

Family Preservation Program: Impact on Risk

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FAMILY PRESERVATION PROGRAM

The Family Preservation Program is a service program that provides intensive, in home services via contract with the Cabinet for Families and Children. These services allow are for families in crisis and provide 24 hour/7 day a week services. The focus is on advocacy, parenting skills, discipline techniques, transportation, therapy, homemaker services and building strengths. The referral for service is made by the CFC worker. Lincoln Trail Region refers families with a CQA rating of 14 or above or for reunification services.

Quantitative Study:

The purpose of this study was to explore the effectiveness of Family Preservation Program (FPP) Services, used by the Cabinet for Families and Children within the Lincoln Trail region of Kentucky. Specifically the Continuous Quality Assessment would be used as measures before and after FPP intervention. The Continuous Quality Assessment is the tool used by the Cabinet to assess risk level of the family. The areas are rated on a scale from 0 to 4 with four being highest in several areas. The areas are maltreatment, sequence of events (of the incident), family functioning, child and adult functioning, discipline, and family resources.

A chart file review of 35 cases in which the family had completed or been terminated for some other reason at least one year ago were used. The purpose for the services being delivered at least one year ago was to be able to look at recidivism and whether or not more referrals had occurred or if removal of children were documented after the service was delivered.

Descriptive Statistics and Means were sought to find out the types of referral being made, the number of children and their ages as well the number of single parent homes services. Of the types of referrals made 60% were for neglect; 22.9% were for physical abuse; juvenile cases were 11.4 % and sexual abuse and emotional abuse were each at 2.9% of cases. The percent of single parents in the sample was 65.7%. Due to the high number of single parents, this researcher was interested in how close their referral matched the whole group. There was really no difference in the numbers. It was found that 91.4% of the families completed the services to the FPP workers' satisfaction. After services, it was found that there was only one new referral that occurred out of the 35 cases (5.7%). There were *no* cases found which showed subsequent removal of children within one year of FPP services

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A Paired Samples T-test was calculated to compare the mean of raw scores of the CQA before and after FPP services. The mean of the first CQA was 11.80 (sd=5.530) and the mean of the second CQA was 5.46 (sd=4.401). A significant decrease in risk rating from CQA 1 to CQA 2 was found, $t(34)=6.140$, $p=.001$.

Qualitative Study:

The Qualitative portion of this research consisted of a chart file review of 8 cases of existing FPP files in which workers had to document behaviors of families. All charts were reviewed which yielded enough narrative data to analyze. The Tesch data analysis approach produced behaviors that could be categorized as:

- Parent behavior that was appropriate both toward the worker and children in the home
- Parent behavior that was not appropriate
- Behaviors of the children
- Specific Tools which were used by the families included behavior charts, time out, chores/ consequences, punishments and rewards, praising, redirection and explaining
- * Some of the reviewed files did not produce any specific behaviors, but rather documented what was said between FPP worker and their client

Implications for Practice

- * Family Preservation Can Work
- * DCBS should focus on documenting behavioral changes
- * Training is needed to gain consistency on the CQA tool
- * DCBS should make efforts to keep from alienating Clients
- * More services and supports are needed for single parents
- * Tools such as journaling should be used more often
- * DCBS should make efforts to keep from alienating Clients
- * Future study of which tools are most helpful to clients should be pursued.



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Family Preservation Program

- intensive In home therapy
- keeping families together
- within their own homes
- 24hrs/7days a week
- initiated by CFC worker
- Score of 14 on CQA or reunification case
- home aide or therapist
- advocacy
- parenting skills
- discipline techniques
- transportation
- therapy
- homemakers services
- build strengths



