



Providing quality in-home services for children and families

DESCRIPTION OF SERVICES IN TENNESSEE

October 2008



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ADOPTION SUPPORT SERVICES

This service is provided in the adoptive family's home and community, and is short-term and highly intensive. It is used to prevent the adoption process from disrupting and/or to help provide a strong, stable environment for the process to take place. The service itself begins with a comprehensive assessment, strength-based and behaviorally specific, from which an individualized service plan will be derived.

The scope of services includes:

- Contact within 24 hours of referral; first face to face within 48 hours
- Flexible and responsive services tailored to the individual child and family
- Strength-based, behaviorally specific needs assessment
- Time-limited treatment plan including measurable goals developed with the family
- Teaching of new skills that will help family more effectively manage the adoption process
- Services delivered at time and place most convenient for the family
- Minimum of 3 face to face contacts per week
- Crisis/on-call support available to family, 24 hours a day, 7 days a week
- Pre-adoption summaries and counseling available when needed
- Support, advocacy and direction throughout the entirety of the process
- Sensitivity and responsiveness to cultural, racial, intellectual, economic, social, spiritual and gender differences among families

The range of services includes:

- Case Management
- Individual/Family Counseling
- Education such as parenting skills, homemaker skills, family economics, tutoring
- Supportive Services including Advocacy on behalf of the child and family
- Identification and Assessment of important historical and family systems issues
- Behavioral Modification for issues related to: Conduct Disorder, ADD, ADHD and Depression
- Identification and Utilization of Family and Individual Strengths
- Development and Maintenance of positive, consistent Support System
- Development of Coping Skills and Techniques
- Strengthening of Self-Concept and Esteem

INDEPENDENT LIVING SERVICES

This service will be provided for youth or young adults preparing for adulthood, and may include job preparation, skills training, transitional living support and training, assistance with search for and admission to higher education/college, and assistance with personal living skills. Other features of this service may include, but are not limited to, budgeting, household management, grooming, dress, healthy living habits, accessing medical and community services and assistance with access to transportation. All of the components of this service are offered, with an emphasis on the client learning to function in a manner that reflects the ability and the initiative to become self-sufficient.

ALCOHOL AND DRUG SERVICES

Kids 1st uses the SASSI, ASI and T-ASI for assessment tools. Kids 1st also provides in-home urine drug screening services, 3 or 5-panel, to be referred with any other service. Kids 1st also provides alcohol and drug education, focusing on Identifying High Risk Factors, Finding Strengths, Circle of Support, Coping with Emotional and Physical High Risk Factors and Coping with Personal and Social High Risk Factors. Current alcohol and drug education is provided with an emphasis on addiction and its many effects, as well as the family system of the identified client and how this system contributes to the presenting problem(s) of the individual and/or the family system. When necessary or viable, psychotherapeutic and/or psychodynamic methods are employed in an effort to alter or affect the existing system in a healthy, positive manner. Lastly, community resources, such as outpatient and self-help programs, are identified and utilized to provide a foundation for ongoing and lasting growth and change within the family.

COUNSELING

Kids 1st offers in-home counseling services for children who are at risk of being placed into state's custody as well as for families who have a child or children currently in the custody of the state. Custodial services will focus on the child's return to the legal custody of the family from which the child has been removed, or another appropriate party who has consented and been approved to take custody. This service will identify strengths and deficiencies specific to the client family and may focus, at the request of the referring caseworker and/or the identified need of the family, on Family Counseling, Individual Counseling, Alcohol and Drug Counseling and/or Anger Management Counseling. These services are delivered in the family's home and community and include Comprehensive Assessment, Individualized Service Plan, Counseling and Educational Services specific to the service plan, Supportive Services, Case Management Services and Crisis Intervention Services.

