

TRANSITIONING TO A FAMILY-CENTERED APPROACH

Best Practices and Lessons Learned from Three Adult Drug Courts



Center for Children and Family Futures
Strengthening Partnerships. Improving Family Outcomes



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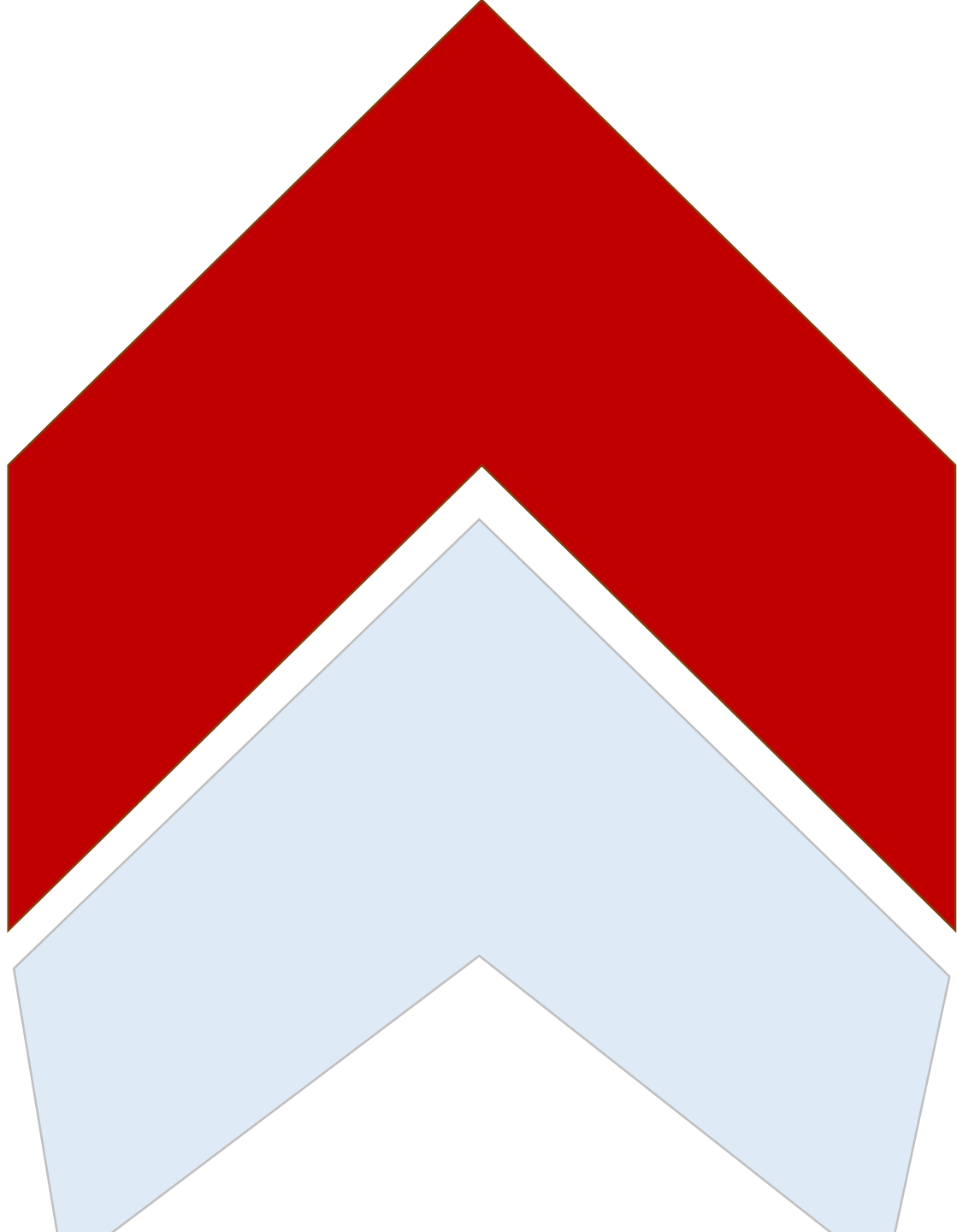
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Our Mission

To improve safety, permanency, well-being, and recovery outcomes for children, parents, and families affected by trauma, substance use, and mental health disorders.

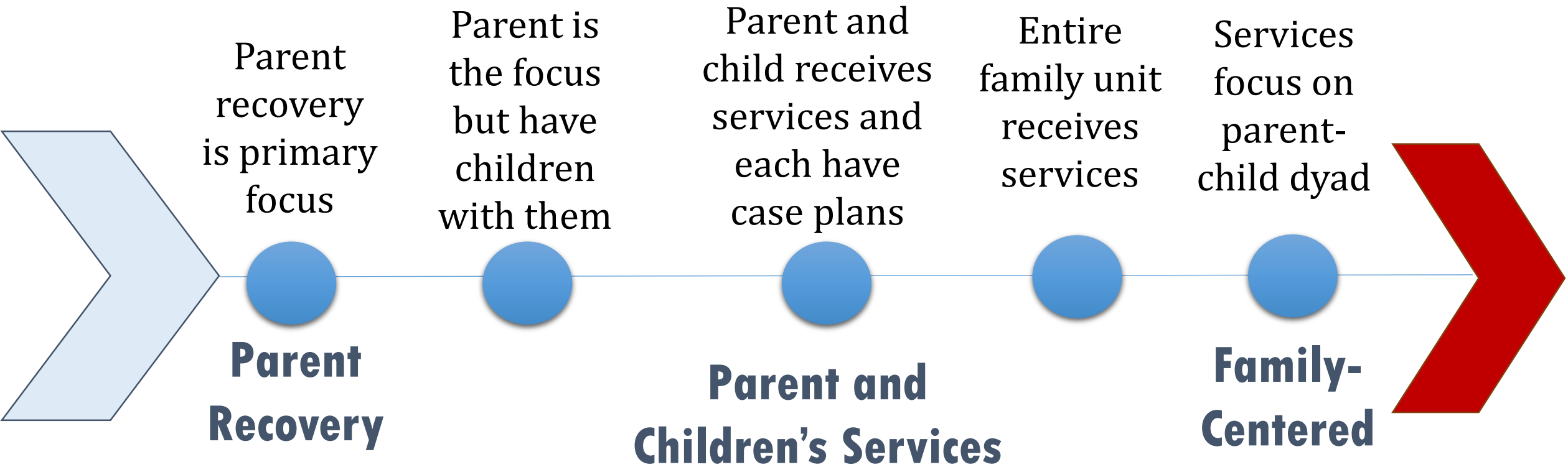


Center for Children and Family Futures
Strengthening Partnerships, Improving Family Outcomes



RAISING THE PRACTICE BAR

How Family-Centered Is Your ADC?



What steps can you take to move practice?

TRANSITIONING TO A FAMILY CENTERED APPROACH:

Best Practices and Lessons Learned
from Three Adult Drug Courts



Children and Family Futures
National Drug Court Institute



Transitioning to a Family Centered Approach: Best Practices and Lessons Learned from Three Adult Drugs Courts

To download a copy:

<https://www.ndci.org/wp-content/uploads/2016/05/Transitioning-to-a-Family-Centered-Approach.pdf>

Additional Resource

3N Handout – Taking the Next Steps Towards and Family-Centered Approach

Numbers
Needs
Networks

Explore further with your Team about possible next steps you can take to move practice.

3Ns
Numbers
Needs
Networks

Taking Next Steps Towards a Family-Centered Approach

TRANSITIONING TO A FAMILY CENTERED APPROACH:
Best Practices and Lessons Learned from Three Adult Drug Courts

Review Case Studies for Strategies & Lessons

Published by National Drug Court Institute and Children and Family Futures, this resource examines three adult drug courts from Florida, Michigan, and Montana that took steps to becoming more family-centered in their approach in serving participants. The case studies identified ten key strategies and an array of lessons that will prove helpful as you take the next steps in transitioning to a family-centered approach. Review these strategies and lessons and discuss key takeaways with team members. Then use this handout to guide further discussion and identify concrete next steps.

Children and Family Futures
National Drug Court Institute

NDCI

Conduct a Quick Self-Assessment

How Family-Centered Is Your Program?

Parent recovery is primary focus
Parent is the focus but have children with them
Parent and child receives services and each have case plans
Entire family unit receives services
Services focus on parent-child dyad

Parent Recovery
Parent and Children's Services
Family-Centered

What steps can you take to move practice?

