

Department of Human Services

Oregon's Title IV-E Prevention Plan

November 6, 2020



Family First Prevention Services Act

Family First Prevention Services Act of 2018 is federal legislation that allows States and some Tribes to claim federal reimbursement for certain evidence-based prevention services that are provided to eligible children and their caregivers.

Who is eligible for services?

- A child who is at **imminent risk of entering foster care** but can remain safely at home or with kin caregivers with receipt of **evidence-based mental health, substance abuse and/or skill-based parenting services**
- A youth in foster care who is pregnant or parenting
- Parents and kin caregivers of children noted above
- *No income standards are attached to eligibility*

What is required?

- Statewide five-year **Title IV-E Prevention Plan** approved by the Children's Bureau that meets all federal requirements

Oregon's Framework for Planning & Implementation

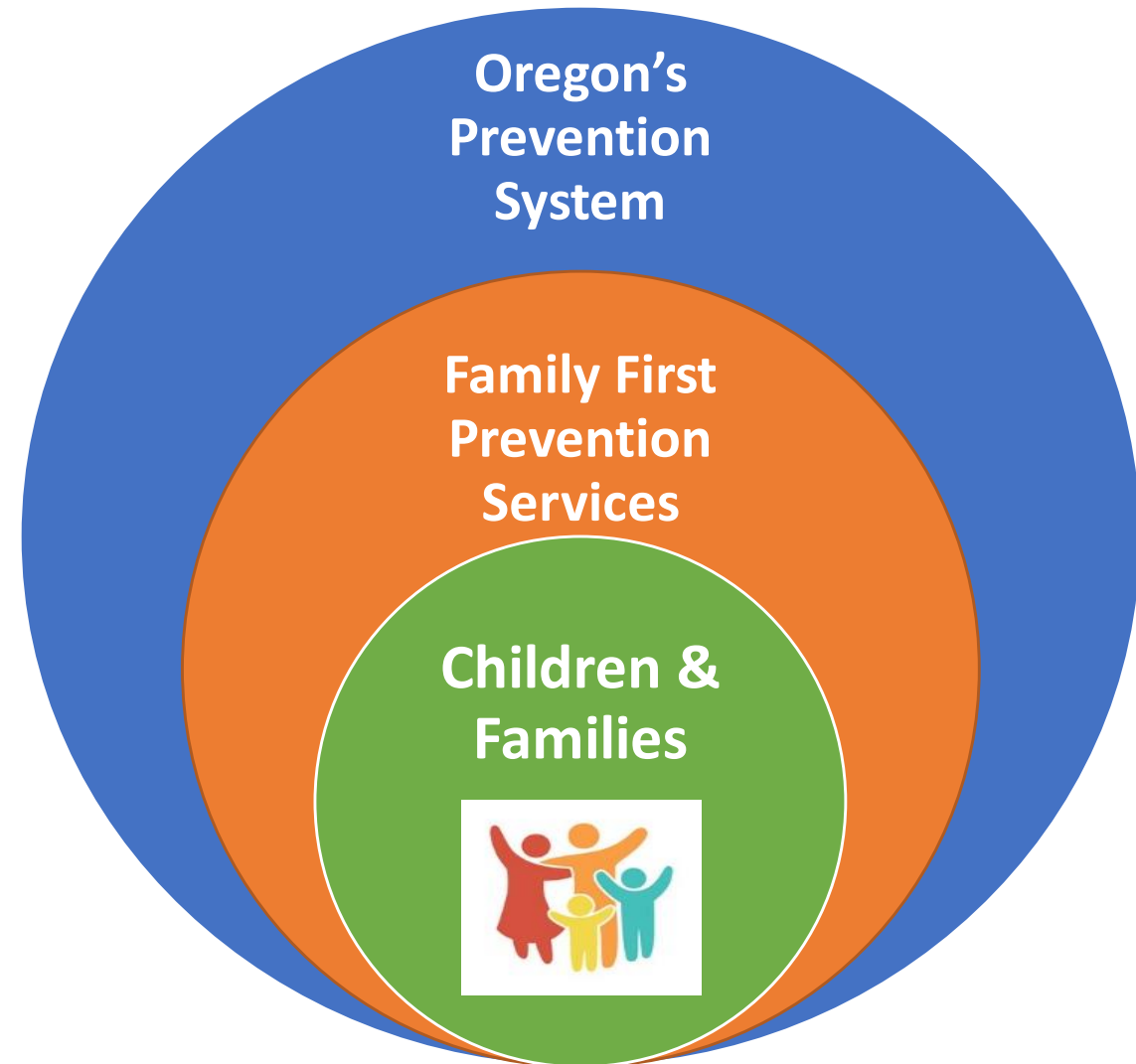
Framework for Oregon's Family First Prevention Plan

