

Northwest Center for Family Support

Mitigating Consequences &
Promoting Wellbeing in Children Whose
Caregivers are in OUD Recovery



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Today

- The Need and the Opportunity
- Project Aims
- Family-focused EBIs
- How We Work
- What Have we Learned So Far?
- We Invite Partnership



The Need

The Opportunity

The Project



The Need

- WA State: Among highest in Opioid Use Disorder (OUD)
- Many with OUD are caregivers
- Children and Teens: Higher risk for developmental concerns



The Opportunity

- Family-focused evidence-based interventions (EBIs) exist!
 - Strengthen parenting skills
 - Promote bonding
 - Support caregivers in recovery
 - Improve health and wellbeing in young people
- Not routinely offered in OTPs, other sites serving caregivers in OUD recovery



Project Aims

- 3-year award - Foundation for Opioid Response Efforts (FORE)
- Goal: Increase access to family-focused EBIs → caregivers in OUD recovery
 - Recovery support for caregivers
 - Prevention for children & adolescents
- How: Northwest Center for Family Support (NCFS)
 - **Free** EBI training, consultation, technical assistance
 - Implementation **stipends** for sites
 - **Advisory board** → NCFS meets need, feasible, sustainable





What Do We Hope to Learn?

- 1) How can we **reach** caregivers in recovery with EBIs?
- 2) Is reach **equitable**?
- 3) Are EBIs **feasible and satisfying** – to caregivers, sites?
- 4) Is the approach **sustainable**?

How will we answer these questions?

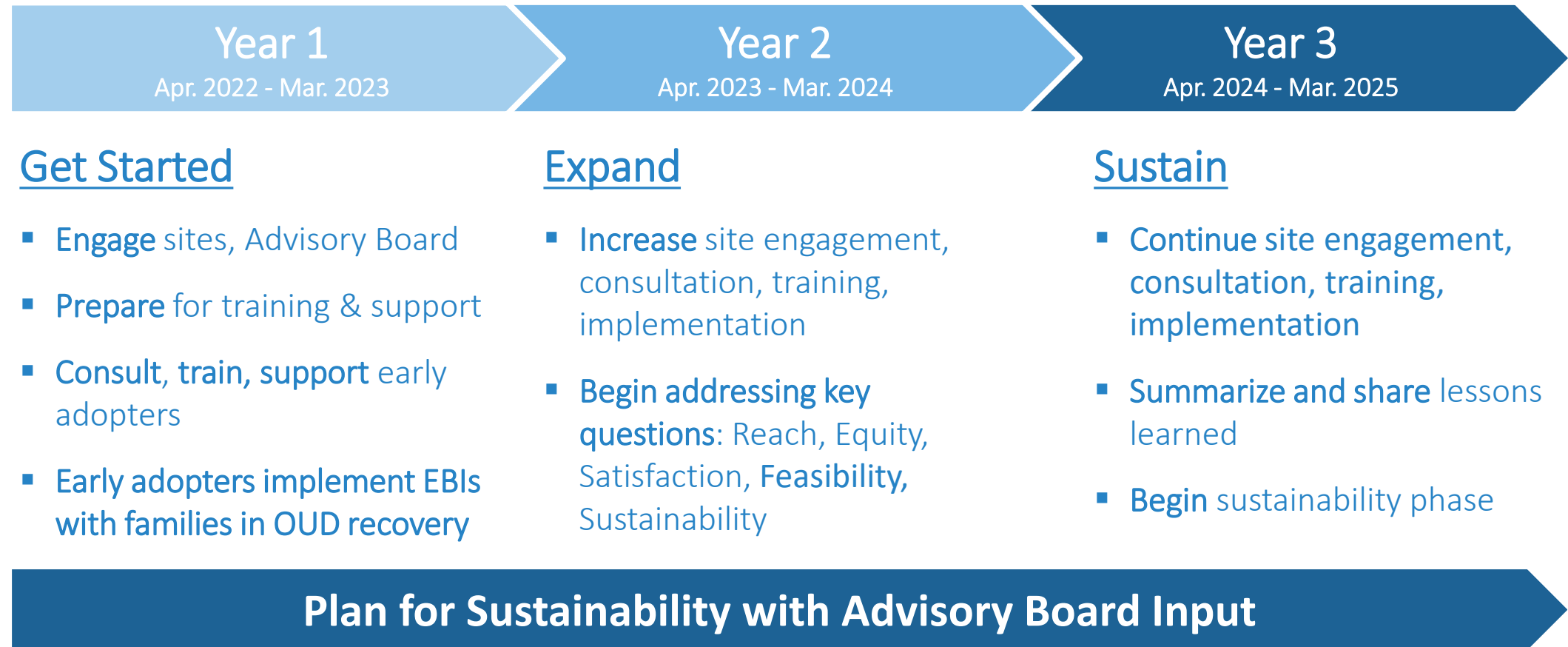
- Project is not a trial
- Fidelity, satisfaction surveys from EBI implementation
- Focus groups – staff, site leaders



What do We Offer, What do We Ask?