Use the 3N Framework (turn page) to identify your next steps to becoming more family-centered


Case Studies – Three Adult Drug Courts in Transition

**11th Judicial
Circuit, Miami-
Dade Adult Drug
Court**
Miami, Florida

**13th Judicial
District Drug
Court**
Billings, Montana

**Van Buren County
Circuit Court**
**Paw Paw,
Michigan**

For more background information, see **Appendix A**



8.7 Million children live with one or more parents who are dependent on alcohol or need treatment for illicit drug use

50-70% of participants in three adult drug courts recently studied have at least one minor child



Rethinking

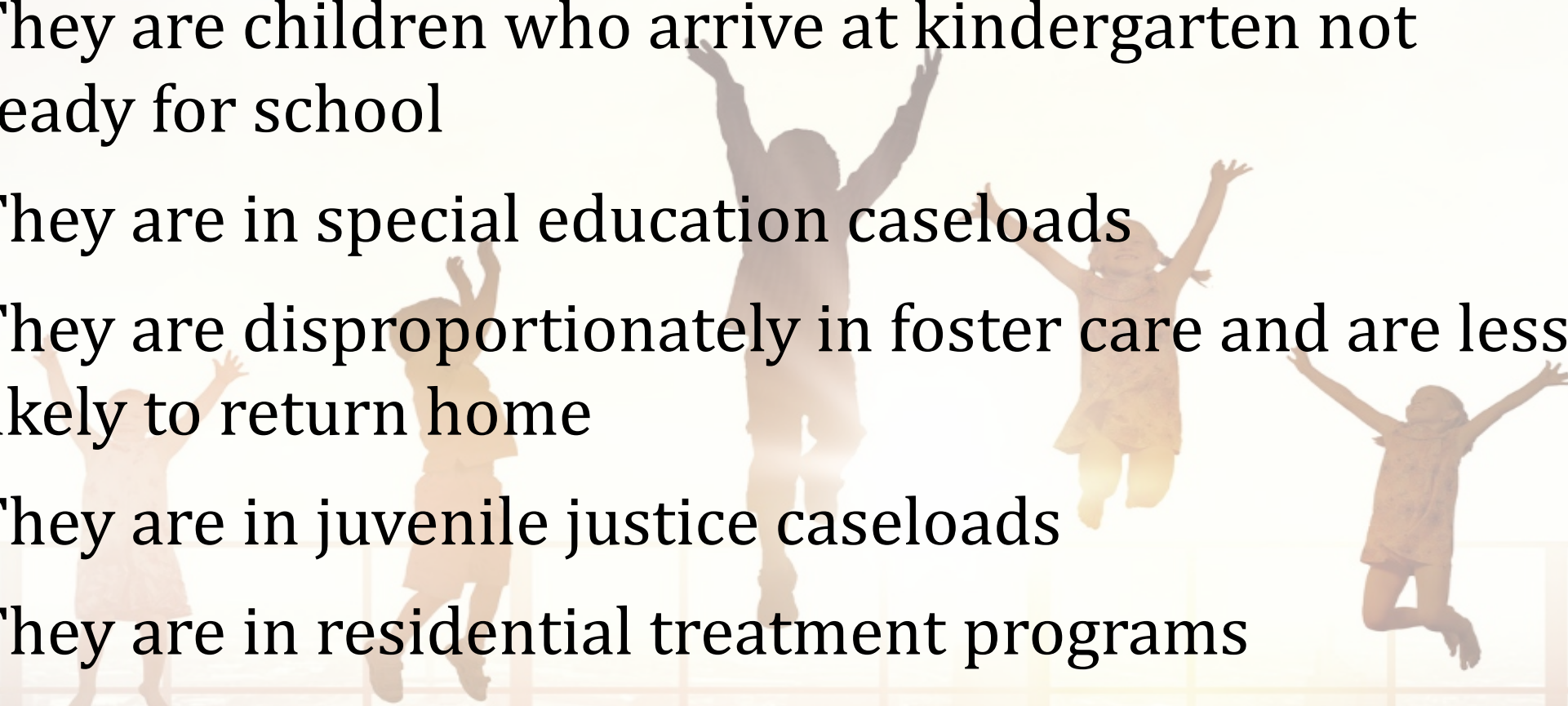
RECOVERY

The Costs of Focusing Only on Parent Recovery

- Threaten parent's ability to achieve and sustain recovery; increases risk of relapse
- Threatens parent's ability to establish a healthy relationship with their children
- Additional exposure to trauma for child/family
- The parent will continue to struggle with unresolved guilt
- Prolonged and recurring impact on child



The Costs of Focusing on Parent Recovery Only - What Happens to Children?

- They are children who arrive at kindergarten not ready for school
 - They are in special education caseloads
 - They are disproportionately in foster care and are less likely to return home
 - They are in juvenile justice caseloads
 - They are in residential treatment programs
 - They develop their own substance use disorders
- 
- The background of the slide features a warm, golden light with silhouettes of several children jumping joyfully with their arms raised. The children are positioned across the middle and lower portions of the slide, behind the text area.

The Costs of Focusing on Parent Recovery Only - What Happens to Children?

The background of the slide features a warm, golden light from a low sun, creating a bright and hopeful atmosphere. In the foreground, the silhouettes of five children are captured in mid-air, jumping joyfully with their arms raised. They are positioned in front of a large window that looks out onto a body of water. The overall scene conveys a sense of freedom and happiness.

**They become
our drug court clients
in 5-10-20 years.**

What Research and Practice Tells Us:

- Attachment-based treatment practices have produced **positive outcomes for women and children** in both residential and outpatient settings
- Family-focused treatment has produced **improvements in treatment retention, parenting attitudes, and psychosocial functioning**
- Post-partum women who had their infants living with them in treatment had **highest treatment completion rates and longer stays in treatment**



Serving Families Saves Money

Adult Drug Courts that provided parenting classes had **65% greater reductions** in criminal recidivism and **52% greater cost savings** than Drug Courts that did not provide parenting classes.

Source: Carey, S.M., Mackin, J.R., & Finigan, M.W. (2012). What works? The 10 key components of Drug Court: Research-based best practices. Drug Court Review.





You do not have to divert resources from treating parents to help their children

- Children and families have multiple and complex needs
- Serving these needs will require more resources
- Build collaborative partnerships and seek out existing resources

Numbers

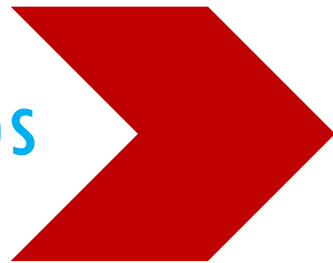
Needs

Networks

3Ns

What You Can
Do to Be More
Family-
Centered?

Take the Next Steps



Take the Next Steps

Numbers

The Judge can:

- Ask clients if they have children
- Ask about other family relationships, such as non-custodial parents (identity, location and quality of relationship)
- Ask questions about family status at intakes

The Coordinator and Team can:

- Ensure you are asking questions about family structure
- Strategize on how to get entire family into treatment
- Ensure that court information systems including tracking of family members

Re-Thinking Your Caseload

- How are you counting your caseload?
- Shift from case managing adults to case managing families
- Does your database allow for family linking?

A silhouette of a woman holding a child's hand against a sunset background. The woman is on the left, and the child's hand is on the right. The background is a warm, orange and yellow gradient, suggesting a sunset or sunrise. The overall mood is hopeful and supportive.

Family
Focus

Collaborating with Ongoing Child Welfare Involvement

Does the ADC team know--

- Child welfare history as parent and as child?
- Current custody and placement status of children?
- Screening and assessment results already conducted?
- Services in place/mandated through Child Welfare case plan?
- Parenting time schedule and plan?
- Court dates, multidisciplinary team staffing dates?
- Permanency goal and return home plan?

KEY STRATEGY



**Funding, Sustainability,
Evaluation, and
Outcomes**

**Conduct program
evaluations to
identify parent,
child, and family
outcomes**

How do you know.....

How will you.....



- How are families doing?
- Doing good vs. harm?
- What's needed for families?
- Monitor and improve performance?
- Demonstrate effectiveness?
- Secure needed resources?



Drug Courts as

"Feel Good" Programs



Data Dashboard

- What needles are you trying move?
- What outcomes are the most important?
- Is there shared accountability for “moving the needle” in a measurable way, in ADC and larger systems?
- Who are you comparing to?

