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The Family & Aftercare Model: A Comprehensive Treatment Program for Homeless Families

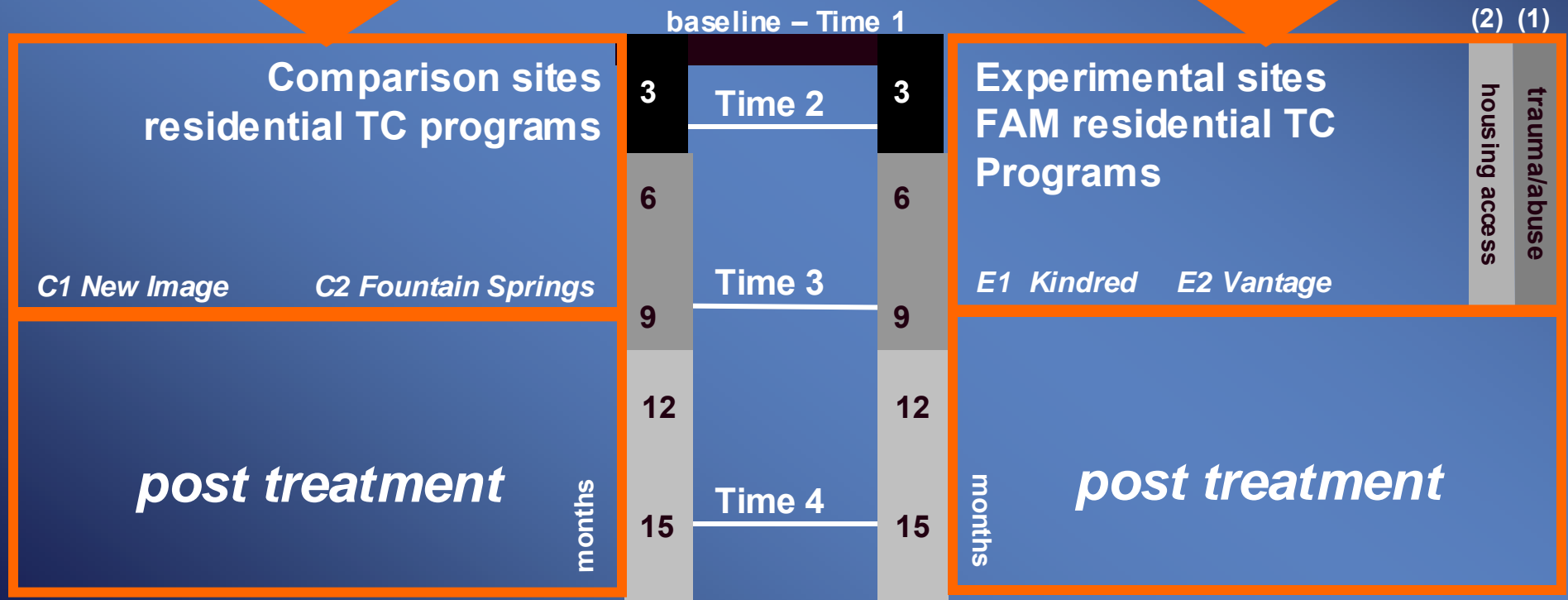
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Family & Aftercare Model (FAM) Study Design

referral sources



Design

- ▶ **Quasi-experimental, non-equivalent control group**
- ▶ **Prospective, longitudinal repeated measures**
- ▶ **Four Assessment Points: baseline, 3-, 9-, and 15-months post-baseline**

Eligibility

- **Clients are women who are head of household**
- **Have dependent children**
- **Exhibit a substance abuse disorder**
- **Are homeless or doubled-up**

Standard TC Interventions (Comparison Group)

Family preservation

Goals

—Addresses the specific needs of mother, children, family

Child Focus

Description

Structured child care/school

- daily child care program for infants & toddlers
- provides a nurturing environment
- addresses social, emotional & developmental needs

Assessment & early intervention

- history of homelessness & substance abuse places children at risk
- facilitates comprehensive assessment within 30 days of program entry
- provides entrée into early intervention and/or special needs programming

Children's prevention group

- engages children in age-appropriate substance abuse prevention activities
- provides a forum for the child to discuss concerns about his/her mother's past substance abuse and effects on his/her life
- uses abbreviated materials from standard prevention resources

