Parent-Child Care (PC-CARE): A prevention program for children entering new foster placements

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OBJECTIVES

1. Describe the current project

2. Describe experiences of 1-5 year old children entering foster care in Sacramento County- their characteristics, caregivers, and living situations

3. Understand the effectiveness of PC-CARE for reducing behavior problems, increasing resilience, and improving placement stability
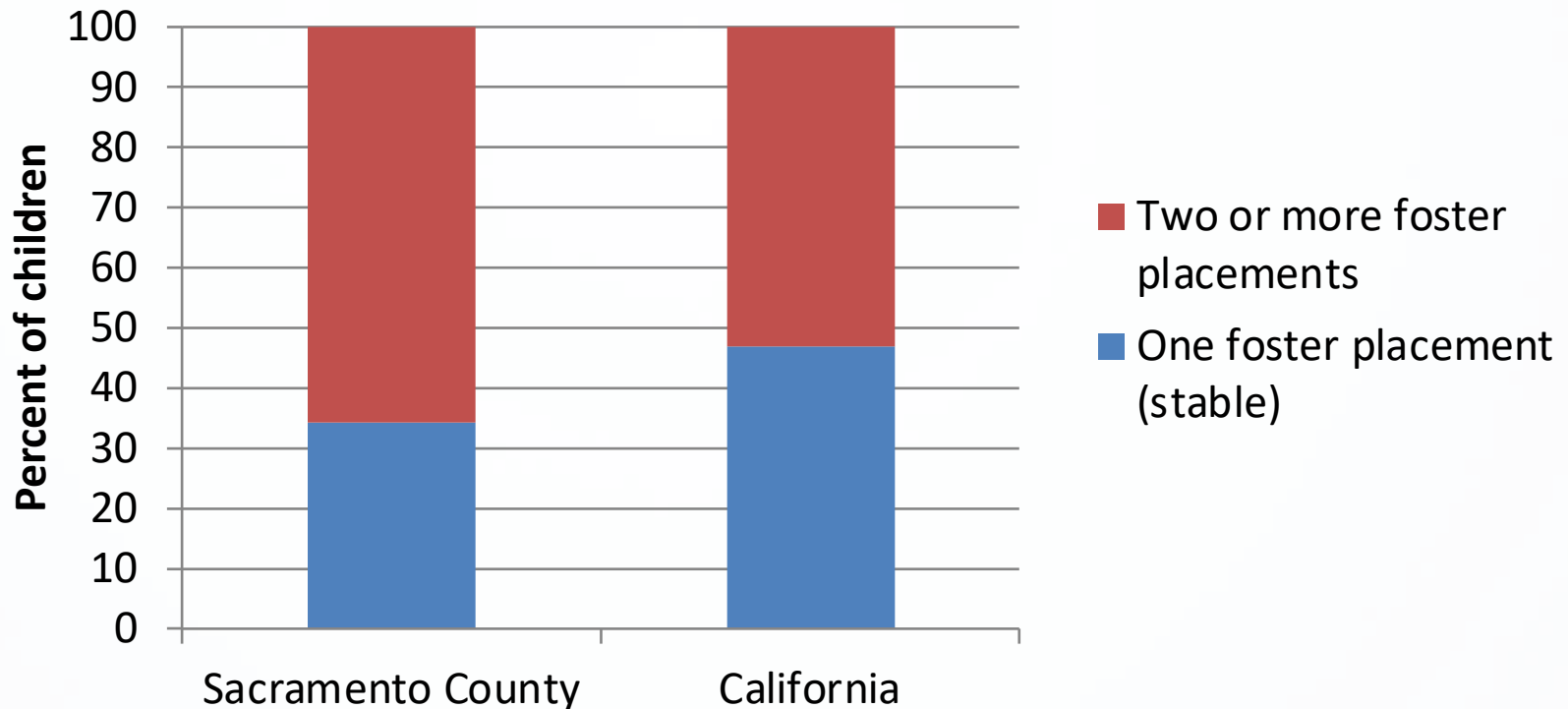
Rates of foster care entry

- In Sacramento County, children were entering foster care at a higher rate than children statewide (Webster et al., 2016)

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Chart: Rate per 1000 children

Legend:
- 3-5 year olds (red)
- 1-2 year olds (blue)

Categories: Sacramento County, California

Y-axis values: 0, 2, 4, 6, 8, 10, 12, 14
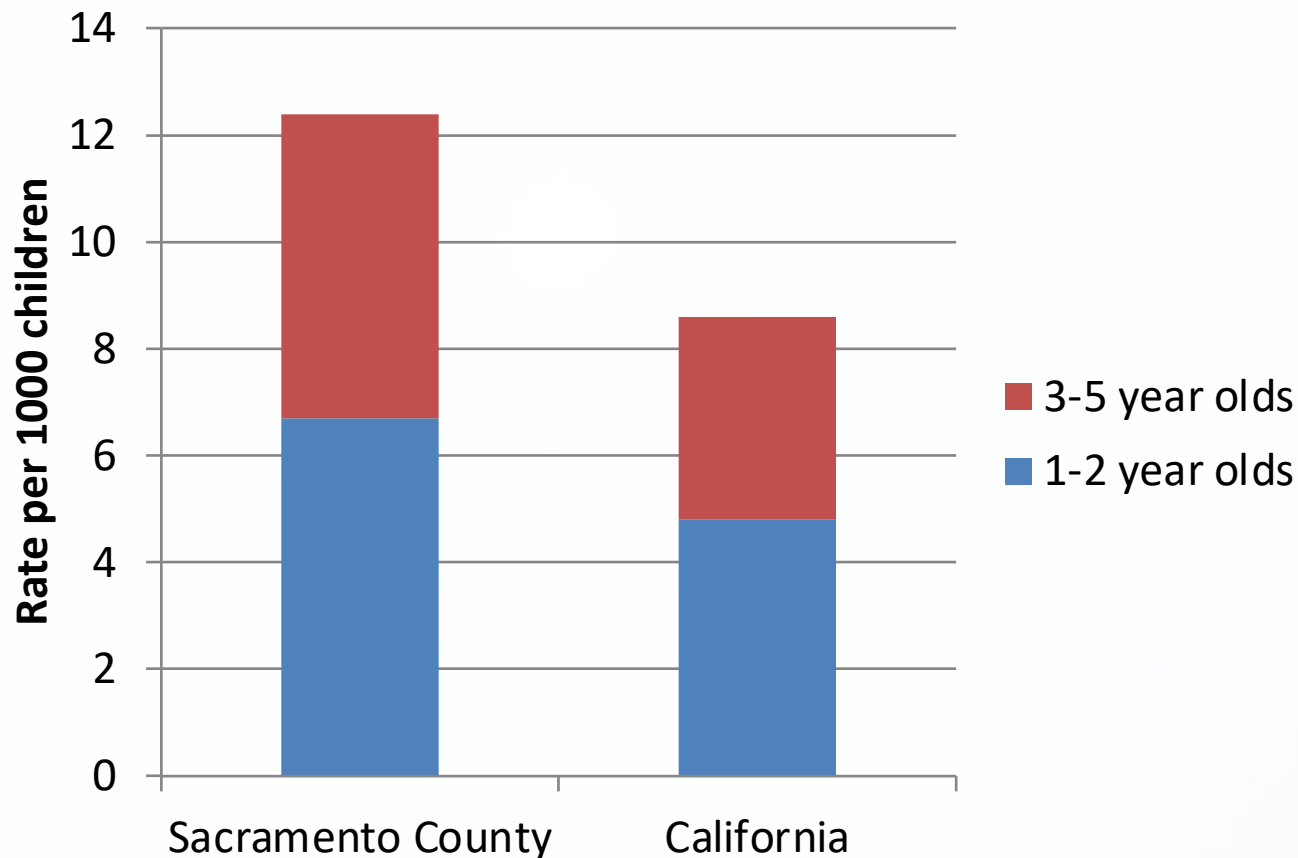
Placement stability: an essential part of young children's mental health

