

# Interventions for Substance Exposed Children PROGRAMS FOR SUCCESS



# Presenter

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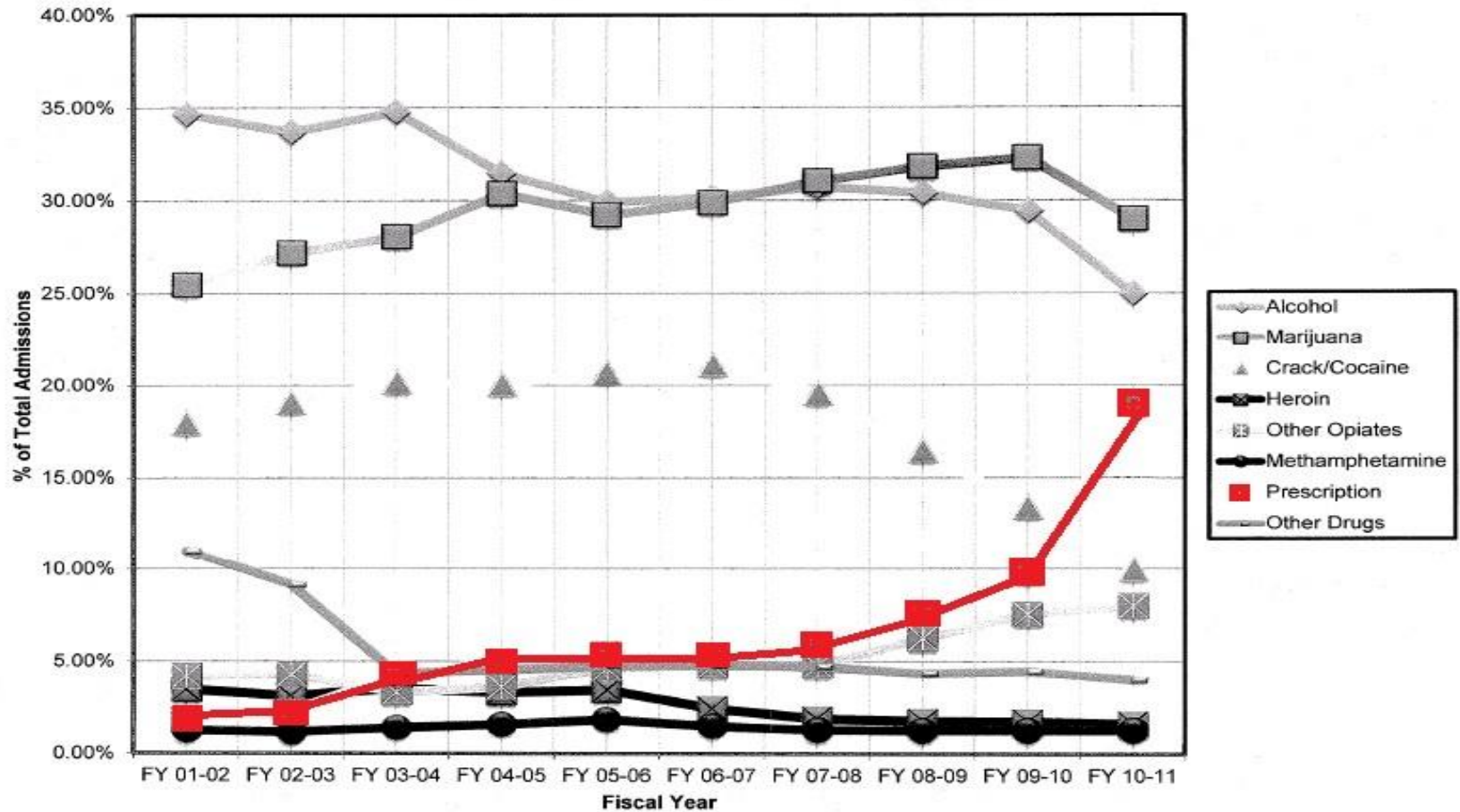
# Workshop Content

- \* Overview
- \* Development of a Logic Model
- \* Comprehensive Program Development
- \* Program Descriptions/ Evidence Based Practices
  - \* Motivating New Moms
  - \* Development Center Services
  - \* COSA Substance Abuse Treatment
  - \* Parenting Prevention
- \* Outcomes

