

	Together Facing the Challenge (TFTC)	Teaching-Family Model (TFM)	Pressley Ridge Treatment Foster Care (PR-TFC)	Multidimensional Treatment Foster Care (MTFC)
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Development	<p>TFTC was developed by Duke University in a NIMH-funded randomized control trial. It builds on practices that are related to positive youth changes in existing practice, incorporates aspects of Multidimensional Treatment Foster Care (adapted to work in typical public and private non-profit agency settings), and includes a focus on trauma and preparation for adulthood.</p>	<p>TFM had its beginnings in the work of Tom Riley and Montrose Wolf on applied behavioral analysis in 1967. Their behavioral approach to treatment held the following: behavior is learned and can be changed; children are accountable for their own behaviors; and skilled practitioners can help a child understand personal control over behaviors.</p>	<p>PR-TFC is based on the philosophy of Re-Education of Emotionally Disturbed (Re ED) children and developed by Pam Meadowcroft and colleagues in the 1980s. The model is based upon the belief that treatment can be more effective when it takes place in natural environments. The basic beliefs are that children's troubled behavior can change; professional foster parents can learn to change children's behavior; and treatment is teaching skills for effective living.</p>	<p>MTFC is based on social learning theory where individuals learn to behave in social contexts. Since the 1990s, Patricia Chamberlain and her colleagues have been conducting research studies to determine the effectiveness of MTFC in positively changing the outcomes of children and youth with severe emotional and behavioral disorders.</p>

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Rating by the CA Evidence-Based Clearinghouse for Child Welfare	April 2011 review: scientific rating of 2 (supported by research evidence) and a scientific rating of 1 for relevance in child welfare.	June 2008 and April 2012 review: scientific rating of 3 (promising research evidence). Pending additional review.	Pending review.	MTFC-P: Young children, ages 3 to 6: May 2007 and December 2009 review: scientific rating of 2 (supported by research evidence) MTFC-A: Youth, ages 12 to 17: May 2007 and January 2011 review: scientific rating of 1 (well-supported by research evidence)
Rating by the National Registry of Evidence-based Programs and Practices	No review.	No review.	No review.	MTFC-A: Youth, ages 12 to 17: Quality of research ranges from 2.8 to 3.1. Readiness for dissemination received an overall rating of 3.8.
Target Population	Children and Adolescents, ages 5 to 18, experiencing behavioral and emotional problems	Primarily, children and adolescents, ages 6 to 18, experiencing problems (behavioral, emotional and mental health). The TFM has also been successfully used with children and adults with MR and DD.	Children and Adolescents, ages 6 to 18, experiencing behavioral and emotional problems	Children and adolescents, experiencing severe behavioral and emotional problems MTFC-P: Young children, ages 3 to 6 MTFC: Middle childhood, ages 7 to 11 MTFC-A: Youth, ages 12 to 17
CALOCUS Levels of Care Addressed	Levels I - V	Levels I - VI	Levels I - V	Levels I - V
ASAM Levels of Care Addressed	Levels .5 – III	Levels .5 – IV	Levels .5 - II	Levels .5 - II

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Training	<ul style="list-style-type: none"> • Up to 30 agency staff at a time participate in a three-day train-the-trainers program, in which the first half focuses on the curriculum content, and the second half increases the skill of these agency staff to return to their settings and train remaining staff and foster parents. • Instructional strategies include didactic and experiential (e.g., video clips with discussion, role playing parent-child dyad in small groups, other small group activities). • The trainer provides 12 hours of consultation in the year following the training. The purpose of this consultation is to assure implementation fidelity. 	<ul style="list-style-type: none"> • Training varies from agency to agency. Pre-service training is generally one week (approximately 40 hours), with a six-month evaluation after pre-service and an annual evaluation thereafter, with a rating of 3 or 4 out of 4 to reach criteria. If Teaching-Parents fall below the required standards, each agency has their own remediation approach, usually concentrated consultation. The cost is borne by the agency implementing TFM. • In-service training is provided throughout the year, ranging from 40 to 100 hours. • Supervisor and consultant training varies between 40 to 80 hours annually. 	<ul style="list-style-type: none"> • Treatment foster parents are expected to meet state requirements for age and must have income. They must also pass proficiency tests and will receive additional training and/or supervision in order to pass. • Treatment foster parents and treatment coordinators are required to attend 36 hours of pre-service training. In addition, program staff provides on-call support for parents. • Treatment foster parents are expected to complete daily logs on each youth. These logs are given to the treatment coordinators on a weekly basis; the data on the logs serve as the basis for the in-home visits. During home visits, the treatment coordinators review the performance of the treatment foster parents. Remediation is provided when parents fall short on skills. Formal evaluations occur annually. 	<ul style="list-style-type: none"> • Foster parents: minimum of 12 hours with ongoing support through weekly meetings, Parent Daily Reports that are called in daily and reviewed over the phone, and home visits • Team training: minimum of 40 hours in Eugene, OR • Replacement staff training is available every three months in OR

