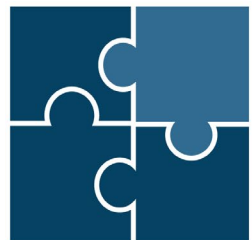


Module 4: Engagement & Intervention of Co-Occurring Substance Use, Mental Disorders & Trauma

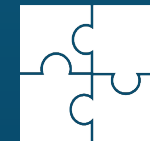
Child Welfare Training Toolkit



**National Center on
Substance Abuse
and Child Welfare**

Acknowledgement

This content is supported by contract number 75S20422C00001 from the Children's Bureau (CB), Administration for Children and Families (ACF), co-funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views, opinions, and content of this presentation are those of the presenters and do not necessarily reflect the views, opinions, or policies of ACF, SAMHSA or the U.S. Department of Health and Human Services (HHS).



National Center on
Substance Abuse
and Child Welfare

Learning Objectives

After completing this training,
child welfare workers will:

- Identify the core values and key characteristics of family engagement
- Differentiate between peers and recovery specialists with knowledge of the benefits to integrating peer recovery support services into child welfare service delivery models
- Understand and apply solution-focused and motivational interviewing techniques to support treatment and service engagement
- Define the stages of change model with actionable steps to enhance motivation and readiness for change
- Expand referral and linkage practices for enhanced treatment and service engagement and retention for children, parents, and families affected by co-occurring disorders

Family Engagement





**“People don’t care how much you know
until they know how much you care.”**

~ Theodore Roosevelt

Consumer Service Dissatisfaction

Activity Pair Share



Values & Beliefs

Core Values of Family Engagement

Encourage Voice & Choice

Listen, Value & Respect

Affirm Experiences &
Co-Create Achievable Goals



How Our Beliefs Guide Our Work with Families



**SUDs are a brain disease
and are progressive in nature**

**All members of the
child and family team deserve
to have a voice and choice**

**Parental substance use
increases risk of harm;
recovery decreases risk of harm**

**Every parent and family
is worthy of our best efforts**

**Children should remain
with their parents and siblings
whenever safely possible**

**People deserve second chances;
we do not give up on families**

**SUDs involve the whole family,
so we must serve the whole family**

Recovery works; treatment works

Engagement of Families Affected by Co-Occurring Substance Use Disorders



Everyone plays a role
in family engagement

Engagement starts at the initial
assessment/contact with families

We want families to succeed!

