



Therapeutic Foster Care (TFC) Training Resource Toolkit Webinar

June 28, 2018



Welcome!



Polling Question 1

Please tell us what area you represent:

- Child Welfare
- Behavioral/Mental Health
- Contract Agency/CBO/Provider
- Juvenile Probation
- Other



Polling Question 2

Please let us know your agency's current status around implementing Therapeutic Foster Care (TFC):

- Not implementing TFC
- Planning to implement TFC
- We currently provide TFC
- Not Applicable



Presenters

Kimberly Mayer, MSSW

California Institute for Behavioral Health Solutions
(CIBHS)

Karen Kurasaki, PhD

Consultant to California Institute for Behavioral Health
Solutions (CIBHS)



Webinar Objectives

- TFC Toolkit Intended Purpose and Use
- Required TFC Parent Training Topics
- TFC Parent Training Areas
- Learning Objectives for each Training Topic
- Training Resources



Resources

- [Therapeutic Foster Care \(TFC\) Training Resources Toolkit](#)
- [IN17-009 Therapeutic Foster Care \(TFC\) Service Model and Parent Qualifications.pdf](#) (updated 2/21/17)
- [Medi-Cal Manual](#) for Intensive Care Coordination (ICC), Intensive Home Based Services (IHBS) and Therapeutic Foster Care (TFC) for Medi-Cal Beneficiaries; 3rd edition); updated January 2018.
- [Therapeutic Foster Care \(TFC\) and Intensive Services Foster Care \(ISFC\) Webinar](#)



TFC Parent Training Requirements

- 40 hours of Initial Training
- 24 hours Annual Training
- [IN17-009](#) Therapeutic Foster Care (TFC) Service Model and Parent Qualifications.pdf (updated 2/21/17)



Development of TFC Toolkit

I. Convened Expert Work Group

- Subject Matter Experts: Foster Youth Advocates, Foster Family Advocates, Legal Experts, County Child Welfare Agencies, County Behavioral Health Providers, County Probation, CDSS, DHCS, CPOC.

II. Organized Required 18 TFC Parent Pre-Service Training Topics Under 8 TFC Parent Training Areas

- Wrote Learning Objectives
- Researched Training Resources

III. Final Vetting by DHCS



TFC Training Resource Toolkit

- How to Use the Toolkit
- 18 Required Pre-Service Training Topics
 - Eight TFC Parent Training Areas
 - Learning Objectives for each Training Topic
- Training Resources



How to Use the Training Resource Toolkit

- Intended to serve as a resource for TFC agencies developing their TFC parent training programs
- TFC Agencies should conduct their own review and vetting of all resources
- TFC Agencies will need to consider effectiveness of various learning methods
- Clinical expertise and consideration of client values should be incorporated into training curricula decisions, including for Evidence-Based, Evidence-Informed, and Promising Practices



How to Use the Training Resource Toolkit

- TFC Agencies should consult with the county Mental Health Plan (MHP) with whom they are contracted, or are in the process of obtaining a contract, as they develop their training program.
- Toolkit is not an endorsement by DHCS or CDSS of any particular training resource, or a directive that these must be used.



18 Pre-Service Training Topics

Eight Training Areas



Eight Training Areas

1.0 Introduction to TFC and the Service System

2.0 Understanding Child and Adolescent Development and Appropriate Interventions

3.0 Working with Children/Youth Using a Trauma-Informed Approach

4.0 Preventing and Managing a Crisis



Eight Training Areas

5.0 Communication with Children/Youth and Families

6.0 Cultural Competency

7.0 Client Sensitivity

8.0 Training around Stress and Well-Being/Self-Care



18 Pre Service Training Topics

(pages 5 – 6)

1.0 Introduction to TFC and the Service System

1.1 Introduction to TFC and the TFC parent role in mental health treatment planning

1.2 Involvement and role in Child and Family Team (CFT)

1.3 Introduction to individualized mental health treatment of children

1.4 Access to other medically necessary Specialty Mental Health Services (SMHS)

1.5 Health Insurance Portability and Accountability Act (HIPAA)

1.6 Progress note training/medical necessity criteria

1.7 Understanding and monitoring medications



18 Pre Service Training Topics

(pages 5 – 6)

2.0 Understanding Child and Adolescent Development and Appropriate Interventions

2.1 Developmental stages and age-appropriate interventions

2.2 Working with children who have been abused, neglected and/or delinquent

3.0 Working with Children/Youth Using a Trauma-informed Approach

3.1 Trauma-Informed Care

3.2 Positive behavioral reinforcement techniques

3.3 Behavior management techniques



18 Pre Service Training Topics

(pages 5 – 6)

4.0 Preventing and Managing a Crisis

4.1 Prevention of aggressive behavior and de-escalation techniques

4.2 Crisis management/de-escalation techniques

5.0 Communication with Children/Youth and Families

5.1 Effective communication and relationship building techniques



18 Pre Service Training Topics

(pages 5 – 6)

6.0 Cultural Competency

6.1 Cultural competence and culturally responsive services

7.0 Client Sensitivity

7.1 Client sensitivity training (including stories and content developed and delivered by peer roles – e.g., foster parents, former foster youth, biological parents, etc.)

8.0 Parent Self-Care

8.1 Training around stress and well-being/self-care



TFC Learning Objectives for Each Training Area

- Address a combination of knowledge, skills and attitudes
- Written to be trauma-informed and person-centered
- Pages 7 through 17 of Toolkit



Walk through Learning Objectives

(page 7)

1.2 Involvement and role in Child and Family Team (CFT)

This training topic is an overview of the TFC parent's role in the CFT. As a result of training on this topic, the TFC parent will be able to:

- **Learning Objective 1:** Describe how TFC must be delivered using a CFT to develop and guide the planning and service delivery process.
- **Learning Objective 2:** Describe the TFC parent's responsibility to participate as a member in the CFT in care planning, monitoring and review processes.