- Oregon's Title IV-E Prevention Plan was **submitted on November 6, 2020**
- Development of Oregon's Plan was a **collaborative process** that engaged a diverse array of partners including:
 - ❖ Community-based service providers
 - ❖ Families
 - ❖ Youth
 - ❖ Tribes and Tribal partners
 - ❖ Child welfare field staff and managers
 - ❖ Sister agencies – Oregon Health Authority, Self-Sufficiency, Early Learning Division
 - ❖ Legislative and judicial partners
 - ❖ Federal partners
- Oregon will take a **phased approach** to Family First implementation
 - ❖ Initial plan
 - ❖ Longer-term goal is to expand both **who will receive** Family First prevention services and **what types of services** will be offered

Oregon Child Welfare Vision for Transformation

Supporting Families and Promoting Prevention

- Oregon's Child Welfare transformation is built on **trauma-informed, family and community-centered and culturally responsive services** focused on engagement, equity, safety, well-being and prevention.
- Family First is one tool to support Oregon in achieving this vision.
- Oregon's Family First services will be **part of the state's broader, cross-agency prevention system.**



Oregon's Strategic Vision

Prevention-
focused system
that supports
all of Oregon's
children, families
& communities

Oregon's child welfare vision for transformation

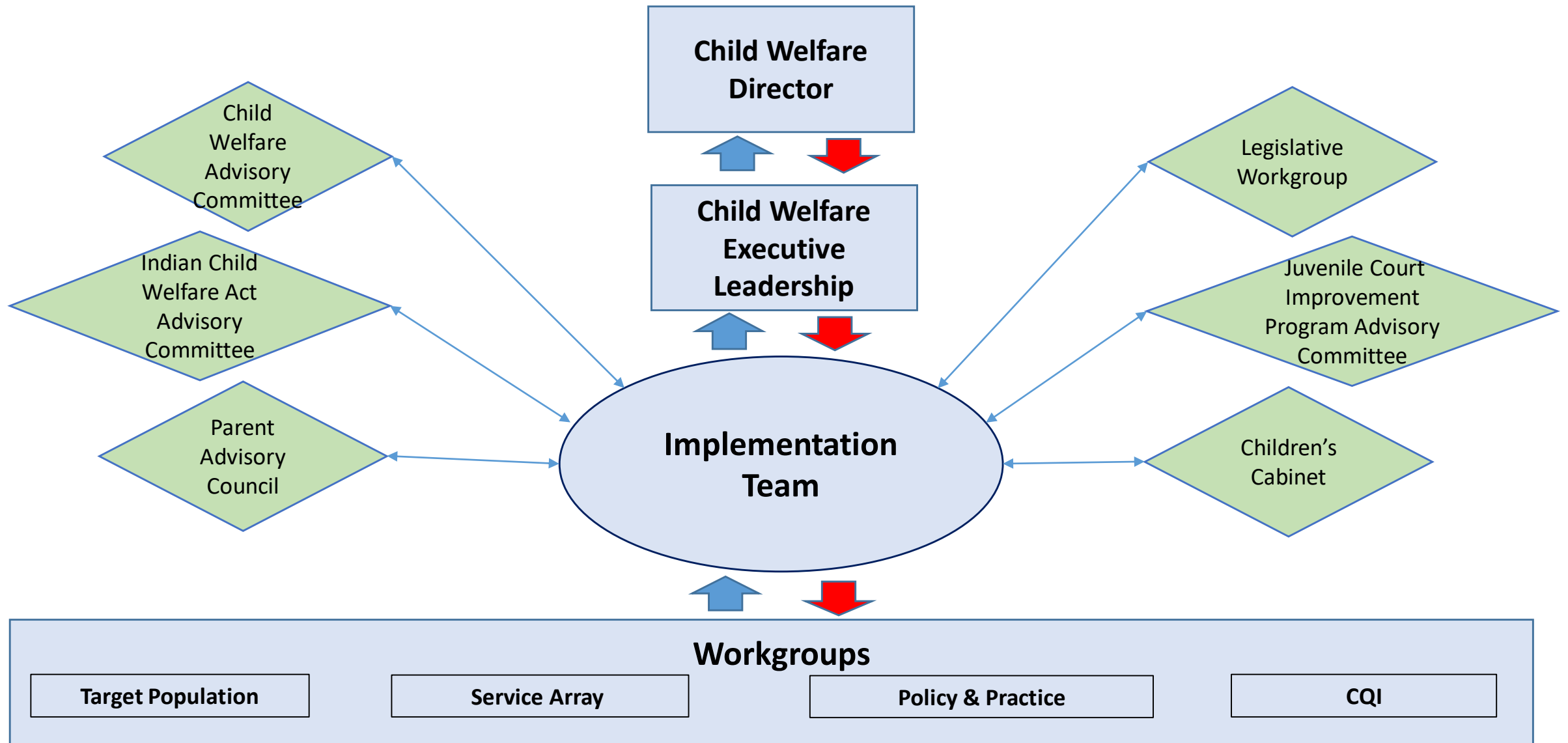
Expanding prevention services under Family First

Addressing racial equity and justice

Collaboration with Oregon's Tribes

Collaboration with community partners and sister agencies

Oregon's Child Welfare Governance Structure

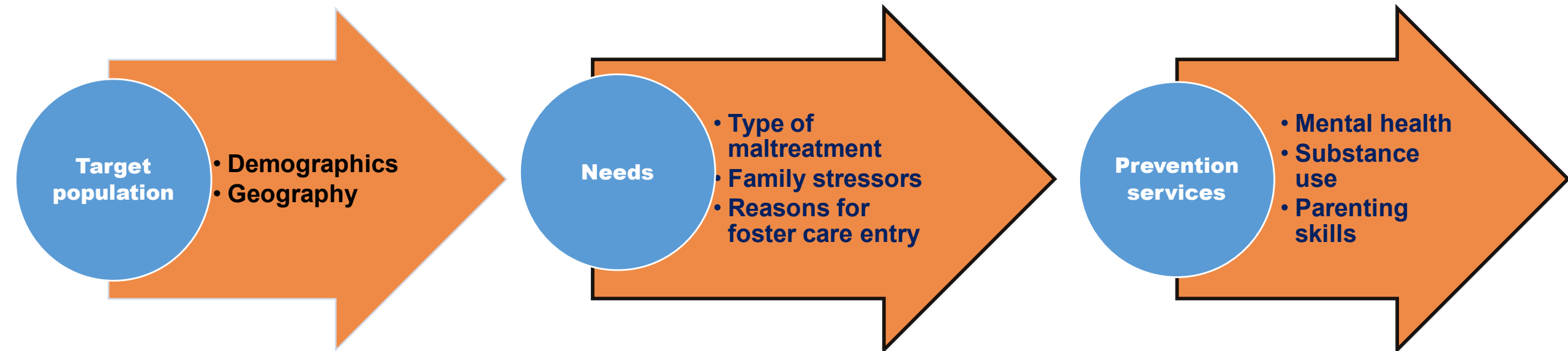


Oregon's Proposed Target Population

**Child & Family Eligibility for Family First
Prevention Services**

Data Informed Approach to Identifying Populations and Needs

- *Identify children at imminent risk for foster care and provide prevention services that will allow them to remain safely at home*