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Required Staff	<ul style="list-style-type: none"> • Program directors: typically agency directors or senior level management staff, with leadership responsibilities and advanced degrees. • Foster care supervisors: master’s level staff, often, but not exclusively MSWs, who provide regular supervision (both administrative and clinical) to direct line staff who support foster parents. • Direct line staff: agency staff who provide direct assistance and support to foster parents in the area of behavior management, treatment planning, and crisis care/management. Frequently bachelor level. • Foster parents: no specific degree, training, or experience requirements for foster parents. They must meet the state agency licensing standards and individual requirements of the agency. 	<p>The required staff varies and can be driven by the agency implementing the model. Typically, there is a Teaching-Parent couple or two practitioners. While not ideal, the model can also be used with shift staff. Alternates cover during days/ time off. The number of youth in the home is dictated by state licensing and/or practice requirements. Ideally, studies demonstrate 6-8 is the best number (no more than 4 per individual practitioner).</p>	<ul style="list-style-type: none"> • Treatment coordinators/parent supervisors are required to have a minimum of a bachelor’s degree in a human services field. Some states require a master’s degree. All require at least two years of experience in child welfare. Treatment coordinators are expected to attend pre-service training. Each treatment coordinator works with six or seven families. • Treatment foster parents are not required to have specific degrees and/or educational backgrounds/experience but must meet State laws regarding licensing. They must have their own income and are expected to pass required tests/ proficiencies. If they do not, they will receive additional trainings/supervision until they pass. In general, treatment foster parents are assigned one child. Occasionally, a second child is placed with treatment foster parents but only if the situation is stable. 	<ul style="list-style-type: none"> • Program supervisor: master’s degree in clinical field and relevant experience in behavior management approaches; supervisory skills; organizational skills; understanding and enthusiastic attitude toward MTFC • Foster parent consultant: knowledge of foster parents and clear understanding of model; prior experience as foster parent or adoptive parent of older children strongly desirable • Family therapist: master’s level in clinical field; knowledge of parent management training or related behaviorally based parenting techniques highly desirable • Individual therapist (for MTFC-A): master’s level in clinical field • Playgroup leader (for MTFC-P): bachelor’s degree in relevant field; organizational skills; teaching skills • Skills trainer: bachelor’s degree in relevant field

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Required Staff Continued	<ul style="list-style-type: none"> Clinical staff: not all agencies employ their own clinical staff (some may contract this out to other agencies, or use the agencies involved with the child previous to his/her placement). Requirements are set by the employing agency and state licensing boards. 		<ul style="list-style-type: none"> Consultants/Supervisors provide the pre-service and in-service training. The PR-TFC staff provides a 24-hour on-call service that allows treatment foster parents to obtain assistance in problem solving or during a crisis situation. If necessary, PR-TFC staff will put together a crisis intervention team that will go to the home. 	<ul style="list-style-type: none"> PDR- caller: clear understanding of model; experience in foster parent activities Foster parents: clear understanding of model and child development principles; one child placement Consulting psychiatrist: understanding of medications prescribed for this population of foster children
Training Manuals	TFTC has a toolkit that includes an agency staff manual, a supervisor’s manual, and a treatment foster care parent’s manual. All manuals include agendas, objectives, evaluation surveys, and other handouts. In addition, training DVDs and other books on parenting strategies are available.	Each certified/accredited agency has its own training manuals, which are reviewed during the development and triennial certification/accreditation review process by a third party onsite review team. The core information is very similar across all member agencies, but TFA standards are broad enough that each agency can develop its own manuals to incorporate their individual requirements.	The training curriculum is arranged in twelve three-hour face-to-face units that parents take over six to eight weeks. The model has two manuals—the Trainer Resource Manual and the Parent Training Manual. While the trainer manual is fully scripted and includes PowerPoint presentations, videos, and other resources, the parent manual includes worksheets, job aids, and case examples.	A training manual is available for each of the three versions of MTFC. An individual receives a copy of the manual when he/she attends the five-day training (40 hours) in OR.