Walk through Learning Objectives

(page 7)

1.2 Involvement and role in Child and Family Team (CFT) *Learning objectives continued*

- **Learning Objective 3:** Demonstrate the ability to observe, monitor and appropriately communicate with the TFC agency and members of the CFT, including in the presence of the birth parent, about changes in the child's/youth's needs.
- **Learning Objective 4:** Demonstrate an understanding of the dual role of the TFC parent to create a safe, family environment for the child/youth, while also delivering a clinical service and serving in a professional role on the CFT to help the child/youth achieve identified treatment goals.



Walk through Learning Objectives

(page 10)

2.1 Developmental stages and age-appropriate interventions

This training topic covers the negative effects of abuse, neglect, trauma, and loss on healthy child and adolescent development, as well as skills for intervening appropriately with children/youth who are not meeting expected developmental milestones. As a result of training on this topic, the TFC parent will be able to:

- **Learning Objective 1:** Describe normal child and adolescent development and milestones, and the negative effects of abuse, neglect, trauma, and loss on healthy development.



Walk through Learning Objectives

(page 10)

2.1 Developmental stages and age-appropriate interventions *Learning objectives continued*

- **Learning Objective 2:** Describe normal child and adolescent development and milestones, and the negative effects of abuse, neglect, trauma, and loss on healthy development. Describe the basic concepts of attachment theory, and the negative effects of abuse, neglect, trauma, and loss on developing healthy emotional attachments.
- **Learning Objective 3:** Recognize indicators for children/youth who are not meeting expected developmental milestones, and describe steps for how and where to seek assistance.



Clearinghouse Resources

(pages 18 – 20)

- California Evidence-Based Clearinghouse on Child Welfare (CEBC)
- National Adoption Competency Mental Health Training Initiative (NTI)
- National Child Traumatic Stress Network (NCTSC)
- Quality Parenting Initiative (QPI)
- Substance Abuse Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based and Promising Practices (NREPP)



Education Centers for Foster Parents and Child Welfare Workers

- California Social Work Education Center (CalSWEC)
- Foster and Kinship Care Education (FKCE)
- Foster Parent College



Other Resources

(page 22)

- Program Standards for Treatment Foster Care
- Pressley-Ridge Treatment Foster Care Program
- Together Facing the Challenge (TFTC)
- Treatment Foster Care – Oregon (TFC-O)



Select Resources Listed by Training Topics

Short abstracts that cover key information, such as:

- Name/title of the training
- Developer's name and URL
- Area of focus
- Target audiences
- Aims
- Theoretical base
- Supporting evidence
- Teaching format
- Length
- Cost
- Teaching materials included
- Copyright information



Resources Listed by Training Topics

(page 27)

Family Engagement in Child Welfare Video Series

National Technical Assistance and Evaluation Center for Systems of Care

<https://www.childwelfare.gov/topics/management/reform/soc/communicate/initiative/ntaec/familyvideos/#parentsHelp>

This publicly available video series showcases the experiences of two Systems of Care communities that worked with birth parents and relative caregivers, in paraprofessional roles. The videos offer unique insight into the key elements needed to make peer-to-peer family engagement programs successful. From the perspectives of family members, caseworkers, supervisors, and administrators, the videos provide an inside look at program achievements and benefits, as well as fears and challenges related to family involvement. The content is rooted in best practice, and is available in a series of videos (of varying lengths), along with a PDF companion guide. The material is copyrighted by the National Technical Assistance and Evaluation Center for Systems of Care.



Resources Listed by Training Topics

(page 31)

Understanding Behavior in Foster Children

Foster Parent College

<http://fosterparentcollege.com/?preview=ps6-behavior>

This training examines the function or purpose of behaviors, and the underlying meaning of challenging behaviors. Also covered are the ABC's of behavior, and a look at parenting styles. It is designed for foster, adoptive, and kinship parents, as well as social workers and other professionals who work with resource parents. Foster parents and others who take the course will be able to:

- List three steps for understanding a child's behavior;
- Understand and be able to describe surface behaviors;
- List four common reasons for behavior;
- Describe the ABCs of behavior;
- List seven behavior trackers; and
- Describe four parenting styles and state their relationship to a child's behavior.



Resources Listed by Training Topics

(page 31) *continued*

Understanding Behavior in Foster Children

Continued

The training is rated as promising by the CEBC. The training is designed for classroom-based learning, and incorporates didactic teaching methods and interactive exercises around vignettes. The training takes an average time of one to two hours, to complete, including completion of interactive exercises, reading handouts, and completing a review questionnaire. The registration cost for the training is \$20.00 per person. The course can be purchased as part of DVD sets, or in combination with multiple trainings for specific curriculum and courses. This course is available in Spanish. The training is copyrighted by Northwest Media, Inc.

TFC Training Resource Toolkit

Available at the CIBHS Website:

<https://www.cibhs.org/toolkits>





Acknowledgements

- California Alliance of Child and Family Services
- California Alliance of Caregivers
- Chief Probation Officers of California
- County Behavioral Health Directors Association
- County Mental Health Plans
- County Welfare Directors Association
- National Health Law Program
- Parent and Youth Representatives
- Redwood Community Services, Inc.
- Uplift Family Services



Questions?



THANK YOU!

Send Feedback, Questions, Comments to:

KatieA@DHCS.CA.gov

CWSCoordination@DSS.ca.gov

TFC@CIBHS.org

Countysupport@DHCS.ca.gov