

# WE ASKED:

Sometimes a parent's mental or behavioral health (including addiction) leads to a child entering foster care. What specific type of supportive services could be provided to families to better help them remain together?

The Family Voices United campaign brings together the voices of young people, birth parents, and relative caregivers with lived experience in the child welfare system to drive change in foster care. Learn more at <u>familyvoicesunited.org</u>.

The Family First Prevention Services Act (P.L. 115-123) became law in 2018. This law can be seen as the most significant reform to the child welfare system in decades. Family First allows federal dollars to be invested in families to prevent entry into the child welfare system, specifically focused on mental health prevention and treatment, substance use prevention and treatment and in-home skill-based parenting skills. The Family First Act can allow states to reimagine child welfare systems - including understanding and implementing trauma-informed preventive and treatment services.

In this paper, you will hear from kinship caregivers, birth parents, current and former foster youth as they discuss the types of support services and resources that will help families who are facing mental,



behavioral health and/or addiction challenges receive support, build on their strengths and stay out of the foster care system, wherever possible.

In your state, tribe, or jurisdiction, you can apply the expertise from those with lived experience outlined in this paper to develop prevention services and support programs that better address mental and behavioral health challenges, promote child and family well-being and prevent unnecessary entry into the child welfare system.

Five key themes emerged from the young people, parents and kinship caregivers who answered this question:

- 1. Provide us with timely, unbiased, culturally relevant, and evidence-based prevention services that center family engagement.
- We need rehabilitation and treatment programs that serve and support the entire family, to include caregivers, and children, when providing treatment services for mental health or substance use.
- 3. Create space for individuals with lived experience to serve as peer mentors and work to deliver treatment programming and services to families.
- 4. Connect us with trauma-informed mental health and family engagement services that address the root and systemic challenges and reasons for addiction including adverse childhood experiences and trauma.
- 5. Address and support our basic needs by providing services such as: housing, transportation, food, education, employment, and child care assistance.

#### **KEY THEME**

1. Provide us with timely, unbiased, culturally relevant, and evidence-based prevention services that center family engagement.

Following is a selection of Family Voices on this key theme:

"Some services like an array of coping skills, Active Listening, Anger without insult, Descriptive praise & criticism, parents explaining their thoughts/decisions, giving the tools for families to have enriching environments are some ways to help support parents and their families. In addition, having equitable mental health services like being able to do therapy through the phone, having a daycare connected, every insurance covered or no cost at all to get help. Teaching children and parents and adults about boundaries, and how to communicate when they are disrespected."

- Grace Gold, Former Foster Youth from New York with New York State Youth Advisory Board and BraveHearts MOVE

Teaching the parents confidence is a personal responsibility, having service to provide parents with tools to keep up and maintain their responsibilities, with service for coping skills, understanding positive and negative thought patterns, self-care (and not the image of self-care, but it's ok to feel,

#### struggle, enjoy life, have fun, co-existing self-care).

- Terreca DeFehr, Birth parent from California

The mental health community group supports those who struggle with maintaining healthy mental and behavioral wellness. Teach about it in school and create support groups for students. Offer community events for families who struggle in this area of health; events that help bond the families together and yet counsel them at the same time.

- Desarae, Former Foster Youth, former foster youth from Indiana

#### Cultural recovery and supportive networks.

- Huyanna Clearwater, Former Foster Youth from Maine with Muskie School of Public Health Youth Leadership Advisory Team

Better quality of behavioral and mental evaluation and diagnostic care to make sure the children are being treated for the correct issues and specialist care where the doctors have specific knowledge to address the issues being treated would be best. Nothing hurts a child's care/recovery more than misdiagnosis and mistreatment.

- Greg Foster, Former Foster Youth from Oregon

# **Culturally appropriate services.**

- Robyn Wind-Tiger, Kinship caregiver from Oklahoma

Hands down I want to scream typing in Mommy and me Yoga Time! This experience has not only impacted my coping skills, but it also impacted my daughter's well-being and enhanced her coping skills as well on a greater scale. I would also suggest more one-on- one "Family Dates" lunches or dinners to sit down with a worker or third party to lay out deeper emotional stress or overlooked traumas that need to be said.