Research Question- Quantitative

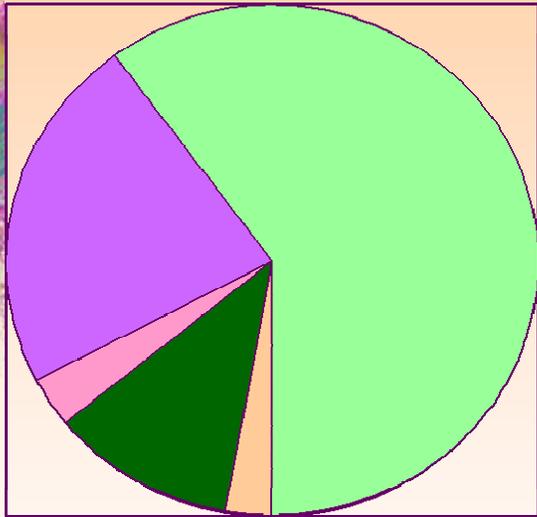
- Do Family Preservation Services *Reduce* the Risk of Children in Serviced Families?
- Do these Services *Prevent* Future Referrals?
- Do these Services *Prevent* Out of Home Placements?



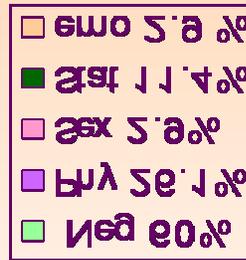
Design, Sample and Variables Measured

- Non-experimental
- Chart file review of 35 FPP cases
- Comparison of Pre and Post Continuous Quality Assessment scores used by CFC:
- maltreatment, event, family functioning, child and adult functioning, discipline, and resources
 - 0 (no risk) to 4 (highest risk)
 - multiple questions per factor
 - Pre- At receipt of initial referral
 - Post- At closing or 6 months from last CQA
- Who received services and have been out of program for one year

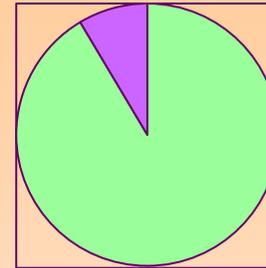
Descriptive Stats



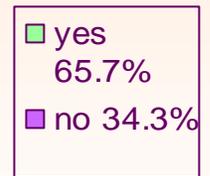
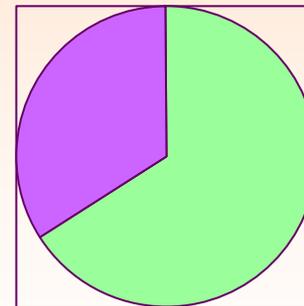
type of referral



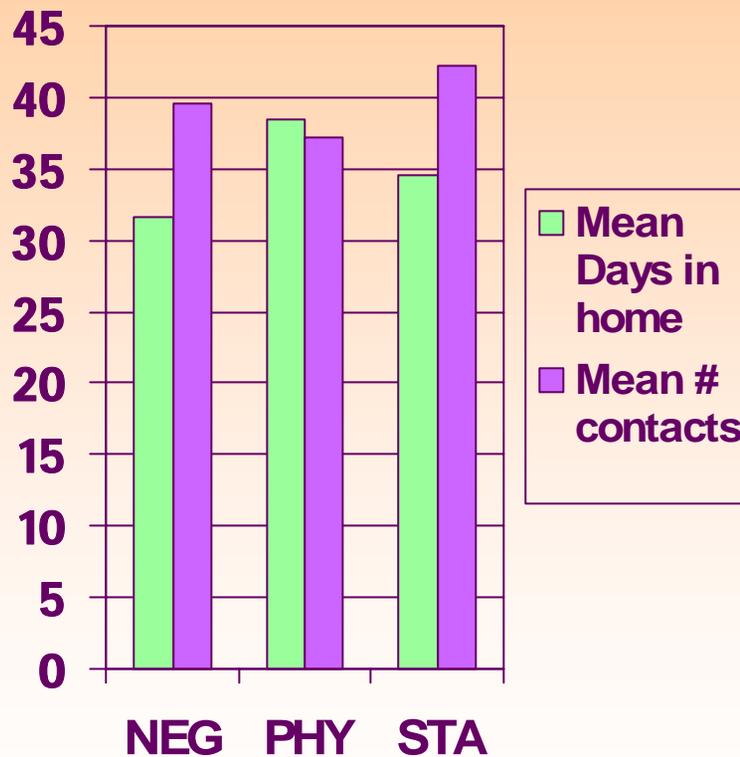
completed program



single parent



Number of Contacts, Days in Home



- Neglect: N=21
 - SD: Contacts=17.483
 - SD: Days=9.103
- Physical Abuse N= 8
 - SD: Days= 13.722
 - SD: Contacts= 14.116
- Status N=4
 - SD: Days= 5.323
 - SD: Contacts= 22.42

Does FPP Reduce Risk; Prevent OOHC placements or prevent future referrals?

