

*Reengineering Our System of Services: Developing and Implementing a
Comprehensive and Integrated Continuum of Services*

Family-Based Treatment Approaches

Deborah Werner
Children and Family Futures
4940 Irvine Blvd., Ste 202 ★ Irvine, CA 92620
714.505.3525 ★ dwerner@cffutures.org

Focus of This Workshop

- **This workshop addresses families with a PARENT who has a substance use disorder**
- **Within substance abuse treatment, two entry points to family treatment: adolescent with substance use disorder, or mother with children**
- **Other systems also look at family services: dependency drug courts, children's system of care, mental health**

Families

- **Families**
 - basis for household
 - economic units
 - provide basis for child-rearing, human interactions, and cultural traditions
- **Most cultures use a collective vision of family. Extended family members are interdependent and work together to raise children, provide for economic needs, and meet family obligations.**
- **Families are complex in their definitions, roles, responsibilities, and interactions.**

Inter-Generational Cycle of Substance Abuse

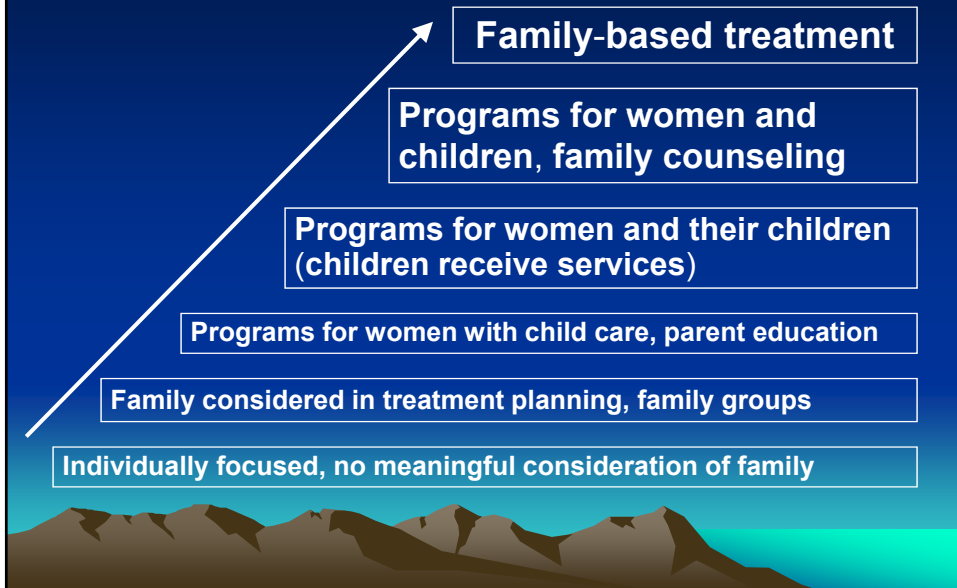
- **Substance use disorders affect the entire family unit and all the individual members.**
- **Parental substance abuse increases the likelihood that a family will experience:**
 - financial problems
 - shifting of adult roles onto children
 - child abuse and neglect, inconsistent parenting
 - violence and disrupted environments
- **Children of parents with substance use disorders have a significantly higher likelihood of developing substance use problems themselves.**

Prevalence

- 6 million children under the age of 18 live with at least one alcohol or drug dependent parent (OAS, 2003).
- 5.5% of women ages 18 to 49 who have one or more children living with them are dependent on alcohol or illicit drugs (OAS, 2005).
- 70% of women and 50% of men entering substance use treatment report having children (Brady & Ashley, 2005).

- Addiction is recognized as a family disease ... BUT
- Treatment has remained focused on helping the individual

A Continuum of Family Services



Women are relational.

Interconnection with others is very important to women.

Women recover in supportive relationships.