Who Oregon Will Serve Initially

1. Children in families with identified stressors

- Identified through CPS assessment
- Specific stressors: parent/caregiver alcohol/drug use; new baby/pregnant; heavy childcare responsibility; parent or child developmental disability; child emotional behavior disability; parent/caregiver or child mental illness, parent/caregiver history of abuse

2. Children at risk of voluntary placement

- Caregivers unable to access appropriate services for their child or found community services are ineffective/inaccessible

3. Families who request post-guardianship or adoption assistance

- Specific to adoptive parent and guardian caregiver requests for children formerly in foster care

Who Oregon Will Serve Initially

4. Children reunified with their families at risk of re-entry into foster care

5. Children of young adults who are transitioning out of foster care

6. Pregnant and parenting youth in foster care

Oregon's Proposed Family First Prevention Services for Initial Implementation

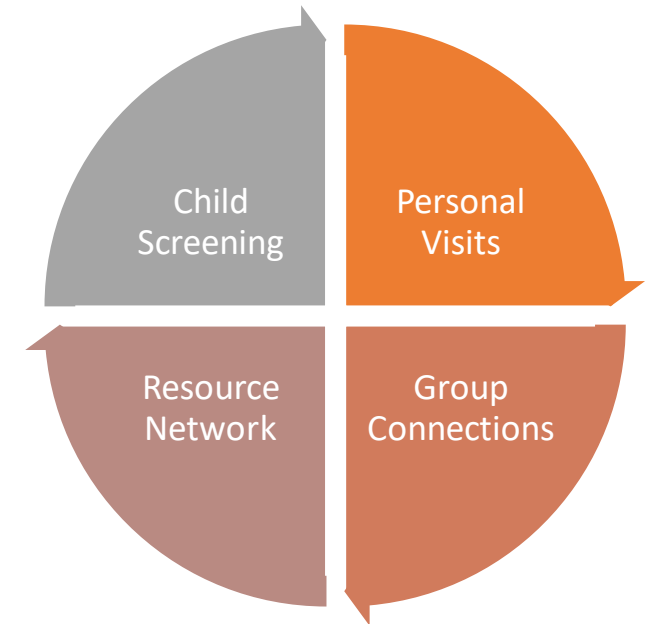
Parenting Skills

Parents as Teachers (PAT)



This home visiting parent education program is designed for **families with young children** (ages 0-5).

It aims to assist parents in increasing knowledge of early childhood development and develop positive parenting practices, promote early detection of developmental delays, prevent child abuse and neglect, and increase children's school success.



Mental Health

Parent-Child Interaction Therapy (PCIT)



This therapeutic intervention is designed for **families with young children** (ages 2-7) who have intense emotional and behavioral problems.

Caregivers are taught specific skills to establish or strengthen a nurturing and secure relationship with their child and decrease child behavior problems.

Functional Family Therapy (FFT)



This short-term family prevention program is designed for **at-risk youth** (ages 11-18) with serious behavioral, emotional and/or substance abuse problems.

It combines individual and family interventions to address behavioral health needs for youth and positive parenting capabilities for caregivers.

Motivational Interviewing (MI)

Cross-Cutting



This method of counseling is designed for **adolescents and adults** to promote behavior change.

Oregon intends to use Motivational Interviewing as a cross-cutting intervention—both as a standalone service and in conjunction with other services—in order to improve physiological, psychological, and lifestyle outcomes by identifying ambivalence and increasing motivation.