Domain

Performance Measure

Child Welfare

- Occurrence/Recurrence of Maltreatment
- Children Remain at Home
- Length of Stay in Out-of-Home Care
- Timeliness of Reunification and Permanency
- Re-entry to Out of Home Care
- Prevention of Substance Exposed Infants

Substance Use Disorder Treatment

- Access to Treatment
- Retention in Treatment
- Length of Stay in Treatment

Evidence Based Parenting

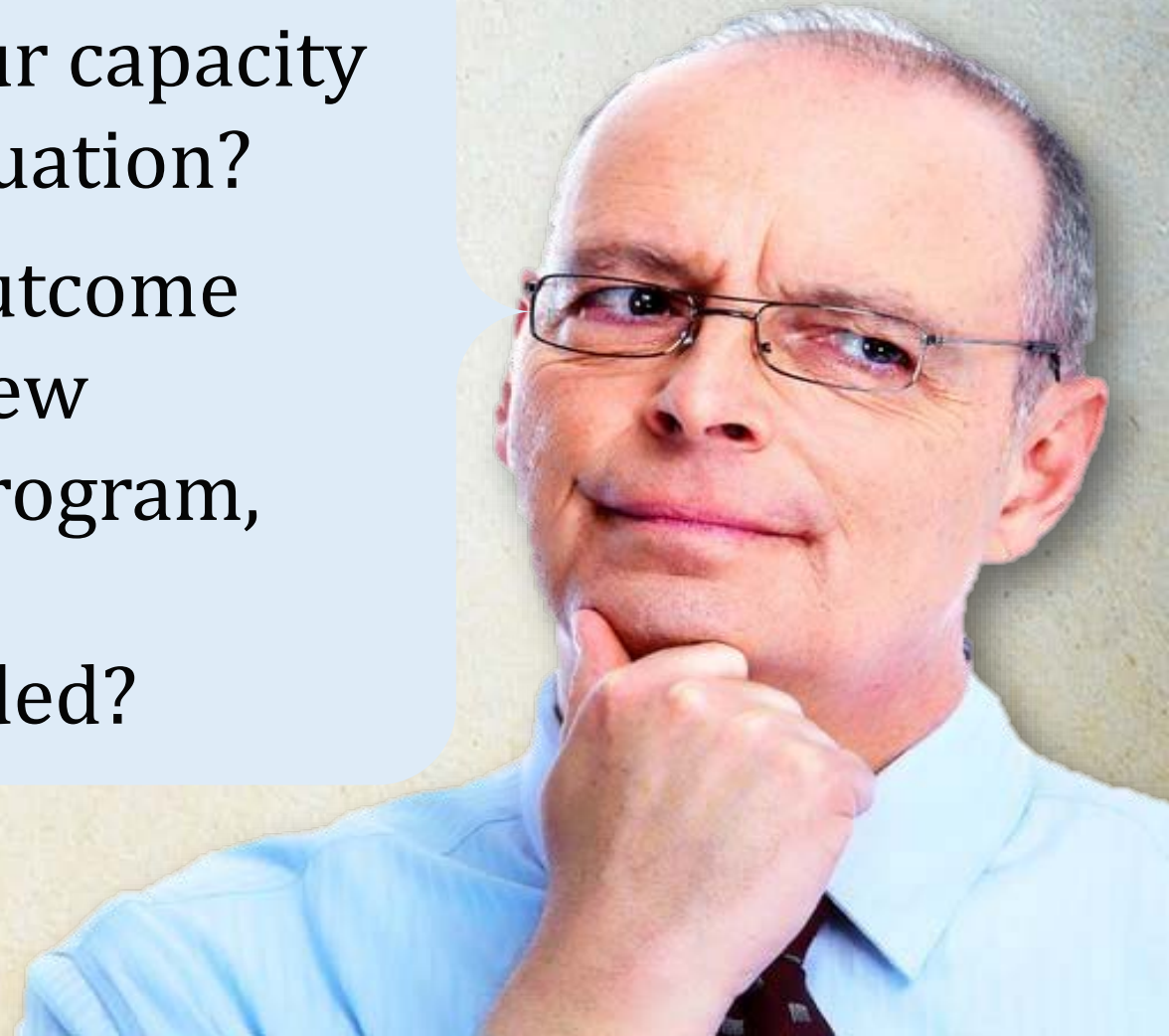
- Connection to EB Parenting
- Completion of EB Parenting

Evidence Based Children's Intervention

- Connection to EB Children's Service
- Completion of EB Children's Service

Things to Consider

- What are the barriers that negatively impact your capacity for collaborative evaluation?
- How could you use outcome data to regularly review progress and make program, practice, and policy modifications as needed?



Numbers

Take the Next Steps

Needs

The Coordinator and Team strategize:

- Are child's medical, developmental, behavioral, and emotional needs assessed?
- How will your DC ask clients if their children have received appropriate screenings and assessments?
- Has child and family been assessed for trauma? Relationship issues?
- Did child receive appropriate interventions or services for the identified needs?

KEY STRATEGY



**Screening, Assessment,
And Needs of Parents,
Children, and Families**

**Conduct screening and
assessment to identify
the needs of parents,
children, and families,
and refer them to
appropriate services**

Screening and Assessment Tools

- Addiction Severity Index
- Adverse Childhood Experience
- PTSD Checklist for DSM-V
- Correctional Offender Management Profiling for Alternative Sanctions
- Risk and Needs Triage
- Texas Christian University – Client Evaluation of Self and Treatment
- Behavioral Substance Abuse Assessment

Tool vs. the Team

Moving the conversation and attention from

*What tool
should we use?*

*What information
do we need? What
is the purpose?*

*What are we
going to do with
the information?*

*How are we going
to share it?*



Case Study
Example:
13th Judicial
District
Drug Court
Billings, Montana

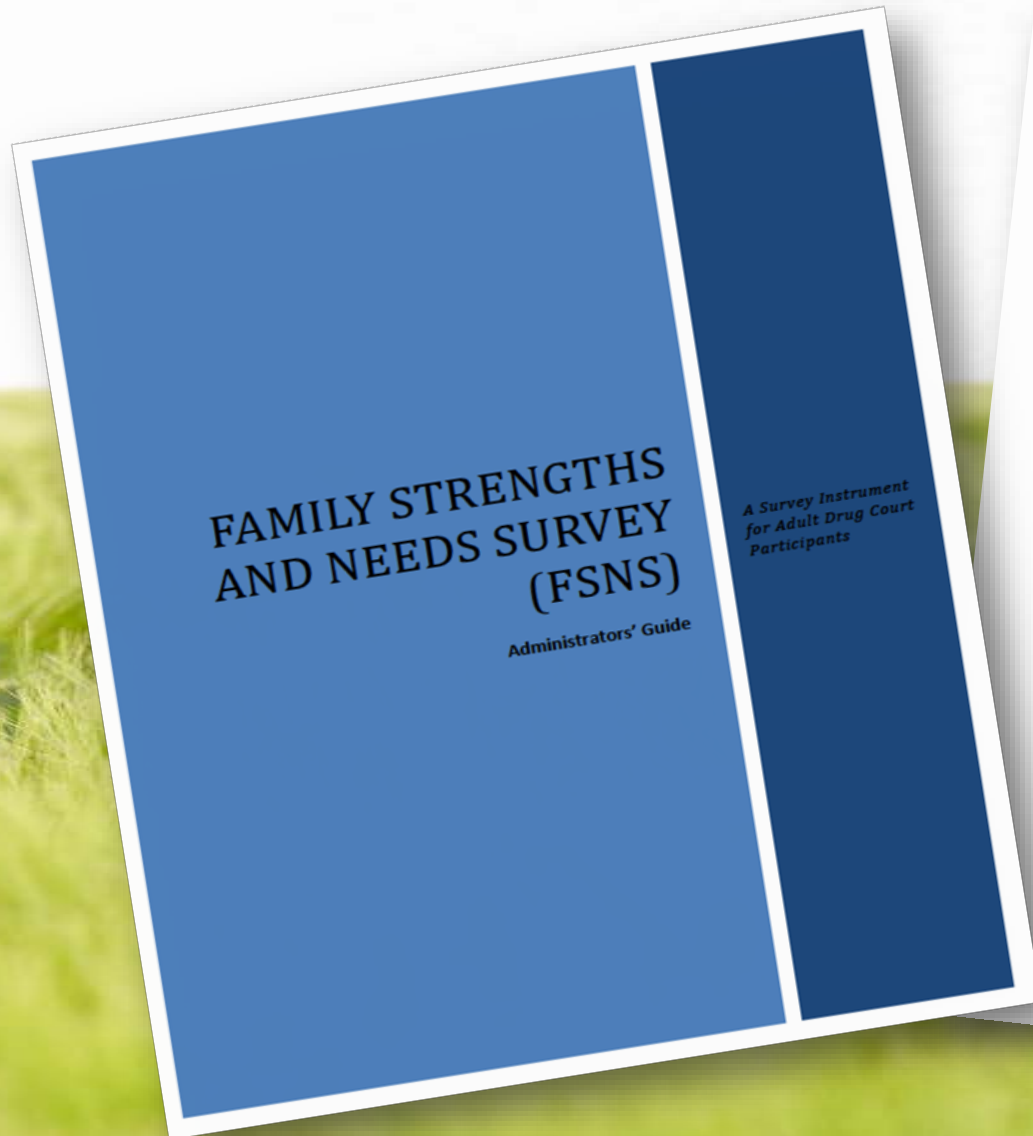
The Need for a Tool

- Brief screening tool that can be administered by a drug court coordinator (with little or no training)
- Simple and efficient - screening should be completed in a short time frame
- Identify an array of family related issues regarding the family of an adult drug court client
- So appropriate referrals can be made within the immediate community
- Applicable to complex family structures common to drug court participants