Azucena, Former Foster Youth from California with Phenomenal Families, Casey Family Programs, National Center for Youth Law: Youth Ambassador

Access to more free outdoor activities, community events that promote engagement, forming parent committees, allowing parents to lead and mobilize parents within their circles of influence. Culturally responsive activities that everyone can learn and celebrate. Role-playing, fun days, parent and community leaders playdates.

Eileen Graham, Birth Parent from Georgia, with GA PAC

A parent's mental health and or behavioral health is often thought of as a weakness because of the parent's inability to receive the appropriate care. The child welfare system and or child protection does not realize the difficulty that families have to try to receive the health care benefits to begin to access services. In addition, are the services located in the community in which they live? Are the services family-friendly allowing for the consideration of holistic treatment which considers the entire family and is culturally sensitive? Child welfare/child protection [can] help expedite services with the family without judgment and when parent/parents cannot do homework with the family to establish a care plan specifically for their family. It's important for the caseworker, child welfare/child protection to know what's available in the community and how to tap into those resources in a way that families

that may not have access to. Understanding the waitlist and the lack of appropriate services in all communities. Most importantly acknowledge the strength of the family that may not be like your family or any other family but unique family strengths to their culture and environment.

- Sandra Killett from New York with We All Rise and The Alliance and Casey Family Programs

#### **KEY THEME**

2. We need rehabilitation and treatment programs that serve and support the entire family, to include caregivers, and children, when providing treatment services for mental health or substance use.

Following is a selection of Family Voices on this key theme:

I believe that substance abuse treatment, recovery rooms, and harm reductions are some first steps.

- Terreca DeFehr, Birth parent from California

In my opinion, I think rehab services and classes should be provided for parents and youth struggling with addiction. I also believe that everyone deserves to be heard and set up meetings for not only the youth but for the parents. I believe a paid program to help these fathers, mothers, and children is needed more than ever with covid. Also, free trauma therapy and will help families stay together and they can then talk and work through the underlying issues that are hiding under the pain and fear of losing their families.

- Madison Cruce, Former Foster Youth from Florida with Cruce Consulting.

Treatment centers that allow children to stay with parents.

- Community partner from Oregon

Residential family treatment centers for men, women, and families.

- Alishia Agee-Cooper, Birth parent from Washington with BPNN

As a former foster child of a mother who struggled with substance addiction, my siblings and I were separated and placed in different foster homes at an early age. This was devastating for the entire family. I believe it could have been avoided if support services would have included rehabilitation services for my mother and an in-home caregiver (with temporary conservatorship) for my siblings and me vs. foster care. Perhaps counseling services for the entire family as well.

- Lorna Jackie Wilson, Former Foster Youth from Michigan

Treatment options that have parent mentors with lived experience to discuss options of care for children while Parent receives detox and other addiction treatment services; helps with planning and funding and navigating the how.

- Kimberly Nabarro, Birth parent from Hawaii with EPIC Ohana



**Early intervention. Inpatient rehab for whole families**, especially for mothers and children. **Housing help!!!! Community housing for low-income families! Mental health counseling. Sponsors/Support network.** Support groups with other people going through the same things. Parenting classes about how drug-using parents and domestic violence affect the development of their kids.

- Shannon Cavanagh, Birth parent from California, with Child Parent Institute and Quality Parenting Initiative (QPI)

# Family therapy services and maybe some rehab programs for the parents

- Izabella, Former Foster Youth from Texas

Offer free family counseling. Not only will it help the parent cope better with their addiction but it will help the family with their issues. Making it free will encourage the parent to attend since most families can't afford it. This supportive service can prevent children from being separated from their families.

- Esteban, Current or Former Foster Youth, from California.

Substance Abuse/Mental Health Treatment offered and encouraged without the fear of kids being placed in Foster Care. Kinship placements till parent completes rehab. Rehabs where children are also welcome. Early Intervention and Prevention. Breaking down the fear of parents being honest about issues because they're worried they will lose their children to the state.

Jessica Bills, Birth Parent from Texas with PCG-Parent Collaboration Group of Texas.

Family substance abuse services. Setting goals to better support child and family counseling or parents can go to rehab to get help in order to take care of their child.

