

Family-Centered Substance Abuse Treatment for Women



An Alternative Response to Out of Home Care at Meta House, Inc.

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Families Come First

Partnership

Meta House, Inc.,
Substance Abuse Family- Based Treatment
Program

Bureau of Milwaukee Child Welfare
Milwaukee County Children's Court

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Goal



*Implement a successful collaboration among DCF/BMCW and Meta House with a shared purpose of **preserving the family unit** and supporting the **safety, permanence, and well-being** of children.*

To meet this goal, we all strive to help the mother get sober!

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Target Population




Women (focus African American) brought to the attention of BMCW who do not have a current open case and who:

- have substance affected infants at birth
or
- are pregnant and using substances

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Family-Centered Treatment for Women With Substance Use Disorders: History, Key Elements and Challenges



Melvin House, Inc.

http://womenandchildren.treatment.org/documents/Family_Treatment_Paper508V.pdf

History: The Relational Theory of Emotional Development & the Psychology of Women



- 1976 Jean Baker Miller - Identified women's strong drive for affiliation as being valuable and a strength upon which to build.
- Women's sense of self organized around making and maintaining affiliations.

Self-In-Relation Theory



- Self In Relation-- Stresses emotional development through connections
- Connections fundamental to psychological growth and healing
- Healthy connections are growth enhancing
- Psychological problems stem from a disconnection or violation in relationships.

Research on Women



- The use of substances, the treatment experience and relapse are impacted by relationships, especially with children and significant others.
- For women there is a relationship between improved maternal functioning and their prognosis and the prognosis for the children.

Women & Children's Programs Outcomes



Significant drops in substance use
Improved employability
Higher family reunification
Improved parenting
Less criminality
Less psychological distress
Longer lengths of stay

Less depression
Higher self-esteem of mothers
Improved scores on measures of parental stress
Improved emotional and behavioral functioning for children
Improved parenting attitudes

Principles of Family-Centered Treatment



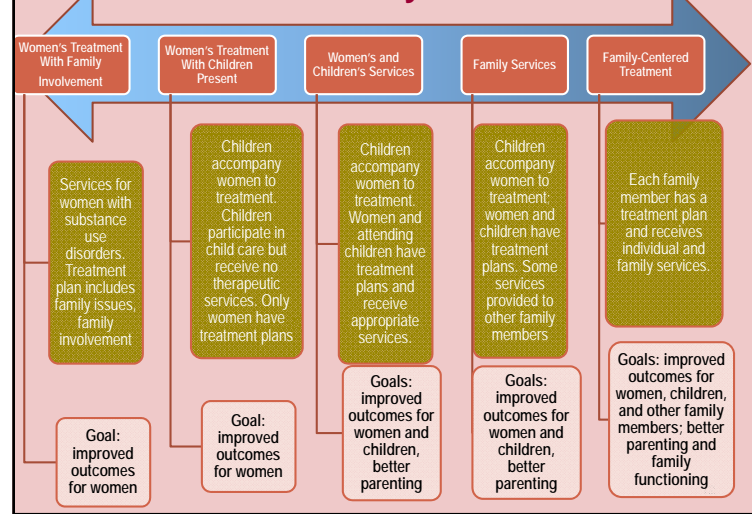
- Family-centered treatment is comprehensive
- Women define their families
- Treatment is based on the unique needs and resources of individual families
- Families are dynamic, and thus treatment must be dynamic
- Meeting complex family needs requires coordination across systems

Principles of Family-Centered Treatment



- Services must be gender responsive and specific and culturally competent
- Family-centered treatment requires an array of staff professionals as well as an environment of mutual respect and shared training
- Safety comes first – physical and emotional
- Treatment supports creation of healthy family systems

Continuum of Family-Based Services



Family Treatment Model The Culture



- **Problems / Symptoms** - responses to overwhelming feelings - adaptations to trauma-and other feelings and thoughts.
- **Interest is in what happened to that person/family not what is wrong with the person/family**

Family Treatment Model The Culture



- **Focus is not a “Tradition of Toughness” with a strict behavioral model -Not a focus on rules, control, consequences**
- **The client is not seen as the problem when a difficulty occurs**
- **It's a partnership – when there's difficulties it's a team problem**

Two Major Components



- **Philosophy**
 - What drives the interpersonal and organizational style that we will have with the women and families we serve?
- **Services**
 - What are we going to provide?

