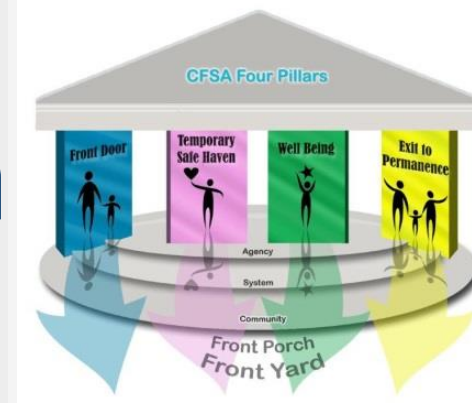
Family First Internal Planning

- 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



Family First Target Population



Target Sub-Populations

Front Porch

- (1) Children served through the Healthy Families/Thriving Communities Collaboratives (the Collaboratives) following a CPS investigation or closed CFSA case.
- (2) Children who have exited foster care through reunification, guardianship, or adoptions.
- (3) Children born to mothers with a positive toxicology screening.

Front Door

- (4) Children served through CFSA's In-Home Services program, which offers intensive case management and service referrals to families.
- (5) Pregnant or parenting youth in/recently exited foster care with eligibility for services ending five years after exiting foster care.
- (6) Non-ward children of pregnant or parenting youth in or recently exited foster care with eligibility for services ending five years after exiting.
- (7) Siblings of children in foster care who reside at home and have assessed safety concerns.

EBP Services: In-Home Parenting

	EBP Interventions	Target Population (in years)
In-home Parenting	Parents as Teachers (PAT)	Parents of children 0-5
	Nurturing Parent Program (NPP)	Parents of children 5-12
	Healthy Families America (HFA)	Parents of children 0-5
	Chicago Parenting Program (CPP)	Parents of children 2-5
	Effective Black Parenting Program (EBPP)	Parents of children 0-17
	YVLifeset	Pregnant or Parenting Youth 17-22
	Transition to Independence (TIP)	Pregnant or Parenting Youth 14-29

EBP Services: Substance Abuse

	EBP Interventions	Target Population (in years)
Substance Abuse	Project Connect	Parents of children 0-17
	Recovery Coaches - Connecticut Center for Addiction and Recovery (CCAR) certification	Caregivers (all ages)
	Adolescent Community Reinforcement Approach (A-CRA)	Children 12-25

EBP Services: Mental Health & Cross-Cutting

	EBP Interventions	Target Population (in years)
Mental Health	Multi-Systemic Therapy (MST)	Children 11-17
	Trauma-Focused Cognitive Behavioral Therapy	Children 3-18 and their caregivers
	Functional Family Therapy	Children 11-18
	Parent Child Interaction Therapy (PCIT)	Children 2-6
	Parents Anonymous	All families
Cross-cutting	Motivational Interviewing (MI)	Parents (all ages)