Daniesha Brown Former Foster Youth from NewYork with Youth Council Vibrant

More treatment facilities/sober living environments that allow children, ESPECIALLY for Dads. Help for parents who have special needs and things like a live-in facility where they can go with support to guide

them in learning to parent. More funding for parent Mentors. And sending out Mentors before the removal rather than after. Funding for support for families who may need help cleaning up like getting a dumpster or paying the water bill. Housing support that doesn't have a 6-month waitlist. Not having cookie-cutter services like one size fits all. But having services tailored to families' individual needs. There's so much more we could do !!!!!!

- Jody Rodgers, Birth parent from California with Child parent institute, Birth Parent National Network Birth and Foster Parent Partnership.

I think what specific type of supportive services could be provided to families to better help them remain together is therapy sessions that are together as a family.

Nikkiva Former Foster Youth from Missouri

From my personal experience, I didn't have enough support and that is why some of my children went into foster care and some went to kinship care. I truly believe that if we had more facilities that welcome both mom and dad to get treatment while children remain with them in the facility would help with the prevention of going into care, but the root is truly more support. Some families don't have relatives or people that would want to help out during a crisis and the unfortunate event is entering foster care.

- Pasqueal Nguyen, Birth parent from Louisiana with The Extra mile and Youth Law Center

#### **KEY THEME**

3. Create space for individuals with lived experience to serve as peer mentors and work to deliver treatment programming and services to families.

Following is a selection of Family Voices on this key theme:

Preventative resources that could support families staying together could be youth and parent peers and mentors with lived experience who can illuminate hope, offer support and connect a parent or youth to other resources and model recovery. Also, support groups and community volunteer programs that focus on prevention and support keeping families together. One example of a good model is Safe Families whose focus is to prevent children from entering into the foster care system and another great model program for support is the Parents Anonymous support groups.

- Leanne Walsh, Birth parent from Oregon with Oregon Parent Advisory Council

**Mentors**. My daughter's counseling agencies were not open past 5:00 or weekends, none of them had lived experiences that could relate to her.

- Gail Engel, Adopted my grandson and co-parent my granddaughter from Colorado with Grand Family Coalition



Working with a Certified Peer Support Specialist (someone with lived experience with addiction/mental health) or a Family Partner (someone with lived experience in child welfare). Access to MAT- Medication-Assisted Treatment for Substance Misuse.

Kelly Kirk, Birth parent from North Carolina with Sandhills Opioid Response Consortium, NC
 DHHS Child Welfare Family Advisory Council, Drug Free Moore County, Richmond County DSS,
 Richmond County - DEFT (Drug Endangered Families Task Force)

I would love to see more Parent Support Partner roles offered to families early on (trained individuals from the community with personal, lived experience). For parents struggling with mental health and addiction, a peer (trained) in recovery can provide a lens and model of support very different from that of professional support (child welfare, therapists, doctors, law enforcement). My role in the past working as a social worker for CMH and collaborating with Parent Support Partners as well as the Wraparound Model, I can vouch for the relational influence and positive impact it can have for families. I wish this model could have existed many years ago for my family prior to my siblings and I being placed in care and not successfully reunited with our parents.

- Kathy, Former Foster Youth from Michigan

More funding for parent Mentors. And sending out Mentors before the removal rather than after.

- Jody Rodgers, Birth parent from California with Child parent institute, Birth Parent National Network Birth and Foster Parent Partnership.

To have peers that have been through it to be there on the first knock and offer services right away. Be able to offer wrap-around services right away.

- April Smith, Community partner from Oregon with Morrison child and family

Peer support services are paramount in helping families see that change is possible while providing hope and validation.

- Verlyn, Birth Parent from Texas

#### Provide peer support mentors.

- Stacy Rivera, Birth parent from Oregon with Morrison

Parent Mentoring and support groups and resources that are easily accessible and user-friendly. A hotline for the purpose of servicing families in crisis; poster boards in emergency rooms and at DHS Welfare offices that advertise the hotline "Need Help? Don't Know Where to Turn?" Have Birth Parents with lived experience answer the hotline. Bonding and Attachment and Protective Parenting programs with incentives and child care offered to high-risk families.

- Kimberly Nabarro, Birth parent from Hawaii with EPIC Ohana

I think support groups would help a parent's mental health, I think that if they had a group they would be able to share their thoughts vs having to go through struggling with inside problems alone.