Philosophy



- **Acknowledges and understands the female experience and frame of reference**
- **Recognizes the centrality of relationships in women's lives and their importance in the development of and healing from substance abuse.**

Philosophy



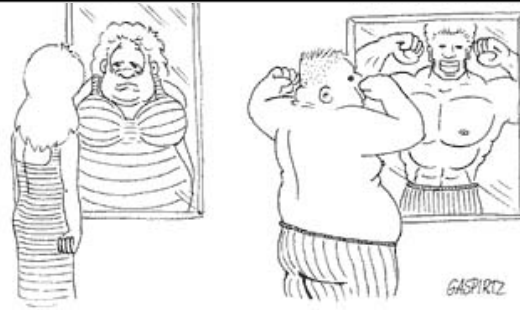
- Recovery needs to revolve around the role that most defines their essence and absorbs their daily lives – being a mother
- Maternal reflective functioning and the enhanced ability to parent fosters a decrease in substance abuse.

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The Self-Efficacy Factor



Gender Difference



- Females blame themselves for failure. Males **externalize their failures.** (Dweck et al. 1978)

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The Commitment – Complex Nature of the Task



Shift from a focus on the woman as an individual to a focus on her many roles in relationship to others as a mother, family member, employee, community member

The Commitment – Complex Nature of the Task



Commit to addressing any and everything that arises in the families' life – regardless of what you are being paid to do