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- Young children in Sacramento County appeared to change placements more frequently (Webster et al., 2016)

Placement stability between January and June 2015

Legend:
- Two or more foster placements (red)
- One foster placement (stable) (blue)

Y-axis: Percent of children (0–100)
X-axis: Sacramento County, California

Project Goals:

- Provide trauma screener to all 1 - 5 year old children entering new foster homes

- Provide PC-CARE as a preventive intervention to those children and their foster caregivers for **6 weeks**

- Reduce child trauma-related symptoms

- Increase foster placement stability

- Refer to other services as needed

Who is eligible for treatment?

- Children aged 1-5 years old

- Entered a new foster placement in the previous 90 days

- Children in foster homes: County foster homes, FFA foster homes, kin caregivers
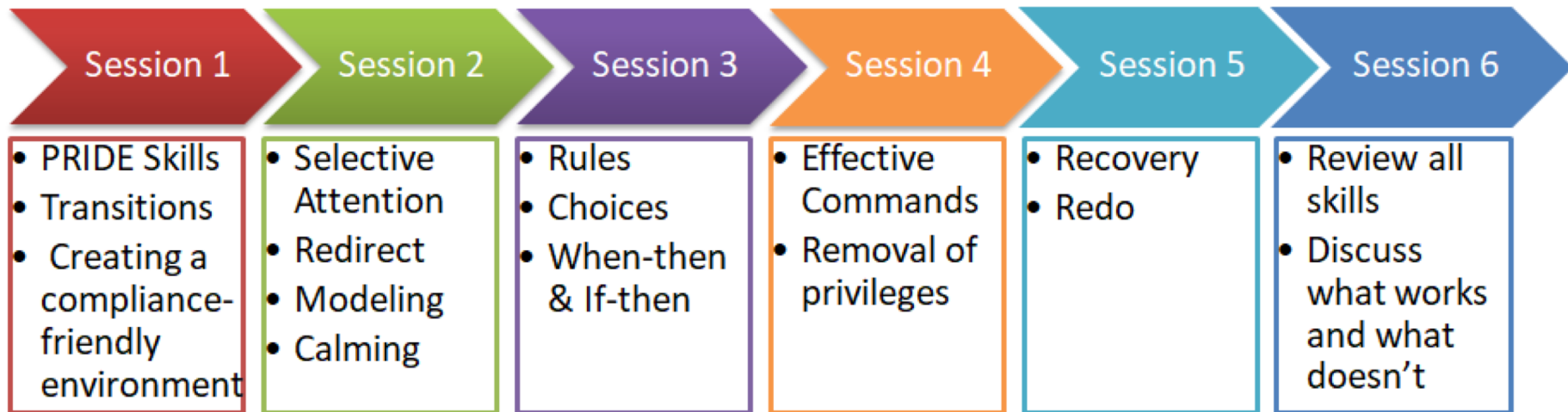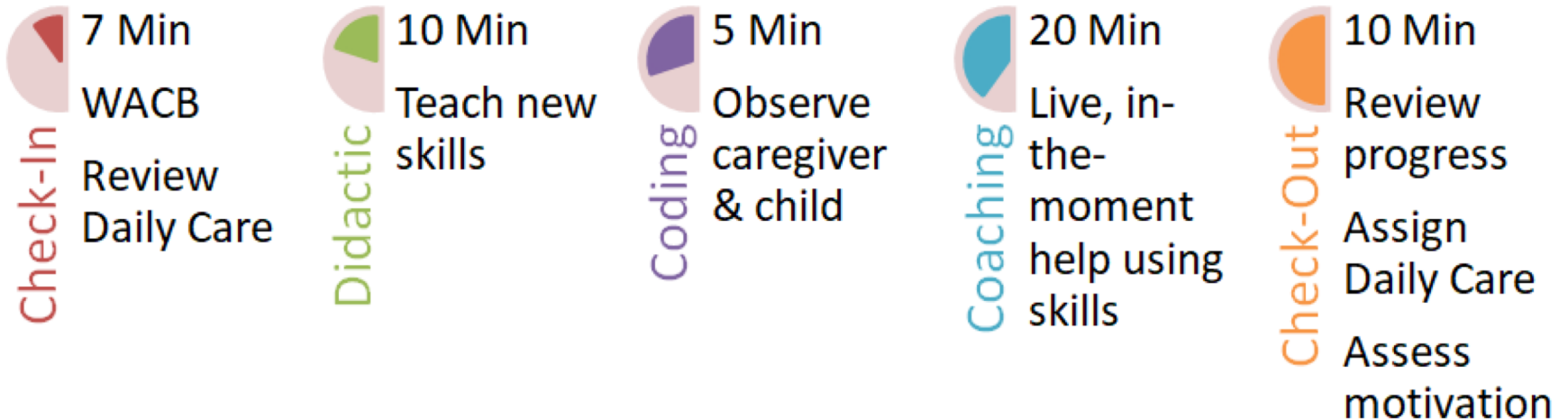
PC-CARE