The Approach

- Preferred administrator approach is utilizing Motivational Interviewing (MI) techniques. MI is a collaborative conversation to strengthen a person's own motivation for and commitment to change
- The spirit of MI is based on three key elements:
 - (1) Collaboration between administrator and client
 - (2) Evoking or drawing out client's ideas about change
 - (3) Emphasizing autonomy of client

Family Strengths and Needs Survey



Family Strengths and Needs Survey

Case or Client ID: _____ Survey Administrator ID: _____

Jurisdiction: _____ Interview Start Time: _____

Missoula County Family Drug Court Missoula County Veteran's Court
 Missoula County Co-Occurring Court Cascade County Adult Treatment Court
 Mineral County Adult Treatment Court/DUI Court Billings Municipal Treatment Court
 Custer County Adult Treatment Court Fort Peck DUI Court (Nat. Am.)
 First Judicial District Adult Treatment Court

Program: _____

Today's Date _____ Enrollment/ Intake Date _____

PARTICIPANT DEMOGRAPHICS:

Gender? Male Female Other
Please specify "Other" _____

Age in years?
First number: 1 2 3 4 5
Second number: 6 7 8 9 0

What is your race/ ethnicity?
 American Indian or Alaskan native Hispanic/Latino
 Asian or Pacific Islander Caucasian
 African American Other (please specify) _____

Read to Client: As you know, substance abuse impacts the entire family. We want to make sure that you and your family have as much support as possible during your recovery process. May I ask you a few questions about your family's strengths? This will help identify the ways we can support you to meet your family's needs. The information you provide will remain confidential. However, I need to make you aware of some limits to confidentiality. It is my legal responsibility to report suspected abuse or neglect of a child, elderly person or a disabled person or if I believe you are in danger of harming yourself or another person. If you report that you intend to physically injure someone the law requires me to inform that person as well as the legal authorities. However, I am not directly seeking this type of information in this interview. May I answer any questions? Is it OK to begin now?

1

Family Strengths and Needs Survey

Domains:

- Participant demographics
- Family demographics
- History and current dynamic
- Emotional support system
- Substance use impact
- Family medical and mental health history
- Child care
- Parenting
- Education
- Employment and financial status
- Trauma

Feedback From Montana Court Coordinators

Process of completing the FSNS fostered rapport and contributed to building a relationship between the survey administrator and participant.

The process expanded administrators' view of a participant to include her/his family issues and dynamics and other factors affecting recovery.

Drug Court Coordinator Experience Administering FSNS

“This experience opened up a world of needs that have gone unaddressed and also provided motivation for finding these services and linking with other community organizations.”

“The process of administering the FSNS helps coordinators to get to know the participant at a deeper level, much less superficial than with the standard intake/screening tool.”

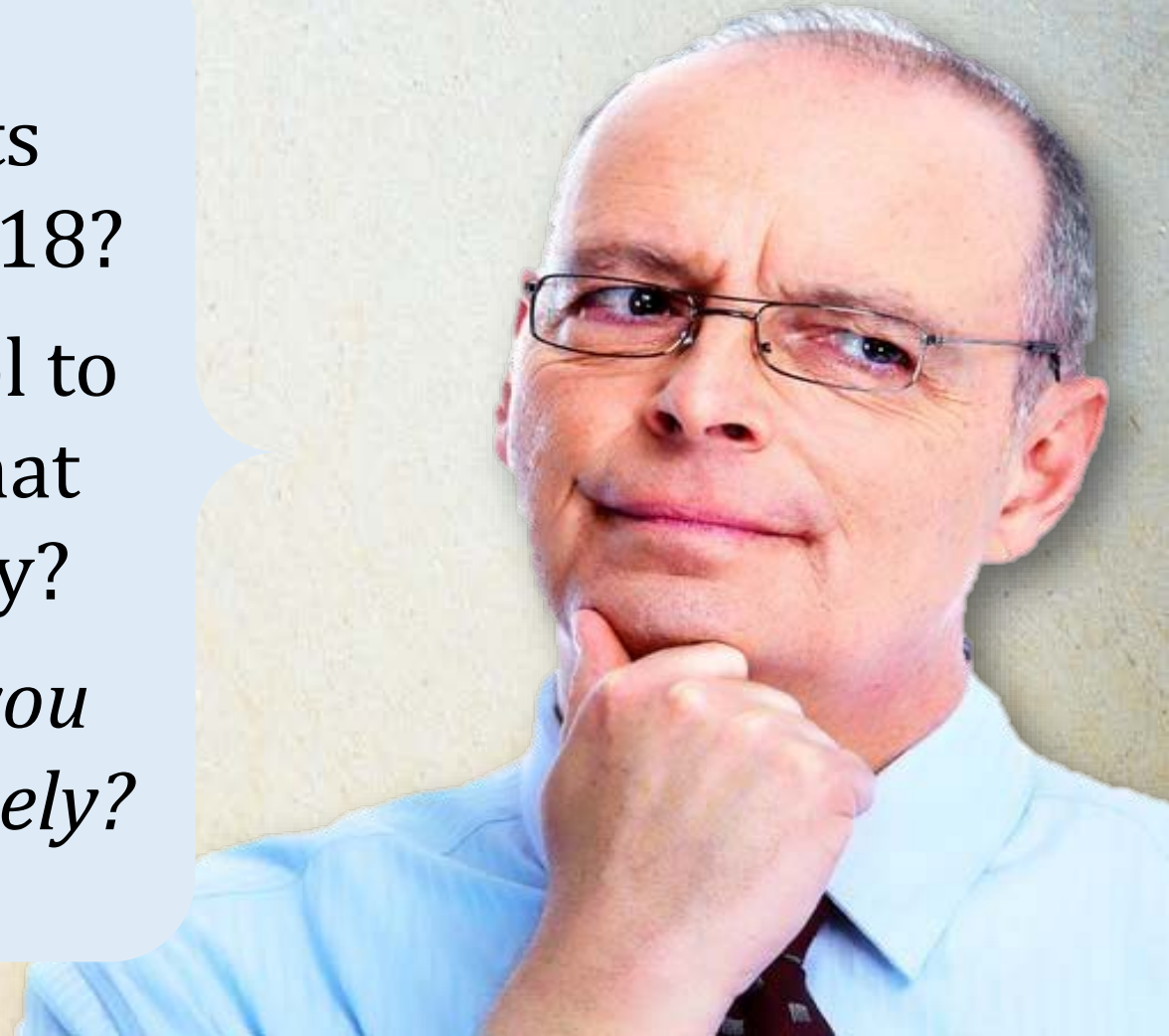
Family Issues that may Affect Recovery



- **52.7%** had concerns regarding one or more of their **children's social and emotional well-being**
- **47.2%** of participants had concerns regarding **medical problems or issues** with one or more of their children
- **40.0%** had concerns about one or more of their **children's behavior**
- **17.8%** had significant concerns about their spouse's or significant other's **mental health**

Things to Consider

- How many of participants have children under age 18?
- Have you identified a tool to assess family needs? What training will be necessary?
- Tools + Team - *how will you share results collaboratively?*



KEY STRATEGY



**Screening, Assessment,
And Needs of Parents,
Children, and Families**

**Implement
responses to
behaviors that are
sensitive to the
needs of parents
and families**

Responses to Behavior for Parents

Safety

- A protective response if a parent's behavior puts themselves or the child at risk