Making It Happen

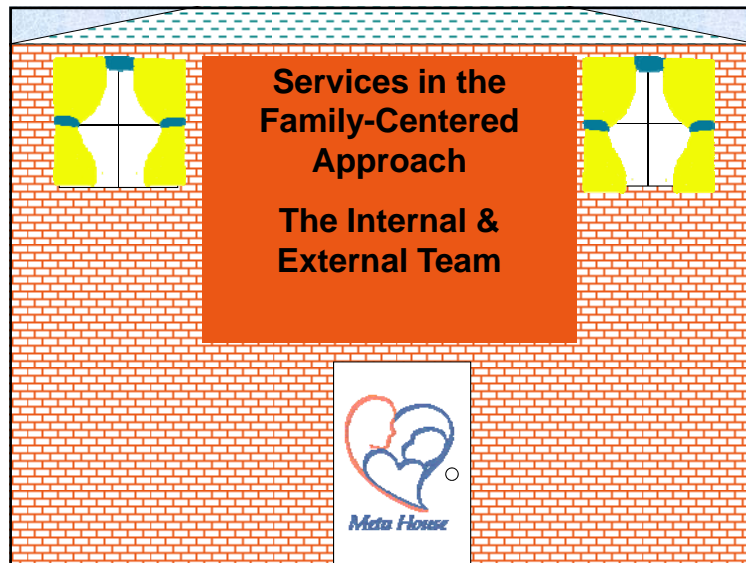


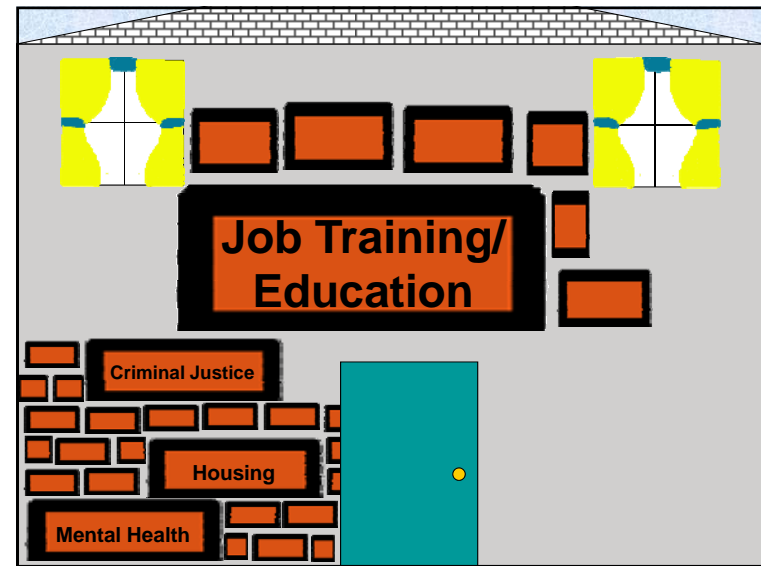
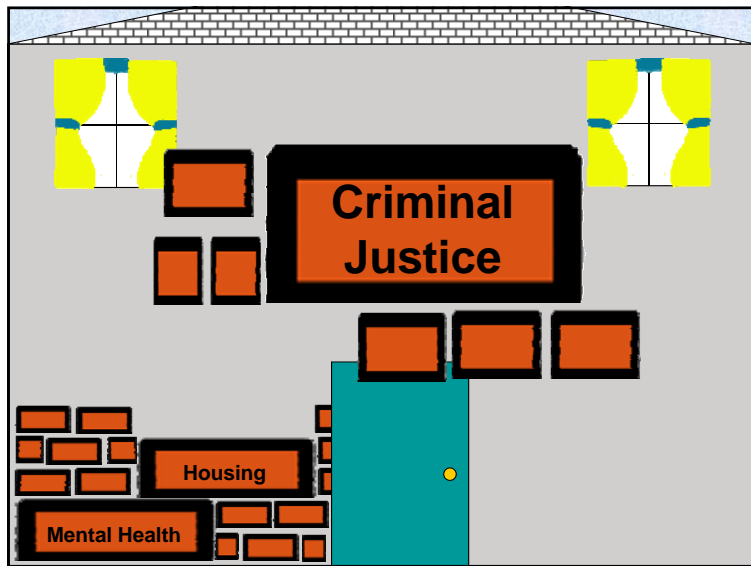
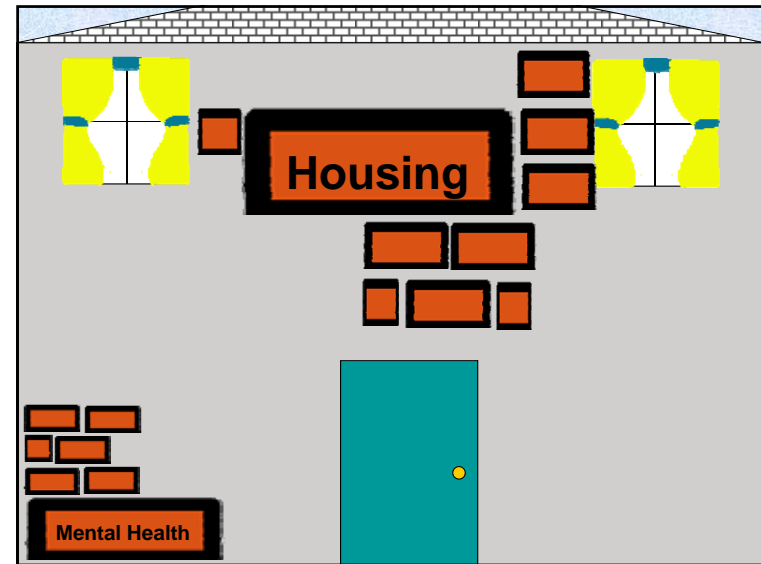
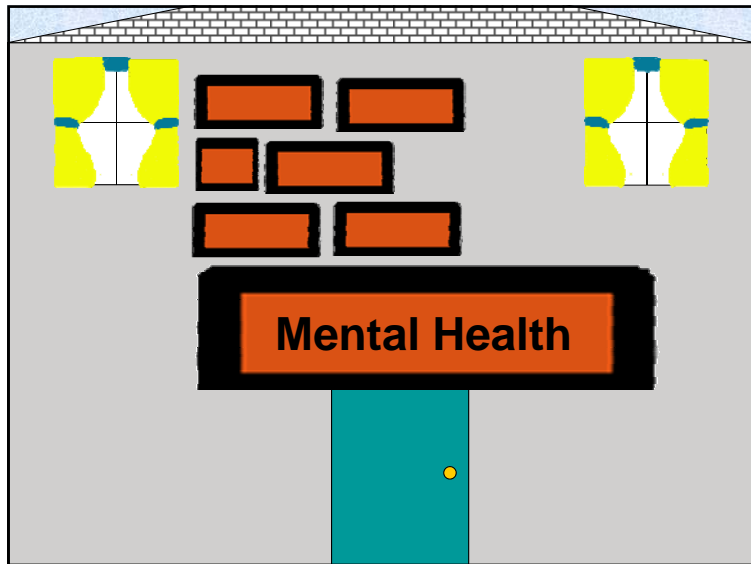
- Family-Centered models require an administrative willingness and capacity.
- Its not just adding additional components and providing staff training – necessary but not sufficient.

