

# A National Perspective

## PRIORITIZING SOCIAL AND EMOTIONAL WELL-BEING

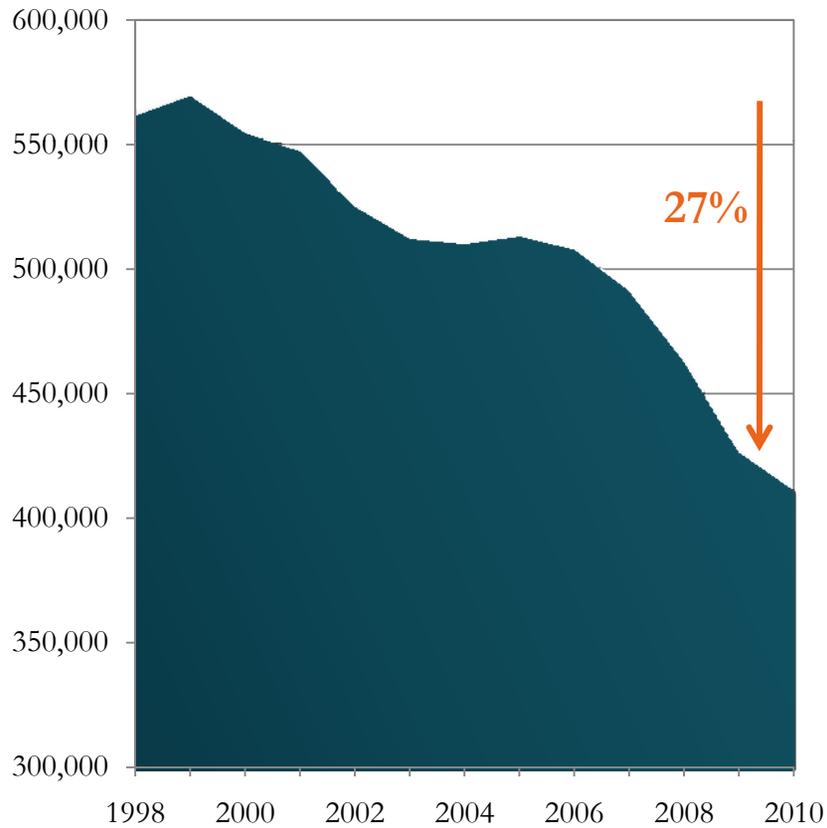
*Bryan Samuels, Commissioner  
Administration on Children, Youth and Families*

U.S. Department of Health and Human Services  
Administration for Children and Families