Four Key Principles of MI



Evidence-Informed Prevention Services for Future Implementation

Mental Health

- ☐ Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

Substance Abuse

- ☐ Sobriety Treatment and Recovery Teams (START)
- ☐ Families Actively Improving Relationships (FAIR)
- ☐ Parents Anonymous

Parenting Skills

- ☐ Nurse-Family Partnership (NFP)
- ☐ Healthy Families America/Healthy Families Oregon (HFA/HFO)
- ☐ Youth Villages - Intercept
- ☐ Parent Management Training Oregon (PMTO)
- ☐ Make Parenting a Pleasure
- ☐ Community Healing Initiative (CHI)
- ☐ Self Enhancement Model (SEM)

Honoring Oregon's Tribal Best Practices

- ❖ Adventure Based Practices
- ❖ Baby Doll Cradle
- ❖ Canoe Journey – Family
- ❖ Ceremonies and Rituals
- ❖ Cradle Boards
- ❖ Cultural Camp
- ❖ Domestic Violence Group Treatment for Men
- ❖ Family Spirit
- ❖ Family Unity
- ❖ Healthy Relationships Curriculum
- ❖ Horse Program
- ❖ Native American Community Mobilization
- ❖ Native American Storytelling
- ❖ Positive Indian Parenting
- ❖ Powwow
- ❖ Round Dance
- ❖ Sweat Lodge
- ❖ Talking Circle
- ❖ Trauma Recovery & Empowerment Model
- ❖ Tribal Crafts
- ❖ Tribal Family Activities
- ❖ Tribal Youth Conference

Oregon's Policy & Practice Changes to Support Family First Implementation

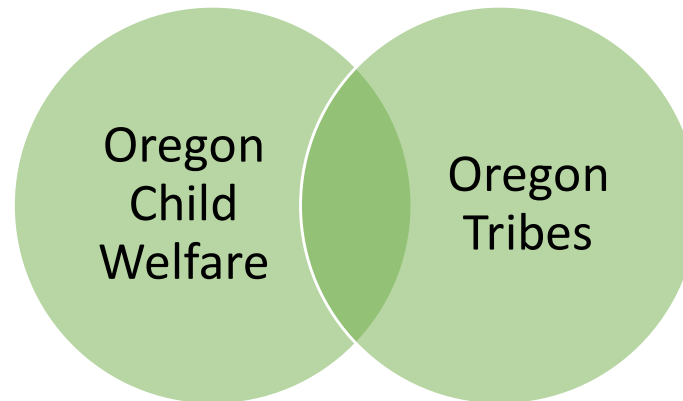
LIFE (Leveraging Intensive Family Engagement) Model



Oregon will incorporate the values of the LIFE model as well as aspects of the model such as team collaboration, case planning meetings, and enhanced family finding.

Oregon Tribes: Family First Opportunities for Partnership

- Many of Oregon's nine Federally Recognized Tribes have already developed strong prevention systems. Many of the **practice and policy changes recommended by Oregon Child Welfare were developed based on lessons learned from Tribal prevention efforts**, specifically those from the Confederated Tribes of Grand Ronde.