- Former Foster Youth from South Carolina

For African American families, education and awareness campaigns run by grassroots trustworthy organizations to decrease the stigma of mental health and provide resources,[including] access to culturally relevant mental health services. Anything that encourages early awareness of problems and a safe place for caregivers to share and explore options would help. This is such a HUGE problem in communities of color and progress in this area would definitely benefit the welfare of our families.

- Melodye James, Kinship caregiver from Ohio with Restored Vision

My family was split up because my parents had drug problems and I was found in a car with paraphernalia. I think a huge thing that would have made a difference would be having the ability to do rehab and a parenting program at no cost to them. Making those resources available at no cost or little cost would help so many families in my opinion. We have to help each other not work against each other.

- April Brooks, Former Foster Youth from Oregon, OFYC, FOSTER CLUB

For the families to stay together when there are mental or behavioral health issues, specific counseling for the parents is needed, and ongoing counseling for the children as well, then proceed into family counseling. A family advocate could also be assigned to the family who continues to struggle with challenges of mental and behavioral issues. As trust begins to build, perhaps larger strides can be made toward stability in the home where all can remain together as they should.

- Gail Mitchell Gallagher, Kinship caregiver from Texas with Texas Grandparents Raising Grandchildren

"A similar and very simple solution to parent's mental or behavioral health (including addiction) that leads to a child entering foster care is more online medical education resources that provide timely, unbiased, evidence-based medical education and information from renowned medical experts, researchers, and clinicians in the field available on-the-go on all digital devices.

Mental health is the key to our overall health, yet, overall, the mental health care field has been neglected, which is unacceptable. The costs involved in maintaining the resources needed to support an adequate system are insignificant when compared to the dividends that will be returned to us in productivity, safety, and a better quality of life to avoid children entering foster care we need to teach children about mental health at school, churches and other gathering helping them understand the

situation and follow help their parents if they experience any such. Helping their parents' mental health is better than foster care.

- Anyanwu Joseph, Former Foster Youth from Rivers State

Better and easier access to mental health services, especially without hassles to get started. Also easier access to rehab facilities. Many home visits by peers who understand and can help, having them often and consistently. Help with housing needs.

- Aline, Kinship caregiver from Colorado

#### **KEY THEME**

4. Connect us with trauma-informed mental health and family engagement services that address the root and systemic challenges and reasons for addiction including adverse childhood experiences and trauma.

Following is a selection of Family Voices on this key theme:

Early interventions would be the most ideal, despite it not always being possible. If you're able to provide respite care, mentorships, counseling (mental health, drug, and alcohol, etc.) this could be imperative in keeping a family together. Providing support to the adults in managing stressful situations may lead to a better outcome in family unity as well. It's important to provide long-term support as all humans need the time to be exposed to the new (positive) experiences before they are able to develop new neural pathways. No more 90-day "checklists'.

- Corral Mrozik, Former Foster Youth from New York with OCFS YAB

As a former foster youth who aged out of care and as a parent who returned to the system and accused of having undiagnosed mental health issues, and the biases that it brings is heartbreaking. It would have been helpful to receive dialectical behavioral therapy or cognitive processing therapy as a mechanism to help revert the issues they were bringing me in for and remove my children as a consequence of something I didn't have.

- Ashley Alber, current foster youth from Washington with WA State Parent Ally Committee and BPNN

If more biological parents were given mental health resources immediately upon their children entering foster care, I am sure reunification rates would increase. But when they aren't given the resources to cope with their own mental and behavioral issues, the goal of a successful reunification is not realistic. In my experience, the second I was reunified, resources and aid for my family just stopped. There need to be more check-ins for reunified families and therapy needs to be a requirement. Without mental health help, foster care just becomes a continuous cycle. The abuse and addiction won't end without proper mental health resources.

- Tiffany, Former Foster Youth



Funding for support for families who may need help cleaning up like getting a dumpster or paying the water bill. Housing support that doesn't have a 6-month waitlist. Not having cookie-cutter services like one size fits all. But having services tailored to families' individual needs. There's so much more we could do !!!!!!

- Jody Rodgers, Birth parent from California with Child parent institute, Birth Parent National Network Birth and Foster Parent Partnership.