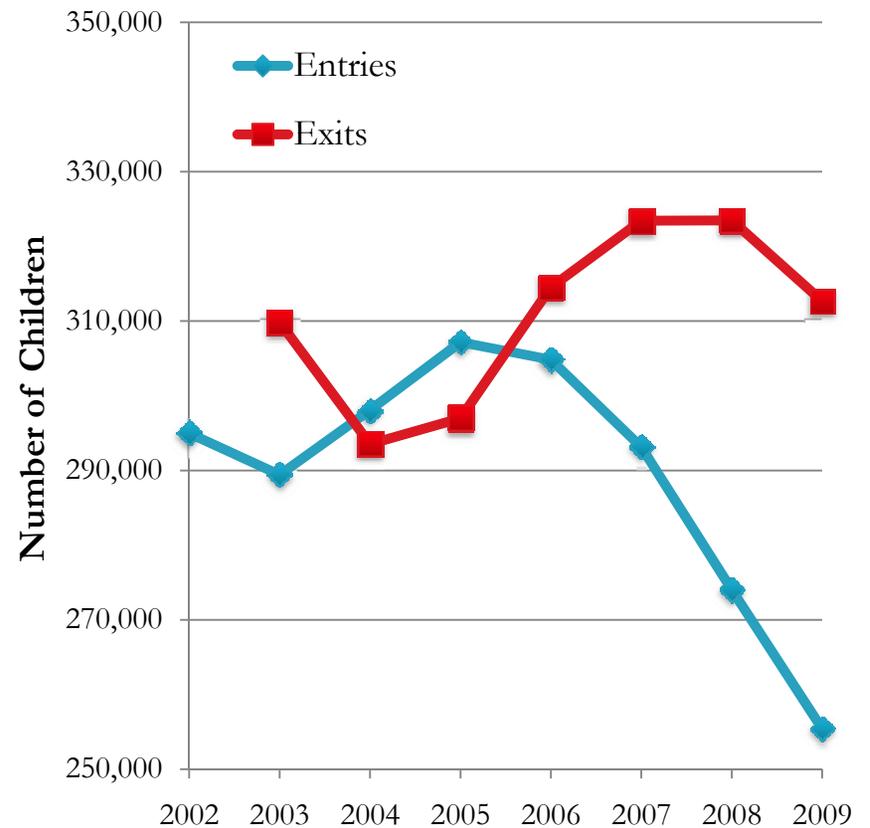


# As entries decreased and exits increased, the number of children in foster care declined

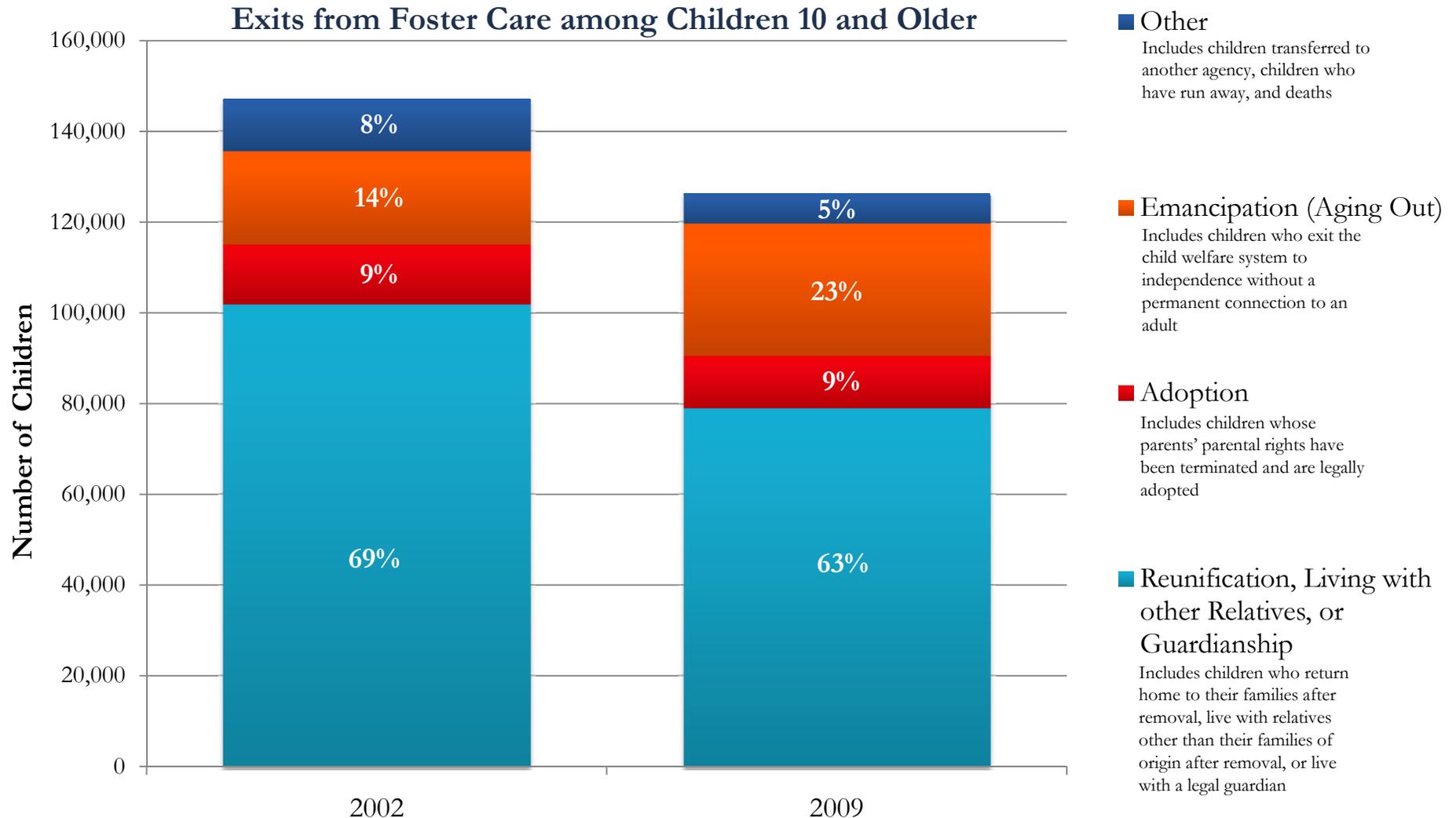