Key Characteristics of Family Engagement



Strength-based

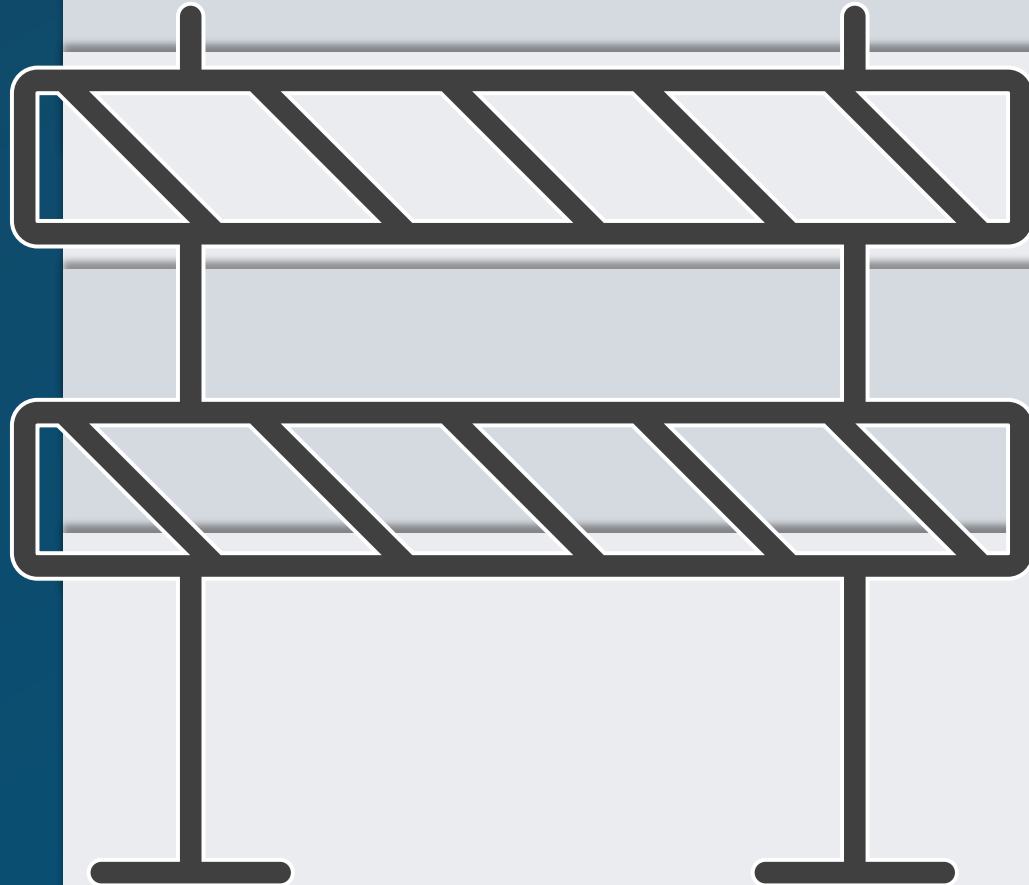
Responsive

Collaborative in nature

Non-punitive and non-authoritarian

Viewed as partners in change

Family Engagement Barriers



Stigma associated with substance use and parenting

A parent's motivation and readiness for change

Fear of being separated or losing custody of children

Challenges navigating complex systems of care

A Reminder About Stigma
Reduction in Our Work
with Families Affected by
Substance Use Disorders

LISTEN
LEARN
RESPECT
STOP STIGMA
INFORM
SUPPORT
EDUCATE

Peer Recovery Support Services

“Engaging people with lived experience represents one key way that federal agencies gather important information, shape programming and policy, and help improve outcomes for those served,” (Skelton-Wilson et al., 2021)

"Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of [a return to use]."

(Substance Abuse and Mental Health Services Administration, 2023)

"Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process." (Substance Abuse and Mental Health Services Administration, 2023)

Peers and Recovery Specialists in child welfare and dependency court models help improve family outcomes.

(National Center for Substance Abuse and Child Welfare, 2019)

PEERS

**Experiential
Knowledge &
Lived Expertise**

- Peer Mentor
- Peer Specialist
- Peer Providers
- Parent Partner

RECOVERY SPECIALISTS

**Specialized
Training &
Certification**

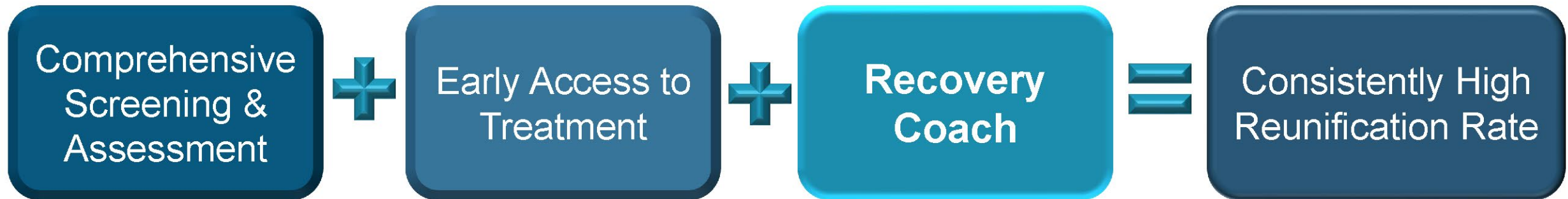


**Experiential
Knowledge &
Lived Expertise**

-
- A blue bracket is positioned below the two boxes 'Specialized Training & Certification' and 'Experiential Knowledge & Lived Expertise', connecting them to the list of roles below.
- Recovery Support Specialist
 - Substance Abuse Specialist
 - Recovery Coach
 - Recovery Specialist
 - Parent Recovery Specialist



Timing of Recovery Support Matters



Peer Recovery Support in Child Welfare

Family-centered

Includes support for
extended family/caregivers

Lens of child safety
and parental recovery



How Peer Recovery Support Engages Families in the Change Process Within Child Welfare Settings