The issues that may be addressed with this service include the following:

- Identification of Issues that initially involved family/child in Social Services or Juvenile Justice system, and analysis of how issues can be addressed and remedied.
- Parenting Issues
- Anger Management Issues
- Alcohol and Drug Abuse
- Relapse Prevention
- Domestic Violence
- Emotional and/or Physical Abuse
- Family Systems Issues
- Behavioral Modification for issues related to: Conduct Disorder, ADD, ADHD, and Depression
- Identification and Utilization of Family and Individual Strengths
- Development and Maintenance of a positive, consistent Support System
- Coping Skills and Techniques
- Self-Concept and Esteem
- School/Truancy Issues
- Juvenile Justice/Court Issues
- On-call Crisis Services, 24 hours/7 days a week

FAMILY SUPPORT

Family Support Services are provided to children who are at-risk of being placed into state custody as well as for families who have a child or children currently in the custody of the state. Custodial services will focus the child's return to the legal custody of the family from which the child has been removed, or any other appropriate party who has consented and been approved to take custody. These services are provided in the family's home and community, and include the following:

- Identification of Issues that initially involved family/child in Social Services or Juvenile Justice system, and analysis of how issues can be addressed and remedied
- Liaison between involved professional parties
- Individualized Service Planning
- On-call Crisis Services, 24 hours/7 days a week
- Parenting Issues
- Anger Management Issues
- Alcohol and Drug Abuse
- Relapse Prevention
- Domestic Violence
- Emotional and/or Physical Abuse
- Family Systems Issues
- Behavioral Modification for issues related to: Conduct Disorder, ADD, ADHD, and Depression
- Identification and Utilization of Family and Individual Strengths
- Development and Maintenance of a positive, consistent Support System
- Coping Skills and Techniques
- Self-Concept and Esteem
- School/Truancy Issues
- Juvenile Justice/Court Issues

FAMILY VIOLENCE INTERVENTION

This service includes identification of the dynamic within the referred family that has led to the domestic violence, as well education regarding the cycle of domestic violence itself. Included will also be identification of historic triggers, problematic reactions, and alternatives to the historical responses. The victim will be educated regarding resources in the identified catchment area and available legal assistance and support. The violence perpetrator will be educated regarding anger management, including cognitive restructuring/reframing, relaxation skills and techniques. The existing family will also be educated regarding coping skills and techniques, as well as the opportunity to use situations of anger as a tool for learning, growth and a practical restructuring of the dynamics of the family system and its typical responses.

HOMEMAKER SERVICES

This service will include supportive services that are provided within the home and community and may encompass meal preparation, household management skills, budgeting, parenting skills, appropriate discipline skills, personal grooming and hygiene skills, skills to maintain a clean, healthy environment, assistance in accessing medical and community assistance and resources, and transportation and education regarding using public transportation.

INTENSIVE IN-HOME SERVICES

This service is provided in the family's home and community, and is short-term and highly intensive. Used to prevent children from being placed in state custody or for the reunification of a child that has been in custody of the state, the service itself begins with a comprehensive assessment, strength-based and behaviorally specific, from which an individualized service plan will be derived.

The scope of services includes:

- Contact within 24 hours of referral; first face to face within 48 hours
- Flexible and responsive services tailored to the individual child and family
- Strength-based, behaviorally specific needs assessment
- Time-limited treatment plan including measurable goals developed with the family
- Teaching of new skills that will help family more effectively manage their lives
- Help and education regarding meeting of basic needs, including food, clothing and shelter
- Services delivered at time and place most convenient for the family
- Minimum of 3 face to face contacts per week
- Support available to family, 24 hours a day, 7 days a week
- Sensitivity and responsiveness to cultural, racial, intellectual, economic, social, spiritual and gender differences among families

The range of services includes:

- Case Management
- Education such as parenting skills, homemaker skills, family economics, tutoring
- Education on Anger Management, Domestic Violence and Emotional and/or Physical Abuse
- Supportive Services including Advocacy on behalf of the child and family
- Identification of Family System Issues
- Behavioral Modification for issues related to: Conduct Disorder, ADD, ADHD and Depression
- Identification and Utilization of Family and Individual Strengths
- Development and Maintenance of positive, consistent Support System
- Development of Coping Skills and Techniques
- Strengthening of Self-Concept and Esteem
- Addressing of School/Truancy Issues
- Addressing of Juvenile Justice/Court Issues, including court appearances, and analysis of what involved family in court system and how to avoid future involvement

INTERPRETER SERVICES

This service is provided by someone fluent in both English and Spanish, and may be purchased either with another service or alone.* Depending upon the educational/skill level of the Interpreter, s/he may provide both the Interpretive Services and the other services referred, or the service might be provided by a team of two workers, one performing the social/mental health aspect of the services and another providing the interpretation.