Therapeutic

- A response designed to achieve a specific clinical result for parent in treatment

Motivational

- Designed to teach the parent how to engage in desirable behavior and achieve a stable lifestyle

Little Voices- Big Impact

Three Houses Case Examples

Emma's Three Houses (8-year-old girl)

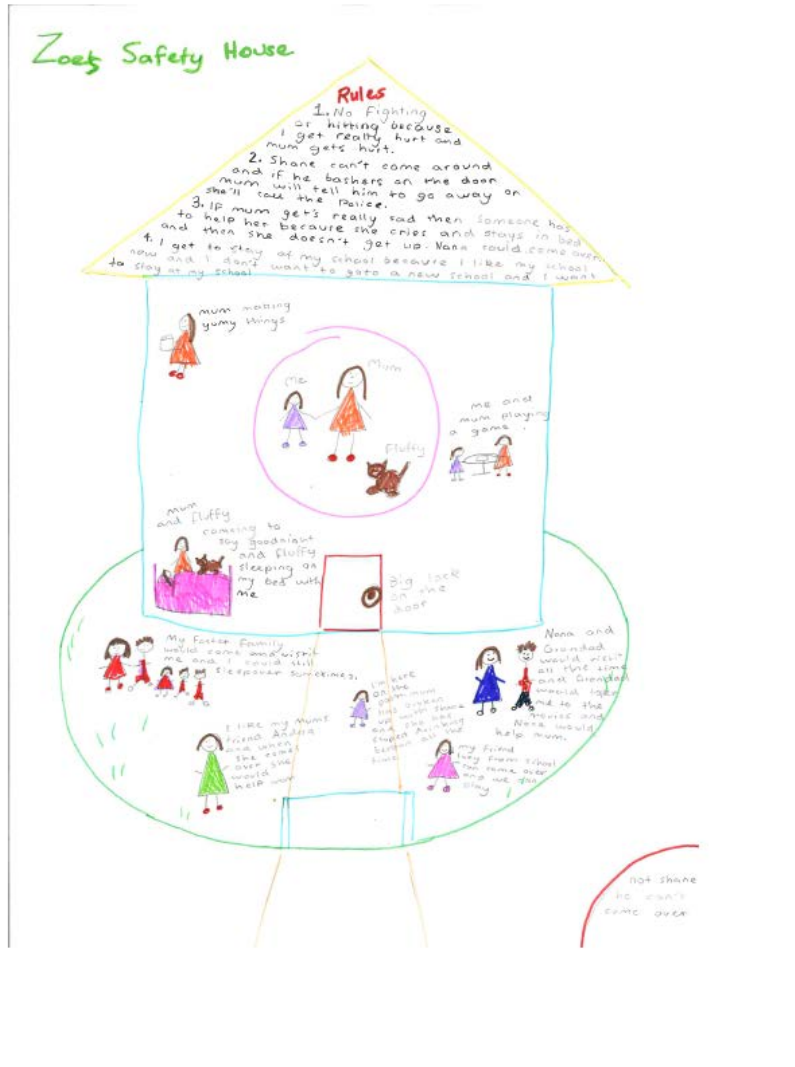
HOUSE OF WORRIES	HOUSE OF GOOD THINGS	HOUSE OF DREAMS
<ul style="list-style-type: none"> • That Mum yells at me. • I don't like getting beaten by Mum. • I don't like seeing my brother and sister getting hurt by my mum. • Mum slapped Kate really hard on the leg. • Mum kicked Jacob on the bottom. • I don't like my mum hitting Jacob and Kate in front of my friends. Then my friends don't want to come to play with me at my house. • I'm worried that when Grandad is gone, I keep getting hit by my mum. • My mum drinks "Wild Turkey" with David. 	<ul style="list-style-type: none"> • I feel safe if the court decides that I can live with my dad because he doesn't have any drugs and I won't get hurt at his place. • I can see my grandad and my uncle and his girlfriend when I go to my Nana's house. • I like that I get fit when I'm with my dad and don't get fed junk food. 	<ul style="list-style-type: none"> • I wish I could live with both mum and dad together. • I wish I wasn't yelled at by Mum. • I wish that I lived in a better house (that my mum's house was a better house). • I wish I could swim anywhere. • I wish that Grandad would always stay with me. • I wish that Mum would wake up in a better mood. • I wish I could live with my dad. • I wish that I could see my mum every second weekend so that I wouldn't get yelled at so much.

Kaden's Three Houses (5-year-old boy)

Work of Jo Goodwin, Reunification program, Perth

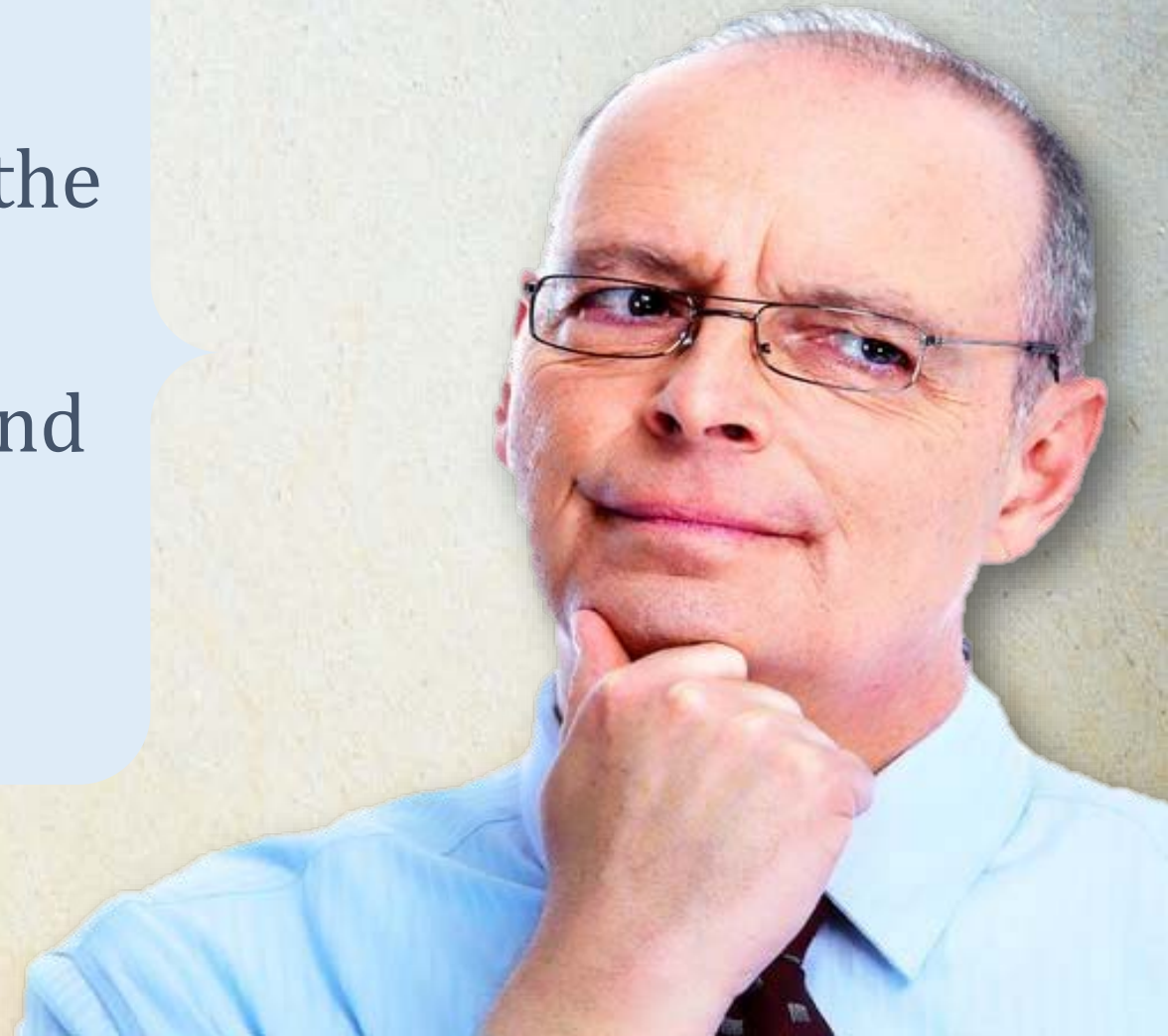
Worries	Good Things	Dreams
<p>I'm worried every time I have to leave my real mum, Lisa, the one that made me go to foster care.</p> 	<p>I am happy when I play the playstation at my real mum's house.</p> 	<p>I'm happy because I am waving the magic wand I wish that I could live with my real mum. Lisa</p> 

Zoe's Safety House



Things to Consider

When deciding on a response, consider what the impact of that sanction would have on children and the parent-child relationship (ie. Jail)



Numbers

Needs

Take the Next Steps

Networks

The Coordinator and Team strategize:

- Do parents have an understanding of the child's identified needs? Are they able to cope with the child's needs?
- Does family have access to long-term supportive services?
- Are you providing training and education to DC Team, including judicial leaders on the importance of serving children and families?

