REGIONAL PARTNERSHIP GRANTS ROUND 4
RISING STRONG REGIONAL PARTNERSHIP:
FAMILY CENTERED TREATMENT WITH HOUSING PROGRAM

LEAD AGENCY: Catholic Charities of Spokane
LOCATION: Spokane, WA
TOTAL PROGRAM FUNDING: $2,970,000

BRIEF PROGRAM DESCRIPTION
The Rising Strong Regional Partnership: Family-Centered Treatment with Housing Program (Rising Strong) seeks to change outcomes for families at risk of child removal due to parental alcohol and substance use disorder (SUD). As an alternative to removing children from their parent’s care, the program will offer evidence-based treatment, along with housing and wraparound services intended to directly address the complex and interdependent needs of each family member. The partnership will change the narrative by providing services for families too impacted by drugs and alcohol for short term, less intensive programs, yet capable of restoring safety, parenting skills and family functioning. By sheltering families together while helping them heal, the Rising Strong Program will reduce the number of children removed from the home.

TARGET POPULATION AND PROJECTED NUMBERS SERVED
Rising Strong will be open to at-risk families in Spokane County and to Northeast Washington State American Indian and Alaska Native (AI/AN) families in surrounding tribal lands. There will be 20 percent of capacity available for AI/NA families.

The program will serve up to 50 families per year.

MAJOR PROGRAM GOALS
GOAL 1: Improve the well-being, permanency and safety for children impacted by family substance use.

GOAL 2: Decrease the number children in out-of-home placements.

GOAL 3: Significantly reduce or eliminate family separation by serving the entire family.

GOAL 4: Reduce trauma exposure and impacts for children and enhance parental treatment success.

GOAL 5: Timely and enduring family reunification.

KEY MAJOR PROGRAM SERVICES
- Evidence Based Programs and Services
  - Motivational Interviewing
  - Cognitive Behavioral Therapy
– Eye Movement Desensitization and Reprocessing
– Dialectical Behavior Therapy
– Incredible Years
– Promoting First Relationships
– Triple P
– Functional Family Therapy for Adolescent Alcohol and Drug Abuse

• **Case Management and Case Conferencing**
  – Intensive Case Management - Family Success Coach

• **Substance Use Disorder Treatment for Adults**
  – Individual and group therapy
  – Long-Term Aftercare Services

• **Family-Centered Substance Use Disorder Treatment or Family-Based Substance Use Disorder Services**
  – Family-Centered Treatment with Housing Program

• **Children’s Screening/Assessment**
  – Trauma Symptom Checklist for Young Children
  – Sensory Profiles
  – Child Behavior Checklist (CBCL)
  – Behavioral Rating Inventory of Executive Functioning (BRIEF) and BRIEF Preschool Version
  – Vineland Adaptive Behavior Scales-II

• **Adult Screening/Assessment**
  – Adult Severity Index (ASI)
  – Trauma Symptom Checklist 40
  – Center for Epidemiological Studies Depression Scale
  – Adult-Adolescent Parenting Inventory
  – Parenting Stress Index

• **Children’s Services**
  – Step Ahead Recognition System (STARS)
• **Housing Services**
  – Housing Supports
  – Transitional Housing - Individual Family Housing Units
  – Permanent Housing - Individual Family Housing Units

• **Cross-Systems/Interagency Collaboration – Clinical-Related Activities**
  – Development of formalized cross-systems policies and procedures that are designed to improve communication, identification, referrals and service delivery
  – Regular joint case staffing meetings

• **Cross-Systems/Interagency Collaboration – Program and Policy-Related Activities**
  – Cross-systems information sharing and data analysis
  – Regular regional partnership meetings to discuss program, policy and management issues

**PARTNER AGENCIES AND ORGANIZATIONS**

• Catholic Charities Eastern Washington
• Washington State Department of Social and Health Services, Children’s Administration
• Court Appointed Special Advocates (CASA)/Guardian Ad Litem Program Juvenile Court
• Empire Health Foundation
• Excelsior
• Parents for Parents Program, Spokane County
• Spokane County Superior Court
• Spokane Tribe of Indians Health and Human Services
• Washington State Office of Public Defense Contractors
• Spokane Public Schools
• Evaluator – Washington State University in Spokane, Washington

**EVALUATION DESIGN**

**OUTCOME STUDY DESIGN: QUASI-EXPERIMENTAL DESIGN (QED)**

**EVALUABILITY ASSESSMENT**

The local evaluation of the Catholic Charities of Spokane’s Rising Strong Regional Partnership will have an impact study and a process 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 receive the Rising Strong program, a residential housing program designed to improve outcomes for families affected by alcohol and substance use. Participants are provided services for 12 to 18 months and include case management and service coordination, support groups and workshops on personal development and life skills, therapy and counseling, financial planning, medical care, employment training, children’s and adults’ education, parenting programs, family activities, transportation, and financial or material supports. The actual set of services each family will receive will depend on that family’s particular needs. Catholic Charities will identify comparison group members using Washington State Children’s Administration child welfare administrative data and expects that they will have access to business-as-usual services from existing providers in their counties and communities. These services typically involve shorter interventions that do not include intensive substance abuse treatment for parents or provision of additional program models. The impact study will include up to 300 families, with up to 150 in the program group and approximately 150 in the comparison group. The grantee will examine impacts in the domains of permanency and safety. The grantee will also examine how outcomes change for families in the program group over the course of their time in the RPG program in three additional domains: child well-being, family functioning, and recovery.

Data sources include administrative data (for both the program and comparison group) and primary data collected using standardized instruments (for the program group only). Evaluation staff will use standardized instruments to collect primary data for the program group. Primary data will be collected at the following time points for each family: (1) when families begin services (baseline); (2) during service provision, throughout the 12-month program, at months 3, 6, 9, and 12 following baseline; and (3) at 18 months (6 months after the end of services for the program group, depending on when families complete services). The impact evaluation will rely only on administrative data.

Process study design

In the process study, the grantee will focus on service receipt and completion. The grantee will assess both successful program completion as well as attendance at, engagement in, and completion of specific services including addiction treatment, parenting interventions, and mental health treatment. The grantee will also analyze parents’ satisfaction with the program and the implementation’s successes and challenges. Data sources include program documents, participant record reviews, administrative data, staff interviews, and participant surveys including the Client Satisfaction Questionnaire (CSQ-R).

SUSTAINABILITY STRATEGIES AND ACTIVITIES

The Rising Strong Partners are well aware that great partnerships are not built overnight. Collectively the ten partners have worked together for three years to build trust and share, to the direct benefit of children and families in the community that we serve. For two years now, the Partners have met regularly and in March of 2017 formalized the collaboration into a program advisory council. As evidence of the collaboration’s intent, the Council collectively developed the intake model for Rising Strong in which families are referred from their shelter care hearing (which must take place within 72 hours of a removal) and have since expanded to include additional access points. In June of 2017, the “bar” was raised even further, by transitioning the
Rising Strong Advisory Council into to a formalized Regional Partnership, guided by a Memorandum of Understanding (MOU) signed by each of the Partners. The Rising Strong Advisory Council continues to meet monthly to evaluate program design and plan for the future of the program.

This grantee profile is supported by the Administration on Children, Youth, and Families Children’s Bureau, under contract HHSS270201700001C. This content represents the work of The Center for Children and Family Futures, and does not reflect the opinions of the Administration on Children, Youth, and Families.