- 7 week intervention

  - (1 Assessment + 6 Sessions)

- Teach & coach parents and children

- PRIDE (positive parenting) skills

- Calming/self-regulation

- Behavior management skills

COURSE OF TREATMENT

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Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
• PRIDE Skills • Transitions • Creating a compliance-friendly environment	• Selective Attention • Redirect • Modeling • Calming	• Rules • Choices • When-then & If-then	• Effective Commands • Removal of privileges	• Recovery • Redo	• Review all skills • Discuss what works and what doesn't

TYPICAL PC-CARE SESSION

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Check-In — 7 Min
WACB
Review Daily Care

Didactic — 10 Min
Teach new skills

Coding — 5 Min
Observe caregiver & child

Coaching — 20 Min
Live, in-the-moment help using skills

Check-Out — 10 Min
Review progress
Assign Daily Care
Assess motivation

THE CHILD IN THE SYSTEM

How do children get to these resource parents?

- Call to hotline–> meets criteria for investigation–> assigned to Emergency Response Social Worker –> outcome calls for removal
- Child placed into protective custody–> child brought to CPSU for placement(Centralized Placement Support Unit).
    - 1) CPSU Intake Worker handles intake paperwork
    - 2) Child Worker (assigned for 30 days, collects information)
    - 3) Placement Worker (assigned to find placement)
    - 4) If case goes to court, a Court Services Social Worker is assigned (i.e., Juvenile Court Investigator) and has the case for a brief period of time, around a month, if there are no issues with continuances or trials.
    - 5) Permanency Social Worker is also assigned at this time, who handles all case management duties such as referral to services, visitation, and keeps the case as long as parental rights are not terminated.

What are the reasons for placement changes?

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Emergency and temporary placements

A kinship home is found

No home was available for all siblings initially, but when one opens, they move kids to keep them together

Kinship home doesn't work out

Foster family seeking adoptable child and child does not go to TPR

Foster parents can't keep visit schedule

Child develops difficult behaviors

Child isn't a good fit for current home for many possible reasons

Foster family has major life change, e.g., birth of a new child, loss of job, moving

Increased or decreased medical needs

Birth parents cause too much drama, so child is moved.

THE CHILDREN

Who is getting referred?

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- **209** eligible children referred to PC-CARE (so far)
- Average age = 3.1 years (SD= 1.4)
- 59% Male, 41% Female

Child ethnicity:

Missing 19%

White/Non-hispanic 25%

Other 4%

Asian American 4%

Latino 15%

African American 33%

Who is getting referred?:

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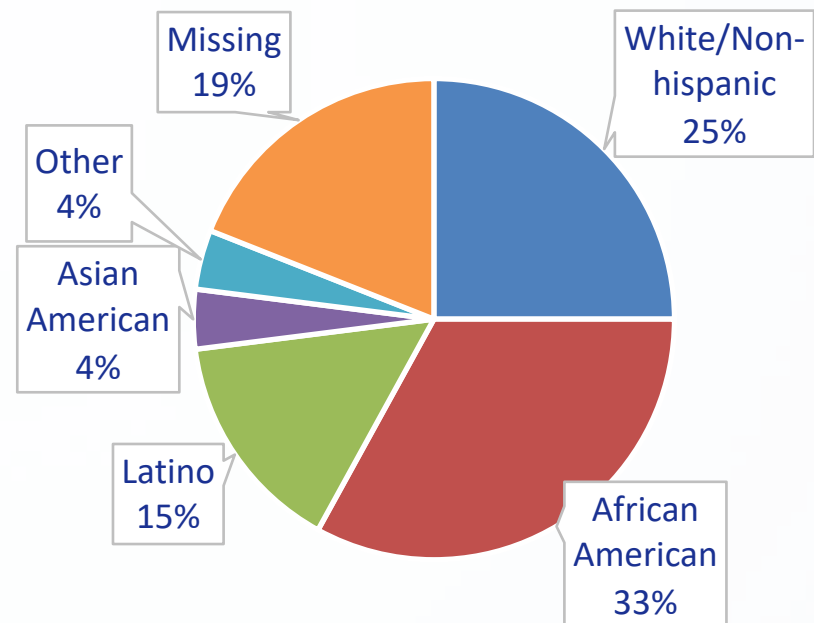
- How many do resource parents report having behavioral concerns at time of call?   53%

- How many have medical problems? 11%

- How many have developmental delays? 25%

- How many had previous mental health services? 11%

- Trauma history: 55% Domestic violence
                      89% Neglect
                       63% Parent substance abuse
                       29% Physical Abuse

THE CAREGIVERS

Are resource parents agreeing to participate?

- How many accepted services?   61% (N=127)
- How many refused services?   34% (N=71)
- Pending a response? 5% (N=11)

How many resource parents start PC-CARE out of those agreeing to participate?

- How many start services?   80% (N= 97)
- How many drop early?   26% (N= 32)
- How many have completed so far?   44% (N=53)

What do we know about the resource parents?