Working with Peer Recovery Support

Small Group Discussion

- **In what ways can you envision peer recovery support helping with family engagement in your county? Or how has peer recovery support helped with family engagement in your county?**
- **What worries or concerns would you have with this level of partnership in child welfare? Or are there any key lessons or takeaways from integrating peer recovery support services in your county that you can share with your peers?**

Small Group Discussion Questions

A photograph of three people in an office setting. On the left, a woman with curly red hair, wearing a grey blazer over a white top and blue jeans, is smiling. In the center, a man with a beard, wearing a maroon button-down shirt, is also smiling. On the right, a woman with long dark hair, wearing a blue blazer, is looking towards the man. They are all seated in office chairs. The background shows a modern office with large windows, a potted plant, and some office equipment. A blue banner is overlaid at the bottom of the image.

Skills & Techniques for Building Rapport & Engaging Families

Helpful Techniques for Building Rapport



Empathy

Mirroring

Reframing

Partializing

Past Success
Inquiries

Solution-Focused Questions



Coping

Exception

Preferred Future

Position

Scaling

Let's Role-Play!

Small Group Activity

- **Opening Question:** Can you tell me about your relationship with alcohol and drugs?
- **Exception Question:** Has there been times you've been able to manage your stress without alcohol or drugs? What was different about that time?
- **Positioning Question:** If we were to ask your children how your use of alcohol or drugs affects them, what do you think they might say?
- **Miracle Question:** If we were able to see into the future say a year from now, how would life look for you and your children?
- **Scaling Question:** On a scale of 1-10 (one being the least ready and ten being the most ready), how ready are you to seek help for your substance use?

Examples of Solution-Based Questions to Kick-Off Role-Plays

- **What worked well? How did this approach land as the parent? Child welfare worker? Observer?**
- **Was there anything that didn't work out so well? What was your comfort level with this approach?**
- **Who in the room already uses solution-focused techniques in their practice with families? If so, how has it been received? Any helpful tips or lessons to share with your peers today?**

Role-Play Activity Reflections

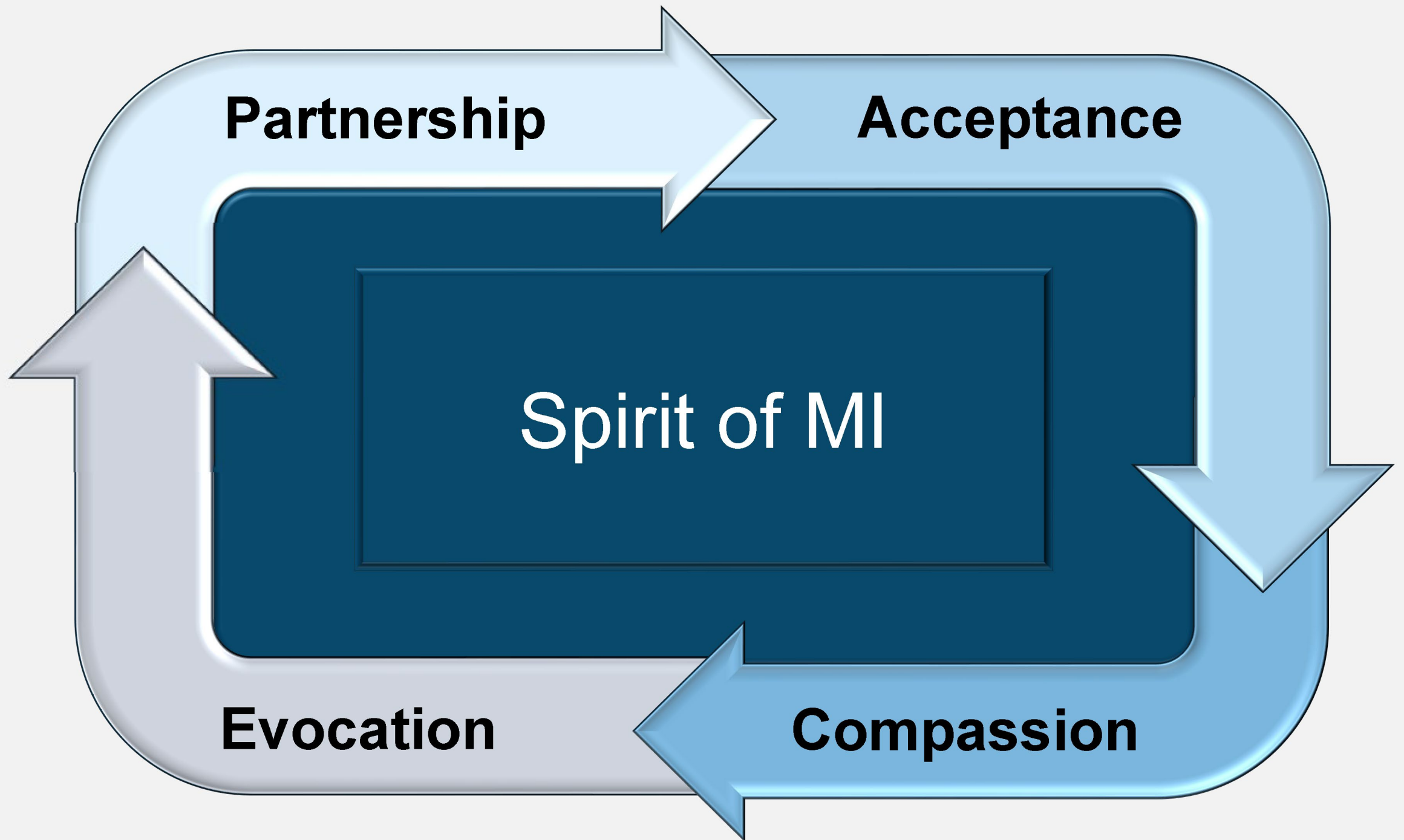
A young woman with dark, curly hair is smiling and looking towards the camera. She is wearing a light blue top. The background is blurred, showing another person with long hair. A blue banner is at the bottom of the image.