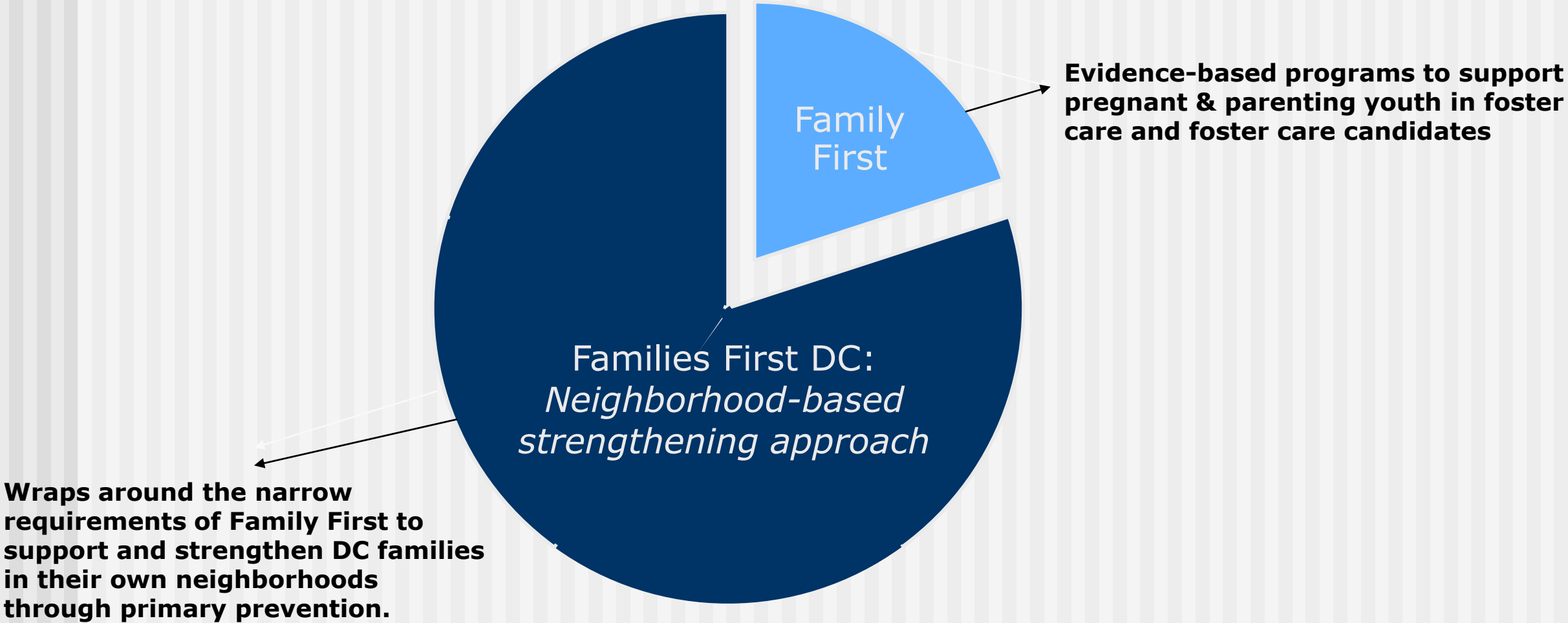
The Role of Case Management

- 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



FAMILIES FIRST DC: MOVING UPSTREAM

Family First (CFSA) + Families First DC



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

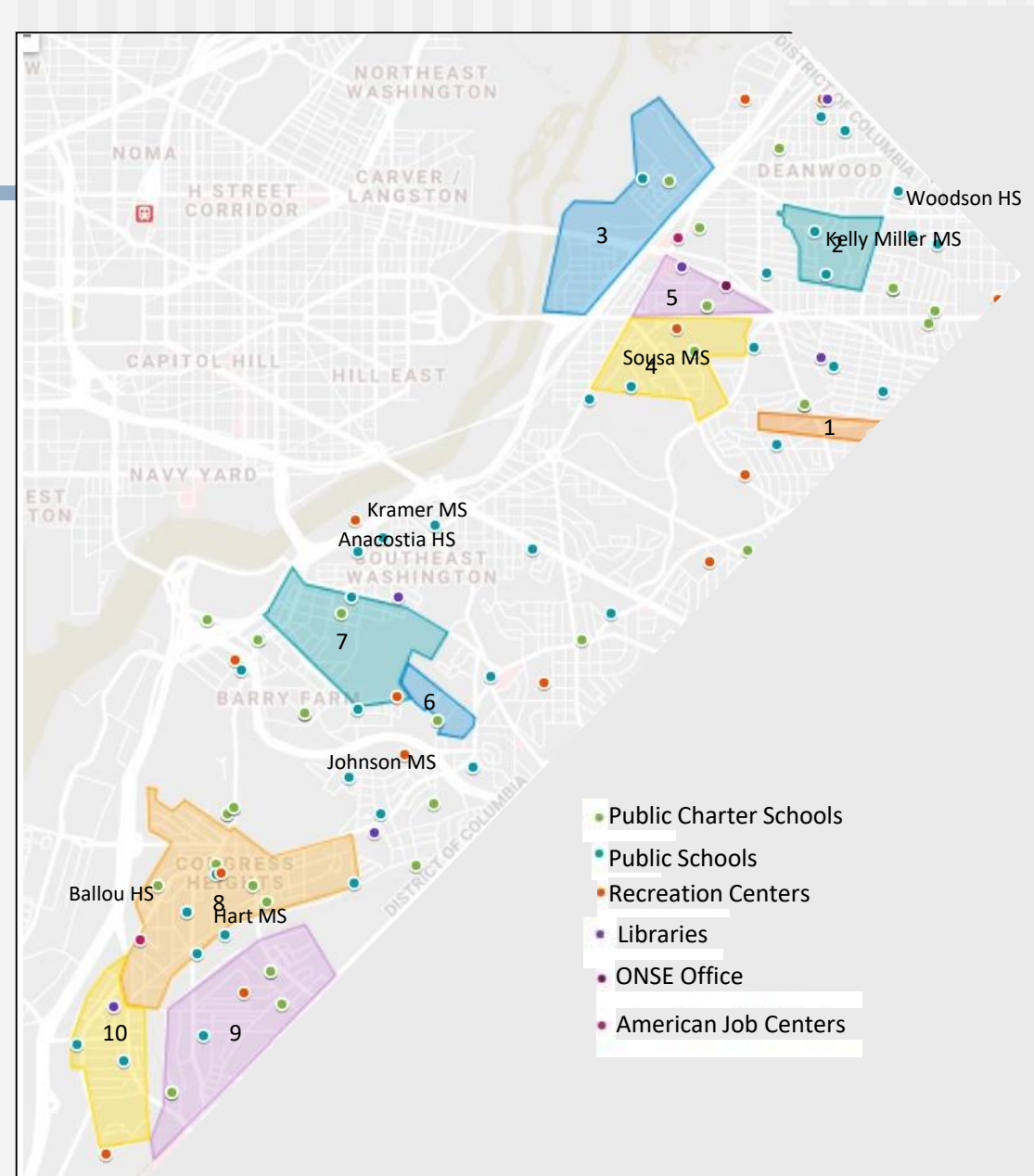
Families First DC neighborhoods were selected based on social determinants of health data, violence prevention priority areas, and substantiated reports of child abuse and neglect.

Ward 7

1. Simple City (Benning Terrace)/Benning Park
2. Clay Terrace (Richardson Dwellings)
3. Mayfair/Paradise
4. Stoddart Terrace/ 37th (Fort Dupont)
5. Benning & Minnesota - Minnesota & Ridge Ave.

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

