

Name of Lead Agency	University of Rochester
Location	Rochester, NY
Title of Project	Fostering Recovery: Supporting Young Children Exposed to Substance Abuse and Their Families
Program Option	RPG 3-Year Grant (2008-2011); \$500,000 annually
Geographic Area and Congressional District Served	Monroe County Congressional District 28
Brief Program Description	Fostering Recovery was a product of the regional partnership between the University of Rochester’s Mt. Hope Family Center, the Monroe County Department of Human Services and the New York State Monroe County Family Court. The purpose of the program was to address the complex relational needs of families in Monroe County who were dealing with chemical dependency, especially those who have infants and toddlers (birth to three years old). Fostering Recovery employed multiple evidenced-based, relational interventions (i.e., Child Parent-Psychotherapy, Attachment and Bio-Behavioral Catch-Up and Relational Recovery Group), as well as a Rapid Referral Program for substance abuse treatment and mechanisms to enhance early intervention utilization designed to enhance children's well-being. The projected supported parental recovery in four ways, which included: 1) providing rapid referrals to treatment providers; 2) allowing individuals to see themselves as healthy parents for their children; 3) linking success in recovery to children's positive outcomes; and, 4) improving the parent-child attachment relationship, which reinforces parental responsibility and sobriety.
Target Population	<b>The project targeted:</b> <ul style="list-style-type: none"> <li>Families dealing with chemical dependency, especially those with infants and toddlers</li> </ul>
Participants Served	Children: 66 Adults: 67 Families: 66
Major Goals	<b>Major program goals included:</b> <ul style="list-style-type: none"> <li>Enhancing the parent-child relationship</li> </ul>

	<ul style="list-style-type: none"> <li>• Supporting emotional security in young children living at home or in foster care</li> <li>• Increasing the social, emotional and cognitive development of young children living at home or in foster care</li> <li>• Reducing out-of-home placements for children who remain at home</li> <li>• Decreasing the time until children in foster care are permanently placed</li> <li>• Enhancing parental participation and success in conventional chemical dependency treatment</li> </ul>
<p><b>Key Major Program Services</b></p>	<p><b>Case Management and In-Home Services</b></p> <ul style="list-style-type: none"> <li>• Intensive/Coordinated Case Management</li> </ul> <p><b>Housing Services</b></p> <ul style="list-style-type: none"> <li>• Housing Supportive Services</li> <li>• Housing Assistance</li> </ul> <p><b>Specialized Outreach, Engagement and Retention</b></p> <ul style="list-style-type: none"> <li>• Cognitive Behavioral Strategies – Motivational Interviewing/Motivational Enhancement Therapy, Moral Reconciliation Therapy</li> <li>• Recovery Coach</li> <li>• Co-located Staff</li> </ul> <p><b>Children’s Services</b></p> <ul style="list-style-type: none"> <li>• Developmental Services</li> <li>• Therapeutic Services</li> <li>• Trauma Services - Child Parent Psychotherapy (CPP)</li> </ul> <p><b>Mental Health and Trauma</b></p> <ul style="list-style-type: none"> <li>• Mental Health Services</li> <li>• Trauma-Informed Services</li> <li>• Trauma-Specific Services</li> </ul> <p><b>Parenting/Family Strengthening</b></p> <ul style="list-style-type: none"> <li>• Manualized/Evidence-Based Parenting Program – Nurturing Parenting Program</li> </ul>
<p><b>Partner Agencies and Organizations</b></p>	<p><b>Child Welfare</b></p> <ul style="list-style-type: none"> <li>• Regional/County Child Welfare Agency</li> </ul> <p><b>Substance Abuse</b></p> <ul style="list-style-type: none"> <li>• Substance Abuse Treatment Provider(s)</li> </ul>

	<p><b>Courts</b></p> <ul style="list-style-type: none"> <li>• Family Drug Court</li> </ul> <p><b>Health Services</b></p> <ul style="list-style-type: none"> <li>• Children’s Health Services Provider/Hospital</li> </ul> <p><b>Education</b></p> <ul style="list-style-type: none"> <li>• College or University (non-evaluator role)</li> </ul>
<p><b>Evaluation Design and Comparison Group Type</b></p>	<p>Quasi-experimental Same-Time, Matched Case-Level</p>
<p><b>Performance Indicators</b></p>	<p><b>Safety</b></p> <p><u>Children Remain at Home:</u> Ninety-six percent of RPG children remained at home in the custody of their parent or caregiver through RPG program case closure.</p> <p><u>Maltreatment:</u> After entering the RPG program, 93.9 percent of the children did not experience any maltreatment, compared to 79.4 percent of comparison group children.</p> <p><b>Recovery</b></p> <p><u>Treatment Retention:</u> Among those discharged from substance abuse treatment, 40.0 percent of RPG adults completed treatment, compared to 33.3 percent of comparison adults.</p> <p><b>Adult Well-Being</b></p> <p><u>Mental Health:</u> The number of participants with mild to moderately elevated depressive symptoms improved from baseline to discharge.</p>
<p><b>Sustainability Status</b></p>	<p>Rochester was able to sustain Child Parent Psychotherapy (CPP) and the evaluation of all services provided. CPP, which is included in SAMHSA’s National Registry of Evidence-Based Programs and Practices, was sustained through various efforts by:</p> <ul style="list-style-type: none"> <li>• Integrating the CPP into a SAMHSA-funded National Child Traumatic Stress Network grant that focuses on promoting resilience and providing treatment for children who have experienced trauma</li> <li>• Partnering with Starlight Pediatrics, a specialized pediatric clinic for children in foster care, to provide CPP and other trauma treatment at a new Visitation Center in Monroe County, and as part of a CDC grant</li> <li>• Partnering with the Department of Human Services Preventive Unit to provide CPP as a contracted service</li> </ul>

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- Securing local, State and Federal funding to support an evidence-based home visitation program, of which CPP is component, for mothers who gave birth before the age of 21
  - Securing local funding to provide CPP to traumatized families whose children are in urban child care centers