

Prevention in Kansas



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Family Preservation Contractor	Evidence-Based Model
TFI Family Services (West region)	Tier 1– Trauma Focused Cognitive Behavioral Therapy (TFCBT) Tier 2– Alternatives for Families
Cornerstones of Care (East region)	Both tiers– Solutions Based Casework
DCCCA (Wichita region and Kansas City region)	Tier1 and Tier 2– Family Centered Treatment (FCT) Tier 2 with substance use concerns– Sobriety Treatment and Recovery Teams (START)

New tiers for Family Preservation begin

Leading up to the implementation of new Family Preservation contracts on Jan. 1, regions had a chance to teleconference with the new providers. Information about the new tier system was shared and new Family Preservation policies were reviewed. Additionally, each provider has evidence-based models for the tiers.

Groups participated in a short brainstorming session, where referral scenarios were presented and participants chose between the tiers. Special thanks to Cherish Pulliam and Stefanie Senf for helping lead the exercise.

Notable takeaways from the calls include:

TFI Family Services– Both tier programs (TF-CBT for Tier 1 and AF-CBT for Tier 2) focus on helping children heal from trauma.

Cornerstones of Care– Solution-Based Casework® (SBC) helps families find realistic solutions to difficult situations and celebrate change.

DCCCA– When working with a family with substance use and co-occurring child welfare concerns, consider the Tier 2 model, Sobriety Treatment and Recovery Teams (START).

When choosing a tier, it will be important to consider the family’s choice, the time the family has available to devote to Family Preservation, and the severity or the risk and safety concerns.

Ultimately, both Tier 1 and Tier 2 will help improve family functioning and prevent foster care.

Please share information about what is going well and suggestions for improvement to Family Preservation program manager, Caroline.hastings@ks.gov

See [issue 01](#) (Oct.) for DCCCA Spotlight and evidence-based models, see [issue 02](#) (Nov.) for Cornerstones of Care Spotlight and evidence-based models. See page 3 for TFI Family Services Spotlight and evidence-based services.

Reducing infant mortality through safe sleep education

In Sept. 2019, twenty-seven DCF staff members across the state received their Safe Sleep Instructor certification from the Kansas Infant Death and SIDS Network (KIDS Network). Since then, these 27 instructors have trained over 300 DCF colleagues, community partners, and stakeholders.

Sleep-related deaths are the third leading cause of infant death in Kansas and the KIDS Network aims to educate anyone who has contact with infants about the unsafe sleep environments that can lead to suffocation, strangulation, entrapment, or Sudden Infant Death Syndrome (SIDS).

The KIDS Network, founded in 1998 by bereaved grandparents from Wichita, began as a local affiliate of the National SIDS Alliance. For the last 20 years, the Network has provided bereavement services and community education to families across the state with grants from the Children's Initiative Fund and other local founders.

"There have been so many partners that it is difficult to name them all," said Christy Schunn, LSCSW, who has worked with the KIDS Network for 19 years. Now as the acting executive director, Schunn recognizes that collaboration with leading researchers, the KDHE Bureau of Family Health and Injury Prevention, Safe Kids Kansas, the Wichita Black Nurses Association, along with a grant from the March of

Dimes, helped her develop the Safe Sleep Instructor program. These "champions" of Safe Sleep have helped develop and deliver the safe sleep message across the state of Kansas.

Additionally, the Network is looking at research to determine the most effective way to reduce sleep-related deaths.

"National Research shows that inconsistent safe sleep messages are detrimental to safe sleep, so it's important as professionals to all be on the same page. We all need to consistently say 'Alone, Back, Clutter-free Crib,' but we need to learn what barriers prevent people from practicing safe sleep. Knowledge about the barriers will allow us to deliver better services."

Heading up research and development of the Safe Sleep Instructor program with Schunn, is the Network's external evaluator, Dr. Cari Schmidt, from KU Pediatrics Center for Research for Infant Birth and Survival (CRIBS), Dr. Stephanie Kuhlmann, Pediatrician, and Dr. Zach Kuhlmann OBGYN. For the past few years, the validity and fidelity of the Safe Sleep program has been closely monitored and evaluated as an evidence-based practice. Recently, the Association of Maternal Child Health Programs (AMCHP) recognized and accepted the program as a 'promising practice.'