Caregiver Ethnicity

- 5%
- 6%
- 17%
- 31%
- 41%

Legend:
- White/Non-hispanic
- African American
- Latino
- Asian American
- Other
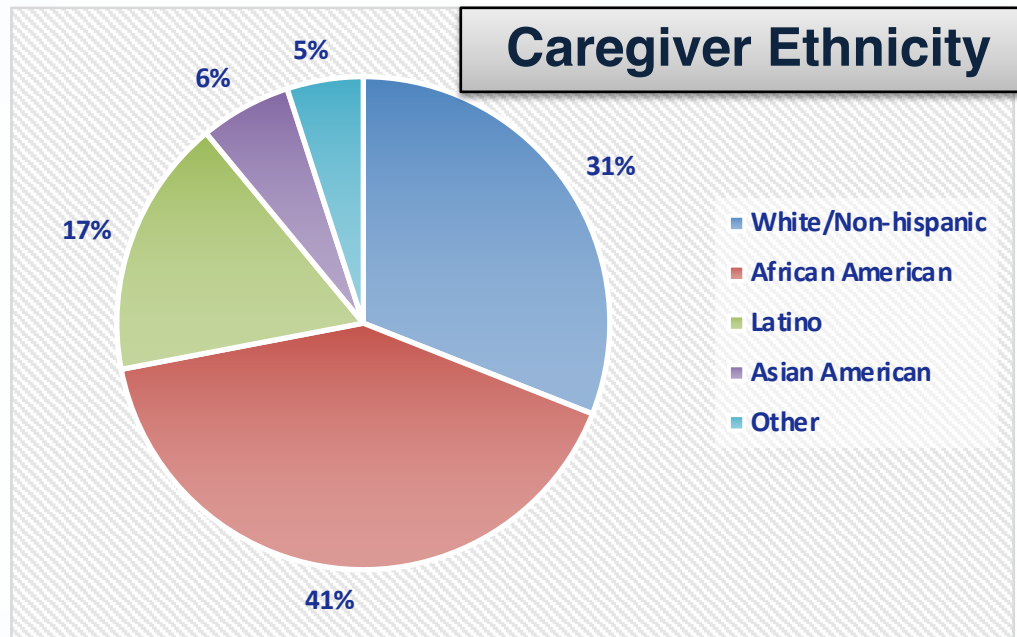
Non-Relative Caregiver: 80%

Married or Cohabitating: 74%

Occupational Status:
Full-time foster: 49%
Employed: 31%

Home Environment:
Biological Children in Home: 48%
Other Foster Children: 18%

How do resource parents feel about their foster kids?

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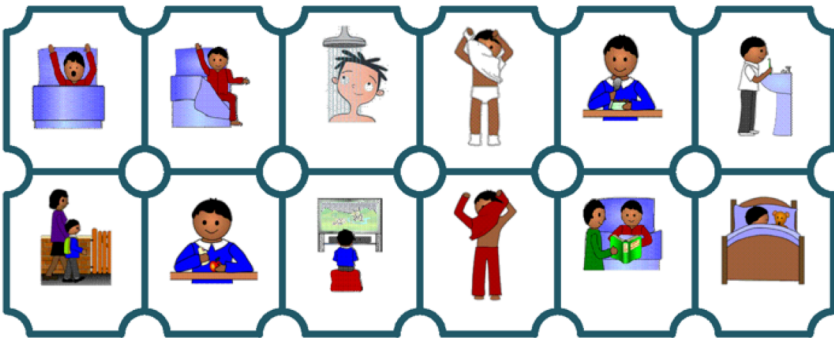
Families have lots of routines and habits:

- 80% of resource parents identified 6-8 areas where they had "ways of doing things."

Child behaves the way the resource parent would like in how many areas?

- 34%
- 29%
- 37%

- 0 to 3 areas
- 4 to 5 areas
- 6 to 8 areas
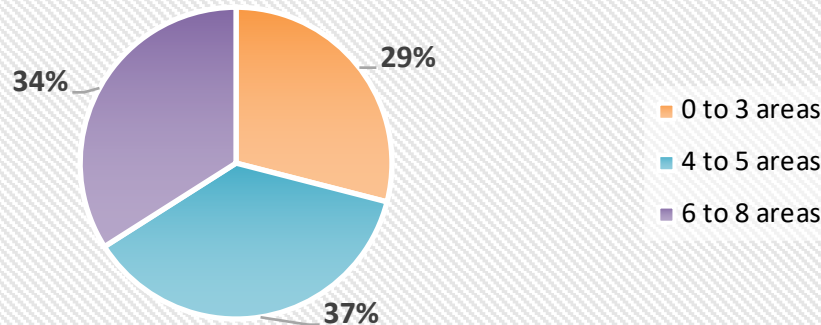
COMMITMENT:

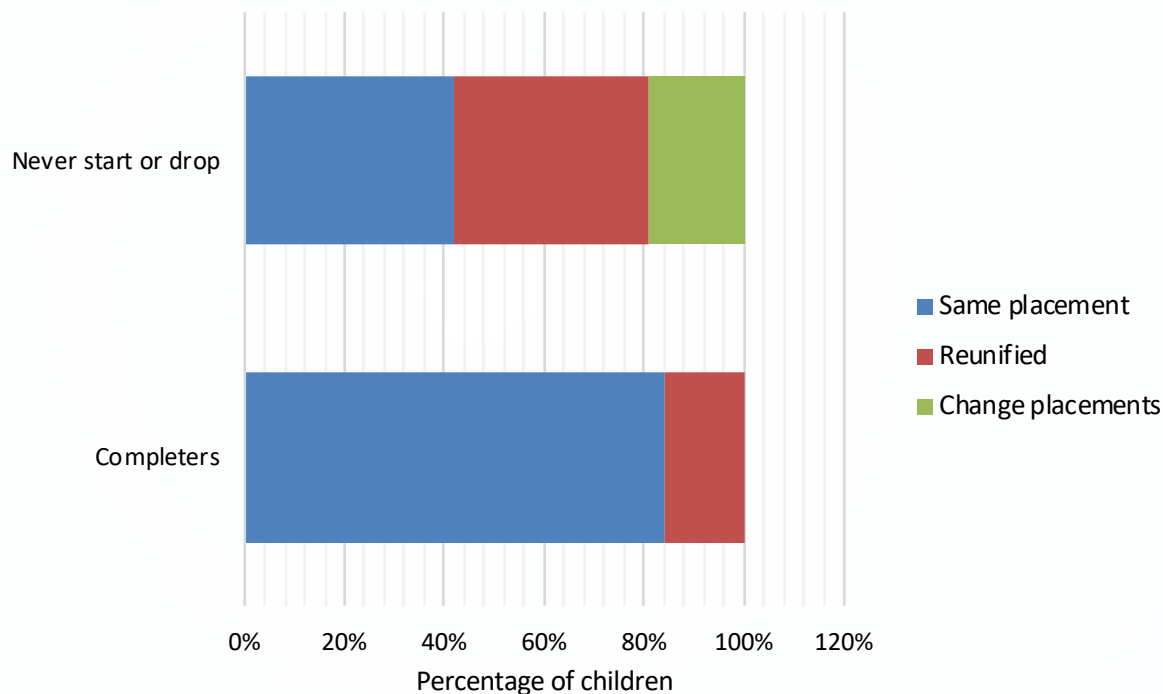- 89% of resource parents are committed to parenting these children until permanency is finalized.