## POPULATION IN FOSTER CARE, 9/30



## ENTRIES INTO AND EXITS FROM FOSTER CARE



# Since 2002, older children have become more likely to age out of care



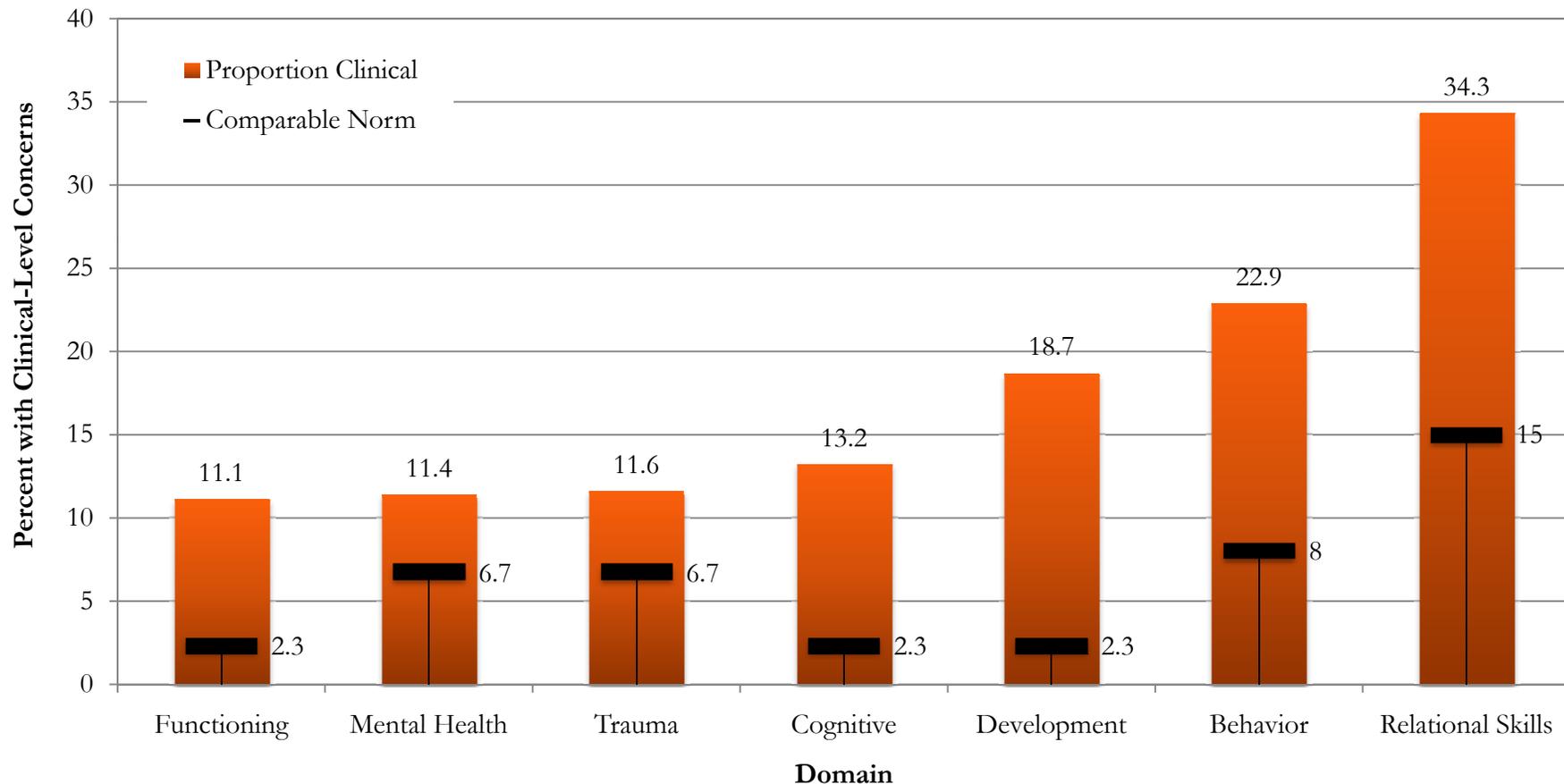
Data Source: Adoption and Foster Care Reporting and Analysis System, Reports 10-17 (2002-2009). Children's Bureau, Administration on Children, Youth, and Families (USDHHS, ACF)