Standard TC Interventions (*continued*)

Family preservation (con't)

Goals

–Addresses the specific needs of mother & family

Mother & Family Focus

Description

Parents' Group

- improves parenting and strengthens the mother-child relationship
- provides a forum for mothers to discuss the problems, difficulties & pleasures of parenting daily child care
- focuses on self-expression, self-awareness, & problem-solving

Child care participation

- improves parenting skills & reinforces the mother-child relationship
- mothers participate on a rotating assignment
- staff guide interactions & discuss child care principles

Standard TC Interventions *(continued)*

Family preservation

Goals

–Addresses the specific needs of mother & family

Description

Family Education Day

- fosters relationships between mother & her extended family
- improves relationships between mother & children not living with her
- children not in residence can visit weekly & participate in the Family Education Day
- promotes family reunification

Mother-child group

- improves communication between mother & child
- increases the expression of personal feelings between mother & child
- reduces acting-out or behavioral problems of children
- promotes family reunification

Standard TC Interventions *(continued)*

Family preservation

Goals

- Addresses the specific needs of mother & family

Description

Individual/Family counseling

- improves mother-child relationship & strengthens the family unit
- helps the mother to change the family dynamic through increased understanding of herself, her child[ren], and the family unit

Household Management & Budgeting Group

- provides tools for managing household needs (shopping; time management, etc)
- provides regular training in all aspects of home management (maintaining sufficient food, cleanliness of apartment etc.)
- provide assistance with immediate problems

Family & Aftercare Model (FAM) Intervention (Experimental Group)

	Goals/Description of Element
1- TRAUMA RECOVERY GROUP (TREM)	<ul style="list-style-type: none">➤ provides education & skills training regarding women's roles, communication, & maintaining boundaries➤ develops self-awareness; provides healing experiences related to past trauma & abuse➤ addresses issues underlying trauma to prevent return to abusive relationships & to reduce impact of trauma on parenting skills
2- HOUSING CASE ASSISTANCE	<ul style="list-style-type: none">➤ develops and strengthens program linkages with private and municipal housing resources➤ provides critical case-specific advocacy with transitional housing programs, Section 8 and other subsidized housing, systems and private landlords

Profiles of Mothers

Age	31 years (SD= 6.7)
Number of Children	2.7 (SD= 1.8)
# times homeless	1.6 (SD= 2.4)
PSS	20 (SD=12.8)
BSI (GSI)	64(SD= 9.4)
BDI-II	19.8 (SD= 10.7)

Profiles of Mothers (cont'd)

Last Location Prison	42%
Drug of Choice: crack	54%
Legal: prostitution L6M	32%
drug use >50 times L6M	56%
Sexual Assault - Stranger	34%
Sexual Assault - known person	52%

Children's Health Risk Profiles

Exposure In-Utero	Percent
Mother smoked cigarettes while pregnant	75
Mother used alcohol/drugs while pregnant	54
Alcohol Use > Once/week	42
Crack Use > Once/week	49
Child tested positive (+) at birth	18

Children's Health Risk Profiles

(continued)