Motivational Interviewing

Motivational Interviewing for Substance Use Disorders

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by Michael Brekelmans of Psychwire

[Video by Psychwire](#)



Four Key Stages of MI

Engaging



Focusing



Evoking



Planning



Core Skills of MI

Open-Ended Questions



Affirmations



Reflective Listening



Summarizing



MI Change Talk

D

Desire

A

Ability

R

Reason

N

Need

C

Commitment

A

Activation

T

Taking Steps

Rolling with Resistance

Normalize ambivalence as part of the change process

Help the parent develop their own view of the problem and their own solutions

Avoid an argument or persuasion

Think dance, not wrestle

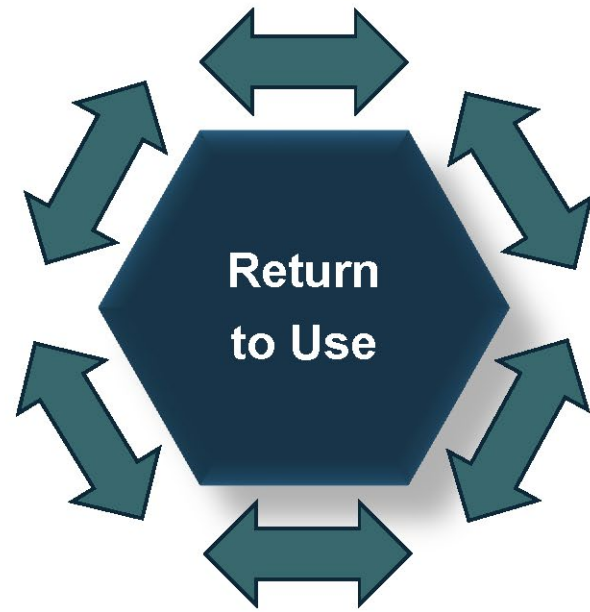
Use reframes to reflect on the resistance



Readiness for...

C H A N G E

The word "CHANGE" is spelled out using six light-colored wooden blocks, each with a single letter in a bold, black, sans-serif font. The blocks are arranged in a horizontal row on a chessboard, which is visible in the foreground with its alternating light and dark squares. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage.