- We offer sites
 - Free EBI training, consultation, technical assistance
 - Stipends to defray implementation costs
- We ask sites to
 - Aim to implement EBI(s) twice per year
 - Share anonymous survey data so we can learn

Project Timeline



NCFS Steering Committee

Prevention, Treatment, Recovery Expertise



Margaret Kuklinski, PhD
Principal Investigator

Monica Oxford, PhD
Co-Investigator

Leslie Walker-Harding, MD
Senior Advisor

Alicia Hughes, MA, CPP
Advisor

Brittany Rhoades Cooper, PhD
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Laura Meader, LICSW
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Elizabeth Weybright, PhD
Co-Investigator

Dalene Beaulieu, MS
Master Trainer

AnaMaria Diaz Martinez, MED
Master Trainer

NCFS Advisory Board

PREVENTION COALITIONS

OPIOID TREATMENT CENTERS

COMMUNITY AGENCIES

CARE GIVERS

WA HCA

UNIVERSITY OF WASHINGTON

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Coalition Coordinator
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Regional Director
Acadia

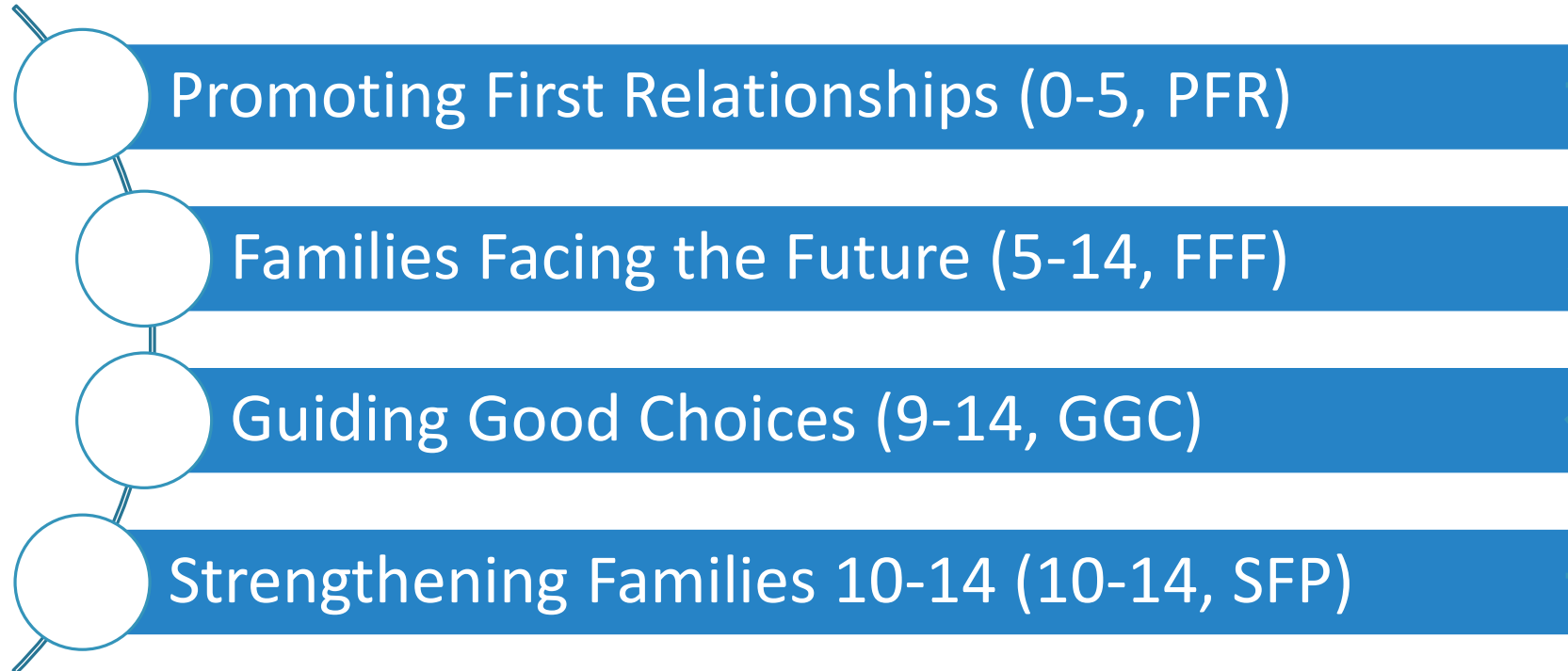
Kassie Trotter

PCAP Clinical Director
Family Education
Support Services

Family-Focused EBIs for a Variety of Ages & Stages

NCFS Supports 4 Family-Focused EBIs

EBI Master Trainers



PFR
Jennifer Rees, MSW



FFF & GGC
Dalene Beaulieu, MS



SFP 10-14
AnaMaria Diaz Martinez, MED





- Caregivers and children ages 0 – 5
 - 10 weekly 1h home visits
 - Promotes secure, responsive caregiver-child relationships
 - Strengths-based
- **Outcomes**
 - Caregivers: More responsive care; SED knowledge
 - Children: Improved behavior, competence, stress physiology
 - Significantly lower out-of-home placements