Children's Diagnosed Illnesses

Percent

Asthma & other breathing problems

22

Hearing problems

3

Vision problems

8

Speech problems

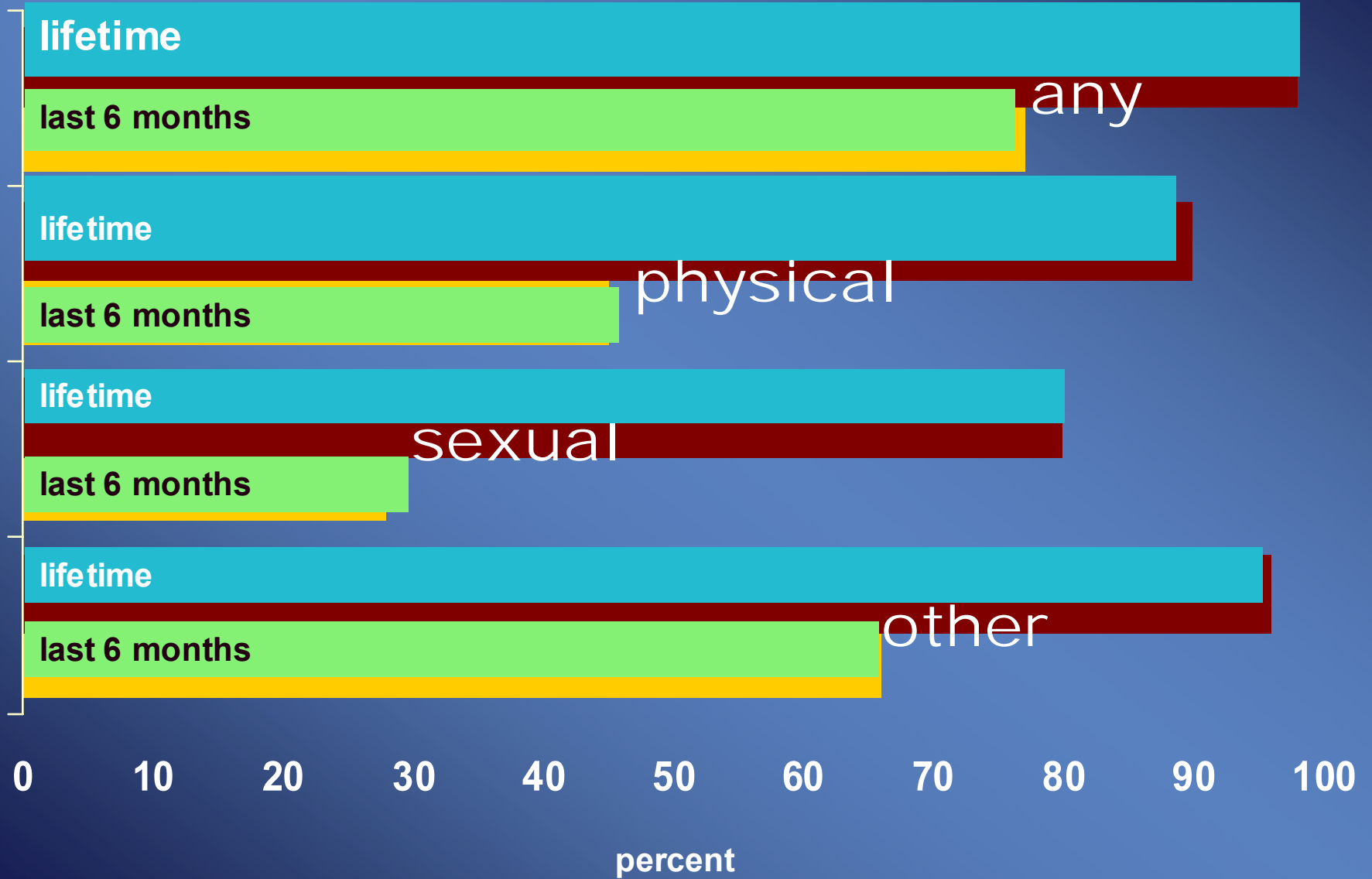
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Children's Health Risk Profiles

(continued)

Child History of Trauma/Abuse	Percent
Physical Abuse	8
Sexual Abuse (relative)	1
Sexual Abuse (non-relative)	1
Emotional neglect/abuse	18
Witness to violence	26