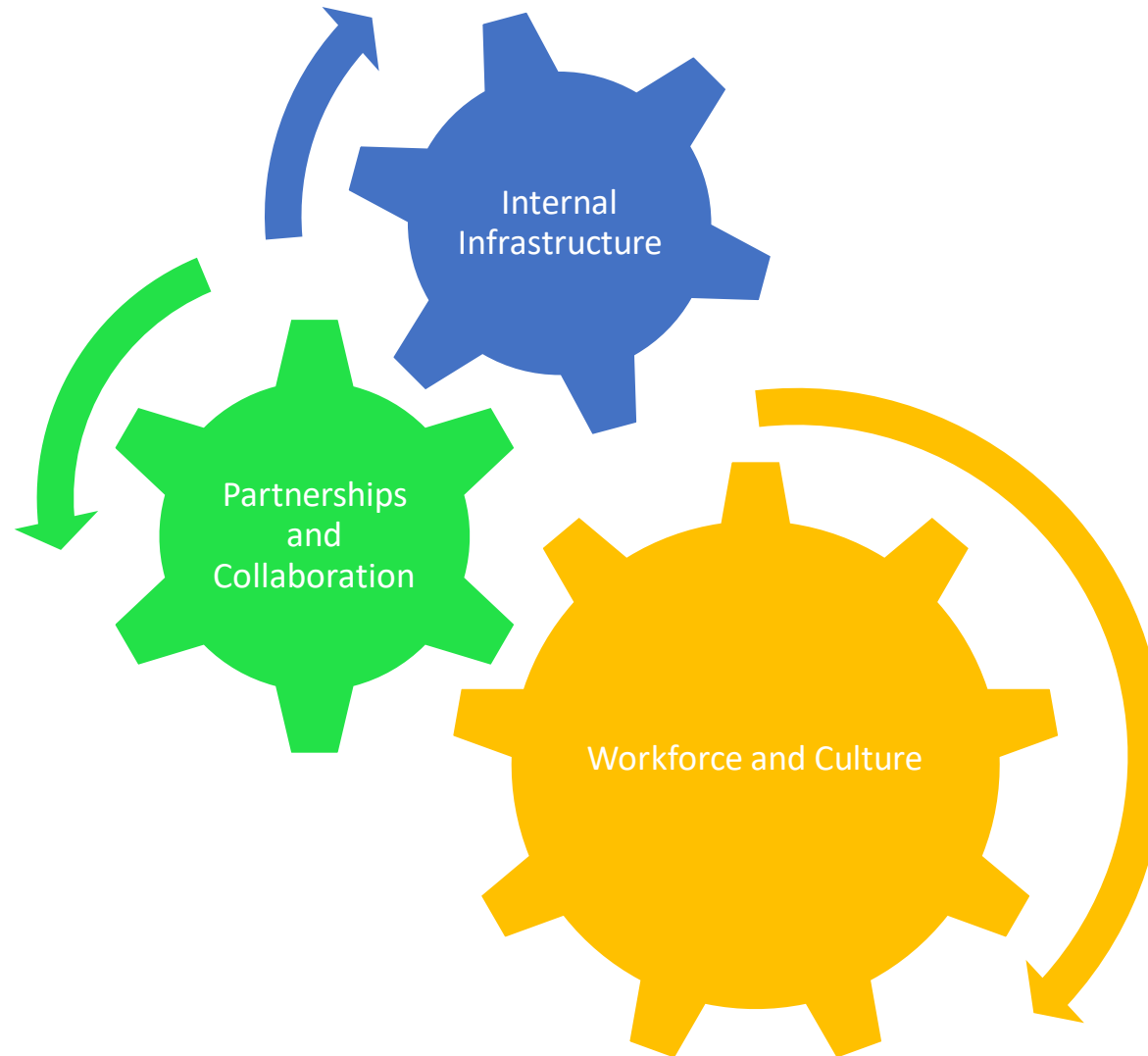
- Family First is an opportunity to better support Tribal children, youth, and families** who are at risk of out-of-home placement or are involved in the child welfare system because it allows Oregon Child Welfare to meet active efforts and provide preventative services to Tribal families in their homes and in their communities.