Numbers

Needs

Take the Next Steps

Networks

- Do you refer and follow-up to outside agencies with children's services?
- Are child and family-serving agencies on your collaborative team?
- Are you mobilizing and linking to new resources from other agencies that already serve children and families?
- Have you developed formal relationships and information sharing protocols?

Multiple Needs Require Multiple Partners

Family Recovery



PARENTS

- Parenting skills and competencies
- Family connections and resources
- Parental mental health; co-occurring
- Medication management
- Parental substance use
- Domestic violence



FAMILY

- Basic necessities
- Employment
- Housing
- Child care
- Transportation
- Family counseling



CHILD

- Well-being/behavior
- Developmental/health
- School readiness
- Trauma
- Mental health
- Adolescent substance use
- At-risk youth prevention

Parent-Child: Key Service Components

**Developmental &
behavioral
screenings and
assessments**

**Quality and
frequent visitation**

**Early and ongoing
peer recovery
support**

**Parent-child
relationship-
based
interventions**

**Evidence-based
parenting**

Trauma

**Community
and auxiliary
support**

What Research and Practice Tells Us:

- Attachment-based treatment practices have produced **positive outcomes for women and children** in both residential and outpatient settings
- Family-focused treatment has produced **improvements in treatment retention, parenting attitudes, and psychosocial functioning**
- Post-partum women who had their infants living with them in treatment had **highest treatment completion rates and longer stays in treatment**



Continuum of Family-Based Services

Parent's Treatment With Family Involvement

- Services for parent(s) with substance use disorders
- Treatment plan includes family issues and family involvement

Goal: Improved outcomes for parent(s)

Parent's Treatment With Children Present

- Children accompany parent(s) to treatment
- Children participate in child care but receive no therapeutic services
- Only parent(s) have treatment plans

Goal: Improved outcomes for parent(s)

Parent's and Children's Services

- Children accompany parent(s) to treatment
- Parent(s) and attending children have treatment plans and receive appropriate services

Goals: Improved outcomes for parent(s) and children, better parenting

Family Services

- Children accompany parent(s) to treatment
- Parent(s) and children have treatment plans
- Some services provided to other family members

Goals: Improved outcomes for parent(s) and children, better parenting

Family-Centered Treatment

- Each family member has a treatment plan and receives individual and family services

Goals: Improved outcomes for parent(s), children, and other family members; better parenting and family functioning

KEY STRATEGY



**Screening, Assessment,
And Needs of Parents,
Children, and Families**

**Provide evidence-
based services to
children and parents
including services
that address the
parent-child dyad**

Connecting Families to Evidence-Based Parenting Program



- Knowledge of parenting skills and basic understanding of child development has been identified as **a key protective factor** against abuse and neglect (Geeraert, 2004; Lundahl, 2006; & Macleod and Nelson, 2000)
- The underlying theory of parent training is that (a) **parenting skills can improve** with training, (b) child outcomes can be improved, and (c) the risk of child abuse and neglect can be reduced (Johnson, Stone, Lou, Ling, Claassen, & Austin, 2008)

Parenting Programs Specific to Families Affected by Substance Use Disorders

- **Celebrating Families** - <http://www.celebratingfamilies.net/>
- **Strengthening Families** - <http://www.strengtheningfamiliesprogram.org/>
- **Nurturing Program for Families in Substance Abuse Treatment and Recovery** - <http://www.healthrecovery.org/publications/detail.php?p=28>

Please visit:

- **California Evidence-Based Clearing House** - www.cebc4cw.org
- **National Registry of Evidence-Based Programs and Practices** - www.nrepp.samhsa.gov

Grantee	EBPs Identified and/or Selected
Grantee A	<ul style="list-style-type: none"> • Baby Smarts (existing) • Positive Indian Parenting (new)
Grantee B	<ul style="list-style-type: none"> • Child-Parent Psychotherapy (existing) • Trauma-Focused Cognitive Behavioral Therapy (existing) • Alternatives for Families: A Cognitive-Behavioral Therapy (existing) • SafeCare (existing) • Celebrating Families! (new)
Grantee C	<ul style="list-style-type: none"> • Nurturing Families (existing) • Strengthening Families Program (existing) • Incredible Years (existing) • Triple P (existing)
Grantee D	<ul style="list-style-type: none"> • Celebrating Families! (existing) • Early Pathways (existing) • Parents Interacting with Infants (existing) • Solution-Focused Brief Therapy (new) • Caring for Children Who Have Experienced Trauma (new)

“Existing” – leveraging existing EBP community resource; “New” – implementing new EBP



Social Connections

Parental Resilience

Nurturing and Attachment

Concrete Support for Families

Knowledge of Parenting and Child Development

Social and Emotional Competence of Children

Building Protective Factors to Strengthen Families

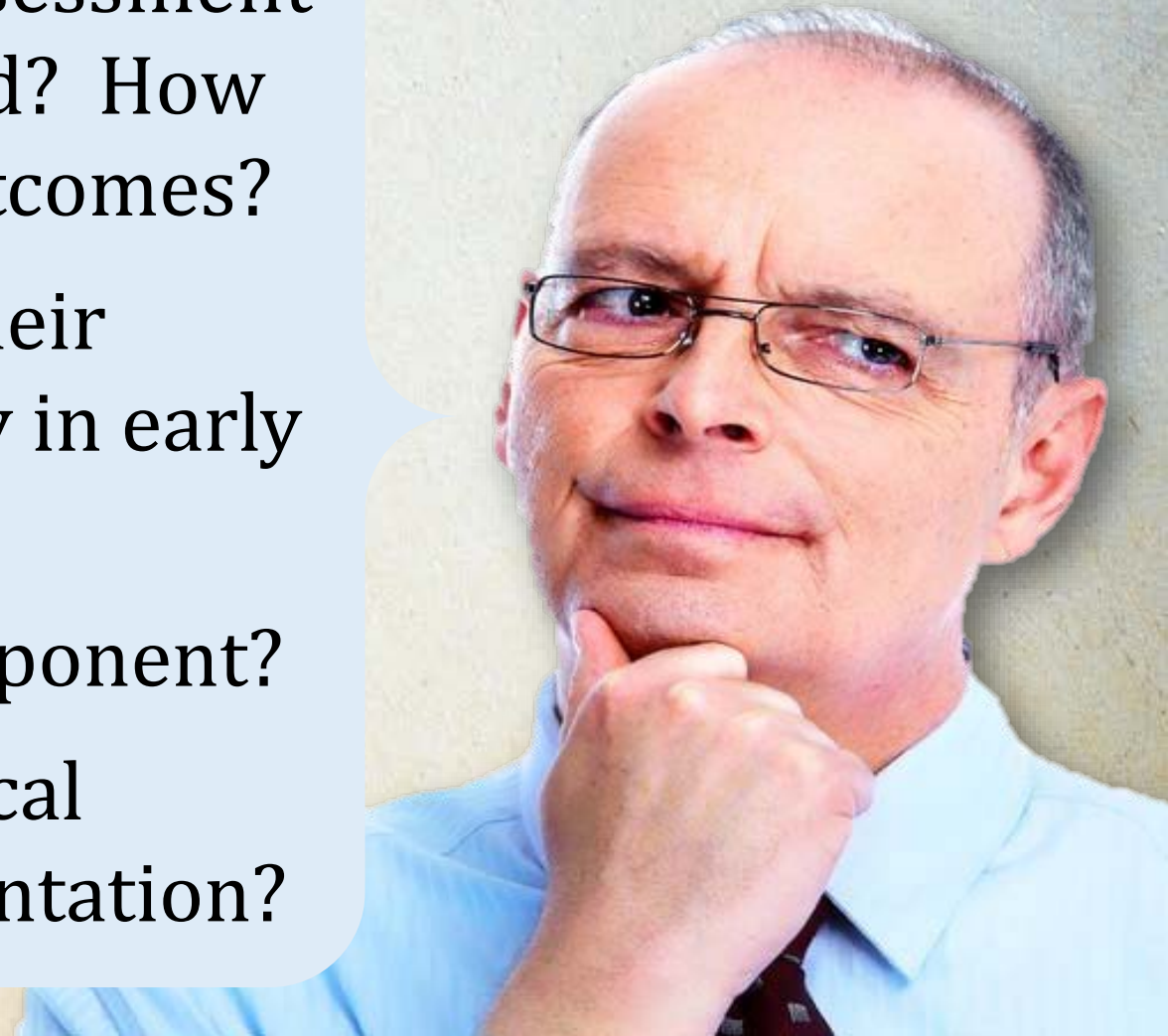
When Should We Offer Parent Education?

