

**Washington County DCFS Child Welfare
Quality Improvement Committee
Meeting Agenda
04 May 2015
12:00 1:00 p.m.**

Mission Statement:

The Washington County Quality Improvement Committee (QIC), working in partnership with the Division of Child and Family Services (DCFS), advocate for the client well-being by identifying areas of Improvement and promoting changes within the child welfare system

Attending: Craig Bunnell (Chair), Martha Beacco (Ast. CW), Lori Orton (DCFS Reg. Dir.), Kelly Stapley (CWA), Shirley Owen (Community Member), Lori Short (Casa Coordinator), Ben Ashcraft (UFCF), Lindsey Boyer (Dove Center), Tammy Fullerton (DJJS), Wayne Preston (Salvation Army/Elks), Dave Ribacchi (CASA), Carolyn Washburn (Utah Extension Services)

Excused: School Counselors out until Sept. Gordon Gunn

Visitors: Erin Lee (Presenter)

Introductions/News/Announcements:

Review and Approval of Previous Meeting Minutes: Minutes approved by Committee

Committee Member Reports:

- A. CJC:
- B. C.A.S.A.: Introducing
- C. Utah Foster Care:
- D. DJJS:
- E. School District:
- F. Community Members:
- G. DCFS:

AGENDA:

Erin Lee with Families First peer parenting program.

Background –Lily Yorklyn felt like there was no place for teenage girls. So a Group Home was started. Girls were taught life experiences. The program is Evidence Based. The program grew and became a treatment center. In 1993 Families First started going into the home to help Parents and their children.

Erin has been in Southern Utah as a trainer for 2 ½ yrs.

There are 40 Family First Specialist in the State. There are 3 in Southern Utah (Beaver, Iron and Washington Co.)

The program hires as quickly as possible. The training is 6 months long to maintain the ethics of the program. Start out with Basic stuff, shadow trainer with the family, split the time 50/50 and then trainer shadow the worker with their own client.

Erin is training someone at this time. It's not something everyone loves.

A Families First Specialist goes into the home of a troubled family for 8-10 hours a week for six – ten weeks. The Specialist becomes an ally of the parents and teaches them proven methods of changing a child's destructive behaviors. They are taught how to maintain discipline without anger or violence. Positive communication skills are also taught, as well as how to effectively set and maintain boundaries.

The Specialist uses positive reinforcement, modeling, role playing, and other methods that are designed specifically to teach lasting, concrete parenting and communication skills.

Even after concluding the six-week in-home period, the Specialist continues to be a part of the family's life by remaining on-call, 24 hours a day, for the next year. The Specialist also conducts evaluations at three-month intervals after the intervention to track success and to identify possible challenges on a case by case basis.

Phase 1: Build rapport – rapport needs to be established so that trust is established

- Are you ok. What is going on? What can I do to make things easier?

- kids are easy

- teenagers are more difficult

Phase 2: Teach 1st Skill

- Observe: see what the family is already good at

- MO addresses negative behavior first, address and notice

Phase 3: Weakness/Praise

- Notice Positive Behavior

- talk about concerns

- Eyes and Ears.

- Trust the referring CW

- Gut feelings

- Practice every scenario w/MO & Worker and add children when needed

- Assignments/Activities

If the family calls, talk through it first (sometimes parents need reassurance) If unable to resolve over the phone go to the house.

Figure out what is really going on.

Some parents have a disconnect to their children and their needs

- clothing, hygiene, food etc.

3 different scenarios

- MO = older kids

- MO = younger kids

It will take longer.

Base the skills – House is clean

MO seeing a therapist (depression)

Parents who verbally abuse

- disrespect

Effective Praise – 4 positives = 1 negative

- What do we do to increase positive

- pick your battles

Not yelling, fighting, do what is asked.

Empathy and rapport need to continue

Phase 4: Refine the Goals

- Behaviors are they better or worse

- Morning routines

- Bed time routines

- Encourage MO and FA

- Control Emotions

- Calm the child and then discuss the consequences

Parents need to start taking over

- ignore others

- moment of reminders

- refine the skills

Phase 5: Future Planning

-Self Reflection

-Where were you and where are you now?

-You can't stay put, continue working, otherwise it may slide negatively

-Make a conscious effort to continue moving forward

Family Meetings

Chore Charts

Talk about any concerns that might come out

Practice what is preached

Check List:

-Praise

-Consequences

-Future Planning w/kids

-School

-Church

-Summer time

-and any other area's

Celebrate Success and talk about the success

-end with paperwork

Someone helping in the home

Behaviors get worse at times before they get better

Remind Parents they haven't failed, yes there are mistakes.

Parents carry guilt for the things their children behaviors. Give it to the children.

Parents might receive a lot of critique from others and rarely get positive acknowledgement or credit.

Expectations are not high.

CW and Specialist already know what has happened or going on.

Barriers -

-Nothing really happened

-It was a mistake

-False Allegations

Some Families may never get real.

Skill –

-Take accountability

-Use the Families own scenarios/real life experiences

Every Family hits a limit

Lower functioning families may need more time in how much they can take in.

There is no limit working with a family

Suggestions – What can Families First do to help the community>

-We have a huge need with limited resources

-How can we increase what they already have?

-Put the Family on the list immediately so by the time they are ready for Families First they are close to the top of the list

Does Family First offer any kind of Group Parenting?

-There is a 6 week parenting class (just as needed) Knowing that a Specialist will be coming in.

-Class would be taught Sunday Evenings

Have Supervisors call if on the waiting list.

If Families have already had a peer parenting class it's a good jump in spot.

Being comfortable with the skill sets

- there is a standard skill set

- 15 skills for kids

- 15-20 for the parents

 - Effective consequences

 - Praise

 - Emotions

 - Interactions with others

 - Time Management

 - Money Management

 - Organization

 - Home making

 - Healthy Habits

Waiting list is long – 3 months.

There is a new contract that will be in place starting in July.

CW can call and discuss a family that may need priority.

Specialists are certified every year.

New Specialist are Certified every 6 months.

Contact information:

erlee@youthvillage.org

435-590-7226 Work Cell

DISMISS: 1:05 p.m.

Next Meeting: 01 June 2015

Public Comments (brief mention of items that may be included on future agenda's)

QIC Website: QIC website at <http://www.utahqic.utah.gov/>. --Carol Miller

Report Child Abuse

24-Hour Reporting Hotline

1-855-323-3237