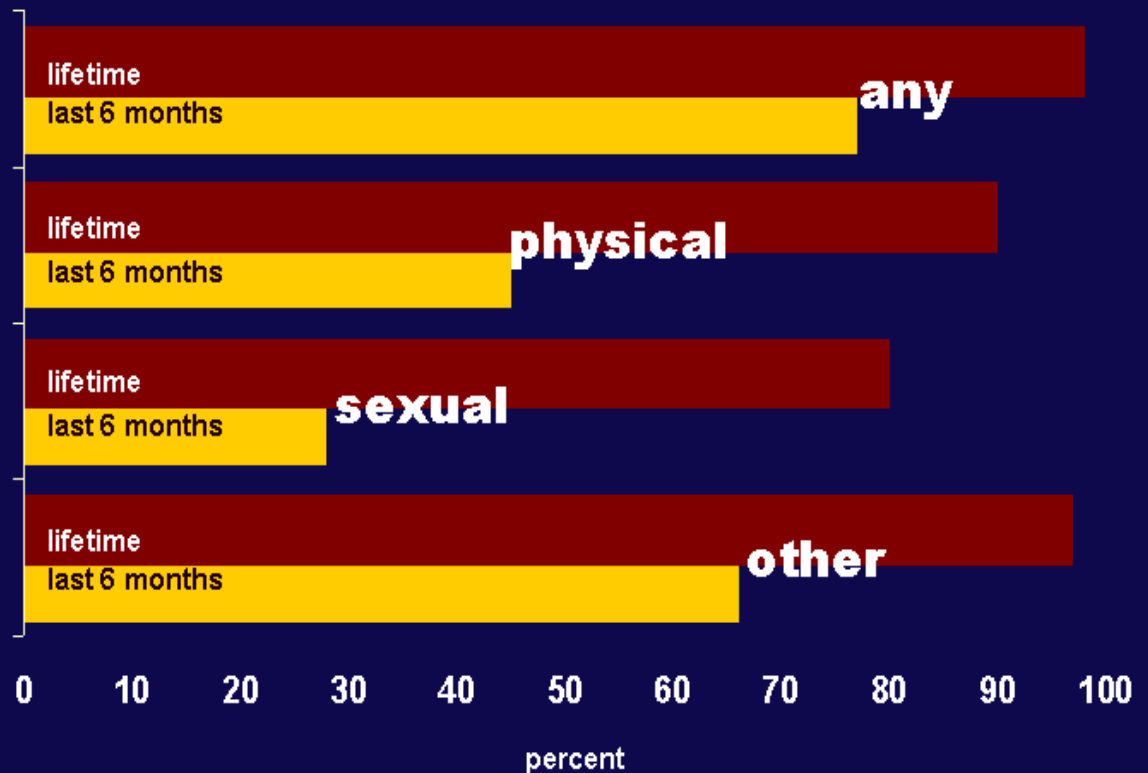
Mother's Experiences of Trauma/Abuse



Implications of Program Planning — Trauma/Abuse

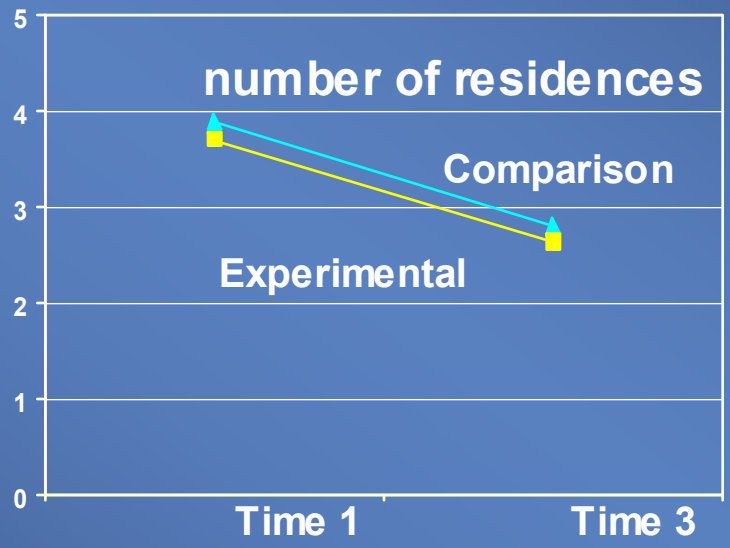
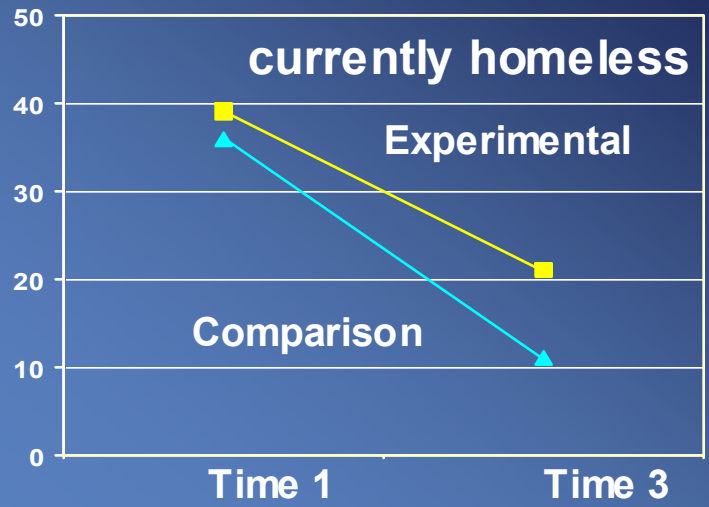
The high prevalence of past experience of trauma and abuse suggests the need for interventions to address this problem as part of programs for homelessness prevention and substance abuse in women.

