

Multidimensional Treatment Foster Care Overview

The MTFC Model, Supporting Research & Implementation



"Multidimensional Treatment Foster Care" and "MTFC" are registered service marks of OSLC Community Programs, Inc.

What is MTFC?

- Alternative to institutional, residential and group care placement for children and youth with serious behavior problems
- MTFC foster parents participate in the treatment
- Includes services for permanent caregivers/discharge resources
- Program duration: 6 – 12 months

The MTFC Model

- Treatment is provided in a family setting
- New skills are practiced & reinforced in-vivo
- Treatment is facilitated by core program components for:
 - Youth
 - Families
 - MTFC Parents

Multidimensional Treatment Foster Care

- Objective
 - Change the trajectory of negative behavior by improving social adjustment across settings
- How is this achieved?
 - Simultaneous & well-coordinated treatments in multiple settings
 - Home
 - School
 - Community
 - Peer group

Who has participated in the studies?

Eight randomized trials:

- Children and adolescents from CWS leaving a state psychiatric hospital
- Boys from juvenile justice for chronic delinquency
- Girls from juvenile justice with severe mental health problems and abuse histories (2)
- Child welfare "challenging" children
- Children receiving next placement
- 6th grade girls in foster care
- Young children in foster care

Girls Have Mental Health and Behavioral Problems

- 17 transitions in parent figures (6 before age 13)
- 2.4 prior out-of-home placements
- 81% had at least one parent convicted of a crime
- 93% have a history of documented physical or sexual abuse
- 79% have witnessed domestic violence

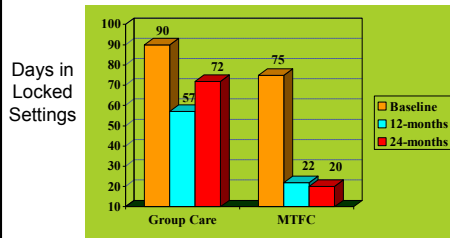
Girls Mental Health and Health Risks

- 50% had a suicide attempt
- 75% had 2 or more axis 1 diagnoses
- 26% have been pregnant
- 66% have used hard drug in last year (36% use hard drugs 1-7 times/week)
- 78% are academically below grade/age level
- 12 average lifetime arrests (first at age 12 ½; 72% have at least 1 felony)

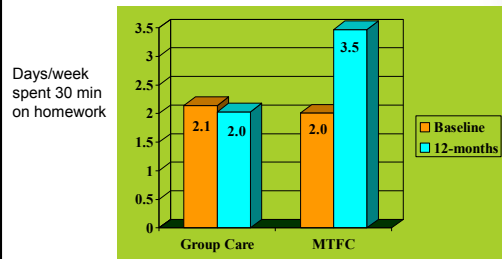
Days in Psychiatric Hospitals or Incarcerated (locked settings)

2 year follow-up

Chamberlain, Leve, & DeGarmo Journal of Consulting and Clinical Psychology, 07



Homework Completion at 12-Months



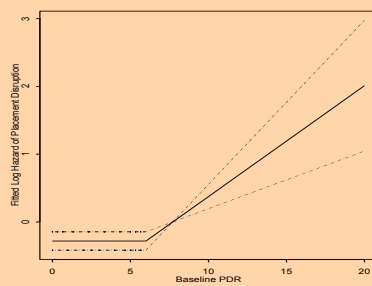
Boys' Outcomes in Follow-Up Compared to Group Care

- Safety:
 - 1/2 the number of arrests (and significantly lower violence rates)
 - 2/3 fewer days incarcerated
 - Significantly less hard drug use
- Permanency:
 - Significantly more time living with family
 - Fewer runaways
 - Less time with antisocial friends on the street
- Well-being:
 - Higher rates of school attendance and homework
 - Higher ratings of life satisfaction

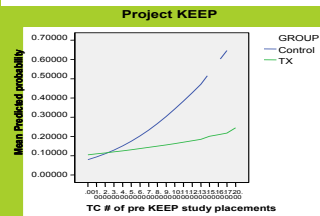
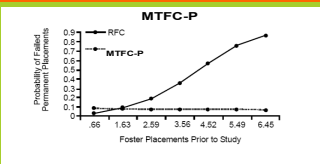
Youth Problem Behavior Drives Disruptions

Project KEEP

After 6 behaviors, every additional behavior on the PDR increases the probability of disruption by 17 %



Probability of failed placement by condition



Which program components drive the positive results?