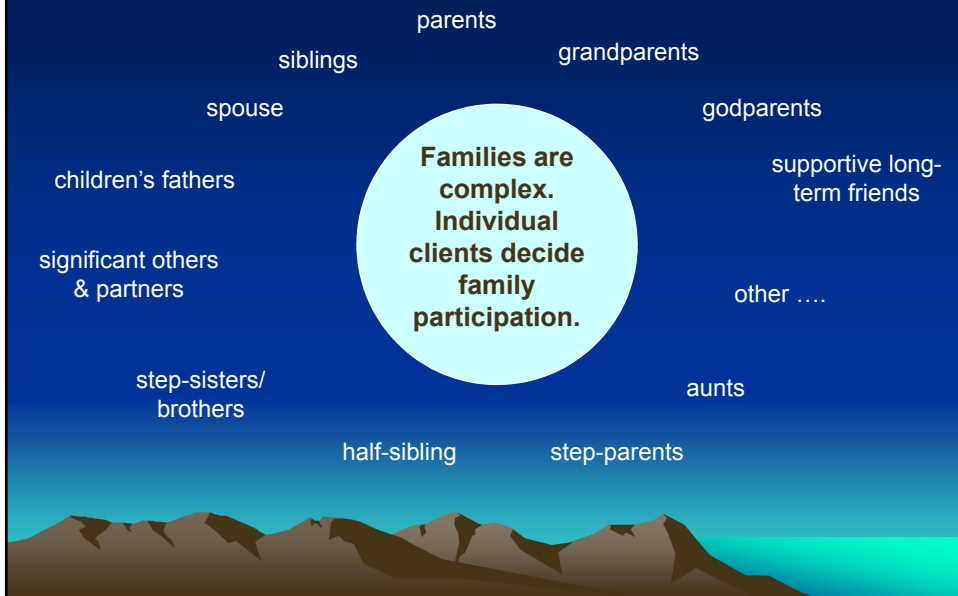
Supportive Relationships?

- **Women, compared to men, are:**
 - More likely to report that their spouse/partners encouraged initial and current drug use and less likely to pressure them to enter treatment
 - Less likely to report help/support from family or friends
 - More likely to report that family or friends used drugs in the past year (Grella & Joshi, 1999)
- **More than three-fourths of women participating in the RWC/PPW reported that their families were involved in alcohol- or drug-related activities**
- **Almost half of them (42.9%) reported having fewer than two friends who did not use drugs** (Conners et al., 2004).

Family and Support Network

- **Treatment effects, participation and sustained recovery outcomes all improve when a partner/family participates in treatment**
- **“If we build it they will come” does not work – must engage family members**
- **Engagement of family members improves relationships, provides necessary support for women**

Family Networks



Family-Centered Treatment

- *Offers a solution to the intergenerational cycle of substance use and related consequences by helping families reduce substance use and improve child health and safety*
- *Meets the need for parental treatment for substance use disorders and the need for support services for family recovery*

Family Treatment

- Services for all family members
- Family therapy and support
- Dynamic – different members may come at different times
- Requires a new way of looking at clients
- Requires collaboration across service systems

Components

- Women's services
- Children's services
- Family member services
- Parenting support
- Family and relationship counseling and decision making
- Community support

Involvement of Children

- **Children are both an incentive and a barrier to participating in treatment**
- **Multiple studies have demonstrated that better outcomes are achieved by women who have all of their children with them**
- **Children often have therapeutic treatment needs**
- **Parenting support allows for improved parenting, confidence, esteem and reduced stress**
- **Improved parenting reduces risk of later substance abuse for children**

Involvement of Teen/Adult Family Members

- **Family members often have their own service needs**
- **Need for engagement – they may not see the need for participation or change**
- **Assessing relationship dynamics, violence, safety and how to counsel members**
- **Multiple individuals, with differing treatment plans – priorities and family decision-making**
- **Balancing women's need for identity development and family involvement**

Programmatic Challenges

- Who to involve
- How and when to involve family members
- When reunification is not the best option
- Maintaining safety for all clients
- Balancing women's need for identity development and their need for family involvement
- Children affect treatment dynamics
- Trauma, domestic violence and family-based services
- Poverty
- Resource and service gaps

Administrative Challenges

- Collaborative challenges – differing priorities and mandates
- Resource challenges and gaps in services
- Staffing
- Appropriate facilities
- Individual based service system (assessment, funding, evaluation)
- Protecting gender responsive services while meeting need for family based services
- FUNDING – multiple funding sources, blended or braided streams