Mother's Experiences of Trauma/Abuse



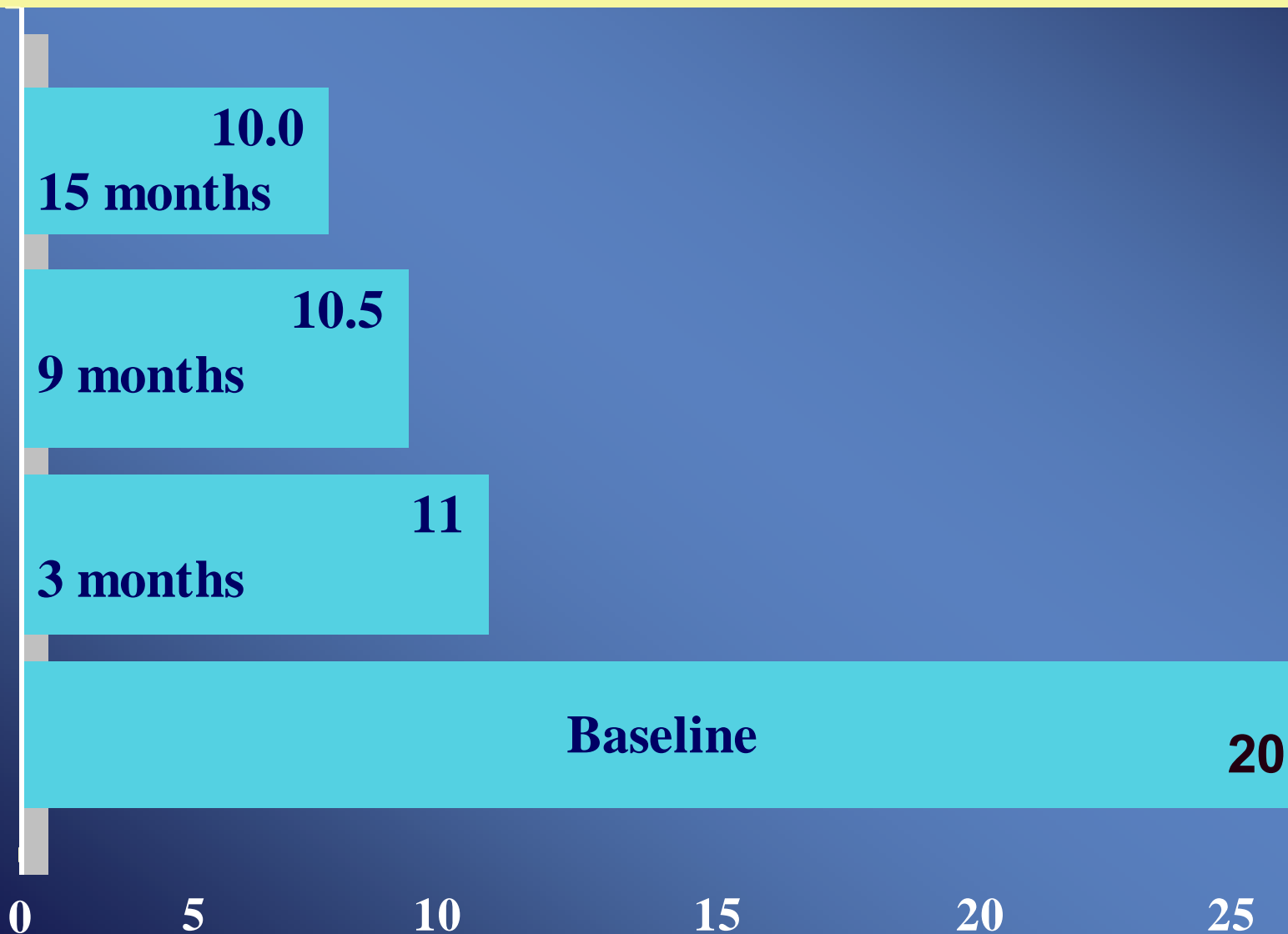
Housing Outcomes and Implications for Program Planning