# ACYF Priority: Promoting the Social and Emotional Well-Being of Children by Facilitating Healing and Recovery

- Maltreatment leaves a unique fingerprint on the social and emotional well-being of children that requires an array of services tailored to address their short- and long-term needs and promote optimal functioning
- ACYF activities to promote social and emotional well-being focus on:
  - Developing a thorough understanding of who maltreated children are and the needs they have
  - Drawing on the best available research to identify strategies for responding to those needs
  - Implementing evidence-based interventions with high fidelity and requiring rigorous evaluation
  - Building the knowledge base and disseminating useful information in a timely manner

# Adaptive Challenge: The Clinical Profile of Remaining Children is Complex

Clinical-Level Concerns across Domains for Children Reported to CPS, General Population Comparison, 0-17

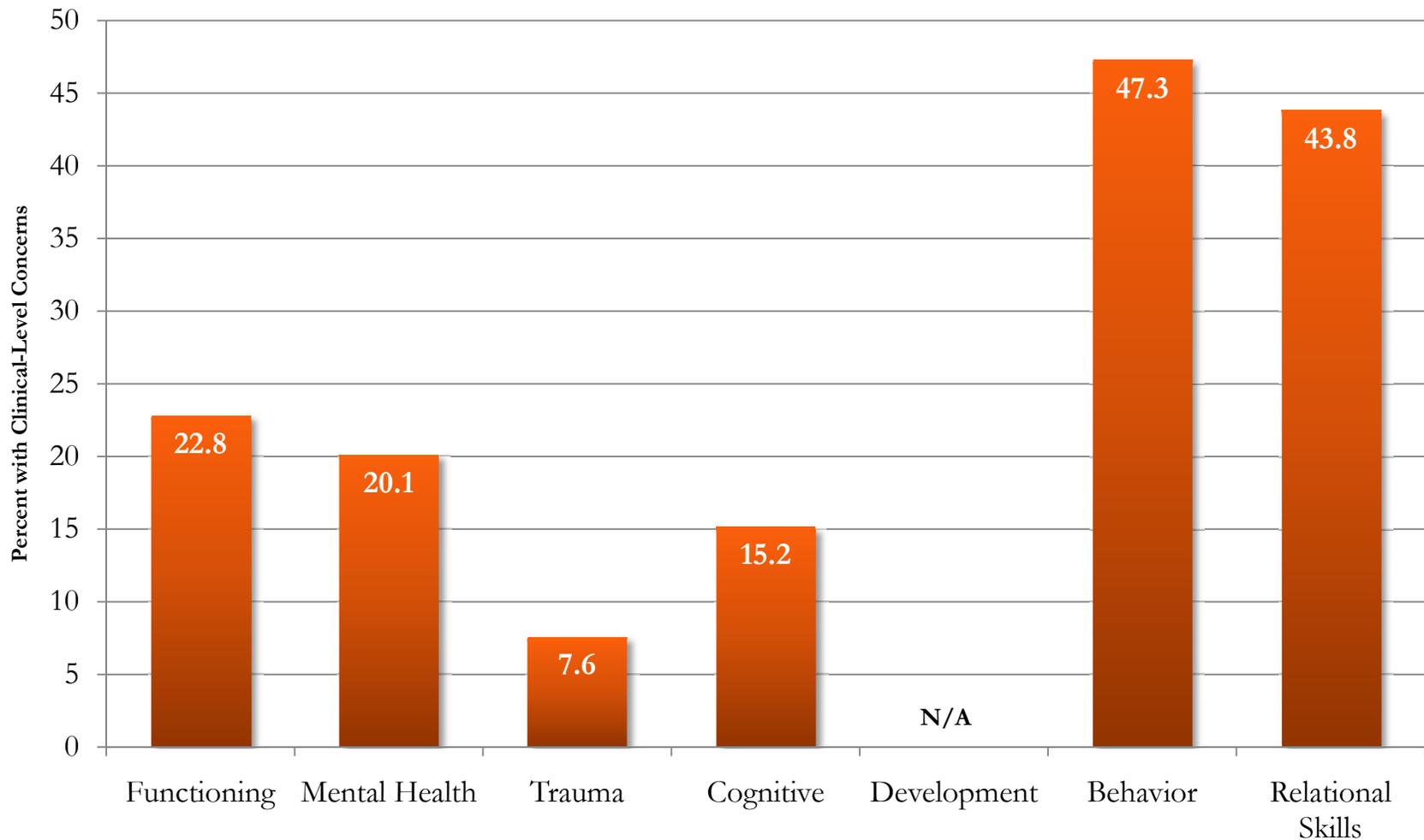


Source: National Survey of Child and Adolescent Well-Being II, US Department of Health and Human Services

Functioning: Vineland Adaptive Behavior Scale (VABS; Screener Daily Living Skills Domain), 0-17 years; Mental Health: Children's Depression Inventory (CDI; depression), 7-17 years; Trauma: Trauma Symptom Checklist for Children (TSCC; post traumatic subscale), 8-17 years; Cognitive: Kaufman Brief Intelligence Test (K-BIT; cognitive composite), 4-17 years; Development: Battelle Developmental Inventory, 2<sup>nd</sup> Edition (BDI-2; cognitive developmental quotient), 0-47 months; Behavior: Child Behavior Checklist (CBCL; problem behaviors total), 1.5-17 years; Relational Skills: Social Skills Rating System (SRSS; social skills), 3-17 years;