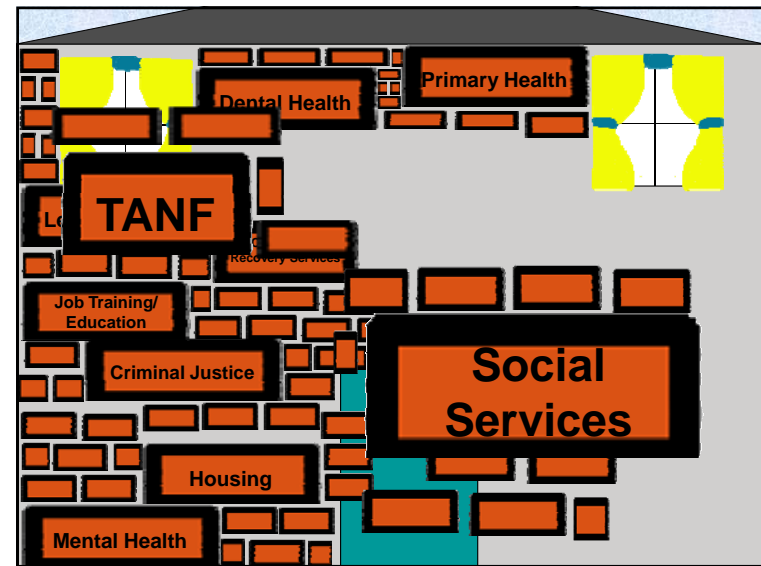
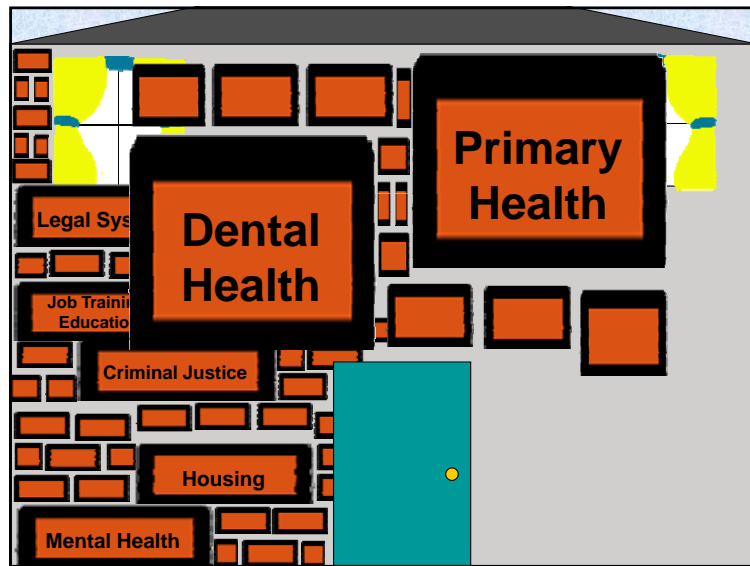
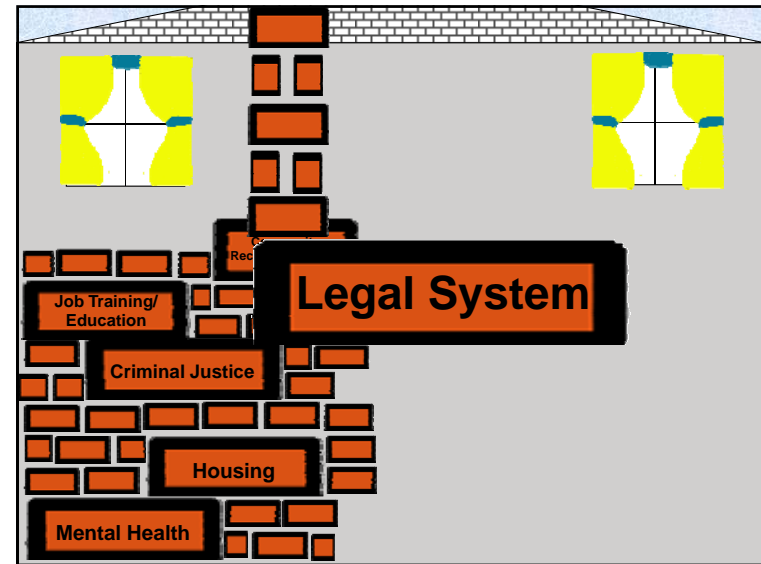
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