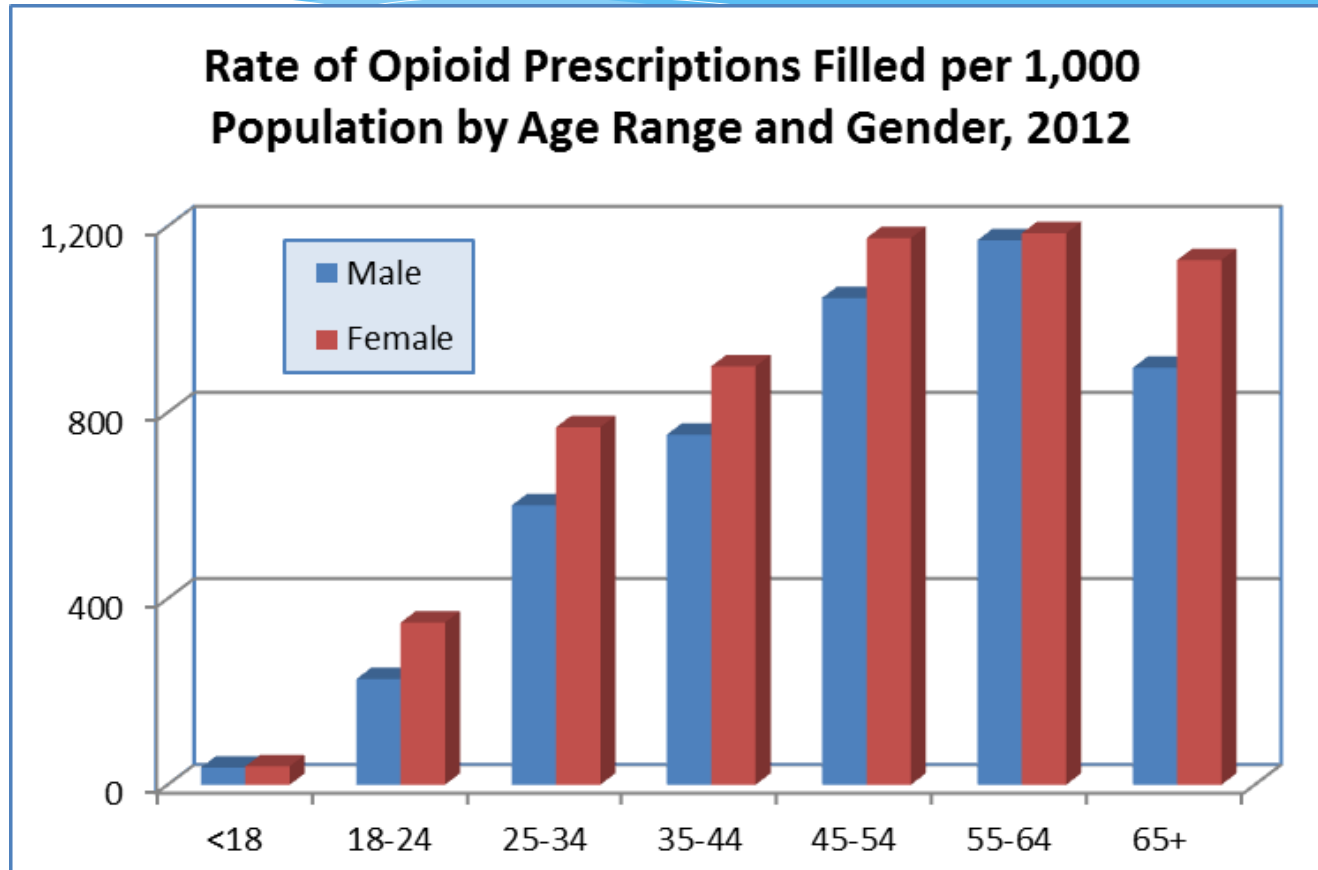


# Drug Use Trends

## Ten Year Trend Analysis of Drug of Abuse



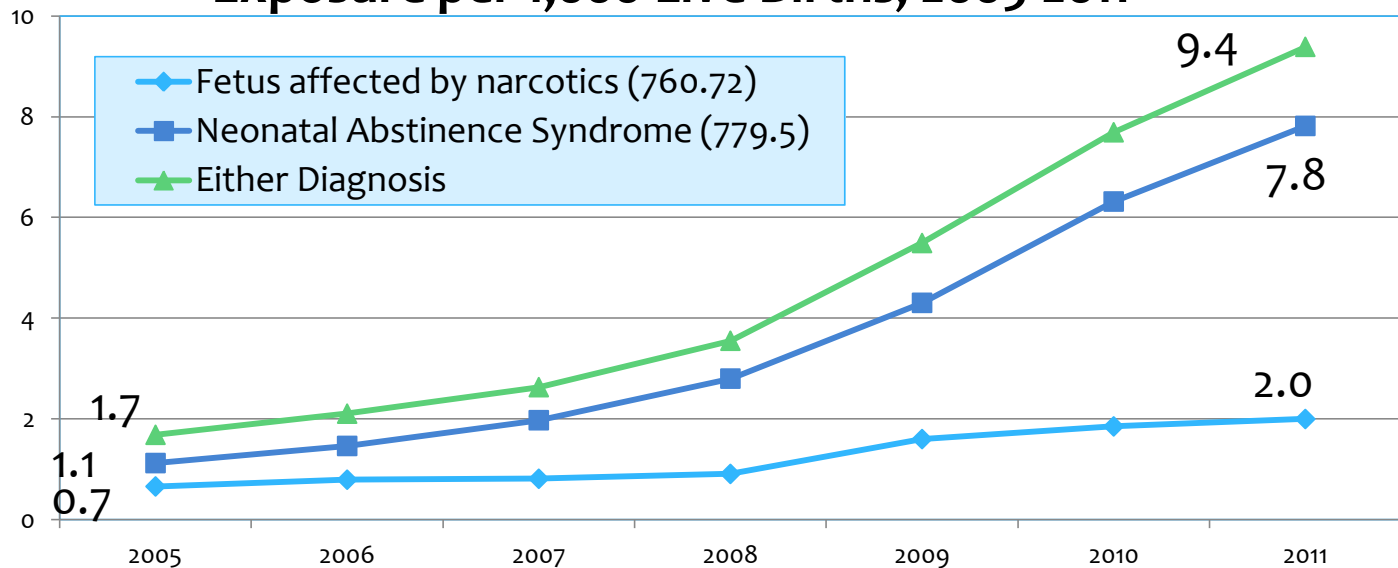
# Drug Use and Gender Differences



Source: Hal Johnson, MPH, Florida Department of Children and Families, eForcse Data

# Rate of Fetal Substance Exposure

**Rate of Diagnosis of Selected Fetal Substance Exposure per 1,000 Live Births, 2005-2011**



Source: Hal Johnson, MPH, Florida Department of Children and Families.

# Consequences: Economic Costs

Year	Total # of children removed	Monthly Average of Children Removed	# of children removed due to RX abuse	Monthly Average of Children Removed Due to Rx Abuse	# of children placed in licensed foster care	Monthly Average of Children placed in licensed foster care	Average Cost of placement in licensed foster care per month	Average Cost of placement in licensed foster care for 12 months	% of removals due to Prescription Drugs
2010*	259	64.8	110	27.5	33	8.3	\$13,818.75	\$165,825	42%
2011	888	74.0	265	22.1	96	8.0	\$13,420.00	\$161,040	29.8%
2012	1021	85.1	295	24.6	175	14.6	\$24,062.50	\$288,750.	28.9%