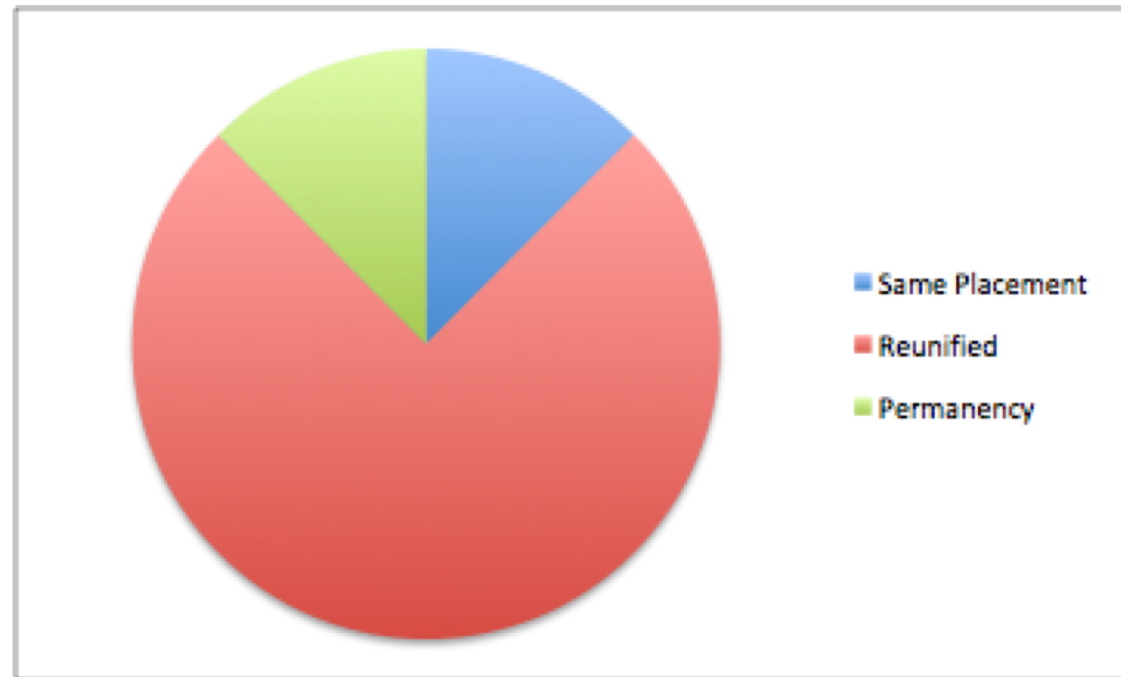# Pre- Treatment Perceptions about Participating in PC-CARE

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Bar chart with x-axis labeled 0%, 20%, 40%, 60%, 80%, 100%:

- 70% — Parenting strategically can make a difference
- 62% — This intervention will help
- 89% — Willing to spend 5 min a day using skills
- 67% — Investing time in PC-CARE will make parenting easier

OUTCOMES!

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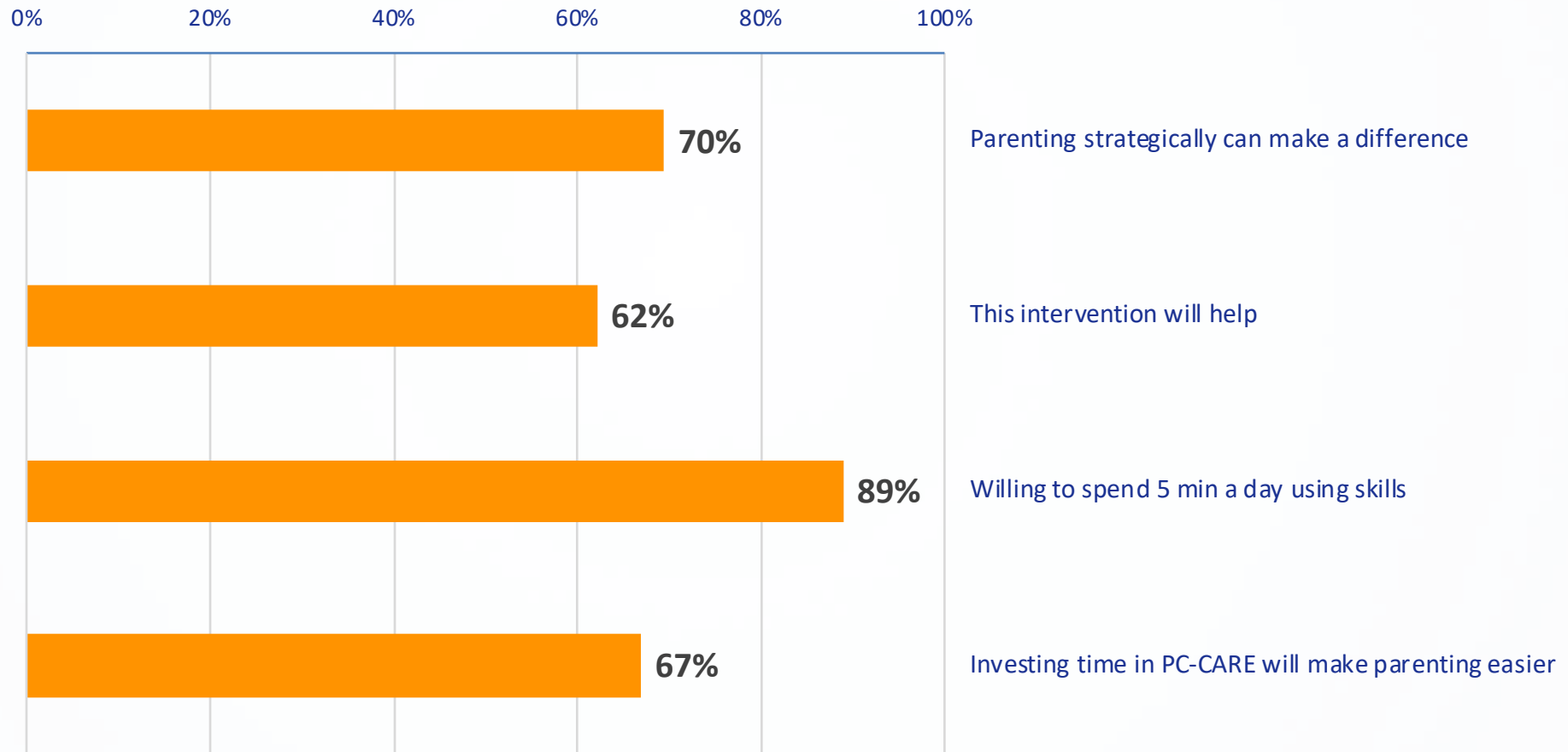
Placement Stability