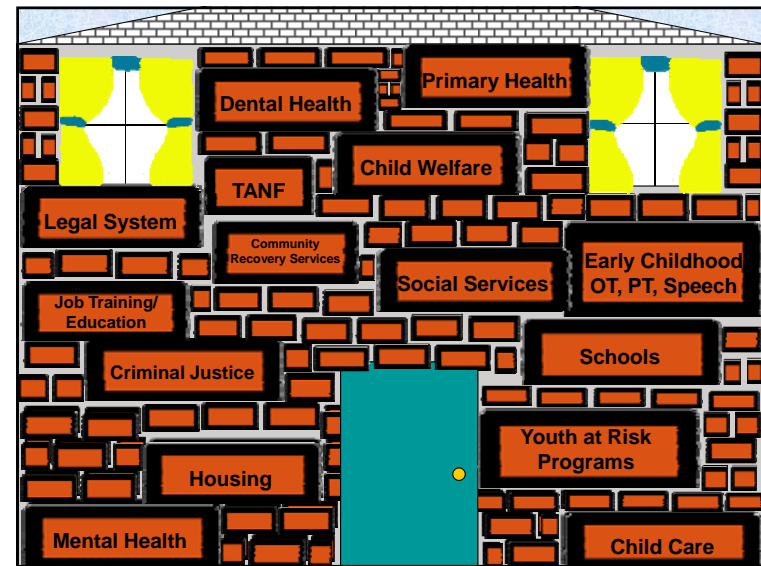
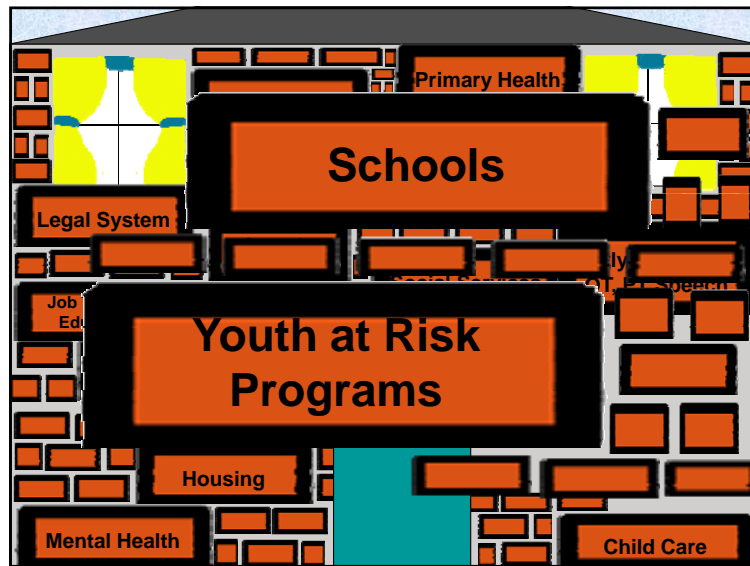
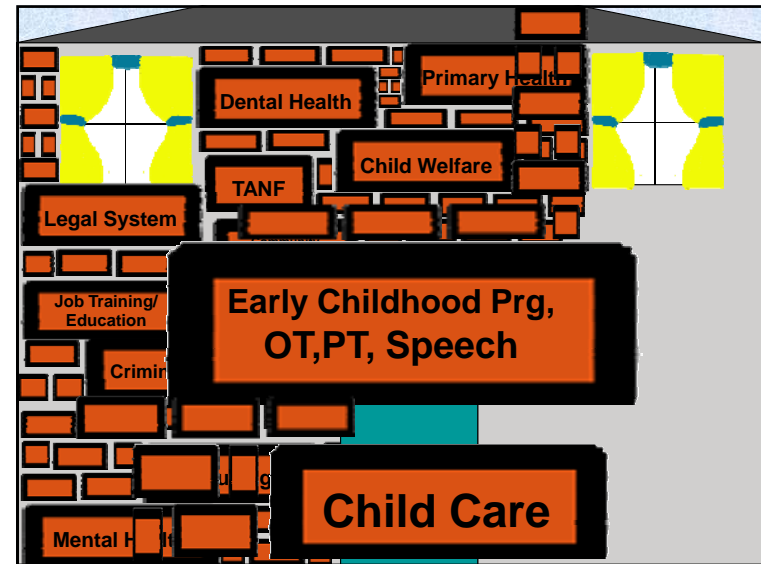
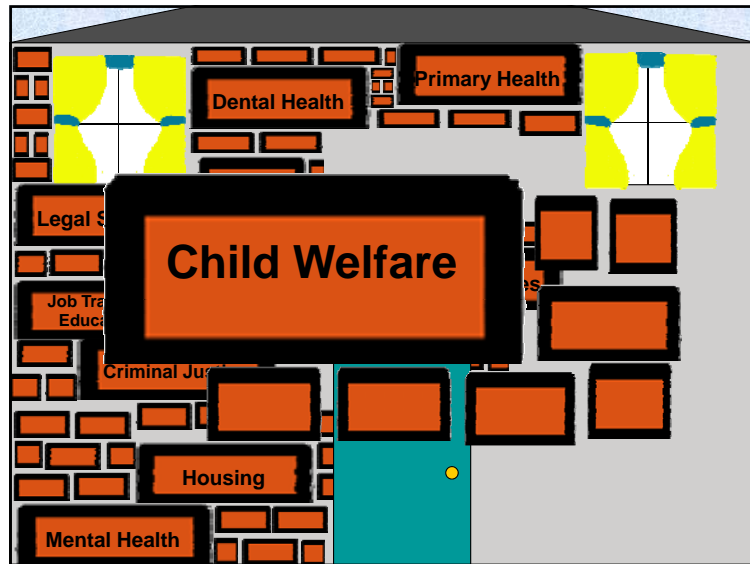