2013*	396	99	126	31.5	91	22.8	\$37,537.50	\$450,450	31.8%

\* 2010 data includes only the months of September through December

\*2013 data includes through April

# Consequences: Neonatal Complications

- \* Prematurity
- \* Low Birth Weight
- \* Infectious Diseases
- \* SIDS
- \* IUGR
- \* Failure to Thrive
- \* Apnea
- \* Stroke
- \* CNS Disorders (e.g. spinal infarctions)
- \* Heart Attack





# Signs of Substance Exposure in Infants

- \* Withdrawal Symptoms (tremors, seizures, digestive issues, vomiting, diarrhea, poor feeding, difficulty sleeping, high pitched cry, and inconsolability)
- \* Easily overstimulated
- \* Difficulty in self-regulation
- \* Frequent hiccups, yawning, sneezing
- \* Myoclonic Jerking and Twitching
- \* Tight fists, rigid body, stiffening of arms and legs



# Signs of Substance Exposure in Older Children



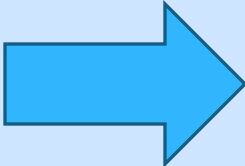
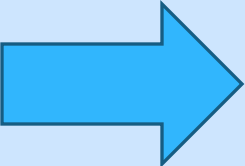
- \* Social Withdrawal
- \* Aggressiveness
- \* Impulsiveness
- \* Language Delays
- \* Attention Problems
- \* Anxiety, Depression
- \* Overfriendliness
- \* Mental Retardation