# Placement Type: Group Home or Residential Program

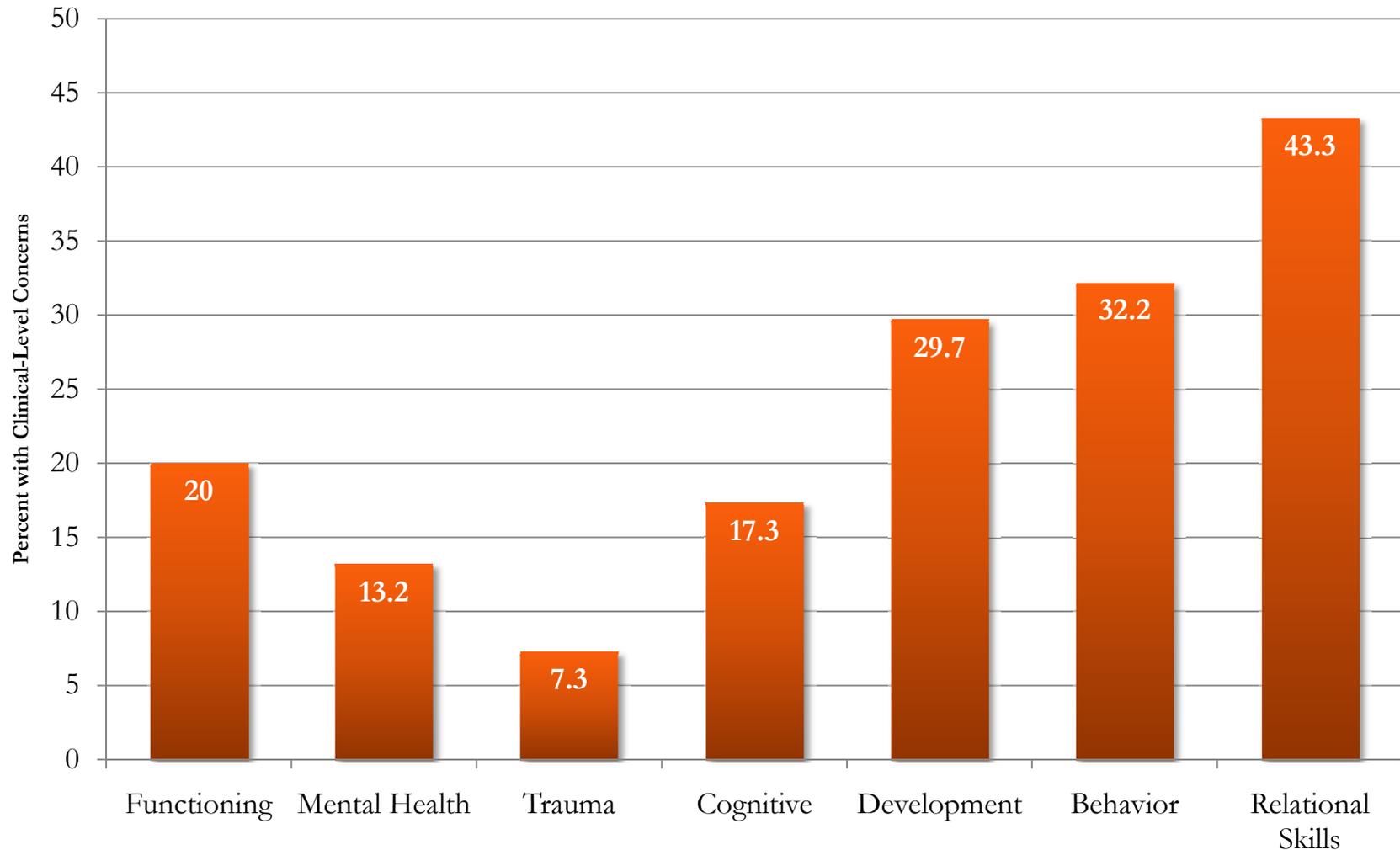
Clinical-Level Concerns across Domains among Children in Group Homes or Residential Programs



Data Source: RTI International. (2011, in press). *NSCAW II Baseline Brief Report II: Child Well Being*.