Placement at 1-month follow up

Placement Stability

6-month follow up

TRAUMA SYMPTOM CHANGE
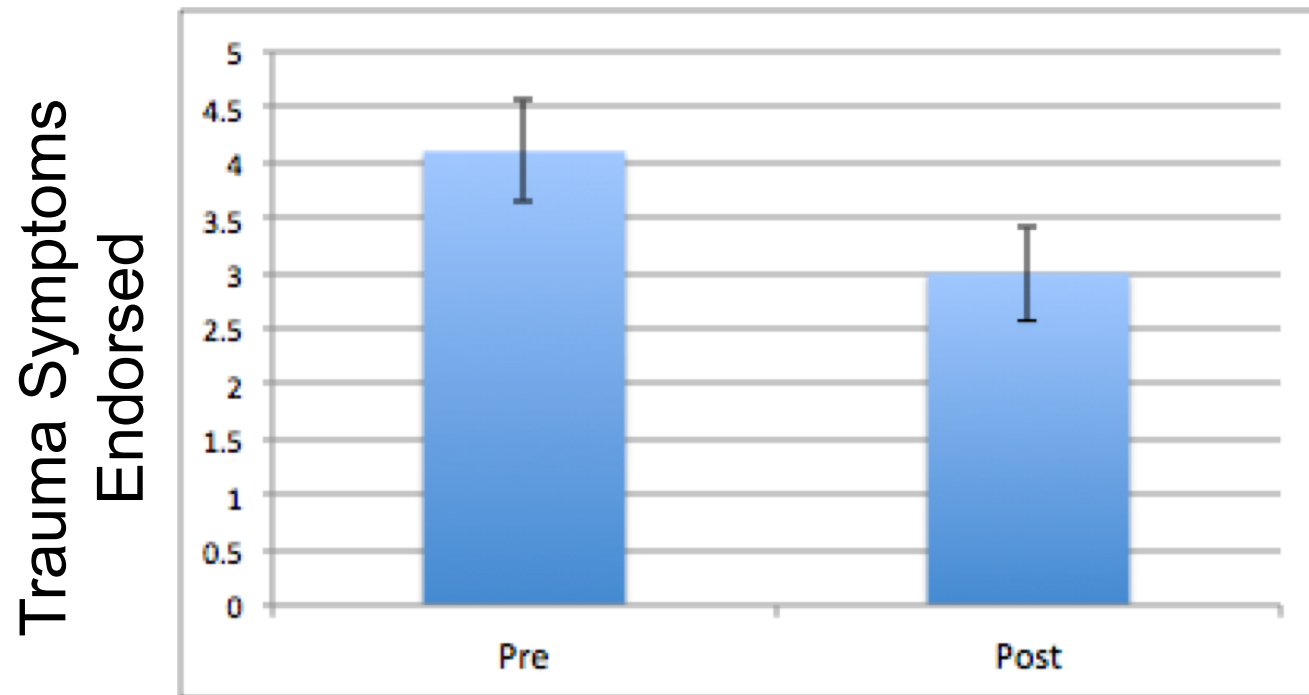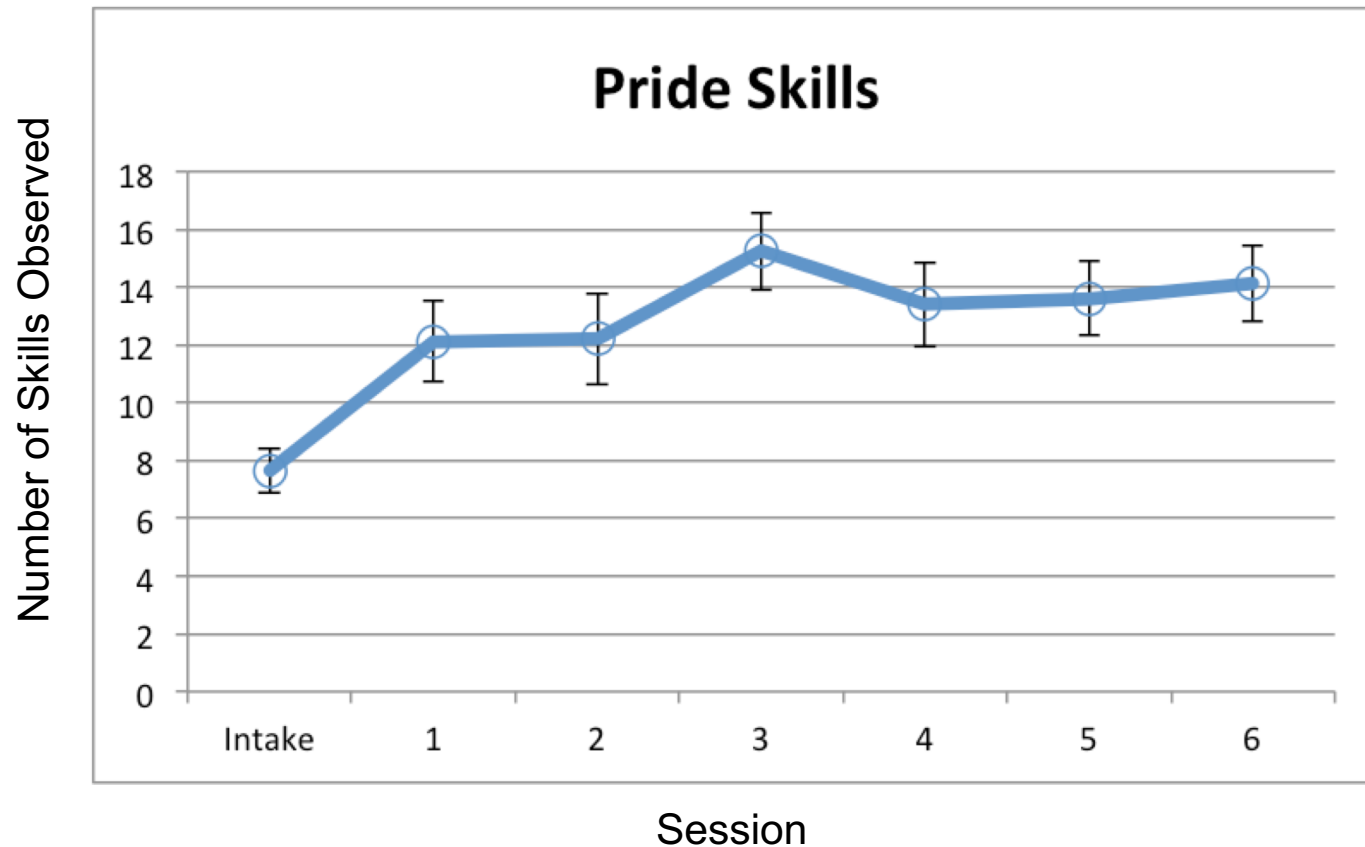