# The Problem

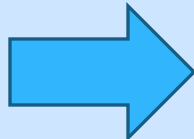
Many parents in Pinellas County are using and abusing alcohol, drugs, and other mood altering substances, leaving them unable to provide proper care and supervision for their children, with resulting high reports of abuse/neglect and children placed out of the home

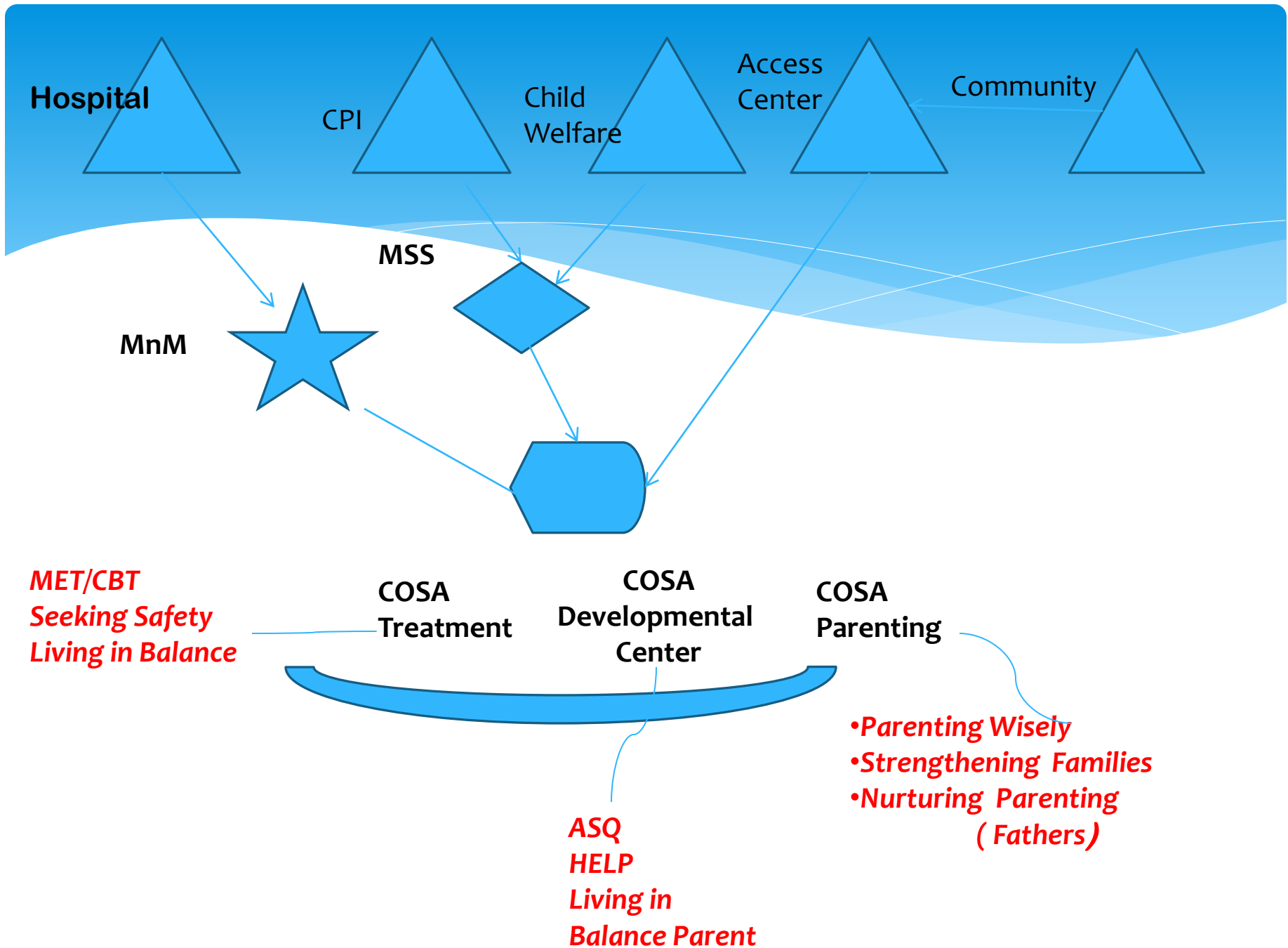


# The Plan

Goal		Barriers		Strategies
<p>To assist substance abusing parents and parents at risk of substance abuse in obtaining sobriety and utilizing age appropriate parenting skills, so that their children receive appropriate care</p>		<ul style="list-style-type: none"> <li>•Parents involved with Child Welfare System and Criminal Justice System</li> <li>•Mother delivers an NAS infant</li> <li>•Parents have inadequate parenting skills</li> <li>•Parents lack knowledge of developmental stages</li> <li>•Parents are victims of trauma</li> </ul>		<ul style="list-style-type: none"> <li>•Treatment program linked with Child Welfare</li> <li>•NICU linkage with referral to treatment</li> <li>•Developmental Services for Children</li> <li>•Parent Interaction to learn age appropriate behaviors</li> <li>•Effective Parenting programs</li> </ul>

# The Goal

Short Term Outcomes		Long Term Outcomes
<p>Increased level of healthy coping skills, drug refusal skills, employment and parenting skills</p> <p>Ability to demonstrate improved parenting skills</p> <p>Stable Recovery Support System</p> <p>Children have completed a Developmental Services Plan</p>		<p>Verified reports of abuse and neglect will decrease</p> <p>More Pinellas children live in a stable and nurturing home environment.</p>