* *The Interpretive Services alone may be used by DCS or CPS. We respectfully decline the opportunity to provide Interpretive Services for other agencies similar to our own.*



PARENTING EDUCATION

Assessment

This assessment evaluates the strengths and deficiencies of the parent(s) assessed, the current and historical situation, the current parenting style used, the style used by the parent's parent, and the CAPI (Child Abuse Potential Inventory), which reflects the likelihood of abuse in the parent/child relationship. From the data collected during the initial interview and the subsequent scores derived from the information, the parents' overall skill level is scored and categorized into a qualitative category, reflecting their level of practical parenting. From this information, recommendations are drawn and shared with appropriate parties.

Education

This service is outcome-based, evaluating the strengths and deficiencies of the parenting styles used by individual caregivers in the home. It also takes into consideration the identified history, challenges and culture of the referred family, and how these components will effect education itself. Progress is then identified and quantified as the specific qualities of the family are interfaced with techniques proven to provide more stability and consistency within parent/child relationships. The education includes, but is not limited to, the following:

- Problem Ownership
- Problem Solving
- Effective Listening
- Encouragement
- Independence
- Unintentional and Intentional Misbehavior
- Cooperation
- Communication Skills
- Discipline
- Anger Management
- Stress Management
- Balanced Parenting
- Parenting Styles
- Controlling Difficult Behavior
- Self-Esteem (Language of Encouragement)
- Helping Children Deal with Their Feelings (Preventing Power Struggles, Establishing Routines, Encouraging Cooperation)
- Difference Between Punishment and Discipline (Long-Term Consequences of Discipline, Positive Discipline Tools)
- Parenting Children from 2-12 Years Old (The Little Adult Assumption, Counting Difficult Behavior, Major and Minor Offenses)
- Parenting Teenagers (Understanding Your Teen, Teenager's Place in the Family, Learning From Consequences)
- Child Abuse, Neglect and Exploitation

SUPERVISED VISITATION

This service will be provided at a site identified by the referring caseworker, and will include the family members requested. The Kids 1st staff member will ensure the health and safety of the identified child client while the service takes place.

THERAPEUTIC VISITATION

This service is provided in the family's home and/or community, and focuses on the child's return home from a custodial placement. Kids 1st Therapeutic Visitation Services include the following components:

- Initial Assessment to be completed with all relevant parties
- Visitation Supervision/Observation
- Individualized Visitation Plan, including identification of needs of parent(s) and child(ren), goals of the service and location and duration of future visits if requested
- Transportation or coordination of transportation with placement caregivers and parents/caregivers
- Feedback, instruction, counseling to parent(s) concerning the visits
- Documentation of each visit and support session
- Monthly or more frequent feedback to the referring case manager

PLACEMENT SUPPORT AND STABILIZATION

This service will be provided within the environs of the placement of the child and will focus on teaching basic needs appropriate to the child's developmental stage and the resource family's particular disposition. Goals for the stabilization of the placement will be derived from the child and family's identified history, as well as the dynamics within the home at the time of referral. From these goals, issues that may threaten the placement will be addressed in ways including, but not limited to, individual/family counseling, parenting education and/or mentoring, behavioral modification, anger management and on-call crisis response services and appropriate case management services that identify and connect the family with useful resources.

RESOURCE FAMILY SUPPORT

This service will be provided within the resource family's home and may include, but is not limited to, individual/family counseling, parenting education and/or mentoring, behavioral modification, anger management and on-call crisis response services and appropriate case management services that identify and connect the family with useful resources.

IN ALL SERVICES PROVIDED BY KIDS 1ST:

- Caseworkers are on-call 7 days a week, 24 hours a day, and will be available for contact with the family within 24 hours of the initial referral
- Detailed clinical documentation and reporting is timely and consistent
- Strict confidentiality will be upheld