Pre-Contemplation

Contemplation

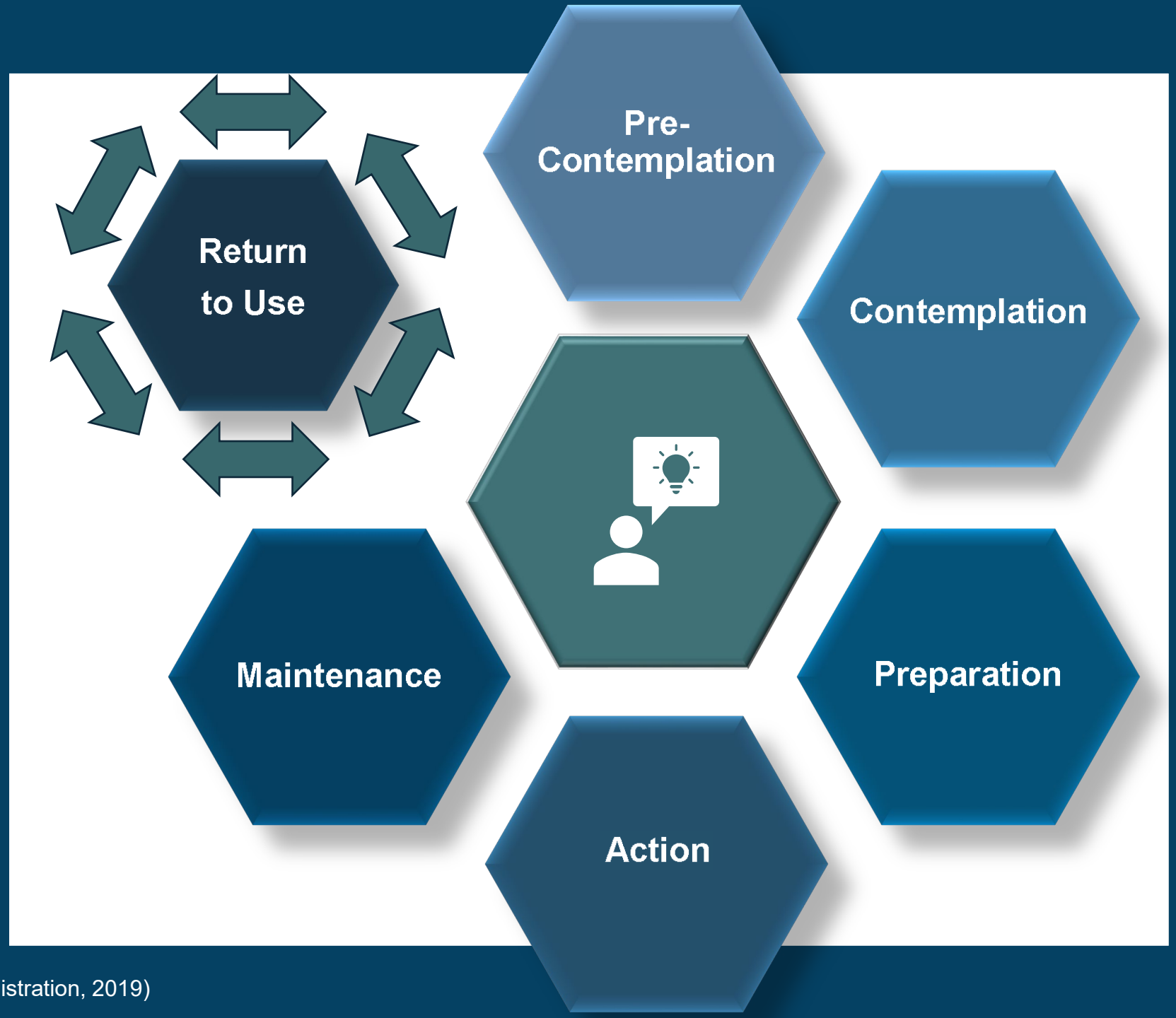
Stages of Change

Preparation

Maintenance


Action

Stages of Change Strategies



Identifying Behavioral Indicators for Readiness for Change

Small Group Activity

A close-up, low-angle shot of several hands reaching towards the center, each holding a wooden puzzle piece. The pieces are being assembled into a circular pattern. The background is bright and out of focus, with a warm, golden light source creating a soft glow and lens flare effects. The hands are of various skin tones, suggesting a diverse group of people working together.