Hospital

CPI

Child Welfare

Access Center

Community

MSS

MnM

**MET/CBT**  
**Seeking Safety**  
**Living in Balance**

COSA  
 Treatment

COSA  
 Developmental  
 Center

COSA  
 Parenting

**ASQ  
 HELP**  
**Living in  
 Balance Parent**

**•Parenting Wisely**  
**•Strengthening Families**  
**•Nurturing Parenting  
 (Fathers)**

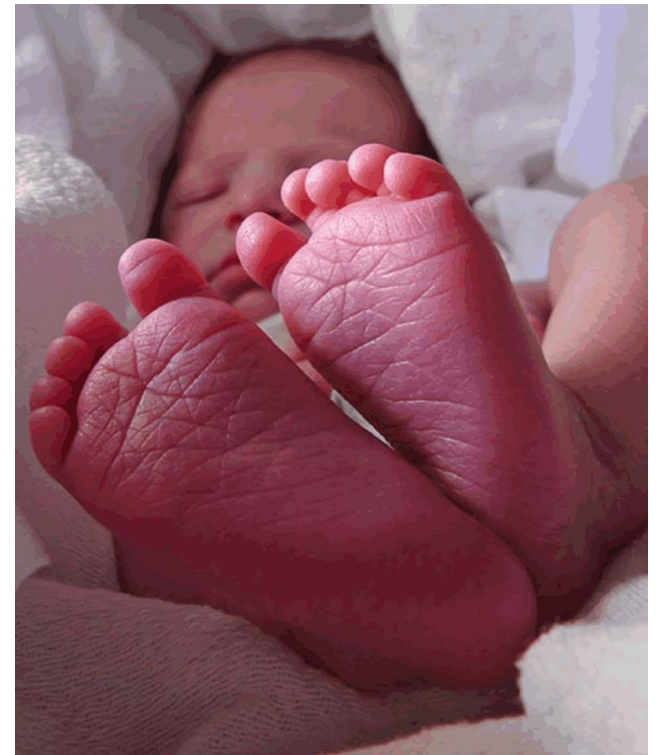
# Motivating New Moms



- \* Motivating New Moms is a program designed to engage pregnant or post partum prescription using mother into services with a Behavioral Health Consultant with the ultimate goal of engaging the mother in substance abuse services and the completion of in-home parenting classes

# Motivating New Moms

- \* Consultants receive referrals from Hospitals, High Risk Pregnancy Centers, Child Welfare, and Substance Abuse Treatment Facilities.
- \* Consultants begin engaging mother with in home/hospital visits using the Nurturing Parenting Curriculum and providing referrals to community based programs to help support the mother





# PAR COSA

- \* **COSA (Cornerstone of Successful Achievement)** program serves substance abusing pregnant and parenting women and fathers whose infants and preschool children are often developmentally delayed.

- \* **TREATMENT COMPONENTS**

- |                                  |                          |
|----------------------------------|--------------------------|
| * Enhanced outpatient treatment, | Early intervention group |
| * Case management                | Continuing care          |

COSA integrates therapeutic child development into its treatment model developed from evidence-based studies.