- Effects mediated by:
 - Supervision
 - Relationship with a mentoring adult
 - Consistent non-harsh discipline
 - Less association with delinquent peers
 - Homework completion

(Eddy, Wholey, & Chamberlain, 2004; Leve & Chamberlain 2005; Leve & Chamberlain, 2007)

Referrals and Placements

Who is served by MTFC?

- Children and youth in need of out-of-home placement due to serious behavioral and emotional problems, and their families
- Youth 12 – 17 years old – MTFC-A
- Children 7 – 11 years old – MTFC-C
- Preschoolers 3 – 6 years old – MTFC-P
- Those who may have failed in prior placements or treatments
- Can be used as step-down from institutional placements
- Can be used as diversion from institutional placements

Exclusionary Criteria

- Absence of serious behavior problems
- Substance abuse is the only problem behavior
- Sex offending/acting out is only problem behavior
- Active suicidal/homicidal
- Psychosis
- Schizophrenia
- Bi-polar disorder with psychotic features

Placement process

MTFC Program Supervisor reviews referrals and matches youth to foster home

MTFC Program Supervisor may decline referrals

- If youth is not appropriate for the program
- If no good match can be made/no trained home is available
- If foster parents decline the placement

Referrals will be declined less frequently as the program matures

What does the MTFC model look like?

Core Components for Youth

- Daily structure and support via a point and level system
- Daily school card
- Weekly individual therapy
- Weekly skill building and advocacy
- Close supervision of whereabouts and associations
- Recreational skill building
- Psychiatric consultation
- Daily mentoring by MTFC parents
- Weekly contact with parents and frequent home visits

Level System for Adolescents

- Three levels
- Opportunities to earn points for compliance, prosocial behavior
- Points are lost for rule violations, misbehavior
- Provides a framework within which interaction can occur without engagement in conflict

School Days Level 2 Card

Name			Date		
Points	Things to Do to Earn Points	Earned	Bonus	Taken	Total
10	UP ON TIME				
10	READY IN MORNING				
10	MORNING CLEANUP				
5	GO TO SCHOOL				
1/CLASS	CARRY SCHOOL CARD				
2/CLASS	BEHAVIOR IN CLASS				
10	SCHOOL CARD BONUS				
20	READ AND STUDY				
10	CHORE				
10 A.M.	ATTITUDE/MATURITY				
10 P.M.	ATTITUDE/MATURITY				
2-10	VOLUNTEERING				
10	RED ON TIME				
DAILY TOTAL					
COMMENTS					

Level 2 Privileges		
PRIVILEGE	DESCRIPTION	POINT COST
BASICS	Use of telephone for 15 minutes daily, radio in your room, 9:30 PM Bedtime	350
TV	Can watch TV after homework and/or chore(s) are completed	100
LATER BEDTIME	10:00 PM Bedtime Daily, 11:00 PM Bedtime on non-school days and holidays with permission.	100
ACTIVITY TIME	With prior planning, permission and approval, you may plan to go skating, swimming, to a movie, school activity, etc. If you are late or not where you said you would be, you will lose 1 point per minute.	1/2 point per minute
BONDS	1 Bond costs 100 points. You need 6 bond to buy Level III.	50 each
EXTRA PHONETIME	One 20 minute call (not long distance)	25
OTHER	Foster Parents will choose if applicable	50
ALLOWANCE	\$5.00 per week. All purchases must have receipts and you must show your money to your foster parents. Money spent at school in pop/candy machines must have Case Manager approval.	200