Support groups and therapy are very beneficial services that should be provided more. It should bevocalized that these are even options, to begin with.

- Halley Miller, Former Foster Youth from Michigan with Michigan youth opportunities initiative. Former president, current youth board member

At the first sign of trouble, caring, compassionate intervention can make a big difference. It truly does take a village to raise a child!

- Mickey Axtell-Mauck, Kinship caregiver from Colorado with Aurora Mental Health Center Kinship/Adoption Support Group

Perhaps having the parents take a class where they are shown the best way to quit drugs, or taking a class that helps the parents understand that what is happening with their mental health, is not their fault. Helping them understand that mental illness is real and can be managed. Helping them through with resources that will get them back to a better life.

- Saphirah Hoffman, Former Foster Youth from Oklahoma

When there are not affordable centers to treat and give mental therapy, people don't go. We all know addiction and mental health issues go hand in hand, but when there is no access...they continue on their journey with drugs.

Terri, Kinship caregiver from Alabama

I definitely think parents who have addictions should get as much help as possible to overcome their

problems like having to go to rehab, counseling, or be part of a support group. Rehab should have a specific plan for each individual and suit the specific needs to help the family reunite. I ask that addiction and mental health is not overlooked or ignored because it is a pandemic that has been occurring for years without any adequate attention to getting to the root of the problem. People need help, guidance, support, and whatnot to be able to be mentally stable in today's world and we should all do our part in contributing to mental health awareness.

Former Foster Youth from California

Counseling (the right kind), access to rehabs, childcare, coaches, groups, and programs like Safy. Elizabeth Newton, Kinship caregiver from Colorado

Mental support and constant contact with family members, supportive friends, guidance counselor. That would help a great deal when a child feels all alone, with this they would be able to feel connected not so all alone.

Stephanie Jones, Kinship caregiver from Texas

The mental health community group supports those who struggle with maintaining a healthy mental and behavioral wellness. Teach about it in school and create support groups for students. Offer community events for families who struggle in this area of health; events that help bond the families together and yet counsel them at the same time.

- Desarae, Former Foster Youth from Indiana

I think counseling could be effective, make sure the person or whatever guidance they are seeking (
the person knows fully and understands about addiction). Sitting down with the person who is ready to
help themselves and research options so they feel like they have a say so in this. CHECK in on them
please, that's so important if they feel as if they are doing it alone they will give up easier.
Elyssa Appleton, Former Foster Youth from Alabama with dream ambassador

Being trauma-informed needs to be known from parents to professionals etc. Understanding the differences in how people react to other people's words can impact the feelings and actions of one who has always been shown compassion, kindness and a simple change of wording can relieve the human being.

- Azucena, Former Foster Youth from California with Phenomenal Families, Casey Family Programs, National Center for Youth Law: Youth Ambassador

Being a child that was personally affected & whose home was torn apart due to drug addiction I think I may just be the ideal candidate to answer this question. Instead of DCF entering my life offering therapy or preferably feminine embodiment coaching which allows an individual to be more in their body & less in their head while also confronting what comes up within while being aided by the practitioner. I think dcfs first approach should've initially offered Narcotics AnonymousNA or some sort of meeting before carrying out the protocols which not only destroyed my life but my family's too.

- Alasia Taylor, Former Foster Youth from Massachusetts

**More services such as mental health and rehab can benefit the parents**. This would prevent their child from entering the foster care system

- Kimberly, Former Foster Youth from California

Things like family therapy, counseling, and peer mediation, and patience on the adult's part.

- Former Foster Youth from Texas

The services needed would definitely need to be compassionate counseling. Along with other types of resources to ensure that a parent is striving. To be judged by people for having addictions in one of the worst times of your life is a feeling that I'd never wish on another. To have your children used against you while you do all different types of requirements overwhelms parents. Which in the end forces them to give up.

- Brooke Shields, Birth parent from Indiana

**More services such as mental health and rehab can benefit the parents**. This would prevent their child from entering the foster care system

- Kimberly Former Foster Youth from California

#### **KEY THEME**

5. Address and support our basic needs by providing services such as: housing, transportation, food, education, employment, and child care assistance.