# Placement Type: Foster Care

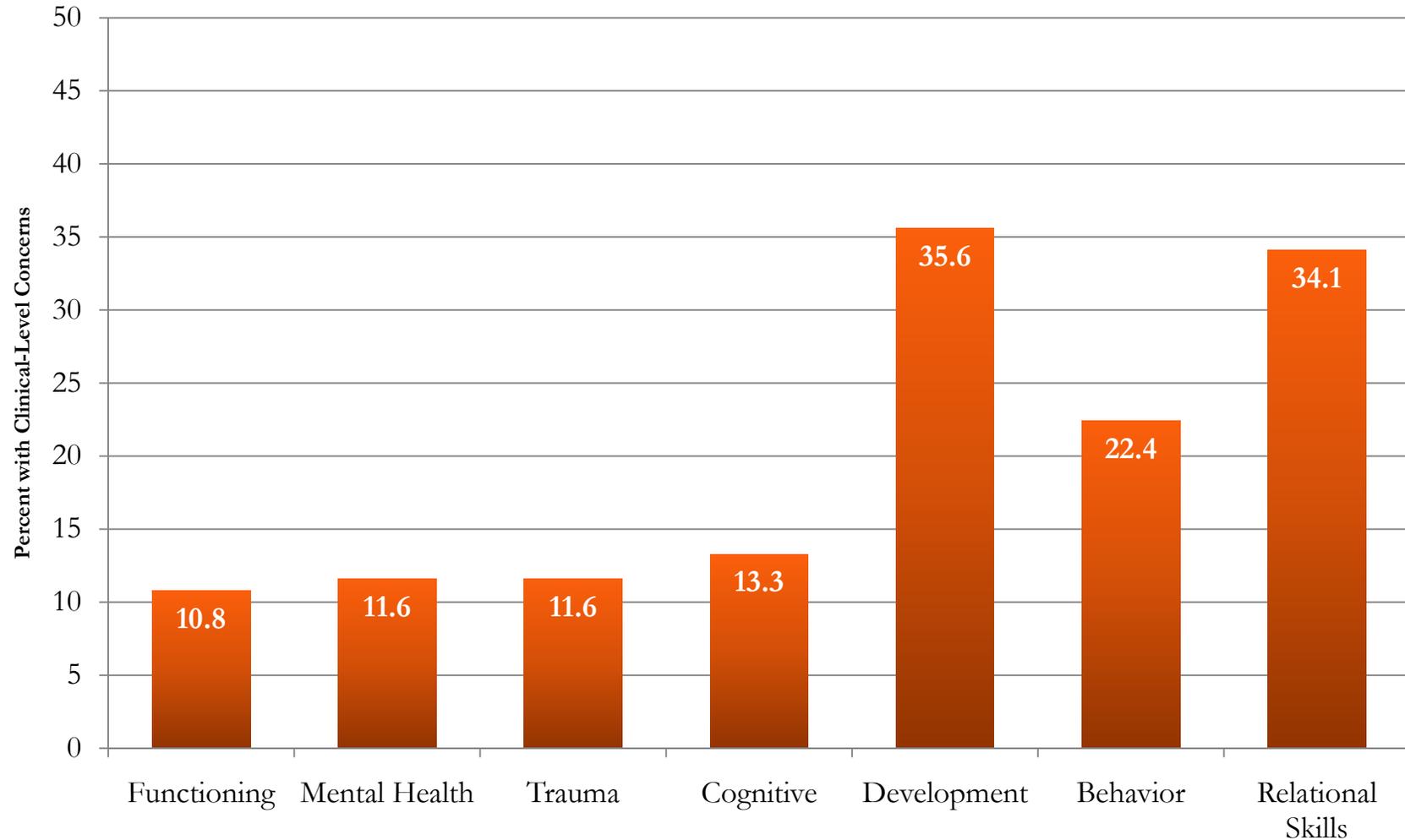
Clinical-Level Concerns across Domains among Children in Foster Care



Data Source: RTI International. (2011, in press). *NSCAW II Baseline Brief Report II: Child Well Being*.

# Placement Type: In-home

Clinical-Level Concerns across Domains among Children Remaining In-home



Data Source: RTI International. (2011, in press). *NSCAW II Baseline Brief Report II: Child Well Being*.

# Maltreated Childrens' Barriers to Forming Relationships with Supportive Adults

- The effects of maltreatment can influence relationships across a person's lifetime,<sup>1</sup> and they are particularly salient when a maltreated child attempts to form a new relationship with a primary caregiver or later romantic or marital partner.<sup>2</sup>
- In a study of maltreated 9- to 13-year-old children, Milan and Pinderhughes found that those with the most negative representations of their relationships with biological parents had less positive perceptions of their foster parents as well.<sup>3</sup>
- Foster children frequently demonstrate externalizing behaviors or poor emotion regulation, which can be interpreted by the foster parents as rejection of the foster family.<sup>4</sup>

1. Cicchetti, D, & Blender, JA. (2004). A multiple-levels-of-analysis approach to the study of developmental processes in maltreated children. Proceedings of the National Academy of Sciences. 101(50):17325.
2. Mikulincer, MI Shaver, PR. (2007). *Attachment in Adulthood: Structure, Dynamics and Change*. New York, NY: The Guilford Press.
3. Milan, SE & Pinderhughes, EE. (2000). Factors influencing maltreated children's early adjustment in foster care. *Development and Psychopathology*. 12(1):63.
4. Dozier, M , Stovall, KC, Albus, KE, Bates, B. (2001). Attachment for infants in foster care: The role of caregiver state of mind. *Child Development*. 72 :1467.; Hughes, D. (2004). An attachment-based treatment of maltreated children and young people. *Attachment & Human Development*. 6(3):263.; Kagan, R. (2004). *Rebuilding Attachments with Traumatized Children*. Binghamton, NY: The Haworth Maltreatment and Trauma Press.