MTFC Foster Parent profile

- Interest in treatment aspect of role
- Preference for team work
- Tends toward reinforcement, encouragement rather than discipline
- Time availability, household composition
- Willingness to learn and follow structure of program
- Willingness to accept direction from program supervisor

Core Components for MTFC Parents

- Conducts daily behavior management point and level system
- Daily telephone contact (M-F) and data collection (PDR)
- Weekly support and training meetings
- 24-hour, 7-day on-call program supervisor
- Respite
- Pre-service training



Schedule of Contacts

- For the placement youth:
 - Daily focus on behavioral issues in MTFC foster home
 - Weekly therapy in office or community
 - Weekly skills coaching sessions in the community
- For the permanent caregivers:
 - Weekly counseling in the home or the office
- For the MTFC foster parents:
 - Daily telephone contact
 - Weekly group meetings
 - Add'l contacts as needed/desired

Staff Role Descriptions

- Treatment Foster Parents
- Program Supervisor (1.0 FTE)
- Family Therapist (.50 FTE)
- Youth Therapist (.50 FTE)
- Skills Trainers (hourly)
- PDR Caller/Foster Parent Recruiter (0.75 FTE)
- Consulting Psychiatrist (hourly)
- Clinical Supervisor/Program Director

Role Stratification

- Clearly defined roles of each treatment team member are specified and careful planning is taken to maintain the distinction of these roles
- Minimal overlap in roles is allowed in order to:
 1. Increase the predictability of the treatment environment
 2. Decrease emotionality
- Clear expectations and roles help to create opportunities for teaching and reinforcing adaptive responses

How is MTFC different?

- Foster parents are trained in the model and are part of the treatment team
- Foster parents use a point and level system in the home daily
- Placements end when treatment is complete (6 – 12 months)
- MTFC placement prepares youth for successful long-term placement
- Program collects behavioral information daily to aid in treatment planning and measure progress

Other things to know about MTFC

- Only one youth is placed in each home, generally
- No co-occurring treatments should take place during MTFC placement, except for psychiatric services if needed
- Home visits are short and less frequent initially and increase in duration and frequency as both the youth and the permanent caregivers make progress in the program
- Timing of home visits is based on therapeutic benefit rather than fixed schedule
- Drug testing is recommended in MTFC for many placement youth

MTFC Training, Implementation and Quality Control

Planning and preparation – Readiness process

- Takes place through telephone conferences
- Process takes several months
- Major areas of focus during the readiness process:
 - Staffing the program
 - Foster parent recruitment
 - Referral criteria and referral protocols
 - Placement and matching
 - Projection of program and implementation costs
- Final decision to implement is made at the conclusion of the readiness process

Pre-service MTFC Clinical Team Training

First day – for Program Supervisors and Program Managers:

- Foster Parent Advocacy and Support
- MTFC Treatment Team Supervision
- Managing the Daily Parent Report
- Service Coordination and Stakeholder Liaison
- Placement and Transition Coordination
- Working with the Site Consultant

Pre-service MTFC Clinical Team Training (cont'd)

Second through fourth days – for all MTFC team members:

- Overview and Research
- Program roles and role stratification
- Point and Level System
- Parent Daily Report
- Foster Parent Recruitment and Training
- Weekly Foster Parent meetings
- Weekly Clinical Team meetings

Pre-service MTFC Clinical Team Training (cont'd)

Fifth day – for Program Supervisors, Therapists and Program Managers:

- Engaging the Youth and Family
- Targeting Behaviors
- Teaching Social Skills
- Teaching Problem Solving Strategies
- Avoiding Risk
- Developing Short term and Long Range Plans
- Encouragement and Emotional Support
- Family Sessions

Pre-service Foster Parent Training

- Approximately 12 hours – Train the Trainer
- Program Overview and research
- MTFC Program Roles
- House Rules
- Noticing Behavior
- Encouragement
- Purpose and use of PDR Data
- Point and Level System
- On-Call Support