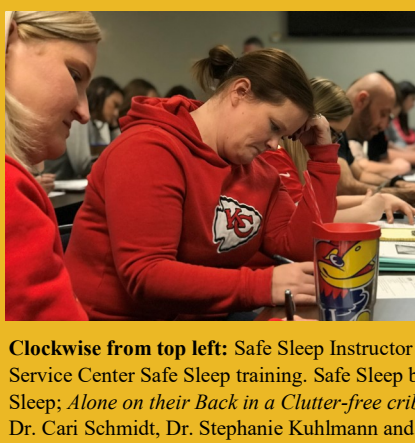
"We've met our initial outcomes in that

we've increased people's knowledge and intention to practice safe sleep, but we don't get into people's homes to assess if behavior is changing," said Schunn, "that's the beauty of our partnership with DCF. Together we can provide families with education, tools, and support to keep their infants safe."

"Many of the vulnerable families DCF comes into contact with can benefit from having the most current safe sleep education. Giving families simple, effective, concrete information is one of the easiest ways to reduce risks and promote better outcomes for children and families," said Jane Meschberger, Director of prevention and protection Services

"Our goal is to make Safe Sleep training available to all DCF employees, including providers of DCF services. This spring we will be partnering with stakeholders to hold community baby showers for expecting mothers," said Sherrie Gross, prevention and protection services training administrator.

Current partners of DCF may sign up for Safe Sleep training in Pathlore. Search course name "Wrestling with Safe Sleep", course code *SDMDHP0102*. Community members or stakeholders interested in receiving training but not registered in Pathlore, contact Sherrie Gross for trainings in your region: sheryl.gross@ks.gov



Clockwise from top left: Safe Sleep Instructor Jim Harmon demonstrates during the Overland Park DCF Service Center Safe Sleep training. Safe Sleep booklets available during the training. The ABC's of Safe Sleep; *Alone on their Back in a Clutter-free crib*. The Safe Sleep Team, 1 to 4; Christy Schunn, LSCSW, Dr. Cari Schmidt, Dr. Stephanie Kuhlmann and Dr. Zak Kuhlmann. DCF Staff taking the post-test. Safe Sleep Instructor, Kaleena Erwin, removes a blanket in an unsafe sleep environment during a crib demo.

Prevention Provider Spotlight: TFI Family Services

TFI Family Services is a multi-state child welfare organization that began in 1965 and is rooted in providing experience, compassion, quality services, and care to Kansas children and families. TFI provides a continuum of care to meet each child and family's individual needs through behavioral health and child welfare services which supports our agency mission "Devoted to the Strength of Family." TFI has over 50 years of experience in providing child welfare services including foster care services, group home care, case management, independent living, psychiatric residential treatment center, behavioral health, adoption services, visitation services, and aftercare services.



TFI Family Services is excited and energized to be providing quality evidence-based models as prevention programs in Kansas. TFI Family Services CEO, Michael Patrick, shared the following:

"We greatly appreciate the opportunity that the Department for Children and Families has given TFI Family Services to expand our prevention and early intervention services to new areas of Kansas. We believe strongly in community based services and the impact PCIT, TF-CBT and AF-CBT services will make in keeping families safe and together in their own homes. These service additions fit very well into TFI's mission 'Devoted to The Strength of Family' and we are excited to provide them."

LEFT: TFI Executive Team; Shay Collins, Shirley Dwyer, Dr. Melissa Briggs, Michael Patrick, Rachele Roosevelt. **TOP RIGHT:** Denise Hundertmark, Director of Family Preservation. **BOTTOM RIGHT:** TFI team at the Grow Nurturing Families PCIT training.



Family Preservation Program

TFI Family Services will be the Family Preservation provider in the West region and will be using two evidence-based models focusing on helping children heal from trauma. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a short-term treatment that strives to decrease children's trauma symptoms and improve responses. Additionally, Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT) is also a trauma informed evidence-based treatment focusing on improving relationships in families who are often involved in arguments, frequent conflict, physical force/discipline, child physical abuse, or child behavioral problems. TFI Family Preservation services will be tailored to meet the specific needs of each individual family, focusing on healing and safety in the family home.



Family First Selected Program

As part of Family First, TFI Family Services will be providing Parent-Child Interaction Therapy (PCIT) to families in 22 counties, including the East region and four counties in the West. PCIT is an evidence-based model providing play-based behavioral interventions to families with the goals of creating an improved parent-child relationship and improving bonds in families. Through child led play, communication within the family becomes more positive and reassuring, which reduces anger and aggression within a family unit. Additionally, children feel more secure and experience increased self-esteem, while parents build confidence and learn discipline techniques.