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Evaluation	The toolkit does not include instruments to assess staff performance. Agency staff is not required to collect data on treatment foster parents or youths served for the developer. The developer does not track agencies that have received the training. However, the year-long consultation that is provided serves as a fidelity and problem-solving measure.		PR-TFC has a standard Performance Evaluation form that they use to assess their Treatment Coordinators. Additional questions are added when work responsibilities change.	
Agency Reviews	There is no agency review or certification.	The TFA is responsible for the agency review, which takes place every three years and is one of the requirements of accreditation. An average review is 2-4 days. The TFA asks that each member agency identify 3-4 staff who can serve as reviewers of other agencies. These individuals go through extensive reviewer training over several years. As these potential reviewers attend training and improve their own review capability, they are also more competent and supportive in their own agency. The peer review process thus serves the needs of both reviewers and agencies being reviewed.	There is an internal certification process for staff to be qualified to train the curriculum. It takes a staff person at least 80 hours to be certified; this includes both the training and having his/her presentation completed with a certified staff person.	A program is eligible for certification when an independent assessment by the Center for Research to Practice indicates that criteria have been met. It generally takes 18 months to two years before a program operates independently and achieves the outcomes of the model. Initial certification is valid for two years. Subsequent certification renewals are valid for three years.

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Fidelity Assessment	The toolkit includes a fidelity monitoring checklist, which is administered by agency staff. The fidelity assessment is used to determine whether treatment foster parents are implementing the model with fidelity. Ongoing consultation is a part of the program and also insures fidelity to the model.	Fidelity is measured through an annual review process. The agency undergoing the review does not pay for any fidelity assessment – it is part of being accredited/certified.	PR-TFC program staff members are currently piloting a fidelity scale to assess PR-TFC training.	MTFC staff conducts periodic program assessments in between certification points or every 9 to 10 months. To correct model drift, MTFC staff offers remediation services to team members when needed.
Costs: Training, Implementation, Evaluation, and Fidelity Assessment	The fee is \$5,000 for the three-day train-the-trainers workshop and 12 hours of consultation following the training. This fee does not include transportation, hotel, and per diem of the trainer for the onsite training. Currently, the training is provided by the developer of the program. A certification process for certifying additional trainers is in development. The program recommends the use of a co-trainer when conducting the three-day training (this would require an increase in costs), but it is not required.	TFA was asked to provide costs associated with trainers, pre- and in-service training for Teaching-Parents, consultants/supervisors, reviewers for agency certification, implementation, outcome evaluation, staff evaluation, fidelity assessment, and agency certification. The response was that fees for the different trainings vary, and there is no one fee that covers an entire year of trainings. Costs are a function of the implementing agency's needs and resources. TFA did state that the model reduced costs in the community because of less recidivism, hospitalizations, and support services.	The initial purchase price is \$2,495 per agency and includes one curriculum package and the 4-day certification training for one person. The cost for each additional trainer, from the same agency, is \$895 per person and includes the curriculum package and the 4-day certification training. Consultation to implement the PR-TFC model in the agency can also be purchased on a case-by-case basis.	Implementation costs vary from an estimated \$70,000 in the first year to \$10,000 or less to maintain model adherence upon program certification. The \$10,000 fee includes the periodic program assessments as well as access to the database. According to the Washington State Institute of Public Policy, MTFC saves taxpayers from \$21,000 to \$87,000 per case over the long run. MTFC reduces costs by (1) reducing the duration of treatments, (2) lowering the level of care needed upon discharge, and (3) lowering the costs per day compared to congregate care (30-50%).

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NC Provider Agencies	Bair Foundation, Caring for Children, Community Support Services, Omni Visions, Kids' Peace, Lutheran Family Services of the Carolinas, Easter Seals UCP, Methodist Home for Children, The Children's Home, Children's Home Society, and Turning Point Homes	Barium Springs Home for Children, Methodist Home for Children, and Nazareth Children's Home	Alexander Youth Network (Charlotte), Children's Advocacy Network, LLC (Gastonia), Easter Seals UCP, Falcon Children's Home (Falcon), Free Will Baptist Children's Home (Middlesex), NC Foster & Adoption Parent Assoc. (Apex), NOVA Behavioral Healthcare (Goldsboro), Serenity Therapeutic Services (Fayetteville), and Total Turnaround MH Services, LLC (Greenvale)	Alexander Youth Network

Prepared by Dr. W.L. Fang
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