Important Considerations for a Collaborative Change Process



ASFA as the Lever for Cross-System Collaboration

No time to lose

Conflicting timelines

Working on behalf of children
and families with urgency

What Can You Do to Help?

**Screen,
refer, and
link to high
quality
treatment
providers**

**Emphasize family
voice and choice in
service planning**

**Help parents engage
and remain in
treatment**



**Respond appropriately to return to use
and support sustained recovery**

**? Help parents understand
dependency court requirements**

**Work with attorneys
and the courts**



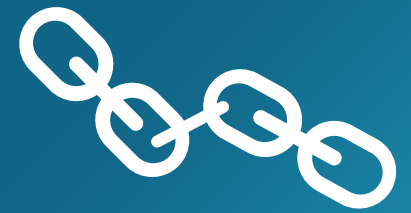


Reshaping the Dialogue About Treatment Readiness

Rethinking “Rock Bottom”

Embracing “Raising the Bottom”

Referral & Linkage to Comprehensive Treatment & Recovery Support Services



**High-Quality
SUD treatment**

**Integrated Care
Providers**

**Recovery-
Oriented
Resources**

**Fatherhood
Initiatives**

**Food, Housing,
and Other
Concrete
Supports**

**Family
Residential
Programs**

**Adult
Mental Health
Programs**

**Vocational
Services**

**Parenting
Support
Services**

**Healthcare
Services**

**Specialized
Treatment
Services**

**Peer Support
Models**

**Educational
Services**

**Subsidized
Childcare
Services**



Community Resource Mapping

Small Group Activity



*“Here’s a referral—
Let me know when
you make contact.”*

*“They’ll get into
treatment if they
really want it.”*



Avoid Missed Opportunities

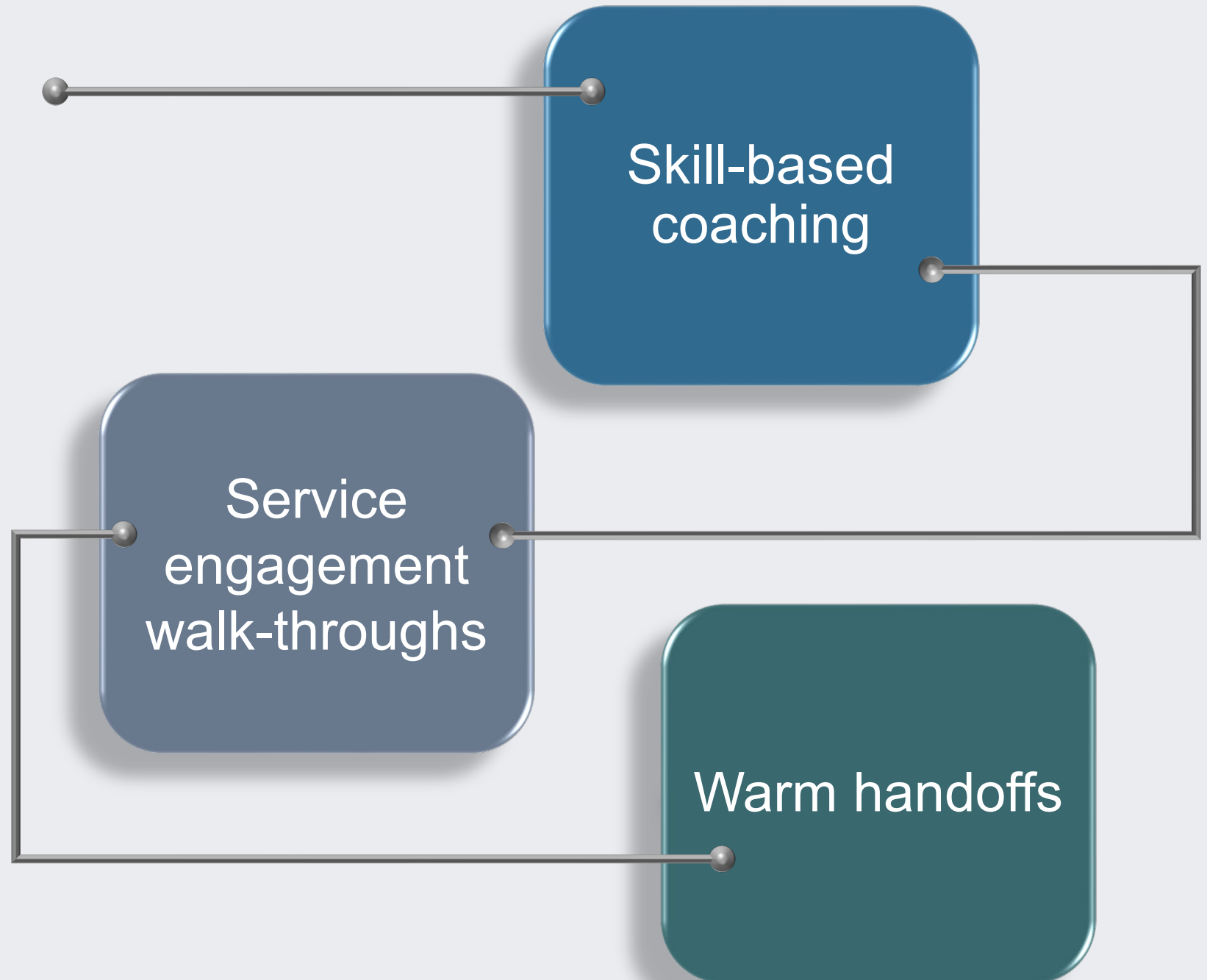


*“Don’t work harder
than the client.”*



*“We will see you back
here in 90 days.”*

Referral & Linkage Strategies



Recovery Is Possible

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The University of Tennessee & Dr. Jennifer Crowley

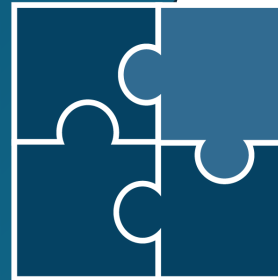
[Stories of Hope: Mallie's Story](#)

Contact

Contact the NCSACW TTA Program

Connect with programs that are developing tools and implementing practices and protocols to support their collaborative

Training and technical assistance to support collaboration and systems change



National Center on Substance Abuse and Child Welfare