- Caregivers in OUD recovery and children ages 5 - 14
 - 16 weeks bi-weekly 90m groups; children at half
 - 9 months weekly case management
 - Focuses on skill building and practice, targets risk and protective factors
- **Outcomes**
 - Caregivers: Short- and long-term relapse reduction
 - Children: Lower substance use, especially in males



- Caregivers of younger adolescents ages 9 - 14
 - 5 weekly 2h group sessions
 - Children attend 1 session
 - Focuses on skill building and practice, targets risk and protective factors
- **Outcomes**
 - Families: Stronger bonds, communication, lower conflict
 - Children: Reduced substance use, depression, antisocial behavior



- Caregivers and younger adolescents ages 10 - 14
 - 7 weekly 2h group sessions with caregivers and children
 - Focuses on skill building and strengths, prepares for teen years
- **Outcomes**
 - Caregivers: Better family management, monitoring, positive child views
 - Children: Better family relationships, more skills, lower substance use, conduct problems

How We Work

Support from Engagement to Implementation



→ *Ample opportunity for partnership & tailoring to meet site, caregiver needs*

11 Early Adopters: OTPs, Agencies, CPWI Coalitions



Engage



Listen & Learn



Select EBI(s)



Set Timeline



Train & Support



Where hope and new life become possible



Implement EBI(s)

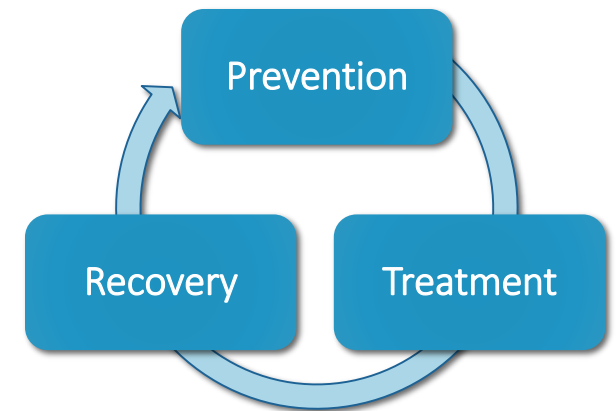
Three Early Lessons

*“We can’t not
do this.”*

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Sites Want to Partner with Us

- Unmet need
- Recovery support
- Evidence-based
- Free training, consultation
- Brings together prevention, treatment, recovery



Barriers...Can Be Overcome

- Funding, staffing, pandemic
- Leveraging funding streams
 - PCAP, DCYF contracts
 - Bundled payments, Group implementation
 - Tribal funding structures
- Aligning EBI delivery → fit agency structures, meet caregiver need
 - Group-based PFR or GGC delivered in 10 ~1h sessions

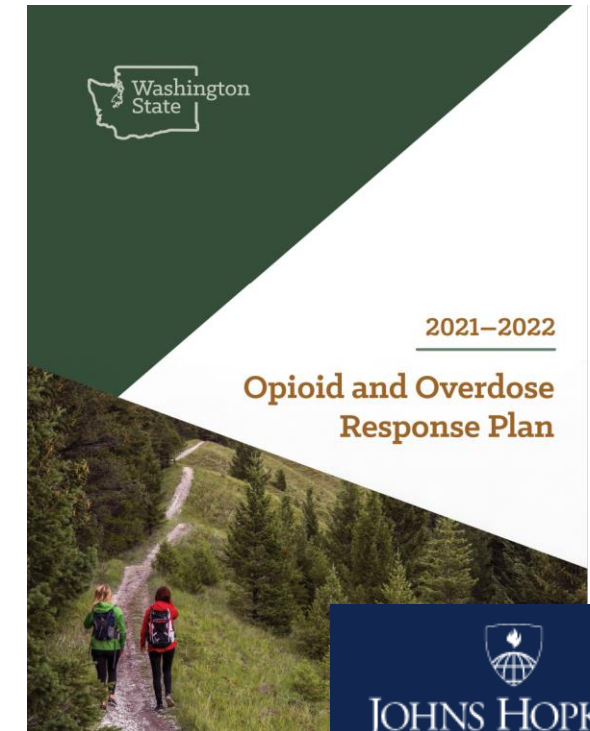
→ *We will continue to address barriers to ease implementation, including:*

- *Ready funding streams, e.g., Families Facing the Future – on Title IV-E EBI list!*
- *Covered staffing, e.g., two staff to implement group-based EBIs, per fidelity standards*

3

Aligns with Opioid Settlement Guidance

- State Opioid and Overdose Response Plan – Prevention Workgroup
- Guiding principles – Settlement dollars
 - Invest in youth prevention
 - Use evidence to guide spending
 - Mitigate harms of OUD
- Children of caregivers in OUD recovery have suffered harms from OUD
- Family-focused EBIs can...
 - Be part of mitigation effort, recovery support
 - Prevent future harms to, promote health in children





We Invite Partnership and Hope You Will Join Us



Thank You

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