Ongoing foster parent training

- Provided in weekly foster parent meetings (one of several purposes)
- Focuses on identification of problem behaviors and their pro-social opposites
- Focuses on improvement of the strategic use of the point and level system

Consultation and Video Review

- Weekly telephone consultation with Program Supervisor
- Weekly video review of foster parent meetings
- Weekly review of clinical team meetings
- Review of PDR data
- Frequency reduced after first year, depending on progress made

Consultant Site Visits

- Three 2-day site visits by the consultant during the first year
- Attendance of program meetings, on-site problem solving, training boosters, other as needed
- Frequency reduced after first year depending on progress made

Program Indicators and Evaluation Measures incorporated in the MTFC Implementation Protocol

Periodic Implementation Progress Reports

- Three reports during first implementation year, frequency reduced thereafter depending on progress made
- Summary of progress, strengths and areas in need of improvement
- Strategies to strengthen the program

Program Assessment

- Occurs for first time at end of first year
- Identifies areas of strength and areas not yet meeting program certification standards
- Identifies follow-up services needed to address remaining issues

Program Certification

- Program applies when assessment indicates criteria are met
- Independent process by OSLC Community Programs
- Initial certification valid for 2 years
- Subsequent certification renewals valid for 3 years

MTFC Program Certification Criteria

1. Program completion/Outcomes

- 67% completed Rx and discharged to lower level of care
- At least 7 successful discharges

MTFC Program Certification Criteria (cont'd)

2. Therapy Components

- Measures dosage of individual and family therapy and skills coaching
- Weekly sessions for each component are the norm
- To pass, 70% of youth must receive 70% of normative services

MTFC Program Certification Criteria (cont'd)

3. Behavioral Components

A. Parent Daily Report

- Consistency
- Variation in number and types of behavior
- PDR score accounts for 40% of overall score

B. Point and Level System

- Consistency
- Variation
- Giving/Taking Points
- Translation of Points to Privileges
- PALS score accounts for 40% of overall score

MTFC Program Certification Criteria (cont'd)

3. Behavioral Components (cont'd)

C. School Card

- Consistency
- Completeness
- Information incorporated in the Point and Level System
- School card score accounts for 20% of overall score

MTFC Program Certification Criteria (cont'd)

4. Foster Parent Meetings

5. Clinical Team Meetings

- Frequency of Meetings
- Attendance
- Content
- Structure
- Minimum score to pass is 70%

MTFC Program Certification Criteria (cont'd)

6. Staffing

- Are all positions filled
- Are all team members engaged in role-appropriate activities?

7. Staff Training

- Are all current staff appropriately trained?
- Is there an adequate replacement training plan?

MTFC Program Certification Criteria (cont'd)

- Criterion 1 must be met
- Five of the remaining six criteria must be met
- Initial program certification is valid for 2 years
- Re-certifications are valid for three years

Ongoing Focus on Model Adherence

- Periodic program assessments in between certification points (every 9 to 10 months)
- Remedial services to correct model drift as needed
- Replacement staff training available in Oregon every three months

Implementation costs

- Planning and preparation (readiness process): \$2,000
- First-year implementation costs: \$49,750 plus travel/lodging
- Second-year implementation costs: variable depending on progress made in yr. 1, average \$29,000 plus possible travel/lodging
- Program certification: \$2,050
- Post-certification: \$5,000 - \$10,000/year, depending on staff replacements and model drift. The low amount covers use of the database and a program assessment

Program costs

- Varies by location
- Commonly between \$110 - \$150/day (care + treatment)
- Most significant factors are staff salary levels and foster parent compensation

Feasibility and Costs

- MTFC placements cost a third to ½ less than GC placements not counting school costs
- Considering outcomes, MTFC saves taxpayers from \$21,000-\$87,000 per case over the long run according to the Washington State Institute of Public Policy (www.wsipp.wa.gov)