<https://ncsacw.acf.hhs.gov/>



ncsacw@cffutures.org



Toll-Free @ 1-866-493-2758

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Resources

Resources

- Casey Family Programs: [Strong Families Issue Brief: What Are Some of the Strategies Being Used to Reunite Families with Substance Use Disorders?](#) (2017)
- National Center on Substance Abuse and Child Welfare: [Building Collaborative Capacity Series—Module 6: Frontline Collaborative Efforts: Establishing Comprehensive Assessment Procedures and Promoting Family Engagement into Services](#) (updated 2022)
- National Center on Substance Abuse and Child Welfare: [Disrupting Stigma: A Virtual Conversation](#) (2022)
- National Center on Substance Abuse and Child Welfare: [Disrupting Stigma: How Understanding, Empathy, and Connection Can Improve Outcomes for Families Affected by Substance Use Disorders](#) (2022)
- National Center on Substance Abuse and Child Welfare: [Engagement and Safety Decision-Making in Substance Use Disorder Cases](#) (2023)
- National Center on Substance Abuse and Child Welfare: [Peer Support Specialist Programs for Families Affected by Substance Use and Involved with Child Welfare Services: A Four-Module Implementation Toolkit](#) (2024)
- National Center on Substance Abuse and Child Welfare: [Planning for Safety in Cases When Parental Substance Use Disorder is Present](#) (2023)
- National Center on Substance Abuse and Child Welfare: [The Use of Peers and Recovery Specialists in Child Welfare Settings](#) (2019)
- National Center on Substance Use and Child Welfare: [Understanding Engagement of Families Affected by Substance Use Disorders: Child Welfare Practice Tips](#) (updated 2023)
- National Center on Substance Abuse and Child Welfare: [Understanding Substance Use Disorder Treatment: A Resource Guide for Professionals Referring to Treatment](#) (updated 2022)
- [Peer Recovery Center of Excellence: Peer Recovery Now](#) (2023)
- Substance Abuse and Mental Health Services Administration: [Treatment Improvement Protocol \(TIP\) Series 42 Substance Abuse Treatment for Persons with Co-Occurring Disorders](#) (2020)