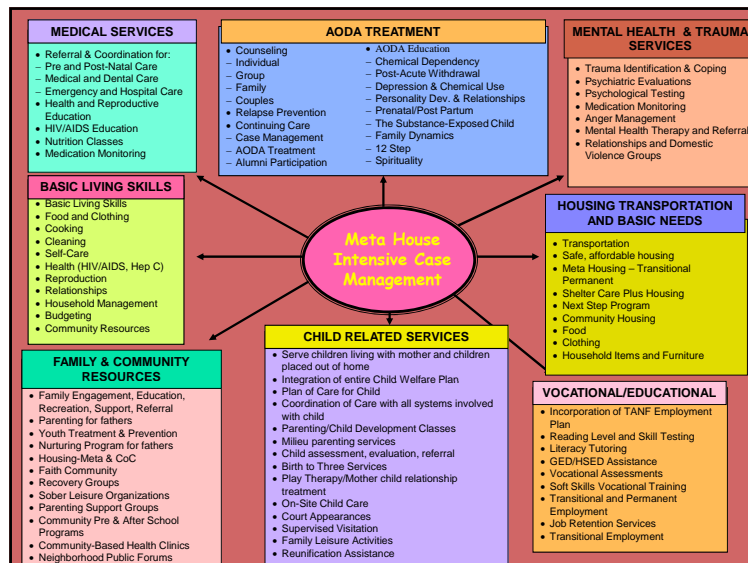
- It involves theoretical, administrative, policy, structural and funding changes.
- Agencies become more complex in their policies and procedures, staffing patterns, facilities, equipment, evaluation, and funding sources.
- It involves a multi-disciplinary team of both internal and external staff.
- Requires coordination across systems.











Clinical Team



- Case managers
- MSW-AODA/MH
- Child Care Staff
- Child & Family Therapists
- Art Therapist
- Parenting Specialists
- Child & Adult Trauma Specialists
- Child & family Facilitators/Assts
- Living Skills Specialist
- Vocational/Ed
- Maternal Health Nurse
- Psychiatrist
- Peer Specialists

Building an Internal Team



- Many disciplines must operate as one
- Must share a common philosophy about the organizational and interpersonal style that is accepted practice for each family
- Staff that has expertise and primary responsibility for the adults and those that have expertise and primary responsibility for the children - **must become aligned**

Building the External Team



- Families are likely to be involved in multiple systems
- Each has their own goals, timelines, language, expectations
- Coordination and communication is vital
- Cross Train
 - It's a win – win situation for everyone when the family succeeds in treatment.