Oregon Tribes: Ongoing Alignment of ODHS Policy & Practice

- Integration of the LIFE model into Oregon's child welfare practice will enhance family engagement necessary to serve Tribal families more equitably and effectively
- ODHS will work closely with the Oregon Tribes to adjust policy and practice to improve services to Tribal families.
- During the initial phase of implementation:

Family First Eligibility	Service Referral & Oversight
<ul style="list-style-type: none">• Estimate #/proportion of Tribal children who will be candidates for prevention services• Improve “active efforts”• Ensure Tribes contribute to assessment of family needs & development of child-specific prevention plans	Recognition that Tribes and Tribal communities are the most important partner for the family in determining which culturally-responsive services and providers should be selected, whether or not they are in the IV-E Clearinghouse

Modifications Necessary for a Prevention-Oriented System



Policy & Practice Changes: Internal Infrastructure

Initial Plan

- Strengthen fidelity to current safety model to **improve processes for monitoring risk** and expansion of **need assessment to support service selection**
- Embed LIFE model in child welfare procedure
- Develop rule and procedure to identify **pregnant and parenting youth in foster care**
- Add **prevention component to current case plans to serve as child-specific prevention plans**
- Build out **OR-KIDS to identify eligible candidates and track child-specific prevention plans**

Long-term Objectives

- Adoption of Structured Decision Making (SDM) tool or functional decision-making tool
- Develop data portal that can be accessed by external partners
- Develop uniform referral process
- Develop separate child-specific prevention plan focused on protective factors

Policy & Practice Changes: Partnerships and Collaboration

Initial Plan

- Enhance collaboration with sister agencies and streamline **service linkage and oversight**
- Include Tribes, Self-Sufficiency (and other sister agencies as appropriate) and community partners in **LIFE meetings to support the assessment of need and service selection, development of child-specific prevention plans, and ongoing monitoring of appropriateness of services**

Long-term Objectives

- Contracting out case management of prevention services to providers with a focus on protective factors
- Ensure parent mentors available to all families

Policy & Practice Changes: Workforce and Culture

Initial Plan

- Form **family preservation work units** with existing staff
- Training on the values and meeting structure of the LIFE Model
- Training and coaching to align with Family First and ensure workforce can **identify candidates, develop child-specific prevention plans, conduct risk assessments, assess family needs, link families to appropriate services, and oversee appropriateness of the service**
- Training on **trauma-informed practice**

Long-term Objectives

- Devote expert facilitators for initial and ongoing LIFE family meetings
- Ensure each district has staff with expertise in local resources and service linkage

Oregon's Continuous Quality Improvement (CQI) Strategy for Prevention Services

Continuous Quality Improvement in Partnership

Family First Prevention Implementation Team

Stakeholder Group focused on planning, implementation and monitoring

Prevention Services CQI Team

Representatives: ODHS, DOH, Early Learning, Tribes, Providers, Equity, Community, Families with Lived Experience

Process: Quarterly Target Service Reviews focused on core research questions

Inputs: EBP specific data, fidelity & outcomes information, EBP CQI process findings, ORKIDS & financial data

PAT

PCIT

FFT

MI

***EBP specific fidelity & outcomes
monitoring and quality improvement***

Who are we serving and what are their characteristics? Are we reaching our intended population?

For those we are serving, are we successfully keeping families intact and safe in their homes?

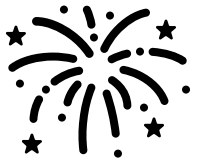
What we spending for Prevention Services? What is our return on investment?

Have we provided enough support for implementation? What adjustments do we need to make to improve our reach, outcomes or return on investment?

Next Steps

What Happens Next?

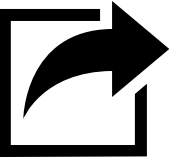
Immediate Next Steps



- Celebrate, communicate and collect additional feedback on the plan with our partners
- Address and incorporate federal and Oregon feedback into the plan, or next phase of work
- Get federal approval of plan and launch publicly
- Shift focus from plan development into ongoing implementation and monitoring

Next Phase of Work

- Implementation tasks around financing, information technology development, contracting, policy, workforce development, etc.
- Build capacity to expand to new services, and adopt new practice tools
- Continue exploration of evidence-based programs that fit Oregon's population
- Monitor service provision and outcomes and adjust as needed



Process for Oregon's Family First Prevention Plan