From the Field: Examples of Family First referrals

As regions become more familiar with the new Family First prevention programs, referrals begin to accelerate. Regions have started to make referrals to programs once staff become familiar with each evidence-based model.

"Our supervisor team met with Community Solutions to discuss more about MST after the meet and greets. Staff were encouraged to bring specific cases, when we identified them as appropriate, we sent over the referral," said Sara Knight, interim assessment and prevention administrator for the Wichita region.

Knight says she encourages staff to present the Family First services to families as something entirely new and different the agency is doing.

"It's fantastic that we actually have something else that we didn't have two months ago."

Each month the *Prevention in Kansas* newsletter will feature prevention services in action. Examples are not specific to any region or families served but display real quotes from staff or providers engaging with families.

Referral # 1—Mental Health, Multisystemic Therapy

From the CPS who referred to MST: *"Parent was onboard right away. Parent wanted any help they could get as they exhausted all of the known options. I explained that it is an intensive service for the child's aggressive behavior as well as their other behaviors. I explained the specialist will come to the home and will contact parent to set up the initial meeting. They thanked me and said they were relieved we could offer something."*

Referral # 2—Mental Health, Family Centered Therapy

From the Supervisor who assisted with the referral to FCT: *"This teen had many of the same problems after a previous round of Family Preservation services. We believed a referral to a new program was needed. FCT promotes the program as developing 'emotional functioning balance in the family so they can cope effectively with challenges' and this is exactly what this family needs."*

Grantees Accepting Referrals

- CAPS — Family Mentoring
- *Community Solutions, Inc– MST
- *Cornerstones — FFT
- DCCCA– A-CRA
- Foster Adopt Connect– Fostering Prevention
- Great Circle– HFA
- Kansas Legal Services — Kin-TECH
- Kansas Parents as Teachers – PAT
- *KUMC, Project Eagle / LiveWell—ABC
- *Saint Francis Ministries – FCT
- *Saint Francis Ministries— Seeking Safety
- *Success by 6/ LDCHD — HFA
- TFI Family Services– PCIT

Grantees on deck for Accepting Referrals

- Horizons– PCIT
- Kansas Children's Service League— HFA
- Kansas Children's Service League– P-CAP

* indicates may not be accepting referrals at full capacity

All future timelines are estimates

Refer to issue 01 for comprehensive list of grantees, counties served and program names.

* may not be taking referrals at full capacity

All future timelines are estimates



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Prevention Provider Spotlight: Kansas Parents as Teachers Association



For 30 years, Kansas Parents as Teachers Association (KPATA) has provided support, information, and resources to programs in Kansas using the Parents As Teachers (PAT) curriculum, and to families with children ages prenatal to five. KPATA has supported early childhood education programs with a parent education component statewide. The organization provides opportunities for networking, leadership,

visibility, training, research and information to build quality programs throughout Kansas.

The mission of the organization is to be a leading force in the support, education and expansion of programs in Kansas using the Parents as Teachers curriculum so all Kansas children will develop to their fullest potential.

Family First Selected Program

Parents as Teachers, selected to serve every county in Kansas, is a parent skill-building program that partners with parents to equip them with the development centered parenting knowledge they need to be their child's first and best teacher. Identified by the *Title IV-E Prevention Clearinghouse* as well-supported, this evidence-based curriculum comes from a strengths-based perspective and utilizes many experienced certified practitioners across the state of Kansas. This approach prevents foster care by strengthening many of the families protective factors and encouraging them in their parenting skills with research backed information.

Families referred by DCF practitioners through Family First will receive a specific version of PAT known as the *Bright Futures Program*. The unique program operates by connecting families statewide to local school district PAT Programs to providing a higher intensity of the services. Families will receive weekly home visits for the first three months they are enrolled and twice a month thereafter. Services are provided to families prenatally or with children up to age 3.

To help train the PAT affiliates throughout the state about the Bright Future Programs, monthly informational sessions, such as a Q&A podcast featuring the first referral to the program, and a "Tips & Tricks" webinar for implementation are being shared.

"We want to make sure our affiliates have the tools to implement this well and we're so excited for Kansas to lead the way," said Becky Peters, KPATA director of development.

"This is an excellent opportunity to build upon a family's strengths as well as help them achieve their desire for a brighter future." -Shelly Bart, Parent Educator



TOP: Parents work with their children on developmental skills after guidance by parent-educators.
BOTTOM: KPATA at the 2018 Block Fest at the Topeka Capitol.