ECTSS

(N = 40 caregiver-child dyads in this analysis)
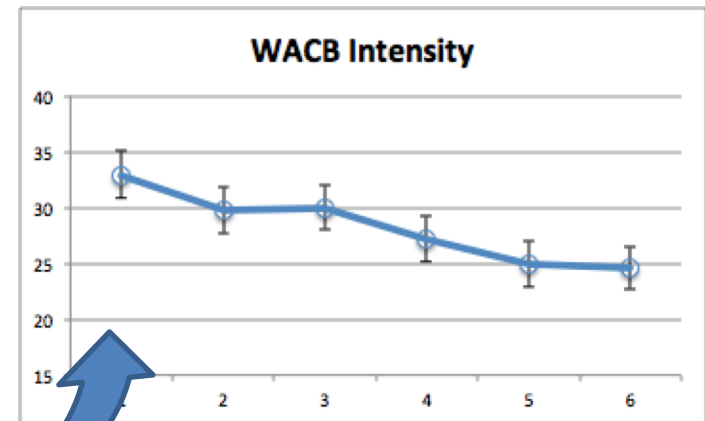
Weekly Behavior Problems

WACB Intensity
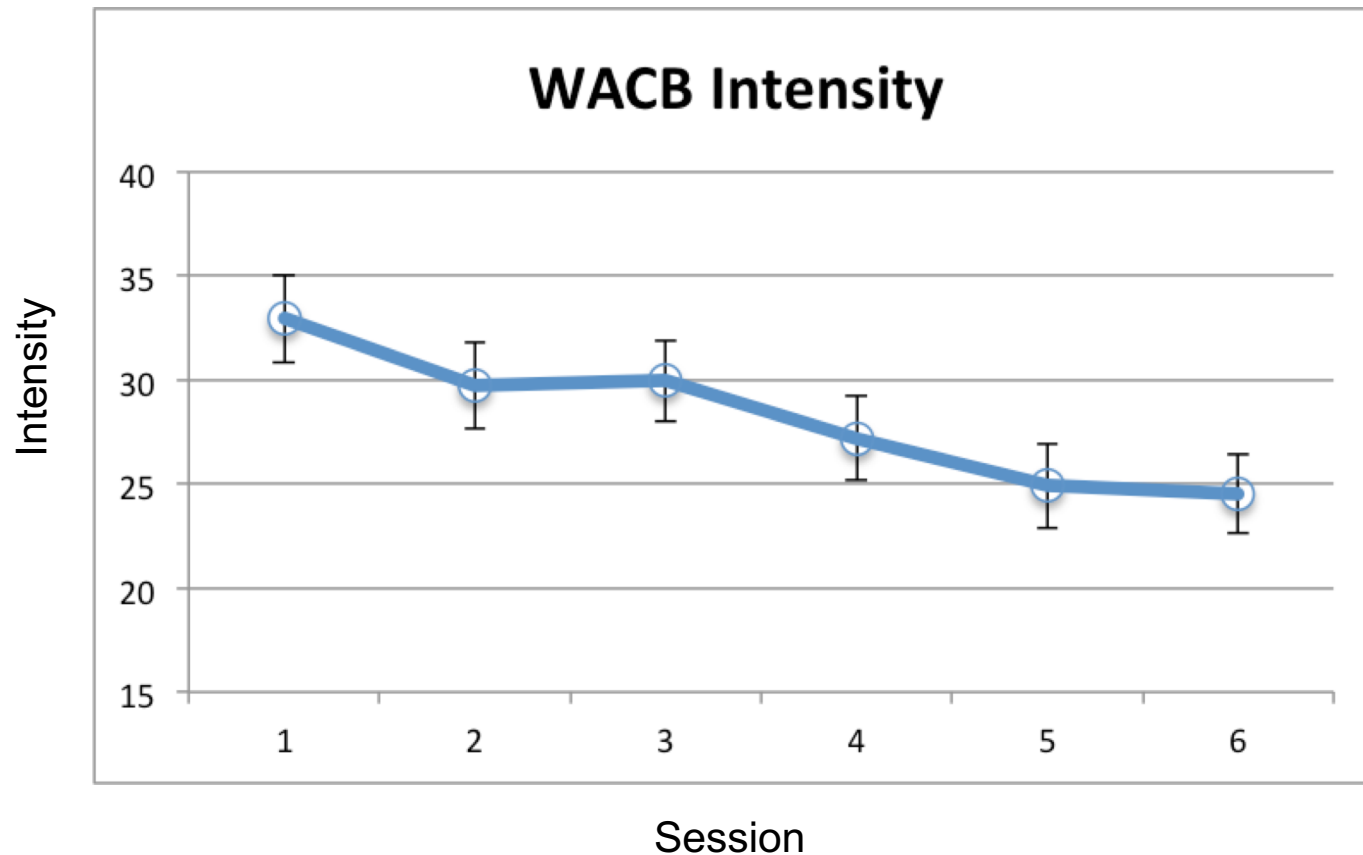
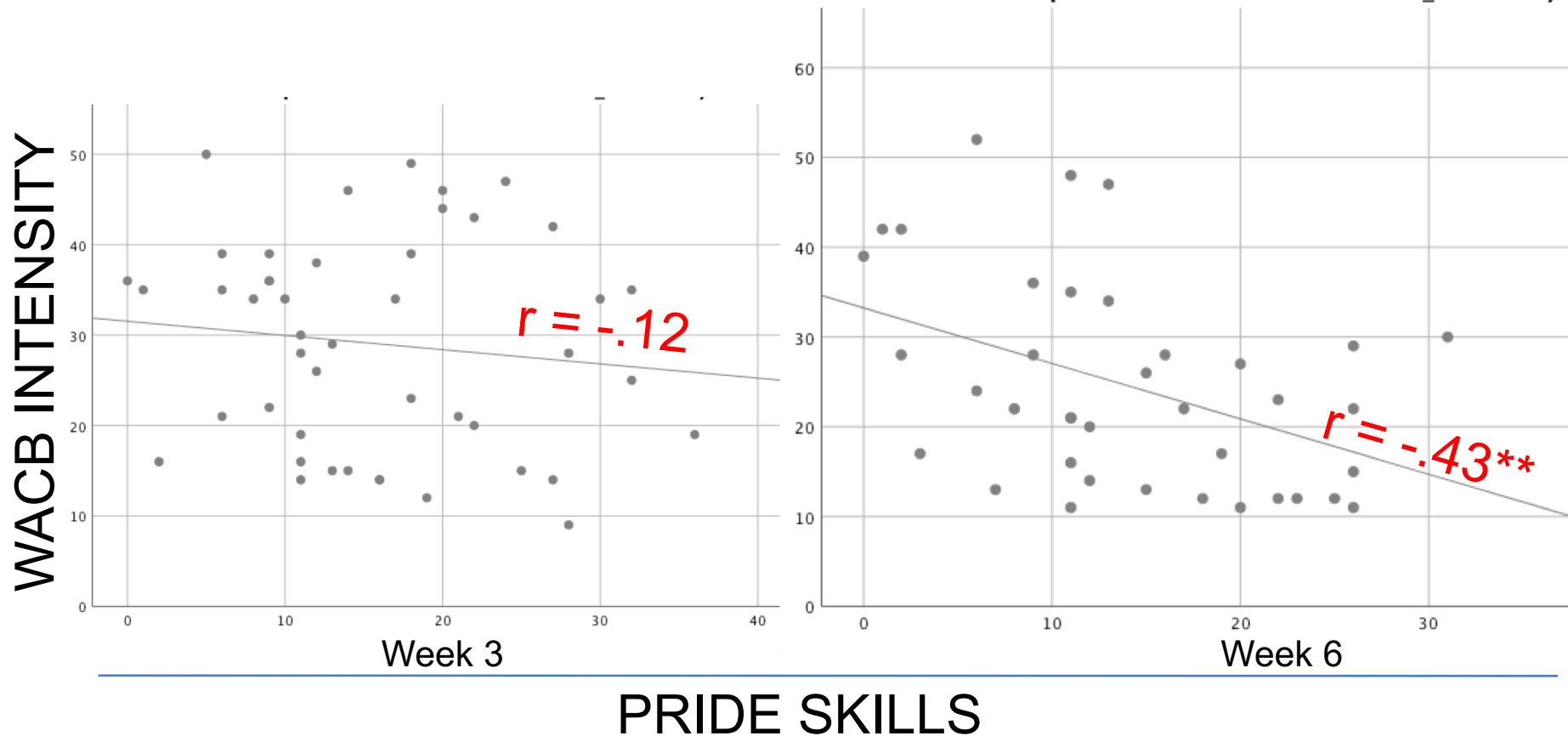(N = 38 caregiver-child dyads in this analysis)