Provide greater case assistance in obtaining housing and increased emphasis on the skills needed to sustain housing



Post-Traumatic Symptom Severity Scale (PSS)

N=283

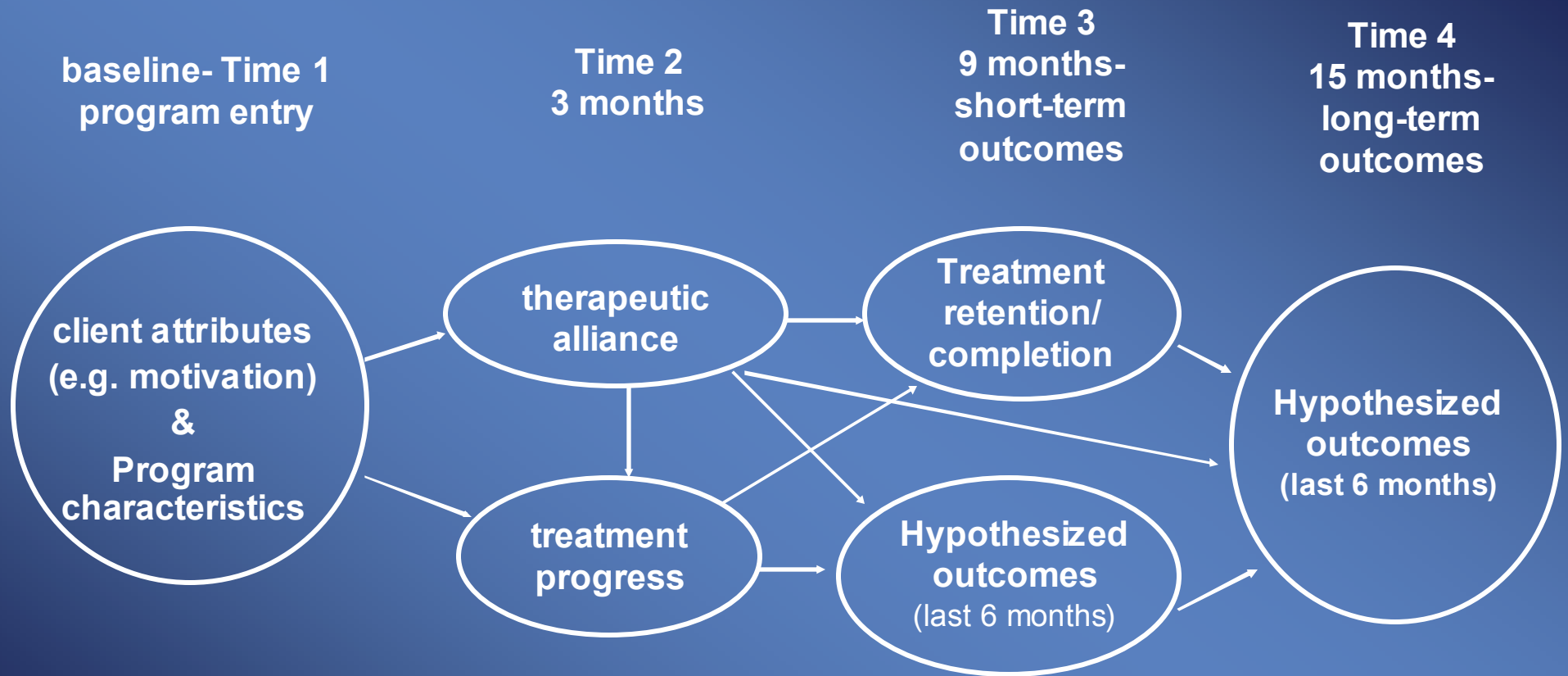


FAM Site-Specific Study

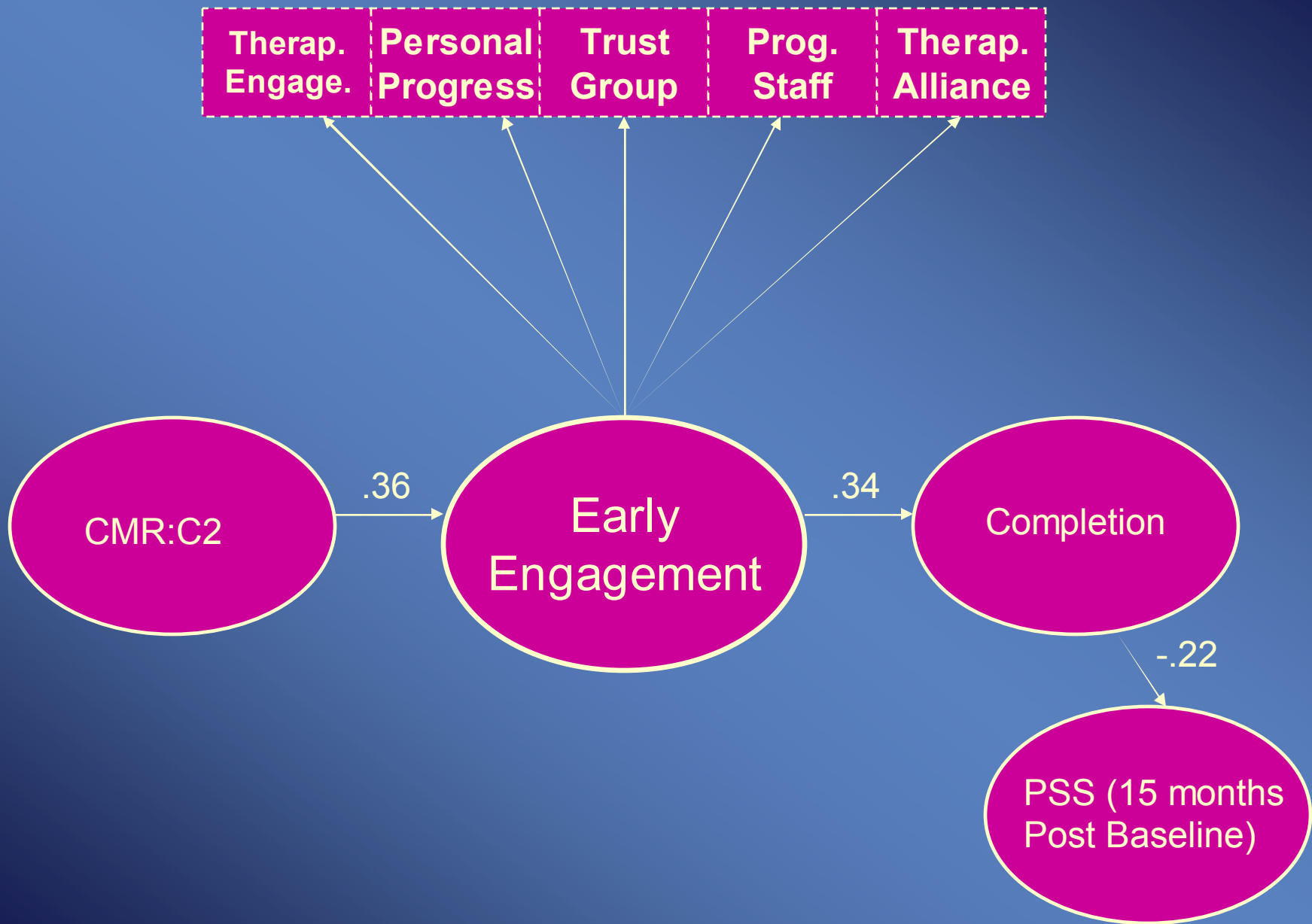
Treatment Process

- Goal— To examine the treatment process for the homeless substance-abusing mothers and to explore the relationship between the process and outcome of treatment.
- Method— The project accomplishes its goal by adapting the TCU Process Model (Simpson, 1999; 2001) to a basic causal model of the role of treatment process on successful post-residential outcomes.
- Question— What is the relationship between the treatment process and treatment outcome elements of the model?

Causal Model of Treatment Processes



Adapted from Simpson, 1999



Contact Information

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