# PAR COSA

- \* The treatment includes a holistic approach while integrating relationship building experiences between mother and child.
- \* The program works closely with substance abusing mothers/fathers and their young children to strengthen parent/child bonds by providing opportunities for parents to overcome their addiction and acquire effective parenting skills, to understand the basic principles of child development and to participate in their child's educational activities.

# COSA

## Substance Abuse Treatment

- \* Assessment and Admission
- \* Individualized Treatment Planning
- \* Group Counseling
  - \* MET/CBT Substance Abuse
  - \* Seeking Safety: Trauma and Substance Abuse
  - \* Living in Balance: Designed for Co-Occurring Disorders
- \* Individual Counseling
- \* Parenting Engagement
- \* Parenting
- \* Continual assessment for proper treatment level of care

# PAR COSA

Program goals are:

- \* Adults will reduce their drug use;
- \* Adults will demonstrate satisfactory parent/child interaction
- \* Children in the Child Development Center will satisfactorily complete at least two educational goals on their Individual Development Plans.



# COSA Child Development and Family Guidance Center

- \* Children from birth to 5 years of age whose parent is receiving services at Operation PAR or has a Child Welfare case plan are given priority access to PAR COSA Developmental Center Services.
- \* After thirty days of admission, ASQ-3 developmental screening is done to provide a base line measure of skills.
- \* An education plan is drawn up based on the results of ASQ- 3 Screening

# Child Development and Family Guidance Center

- \* The educational plans are used as a guide for lesson planning to assure skill practice in areas of deficit.
- \* Children 0 – 2 years receive the ASQ-3 every 4 months afterward with children 2- 5 yrs. receiving them every 6 months as a measure of continued development.



# COSA Development Center: Family Services Worker

- \* New Parent Orientation
- \* Monthly Newsletter
- \* Family Literacy Program
- \* Commitment To Character Charge Up
- \* Family Involvement Hour
- \* Family to School Liaison



# PARENTING



Nurturing Parenting  
Strengthening Families  
Parenting Wisely



# Nurturing Parenting

- \* The Nurturing Parenting Program is a family-centered initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices
- \* The program features activities to foster positive parenting skills and self-nurturing, home practice exercises, family nurturing time, and activities to promote positive brain development in children birth to 18 years.



# Nurturing Parenting cont.

- \* The Nurturing Programs target all families at risk for abuse and neglect with children birth to 18 years old.
  - \* Classes offered to any parent with children ages 0-5
  - \* Parents participate in parent child interaction
  - \* Pre / Post
    - \* AAPI-2 (Adult – Adolescent Parenting Inventory )
    - \* NSCS ( Nurturing Skills Competency Scale )
  - \* Clients compete Pre testing to see where they are upon entering the program and what areas they most need help in.
  - \* Post testing is completed to understand what they have gained from the program.

# Nurturing Parenting Lessons By AAPI-2 Constructs

- A. Appropriate Expectations of Children
- B. Developing Empathy in Parents and Children
- C. Discipline with Dignity
- D. Self-Awareness and Appropriate Family Roles
- E. Empowerment and Independence

# AAPI Questions

<b>AAPI Online - Form A</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>	<b>Uncertain</b>
1. Children need to be allowed freedom to explore their world in safety.	SA	A	D	SD	U
2. Time-out is an effective way to discipline children.	SA	A	D	SD	U
3. Children who are one-year-old should be able to stay away from things that could harm them.	SA	A	D	SD	U
4. Strong-willed children must be taught to mind their parents.	SA	A	D	SD	U
5. The sooner children learn to feed and dress themselves and use the toilet, the better off they will be as adults.	SA	A	D	SD	U

# Nurturing Parenting Pre/Post AAPI-2 Scores

## Average AAPI2 Scores to Date

Form	Total Taken	A ?	B ?	C ?	D ?	E ?
Form A AVG	115	5.28	5.43	6.21	6.36	6.09
Form B AVG	29	6.28	7.31	7.03	6.79	6.97