Following is a selection of Family Voices on this key theme:

Parents also need a variety of resources and support to sustain a healthy lifestyle. Services could include education, individual counseling, motivational coaching, hobby, support groups, financial classes, parenting classes, Parent-ally guidance, etc. Creating a healthy support system, balanced by the core concepts of support " emotional, instrumental, informational, and appraisal. Having a working cell phone, bus pass that you don't lose, housing, clean clothes, remembering to bring healthy snacks to visits, to reunification of children, all this is creating confidence and self-worth.

- Terreca DeFehr, Birth parent from California

Two years ago, I adopted my seven-year-old grandson due to the death of his custodial father, and the mental illness/addiction issues of his birth mother. I could have used more help with legal fees, and with resources. Relatives should receive more support in seeking custody, and adoption.

- Sandra Westrand, Adoptive parent from Washington

**Providing resources** that can lead or guide them into a solution that can heal the circumstances that will allow them an opportunity to recover and be there for their children.

- Anh, Birth parent from Louisiana

In-home family counseling. This can be whatever type of counseling would fit the scenario needed to

help each situation since none are the same. I speak from my own experiences, one of the things that helped my grandson cope day to day in my custody was counseling every Tuesday.

- Tim Kavanaugh, former Kinship Caregiver from Washington with Generations United.

Such resources as therapy, skills training, transportation assistance, food assistance, housing assistance can make a big change in a family's life. Prevention and Education are key to helping families stay out of the system.

- Isabel, Birth parent from Arizona

Capturing our foster care youth is so important to stop the cycle. Foster kids are more likely to drop out of high school even though their college is free in the state. Caregivers don't know what signs to look for or how to get support. There should be a youth Foster youth liaison at each school. We can't stop the cycle if we don't do anything to prevent it. Children in poverty are more likely to be in Foster care as well; how are we helping end poverty? We should be offering free child care for parents furthering their education, to help them move out of poverty and stop the cycle. We can also offer grocery gift cards, poverty-stricken children have limits on available nutrition.

- Jessica, Kinship caregiver from Texas





Having a Case Manager who can provide the structure and programs that the parents need in order for them to succeed. Some parents when they have addictions lack financial goals and money to provide for the needs of the family. Providing those skills will help parents set goals and how they will achieve those goals for their children.

- Mercedes Bristol, Kinship caregiver from Texas with Child Protection Round Table

#### Boxes of food, and books.

Violet Ramunni, Former Foster Youth from Ohio

#### Counseling.

- Aaliyaha Tutwiler, Former Foster Youth from Illinois

# More respite options during the day and weekends.

- Rijenna Kinship caregiver in Indiana

I went into foster care for the first time when I was 11, it was due to my mother's addiction to methamphetamine. I think being able to provide an adequate amount of support for the parent, whether it be resources in the community or even a government stipend for the right treatment would help immensely. Most parents feel as if they are fighting this battle on their own and I think helping them realize they aren't would be incredible for them and the reunification process.

- Charles Lewis, Former Foster Youth from Indiana

More affordable or free therapy. Also offer more affordable child care and really look at each case individually instead of a general perspective.

- Former foster youth and Birth parent from Wisconsin

# Connections to programs that support.

- Kinship caregiver from Minnesota

In most situations when a child is removed due to a parent's substance use, the new foster grandparent has limited information regarding addiction and the child welfare systems responsibilities and timelines as the process of placement, foster licensing, parental termination of rights, stipends etc. The foster grand needs this information immediately to understand how the system works so they can make informed decisions as to the health and care of the child in their care. In addition, **connecting this new caregiver to community support would allow the new foster-grand to feel less isolated and more shameful if they were in touch with others in the same situation**.

- Magdalena Andreozzi, Kinship Caregiver from Rhode Island with Grands Flourish, Inc.



# **About the Family Voices United campaign**

The Campaign elevates the voices and perspectives of young people, parents, and kinship caregivers, collectively known as family voices or "constituent voices". Individuals with lived experience in the child welfare system are currently sharing their stories and expertise to educate, inform and transform the systems that serve children, youth, and families - both in policy and practice. With new federal legislation - the Family First Prevention Services Act - states, tribes, and territories have new opportunities to implement changes that many constituents have identified are needed to fully support keeping children safe in strong, supported families.

Join the movement! Sign up at FamilyVoicesUnited.org