- A Paired Samples T-Test was conducted to see if the CQA risk rating was reduced:
- Results: $t(34) = 6.140$, $p < .001$
- Of the Total cases reviewed ($N=35$) there were NO removals of children in any of the cases
- Of these cases only one case had a subsequent referral found which translates to 5.7%. The reason for this referral was



What about Single Parents:



- Type of Referral:
 - Neglect- 56.5%
 - Physical Abuse - 26.1%
 - Sex abuse 4.3%
 - Juvenile 8.7%
 - emotional abuse 4.3%
 - Mean CQA 1 rating was 2.87, CQA 2 was 3.364
 - Average number of kids 2
 - # of days in home 35.27
 - # of contacts 38.74

Discussion of Quantitative Results

Most common use of FPP was in Neglect and Physical abuse cases.

FPP works in more single parents homes.

This study shows there was a reduction in risk however the inconsistency of the CQA ratings were common

The range of contacts made was from 7-82 with avg of 35

The numbers of days in home were 7-34 with avg of 34

Removal of children did not occur after FPP in the cases < 1 yr

Subsequent referral occurred only one time after services < 1 yr



Qualitative Research Questions

- What behaviors do FPP workers document
 - for Parent
 - for child
- What tools, skills are used in working with families?
- What types of responses do FPP workers get from parents?



Qualitative Design and Sample

- Design: Narrative chart file review of charts using North Carolina Assessment Tool which records behaviors
- Sample: Availability Sample of charts which had been closed for a period of no less than one year
- Analysis: Reneta Tesch Approach



Qualitative Findings

- Documented Behaviors of Parents :
 - Cooperative, attentive and participative with FPP (6)
 - Consistent, firm, patient and nurturing to child (7)
 - Inappropriate: spanking, yelling, inconsistent, neglectful
- Documented Behaviors of Children :
 - satisfaction and pride (2)
 - learning new behaviors (3)



Documented Tools Used by Parents

- TIME OUT (6)
- GIVING CHOICES (5)
- CHORES/ CONSEQUENCES (11)
- PROBLEM SOLVING (2)
- PRAISING (5)
- EXPLAIN/
– REDIRECT (8)
- BEHAVIOR CHARTS (4)
- PRIVELEDGES/
– REWARDS (5)



Unique Topics Found

- Parent was Praised by Worker
- Observed Conditions of Home
- Parent not Arguing with Spouse or Child
- Journaling
- Parent Anxiety over DCBS case
- Additional Requests for Skills



Excerpts from Files:

“ Observed Parents having child go to time out in an appropriate manner”

“ Parent gave child a choice between two pairs of pajamas.”

“ Observed both parents using redirection techniques with child.”

“ Observed both parents praising child when parent asked child to put her bowl in the sink.”

“ Parent was extremely cooperative in working with FPP therapist. She attended every appointment, calling to reschedule just once. She was enthusiastic about accomplishing the goals in the case.”

“ I observed mother being very calm and patient with the children; very appropriate.”

Strengths and Limitations

- Quantitative Study
- More Data was needed to Blend the two studies
- CQA's were not consistent within the case
- Larger Sample needed after implementation of new CQA anchors
- The Study shows that risk was reduced even with the limitations of the tool
- Qualitative Study
- Larger sample size needed
- Some files did not document behavioral changes
- Some files were rich in showing what was being done by the family
- Demonstrated good use of Tools
- Replication needed when the behavioral documentation is not so new.

Implications for Practice:

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