Sequencing of Parent Education

- Key considerations include cognitive functioning
- *Participation in parenting programs can enhance parent motivation and engagement in treatment* because it affirms their primary role and identity as a parent and focuses on their most important need
- Increase self-confidence as parents and equip them with needed skills
- *There is no time to lose when it comes to parent-child bond*

Things to Consider

- Have you conducted a needs assessment to determine what families need? How will it help achieved desired outcomes?
- Have realistic expectations of their ability to participate - especially in early recovery?
- Does it have a parent-child component?
- Do you have staffing and logistical support for successful implementation?



Turning to Community Partners to Serve Families

- Partnered with Linda Ray Center to provide comprehensive family and children services
- Advocated for its treatment partner to provide family therapy
- ADC and treatment provider tracking family outcomes

Children Need to Spend Time with Their Parents



How can the ADC team..
Remove barriers to parenting time?
Support quality parenting time?
Facilitate additional parenting time?

Impact of Visitation on Reunification Outcomes

- Children and youth who have **regular, frequent contact** with their families are **more likely to reunify and less likely to reenter foster care** after reunification (Mallon, 2011)
- Visits provide an important **opportunity to gather information** about a parent's capacity to appropriately address and provide for their child's needs, as well as the family's overall readiness for reunification
- Parent-Child Contact (Visitation): Research shows **frequent visitation increases the likelihood** of reunification, **reduces time** in out-of-home care (Hess, 2003), and **promotes healthy attachment and reduces negative effects** of separation (Dougherty, 2004)

Facilitating Quality Visitation

- Rethink language - *Parenting time or Family time*
 - vs. visitation
- Recognize visitations as a right and need
 - vs. privilege, reward, incentive
- Ensure frequency and duration is guided by needs of child and family
 - vs. capacity of CWS, logistics – *best interest of the **family** or of the **system**?*
- Provide concrete feedback on parent-child interaction
 - vs. observation, surveillance



Strategies to Ensure Quality and Frequent Parenting Time



- Involve parents in planning
- Elicit foster parents or kinship caregiver support
- Invite parents to join child's appointments
- Enlist natural community settings
- Focus on strengths and positive interactions
- Provide parenting support and coaching

Co-Parenting Activities

- What is your system of care's philosophy about co-parenting?
- What are the expectations for foster parents to participate?
- Ground rules and limitations
- Are there differences of opinions on the benefits of co-parenting?
- Dispelling the myths about bio and foster parent collaborations



Interventions that Include Parent–Child Component

- Do the services of partner providers have parent-child components?
- Can you expand your service array?
- How do providers document progress in strengthening the parent-child relationship?
- What will the parenting reports look like to include the parent-child piece?





Support for Parents in Court to Advocate for Improvements or Strengthening of the Relationship with their Child

- **Questions every judge should ask?***
- Reaching out to the parent in court for their perspective on how visitation or co-parenting activities are going
- How are improvements in the parent-child relationship linked to the levels of visitation along with recommendations from substance use and mental health treatment providers?

* Recommended Resource: *Visitation with Infants and Toddlers in Foster Care: What Judges and Attorneys Need to Know.*