# NSCS Questions

## PART E –Knowledge of Nurturing Practices

31. **Nurturing Parenting is:** 31. \_\_\_\_\_
- A belief that children need to be obedient.
  - Caring for your children and yourself.
  - Devoting your life to the well being of your children.
  - Teaching children to respect their elders.
32. **Holding and cuddling a baby helps his brain grow.** 32. \_\_\_\_\_
- Baby's brains are still developing after birth.
  - Baby's brains are fully developed after birth.
  - Baby's brains fully develop at the age of seven.
  - Holding and cuddling a baby is a sure way to spoil him.
33. **Having appropriate expectations for children helps them:** 33. \_\_\_\_\_
- Learn to feel good about themselves.
  - Develop trust and security
  - Learn to succeed in school.
  - All the above statements are true.
34. **Pick the right way to Praise a child for Being.** 34. \_\_\_\_\_
- "You are such a good child for helping me."
  - "You make me feel happy."
  - "You are a wonderful child."
  - "You are such a nice girl when you cooperate."
45. **Anger is:** 45. \_\_\_\_\_
- Anger is a feeling that happens when people keep their hurt feelings inside.
  - Anger is a feeling that causes people to become violent.
  - Anger is a way to tell someone you don't like them.
  - Anger is a feeling of disrespect.
46. **Our self worth is:** 46. \_\_\_\_\_
- Developed from the ways others think about us.
  - Made up of the thoughts and feelings we have about ourselves.
  - Learned in childhood and is difficult to change throughout life.
  - Our self worth as a parent depends on how well our children behave.
47. **Children with a positive self worth generally:** 47. \_\_\_\_\_
- Think they are better than other kids
  - Are often faking it.
  - Often act disrespectful to others.
  - Treat others with respect.
48. **Children who have a strong sense of personal power:** 48. \_\_\_\_\_
- Get into power struggles with parents about everything.
  - Have the ability to make good choices.
  - Feel superior and put down other kids.
  - Demand to have things their way.

# Nurturing Parenting Pre/Post NSCS Scores

## Average NSCS2-Long Scores to Date

Form	Total Taken	A ?	B ?	C ?	D ?	E ?	F ?
Pre-test AVG	88	4.00	6.80	7.84	8.81	7.38	6.48
Post-test AVG	32	4.34	6.75	7.94	9.59	7.97	7.84

# Adult-Adolescent Parenting Inventory - 2

Stephen J. Bavolek, PhD and Richard G. Keene, PhD

## Parenting Profile – PARENT Version

www.assessingparenting.com

Name: Laina A Kop

ID or last 4 digits of #SS: \_\_\_\_\_

Date: 10/01/2012

pc: \_\_\_\_\_

State/Province: UT

Country: US

Female Norm table used: TEEN PARENT

Program "bob"  
Form A completed 10/01/2012

### RANGE OF SCORES

Factor	Raw Score	Sten Score	LOW SCORE DESCRIPTION	RANGE OF SCORES										HIGH SCORE DESCRIPTION	
				BELOW AVERAGE			LOW AVERAGE				HIGH	ABOVE AVERAGE			
				1	2	3	4	5	6	7	8	9	10		
	17.0	4	<b>Expectations of Children</b> Your answers in this area indicate you could benefit by gaining a greater understanding of a child's growth and development; gaining a greater understanding of the importance of allowing children to exhibit normal developmental behaviors (i.e. a two-year-old saying "mine!"); seeing yourself more positively as a caregiver.				●								<b>Expectations of Children</b> Your answers in this area indicate: You have an understanding of a child's growth and development; you understand the importance of allowing children to exhibit normal developmental behaviors (i.e. temper tantrums); you believe in supporting children; your idea of yourself as a caregiver is positive.
	31.0	3	<b>EMPATHY</b> Your answers in this area indicate you could benefit by: gaining a greater understanding of a child's needs; gaining a greater understanding of techniques to encourage a child's positive growth; reducing your personal and parenting stress.			●									<b>EMPATHY</b> Your answers in this area indicate: You understand and value a child's needs; you recognize feelings of children; you understand the importance of encouraging a child's positive growth; you understand the importance of communicating with children.
	28.0	3	<b>DISCIPLINE</b> Your answers in this area indicate you could benefit by gaining a greater understanding of non-physical discipline techniques (i.e. time-out); gaining a greater understanding of the importance of including all the family in family rules.			●									<b>DISCIPLINE</b> Your answers in this area indicate: You have an understanding of the alternatives to corporal punishment (i.e. spanking); you understand the importance of including all the family in establishing family rules and that the rules are for the family not just the child; you value a mutual parent-child relationship; you respect children and their needs.
D	19.0	4	<b>FAMILY ROLES</b> Your answers in this area indicate you could benefit by: increasing your own support system (to gain comfort, support, and companionship from friends); gaining a greater understanding of family roles.				●								<b>FAMILY ROLES</b> Your answers in this area indicate: You understand that a parent needs to find comfort, support, and companionship from their friends, not their children; you understand the importance of being responsible for your own behavior; you understand the value of a caregiver feeling worthwhile as a person; you understand that children should be allowed to express themselves.
E	19.0	6	<b>POWER &amp; INDEPENDENCE</b> Your answers in this area indicate you could benefit by: gaining a greater understanding of the use of compromise with children; gaining a greater understanding of a child's need to demonstrate age-appropriate independence and personal power.					●							<b>POWER &amp; INDEPENDENCE</b> Your answers in this area indicate: You understand the value of empowering children to make good choices; you have an understanding of encouraging children to express their views while still cooperating; you value children's ability to problem-solve.