Weekly Caregiving Skills
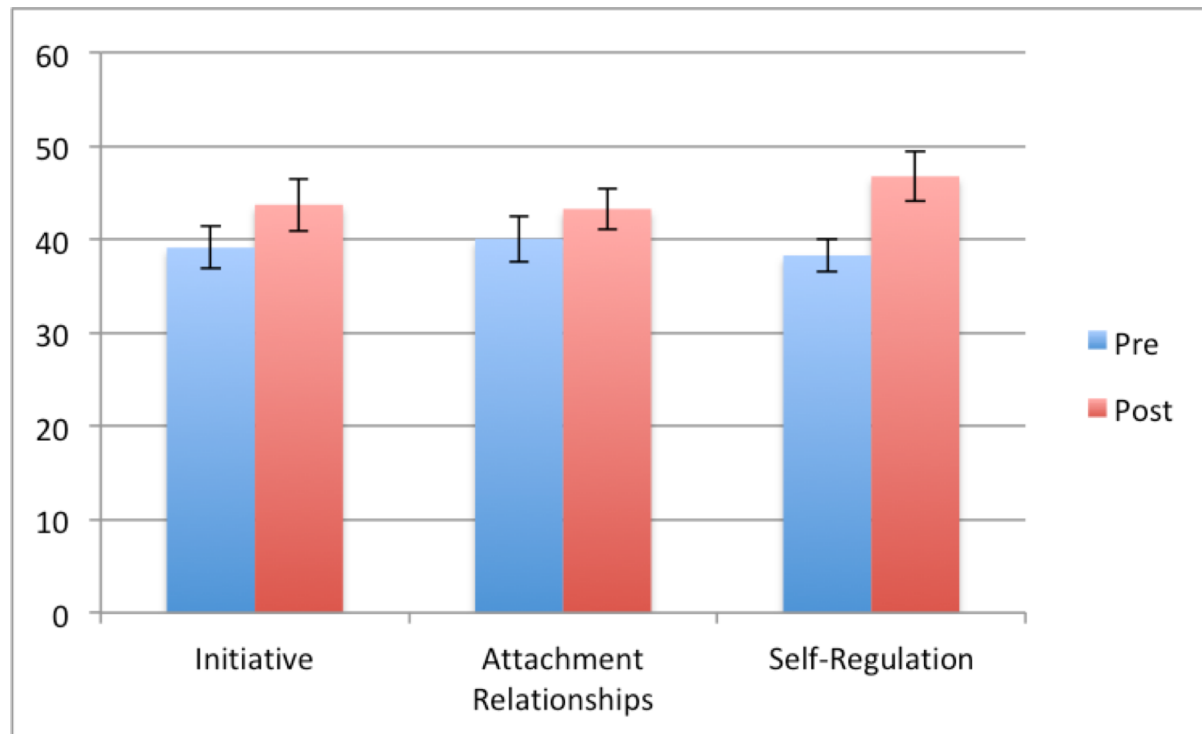
(N = 38 caregiver-child dyads in this analysis)

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Are behavior problems and caregiving skills linked?

PC-CARE OUTCOMES

Resilience and Regulation

(N = 20 caregiver-child dyads in this analysis)

DECA (Devereux Early Childhood Assessment)

CONTACT US

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