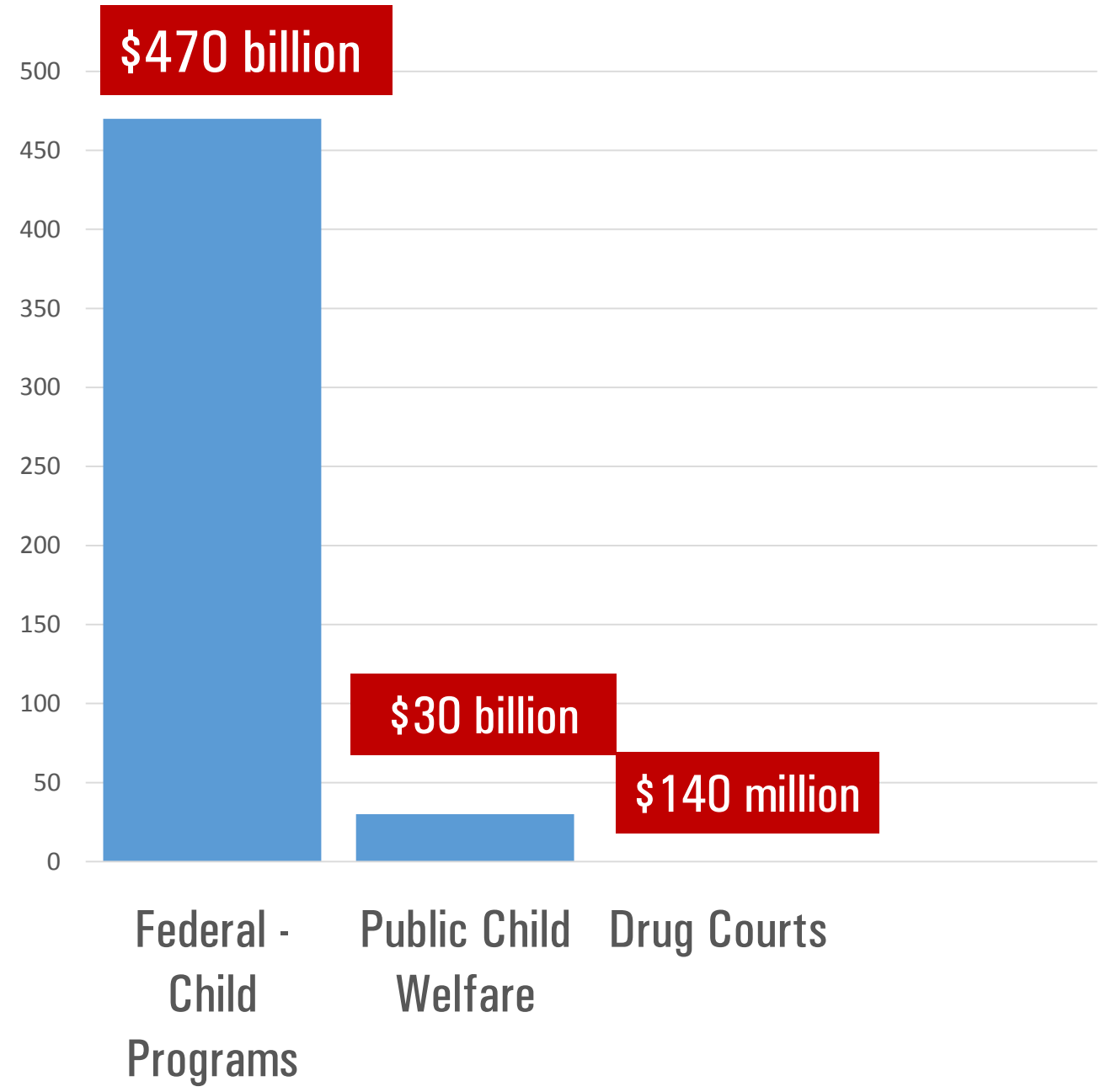
KEY STRATEGY



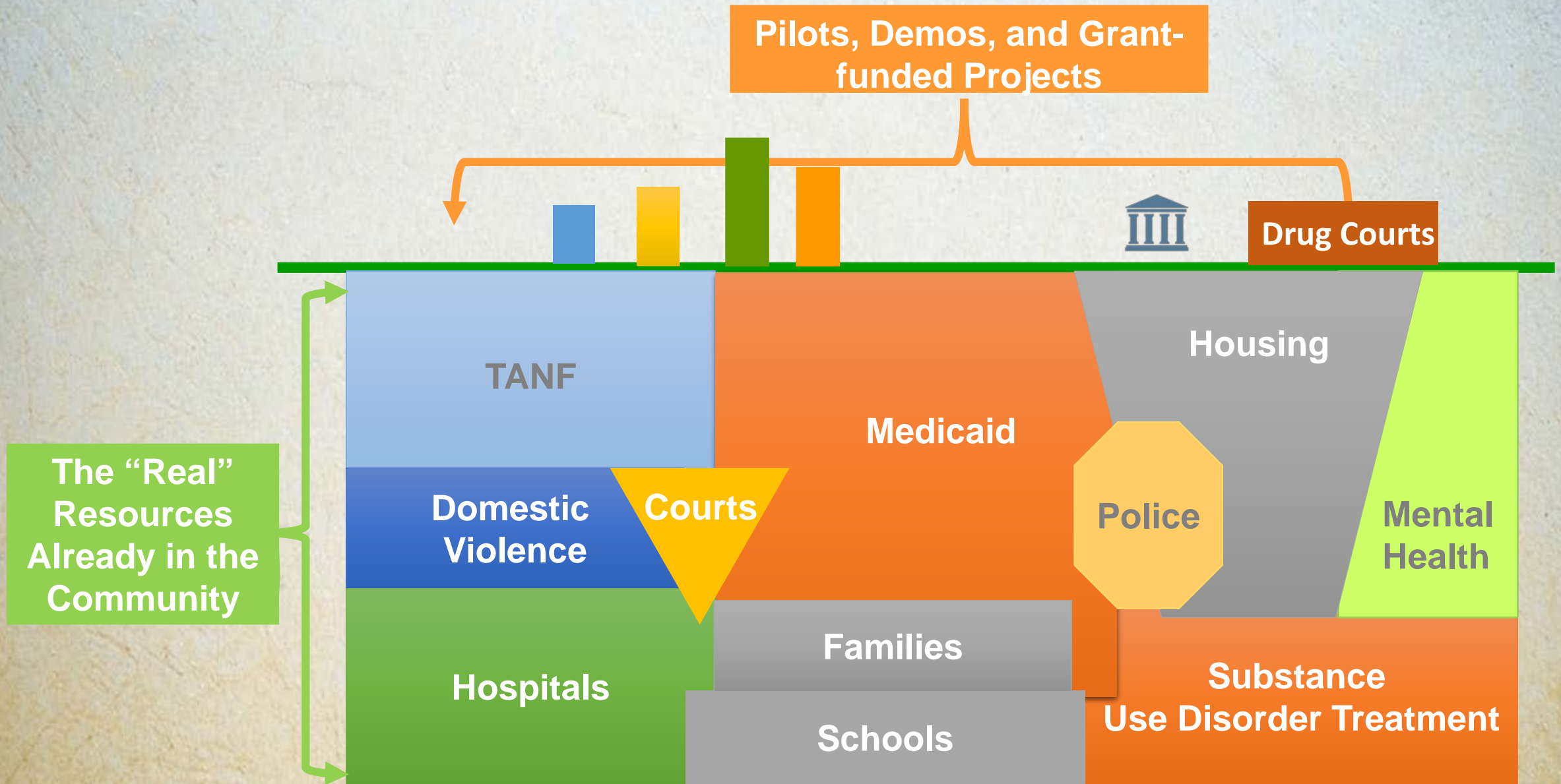
**Funding, Sustainability,
Evaluation,
and Outcomes**

**Develop
sustainability plans
that account for
funding services to
children and
families**

Getting a Piece of the Pie

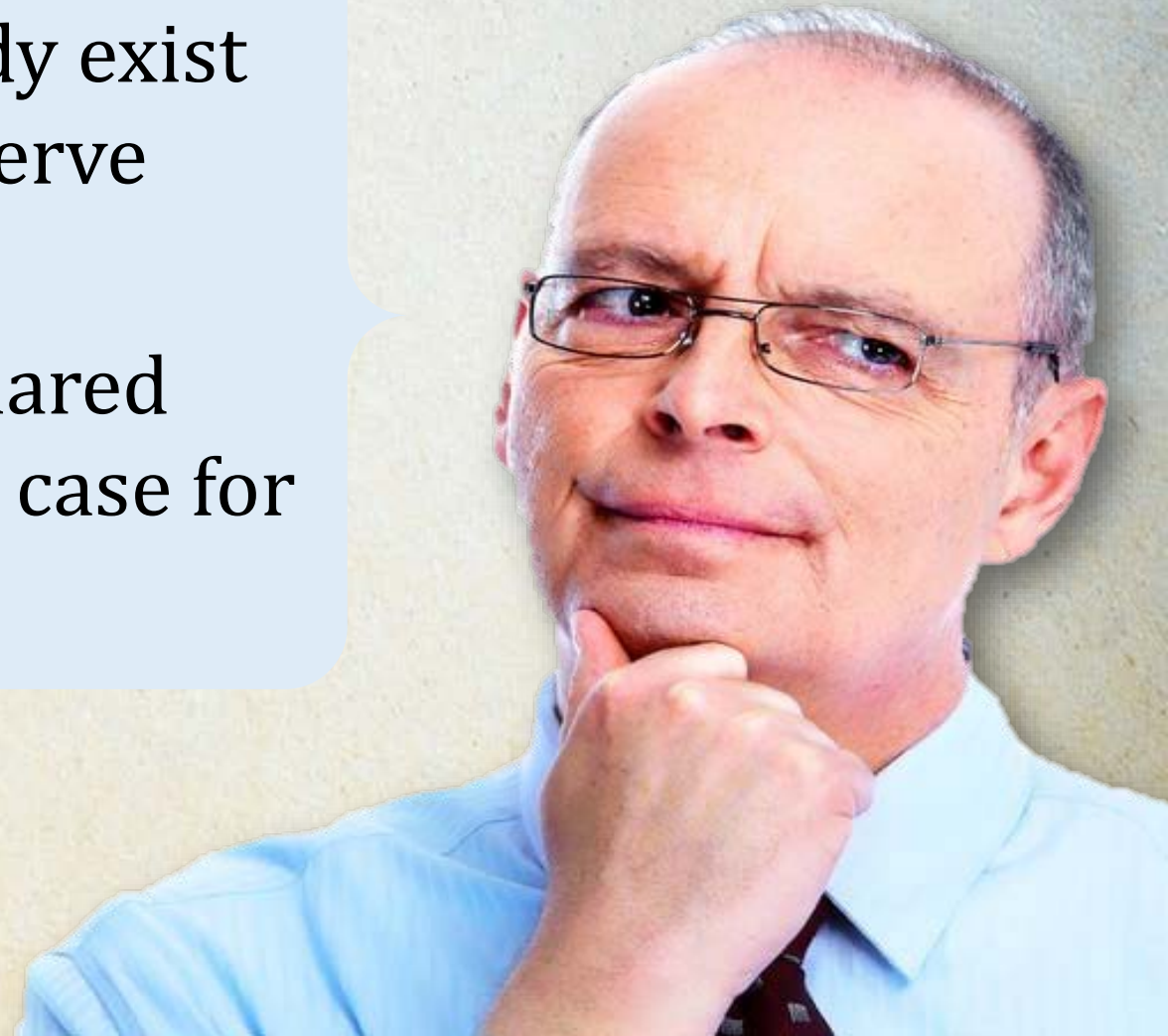


Redirection of Resources Already Here



Things to Consider

- What resources already exist in the community to serve children and families?
- Have you identified shared outcomes to make the case for shared resources?





Big steps
Small
steps

Just keep
moving



Q&A and Discussion



*Strengthening
Partnerships*

*Improving
Family
Outcomes*

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Center for Children and Family Futures
Strengthening Partnerships, Improving Family Outcomes



We can help!
RESOURCES

View the Recorded Webinar!

Early Screening & Assessment



How Effective **Family Drug Courts** Match Service to Need

**Includes Team
Discussion Guide!**

View the Recorded Webinar!!

Supporting Families in Family Drug Courts for Recovery, Reunification

and Permanency

Includes Team
Discussion Guide!



July 2016

Parent-Child Relationship

Implementation Lessons Family-Centered Approaches

Learn!

5 Briefs

3 Year Grant

Round 1 Apr. 2014 - May 2017

4 Family Drug
Courts

- San Francisco, CA
- Pima County, AZ
- Robeson County, NC
- Tompkins County, NY

Read!

Case Studies (All Four Grantees)

Overview of PFR

Key Lessons for
Implementing a Family-
Centered Approach

Cross-Systems Collaboration,
Governance and Leadership:

Evidence-Based Program
Implementation

Building Evaluation and
Performance Monitoring
Capacity of FDCs



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*On behalf of children
and families in your
community, thank you
for the work you do!*

