

1  **Child & Family Tennessee**  
**17 Years of Preserving Families**  
**through**  
**Substance Abuse Treatment for Pregnant Women and Mothers**

2  **Who We Are**  
Changing Communities...One Family At A Time

Community Solution to the Problems of Unwed Mothers in 1929

Meeting Community Needs through Safety Net Services

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- Serve the working poor – free or low-cost services
- Resource for courts, schools, other community agencies
- Focus on strengths to build self-sufficiency

4  **Safety Net Services**

- Comprehensive array
- “From foster care to family counseling, safe shelters to self-sufficiency”
- Innovative, proven effective programs
- We measure our success since 1991
- Thorough, evidence-based approaches
- Lasting changes

5  **What Sets Us Apart**

80 years of service

Leading edge services

Evidence-based programs

Quality assurance/improvement

6  **How Programs Relate**

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9  **Families on the Edge**

**Before recession**

- 9.5% of Knox families lived in poverty
- 33.5% single-female households in poverty
- Addiction costs US \$160.7 billion yearly
- All indicators trending worse, gap growing

10  **Families on the Edge**

**Before recession**

- Fewer TennCare eligible (19.5% to 14.7%)
- 18,618 DV police calls, 9 murders
- 5.3 per 1,000 divorce rate (TN 4.7)

11  **Families on the Edge**

“Unemployment doesn’t cause abusive behavior. It exacerbates stress, relationship tensions, & insecurity.”\*

Study of 563 women murdered in 11 cities, unemployment only significant risk factor for lethality.\*

\*J. Campbell, Johns Hopkins University, 2003

12  **Safety Net of Services**

More than....

- 25,000 lives touched,
  - 3,000 counseling sessions,
  - 4,000 nights of shelter,
  - 17,000 nights of residential care
- Each year

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15  **The Need is Great**

- 9.2 % of US population aged 12+
- 22.6 million persons nationwide
- Classified with substance abuse dependency or abuse

- Based on the DSM-IV criteria

(Arizona's Family F. I. R. S. T 2007 Annual Report, 2006 figures)

16  East TN Need

- 534 calls to Knox County Metropolitan Drug Commission
- 847,547 web site hits
- 10,000+ from Knox County admitted into treatment
- 39.7% female

17  East TN Need

- Additional 1,000 remained on waiting lists
- 63.5% waited in east TN
- TN rate 53.5%
- Over half waited 15+ days

2005-2006

18  Substance-exposed Births

- Best estimates: 10-11% of all newborns\*
- 400,000-480,000 nationwide last year
- Estimated 8 million of 77 million children 0-18
- Local NICU nurse: "We don't even call about pot"

\*Vega, et al (1993) Profile of Alcohol and Drug Use During Pregnancy in California, 1992

\*SAMHSA, OAS (2003) Results from the 2002 National Survey on Drug Use and Health: National Findings

19  What's it like to be a client?

20  What's it like to be a client?

- 46% have at least one child
- 88.5% of those children are under age 18
- 73% have family member who was substance abuser
- 63.5% began using before age 18

Metropolitan Drug Commission

Annual Outcome Evaluation Report of Alcohol and Drug Treatment in Knox County, TN FY 2005-2006

21  What's it like to be a client?

22  What's it like to be a client?

23  The Gap

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26  **Great Starts**

- Truly unique for women and children
- Holistic model
- Utilizes SAMHSA-designated “proven effective interventions”
- CBT, MET, trauma-informed care
- Matrix and SAMHSA’s co-occurring models used

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29  **Motivational Enhancement Techniques**

- Grounded in motivational interviewing
- Therapist manual outlines approach
- Empowering approach
- Focused on solutions
- Expresses empathy, avoids confrontations
- Roll with resistance
- Supports self-efficacy

30  **Motivational Enhancement Techniques**

- Reframe
- Summarize
- Handle resistance
- Affirm the client, listen with empathy
- Elicit self-motivational statements
- Purpose: to build motivation for change
- Website: [www.motivationalinterview.org](http://www.motivationalinterview.org)

31  **Cognitive Behavioral Therapy**

- Trauma-sensitive interventions with CBT
- Can be used with adults or children
- Client provided knowledge and skills  
re: processing trauma, managing distressing thoughts, feelings, behaviors
- Enhance safety, parenting and family communication
- Web based learning course available: <http://tfcbt.musc.edu>

32  **Matrix Model**

- 16-week intervention done in group setting
- Works on trigger identification, relapse prevention, role of family
- Specific sessions for family members, clients

- Comprehensive addiction intervention
- Free – to order: [www.kap.samhsa.gov/products/manuals/matrix/index.htm](http://www.kap.samhsa.gov/products/manuals/matrix/index.htm)

33  Co-occurring Model

- Many clients are dually diagnosed
- Separating the treatments leads to poor outcomes
- Services for both mental illness and alcohol and drug abuse *at the same time*
- Different services helpful at different stages of treatment
- <http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/cooccurring>

34  Child & Family Services Campus

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42  Developmental Nursery

43  Developmental Nursery

44  Great Starts

October '07-September '08

- 182 women in pretreatment services
- 43 women in residential treatment
- 76 children in Developmental Nursery

45  Great Starts

Outcome Measures

- Length of Stay
- Clean Drug Screens
- Healthy Babies (age, birth weight)
- 12-Step Involvement
- Family Stability
- Parenting Stress Index
- Pre-post tests

46  **Great Starts**  
Program Outcomes October '07-September '08

- 5 months average length of treatment stay
  - 85% clean drug screens
  - 71% of babies born in program healthy
- . 5 of 7

47  **Great Starts**  
Program Outcomes October '06-September '07

- 94% of women identified and obtained a sponsor with a 12-step support group within 60 days
- 92% children living in stable environment (mother, relative, foster care etc...) 6 months post admission to program
- 88% of women decreased stress (as measured by a standardized test)

48  **Great Starts**  
Program Outcomes April '07-September '07

- 24,407 hours of service
- 4,973 contacts on behalf of women and their children
- Of 23 children discharged, 70% (16/23) exited to live with birth family or mother

49  **Great Starts**  
Program Outcomes April' 07-September '07

- Out of 11 discharges, 27.3% (3/11) participated in After Care.
- 8 children checked by Child Protective Services (CPS). No CPS involvement for any of the 8 per CPS records. 4 of the 8 had CPS involvement before treatment.

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