REGионаl paRtenship gRaNTs Round 4

seAsonS RegiOnaL paRtenship for Trauma Informed care (TIC)

Lead Agency: Northwest Iowa Mental Health Center dba Seasons Center

Location: Spencer, Iowa

Total Program Funding: $3,000,000

Geographic Area: Calhoun, Carroll, Cherokee, Crawford, Ida, Monona, Plymouth, Pocahontas, Sac, and Woodbury.

Administration for Children and Families Region: Region 7

Congressional District Served: IA District IA-005

Brief Program Description

The overarching purpose of Seasons’ Regional Partnership Grant is to replicate a trauma-informed and evidence-based system of treatment, support, and recovery in 10 new counties in northwest Iowa; and to meet the needs of abused children, as well as youth likely exposed to trauma and their families. The project is designed to increase well-being, improve permanency, and enhance the safety of children who are in, at risk of, out-of-home placements as a result of parent or caretaker substance use or mental health concerns.

Target Population and Projected Numbers Served

The target population group is children, pre-natal through age 21, who are in or at-risk of being placed in an out-of-home placement as a result of parent’s or caregiver's substance use.

The project targets serving a minimum of 450 children with an evidence-based program over the five-year project period and “enrolling” 270 cases in treatment services for the national evaluation.

Major Program Goals

Goal 1: Demonstrate the organizational capacity to lead and champion a high-quality regional partnership to effectively deliver and sustain trauma-informed, evidence-based practices between child welfare, mental health, juvenile court, and other child/family serving systems during and beyond the grant-funding period.

Goal 2: Increase the number of children and families served through the use of developmentally and culturally appropriate, setting sensitive, trauma-informed, and evidence-based programs and services.

Goal 3: Establish purposeful partnerships within local communities to increase the awareness, need, and understanding of the significance for trauma-informed care and to mobilize local services to support families in their personal recovery and create practice change in service deliver.
KEY MAJOR PROGRAM SERVICES

- **Evidence-Based Practices:**
  - Parent-Child Interactive Therapy (PCIT)
  - Trauma-Informed Cognitive Behavioral Therapy (TF-CBT)
  - LifeSpan Integration (LI)
  - Eye Movement Desensitization and Reprocessing (EMDR)
  - Attachment Based Family Therapy (ABFT)
  - Registered Play Therapy (RPT)

- **Child/Parent/Family Support and Engagement Services**
  - Screening and Assessments: Trauma, Mental Health, and Substance Use
  - Clinical Care Coordination
  - Service Engagement: Trauma Informed Care Coordinators
  - Therapeutic Respite Care Services

- **Cross-Systems/Interagency Collaboration – Clinical-Related Activities**
  - Cross-systems clinical training on substance abuse, child welfare, children’s mental health, self-care and secondary trauma, and related clinical issues

- **Cross-Systems/Interagency Collaboration – Program and Policy-Related Activities**
  - System building and practice change, sustainability, dissemination and evaluation/outcomes related activities

PARTNER AGENCIES AND ORGANIZATIONS

- **Child Welfare:** Iowa Department of Human Services
- **Court:** Juvenile Court Services
- **Evaluation:** Technical Consultants: Dr. Michele Devlin and Dr. Mark A. Grey

EVALUATION DESIGN

**Outcome Study Design:** QUASI-EXPERIMENTAL DESIGN (QED)

EVALUABILITY ASSESSMENT

The local evaluation of the Seasons Regional Trauma Informed Care partnership (TIC) includes an impact study, a process study, and a partnership study. The grantee is also participating in the RPG cross-site evaluation studies of family and child outcomes, program implementation, and collaboration among RPG grantees and partners.
Impact study design

The grantee will use a quasi-experimental design to examine the impact of its RPG services. Members of the program group will be drawn from one of 10 counties in northwest Iowa. These families will receive a referral to one or more of six planned available evidence-based programs. They will also be assigned a TIC coordinator who will schedule appointments, conduct assessments, and refer them to other services in the community. The evidence-based programs are designed to primarily focus on children in the families. Families’ participation in RPG services is expected to last about six to nine months. Members of the comparison group will be drawn from two additional counties and will receive Season’s business-as-usual services. These may include outpatient behavioral health or counseling services, but will not include any of the EBPs being offered as part of the RPG program or assignment to a TIC coordinator. The impact study will include 370 families—270 in the program group and 100 in the comparison group. The grantee will examine impacts in the following domains: permanency, safety, child well-being, family functioning, and recovery.

Data sources include administrative data and information collected by program staff using standardized instruments. TIC coordinators will collect data from program participants, and data coordinators will collect data from the comparison group. Data will be collected at two time points: (1) when families begin services (baseline); and (2) about six to nine months following baseline (at the end of services). If a family in the program group enrolls in a second EBP after they complete the first EBP, they will complete an additional follow-up assessment when they complete the second EBP.

Process study design

In the process study, the grantee will examine the number of individuals served, services provided, project events held, and number of participants in those events. The grantee will also examine the cost of implementing activities and families’ satisfaction with the program. Data sources include case records, interviews, surveys, informal community conversations, observations, and participant testimonials.

Partnership study design

In the partnership study, the grantee will examine information dissemination, organizational change, community practices, referral practices, and scalability of TIC coordination. Data sources include program documents, interviews, quarterly meeting notes, and observations.

SUSTAINABILITY STRATEGIES AND ACTIVITIES

The dissemination and sustainability plans for the project incorporates the key elements of implementation science.

- **Key Dissemination Strategies:**
  - Hosting regional training events
  - Hosting local community awareness, education, and training events
  - Presenting at local, regional and state meetings and conferences
  - Having display tables/exhibits at community events
- Facilitating innovative marketing and outreach activities
- Posting information to Seasons and partner websites and Facebook pages
- Creating unique print materials (trauma-informed care cards, infographic documents, and at-a-glance documents) to present information in a user-friendly format.
- Applying to present at local, state, and/or national conferences as appropriate to share key findings and results with other professionals on trauma-informed care.

**Key Sustainability Strategies:**
- Engagement of key leaders from behavioral health, child welfare, juvenile court, and other community organizations.
- Involvement by Seasons leadership team in grant planning and implementation with the inclusion of sustainability, dissemination, and replication strategies in project work plans.
- Assure key project staff have experience in grant management and sustainability.
- Use of evidence-based programs that are billable by third-party funders and are accessible to a broader population accessing behavioral health services by Seasons.
- Hiring of quality clinical staff with qualifications that meet third party funding agreements.
- Seasons, partners, and project staff will pursue additional funding sources such as foundation grants, state and federal grants, fee for service reimbursement, and the leveraging and braiding of existing funding sources to enhance and sustain project activities.
- Contracting with external evaluators with experience in data collection and sustainability.
- Allocation of grant funding as seed money with a focus on start-up expenses versus on-going operational expenses.
- Integrating principles of “Implementation Science” into sustainability planning.

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