# Effective Approaches to Promoting Social and Emotional Well-Being

Essential Considerations	Activity
<i>Elements of Healing and Recovery</i>	
Understanding Experiences	Cognitive-Behavioral Interventions Teach Identification of Controllable and Uncontrollable Circumstances
Developmental Tasks	Developmental Screening Developmental Intervention Provide Meaningful Responsibilities to Promote Mastery and Accomplishment
Coping Strategies	Cognitive-Behavioral Interventions Relaxation and Self-Control Strategies Encourage Expression of Feelings, Positive and Negative
Environmental Buffers	Protective Factors Assessment Promotion of Protective Factors Parenting Interventions
<i>Clinical Considerations</i>	
Trauma	Screening De-escalation Psychological First-Aid Trauma-focused Interventions
Behavioral Health	Screening Cognitive-Behavioral Interventions
Mental Health	Screening Psychological First Aid Mental Health Interventions

# Evidence-Based Interventions

Diagnosis/Concern/Activity	Evidence-Based Interventions
<i>Screening Activities</i>	
Identification of Mental Health and Behavioral Health Issues	<p style="text-align: center; font-weight: bold;">SCREENING TOOLS</p> <ul style="list-style-type: none"> <li>• Strengths and Difficulties Questionnaire</li> <li>• Pediatric Symptom Checklist</li> <li>• Child Behavior Checklist Behavior Assessment for Children</li> <li>• Etc.</li> </ul>
<i>Most Common Mental Health Diagnoses for Children in Foster Care</i>	
Attention Deficit Hyperactivity Disorder	<ul style="list-style-type: none"> <li>• Children’s Summer Treatment Program</li> </ul>
Posttraumatic Stress Disorder	<ul style="list-style-type: none"> <li>• Cognitive Behavioral Intervention for Trauma in Schools (CBITS)</li> <li>• Combined Parent-Child Cognitive Behavioral Therapy for Families at Risk for Child Physical Abuse</li> <li>• Prolonged Exposure Therapy</li> <li>• Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</li> </ul>
Major Depression	<ul style="list-style-type: none"> <li>• Adolescents Coping with Depression</li> <li>• Alternative for Families-Cognitive Behavioral Therapy (AF-CBT, formerly known as Abuse-Focused-Cognitive Behavioral Therapy)</li> <li>• Etc.</li> </ul>
Conduct Disorder/Oppositional Defiant Disorder	<ul style="list-style-type: none"> <li>• Brief Strategic Family Therapy (BSFT)</li> <li>• Familias Unidas</li> <li>• Parent-Child Interaction Therapy (PCIT)</li> <li>• Strengthening Families Program (SFP)</li> </ul>
<i>Behavioral Concerns</i>	
Internalizing/Externalizing Behaviors: Behavioral Problems and Relational Concerns	<ul style="list-style-type: none"> <li>• Brief Strategic Family Therapy</li> <li>• Child Parent Psychotherapy</li> <li>• Functional Family Therapy</li> <li>• Nurturing Parenting Programs (NPP)</li> <li>• Parenting Wisely</li> <li>• Triple P</li> <li>• Etc.</li> </ul>

# Incentivizing Improved Performance: President Obama's FY 2012 Budget Proposal

- \$250 Million each year for 10 years to incentivize improvements in child welfare performance
- Funds would support the expansion of services to children that would improve safety, permanency, and well being.
- Current considerations:
  - Post-permanency
  - Social, emotional, and mental health
  - Reduction of the population aging out of foster care