My Parenting Plan for Improvement:



# Parenting Wisely



- \* Program is presented to parents only and is appropriate for parent with children of all ages.
- \* *The Parenting Wisely* curriculum uses interactive group dynamics, videos and hands on mock case studies relevant to suggested terms associated with parenting.

# Parenting Wisely

- \* *Parenting Wisely* services may also be offered individually depending upon the availability of staff and circumstance of the prospective client.
- \* The prevention strategy used will be education with the intent to improve parenting skills and reduce negative behaviors.



PARENTING WISELY

# Strengthening Families

- \* The Strengthening Families Program is designed for both parent and youth education and interaction.
- \* Families with children from ages six through eleven or teenagers from ages twelve through sixteen are eligible to participate.



# Strengthening Families

- \* Strengthening Families purpose is to improve family interaction as well as youth's self-expression, self-esteem and behavior

There are four elements to the ten week program:

- 1) Separate Parent and Youth Sessions
- 2) Family Activity Sessions
- 3) Family Dinner
- 4) Four In-home Parent Sessions.



# PAR MOTIVATING NEW MOMS

93% of the babies did not have a new verified report of abuse/neglect during services (N=28)

Allocation \$168,842  
\$2,862 per client

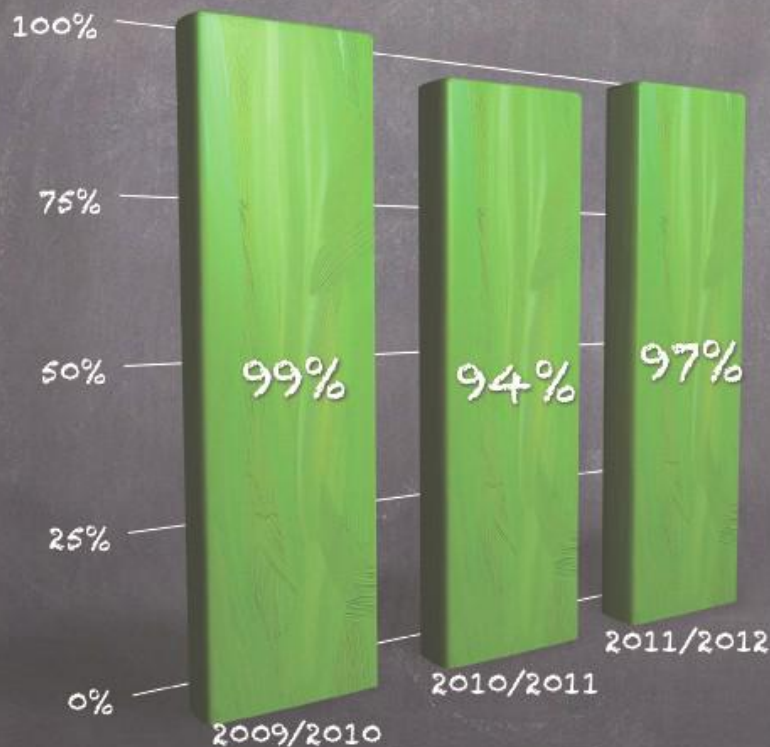
A **collaboration** by Operation PAR, hospital neonatal ICUs, high-risk pregnancy health clinics, child protection, and JWB

Links **new mothers struggling with substance abuse** with intervention specialists

Meets research documented need for **gender-specific treatment** to address substance misuse

# PAR Cornerstone of Successful Achievement (COSA)

Children Who Did Not Experience An Out-Of-Home Placement Within One Year After Services (N=75)



Research supports developing comprehensive social support programs to address the complex needs of pregnant and parenting substance users and their families

# Contact Information

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