



News and Notes

Youth Alternatives Foster Care Program

Multidimensional Treatment Foster Care

As has been reported at the last two All Foster Parent Days, YA is starting a new program in Foster Care Services. The Multidimensional Treatment Foster Care (MTFC) program will work with children from the Department of Corrections with the goal keeping them out of juvenile justice institutions and returning them to their families. The Program Director, Katie Payson, has been hired and interviews are ongoing to hire the remainder of the staff. It is anticipated that 10 foster families will be recruited and trained by the end of August.

Program Overview

The goal of the MTFC program is to decrease delinquent behavior and to increase developmentally appropriate normative and prosocial behavior in adolescents who are seriously delinquent and in need of out-of-home placement. This is accomplished by providing:

- close supervision
- fair and consistent limits
- predictable consequences for rule breaking
- a supportive relationship with at least one mentoring adult
- reduced exposure to delinquent peers
- management when needed

The intervention is multifaceted and occurs in multiple settings. The intervention components include:

- behavioral parent training for MTFC foster parents and biological parents (or other after care resources)
- skills training for the youth
- family therapy for biological families
- supportive therapy for the youth and involved adults
- school-based behavioral interventions and academic support
- psychiatric consultation and medication

MTFC Parents. In the MTFC program adolescents are placed singly in a family setting for six to nine months. Foster parents are recruited, trained, and supported to become part of the treatment team. They provide close supervision and implement a structured, individualized program for each youth. The youth's program is designed by the program supervisor with input from the treatment team to build on the adolescent's strengths and at the same time set clear rules, expectations, and limits to manage his/her behavior. MTFC parents receive 20 hours of pre-service training; participate in group support and assistance meetings weekly, and have access to program staff back-up and support 24 hours a day/7 days a week. In addition, MTFC parents are contacted daily (Monday

Youth Alternatives, Inc.



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YA All Stars

- ☺ Welcome to Zachary and Christian to YA foster homes.
- ☺ Congratulations to Amanda Freudenberger who was adopted by Karl and Renee Freudenberger!
- ☺ Congratulations to Jordan R. who caught his first fish recently! It was a 2 pound 15-inch small mouth bass.
- ☺ Welcome back to Craig and Tammy Fales who are returning to foster care after a well deserved break!

Inside this issue:

Training Corner	2
Funtown/Splash town	2
Mileage	2
Summer Fun	2
MTFC	3
Park Hours	4

Training Corner

July Trainings

Trainings from YA:

To register for YA trainings email: registration@youthalternatives.org or call 874-1175

- No trainings scheduled for July

Trainings from other sources:

DHHS Trainings: FMI or to register call 287-9355 or register online at www.maine.gov/dhs/setu/registrationprocedures.htm

- 7/23 Supporting and Maintaining Family Connections
- 9-4 DHHS Biddeford



Remember Summer is a great time for "informal" trainings! Read a book, watch a video, complete a self study project, or do some on-line training. For more information contact Sarah Dowling, 874-1175. X255.

Summer Family Fun Events

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| 6/4-5 West Paris Old Home Days | 7/14 Strawberry Festival, Rangeley |
| 6/4-5 Westbrook Together Days | 7/14-17 Pittston Fair, Pittston |
| 6/5 The Old Port Festival | 7/15-17 Clam Festival, Yarmouth |
| 6/17-19 Lupine Festival Deer Isle | 7/18-23 Central Maine Egg Festival Pittsfield |
| 6/18 Summer Solstice, Rockland | 7/22-24 World's Fair, North Waterford |
| 6/18 Lobster Boat Races, Rockland | 7/28-30 Casco Days, Casco |
| 6/19 Moose Mainea, Greenville | 7/28-31 Ossipee Valley Bluegrass Festival, Cornish |
| 6/21-22 Windjammer Days, Boothbay Harbor | 7/29-30 Blues Festival, Kennebunkport |
| 6/23-26 La Kermesse, Biddeford | 7/29-8/7 Bangor State Fair |
| 6/24-25 Cornish Fair, Cornish | 7/29-8/7 York Days, York |
| 6/25 Strawberry Festival, South Berwick | 7/30-31 Antique Tractor & Engine Show, Eliot |
| 7/1-4 Bath Heritage Days, Bath | 7/30-31 Native American Festival, Leeds |
| 7/1-4 Houlton County Fair, Houlton | 8/3-6 Monmouth Fair, Monmouth |
| 7/7-10 Ossipee Valley Fair | 8/3-7 Lobster Festival, Rockland |
| 7/8-10 Greek Festival, Saco | 8/4 Loon Festival, Belgrade |
| 7/8-10 Maine Bike Rally, Belfast | 8/4-6 Harvest Days, Skowhegan |
| 7/8-10 Moxie Festival, Lisbon | 8/5-7 Athens Fair, Athens |
| 7/8-17 Maine Potato Blossom Festival, Fort Fairfield | (continued on page 4) |
| 7/9-10 North Atlantic Blues Festival, Rockland | |
| 7/9-10 Harbor Fest, Wells | |
| 7/10-16 Canoe Hullabaloo, Old Town | |



Save the Date!

Annual YA
Summer Picnic

August 5, 2005
(rain date August 10)



Mileage Reimbursement

Foster parents can be reimbursed for mileage for any Medicaid eligible appointment. The mileage reimbursement rate, which currently is \$.32/mile, is increasing to \$.34/mile beginning July 1, 2005. Travel to supervised visits is also eligible. Mileage sheets are due by the 14th and last day of each month. If the 14th or last day of the month falls on a Saturday then the forms are due the Friday before. If the 14th or last day of the month falls on a Sunday then they are due the subsequent Monday. Checks are mailed on the 10th and 25th of each month. You have 30 days from the travel date to submit the reimbursement request. Requests over 30 days will not be paid.

Travel Report forms should be submitted to your case manager. Do not submit them directly to the Business Office.

The YA fiscal years ends on June 30, 2005. Mileage forms for June **must** be received by June 30 or they will **not be paid**.



MTFC (continued from page 1)

through Friday) by phone to provide the Parent Daily Report (PDR) which serves as a mechanism to relay information to the treatment team about the youth's behavior over the last 24 hours. MTFC parents are paid a monthly salary and a small stipend to cover extra expenses. (At YA, the MTFC parents will be paid at the Level V treatment foster care rate.)

Adolescents. For the youth in the MTFC home, clear limits and expectations are set through the structured behavior management system with consistent follow-through on consequences for violations. The system is also designed to encourage appropriate behavior in the home through frequent positive reinforcement from the MTFC parents and the use of incentives for desired behavior. The youth is supervised closely in the MTFC home, school, and community in order to eliminate or severely reduce the association with problem peers and settings. Behavior at school and academic progress is monitored daily. Skill building is provided for academic and social activities. In addition, the youth receives individual therapy.

The Adolescent's Family. The biological family, or aftercare resource, receives parent training and family therapy. Families learn to discipline, supervise, and encourage their adolescent and to use a modified version of the behavior management system used in the MTFC home. Therapy is provided to reduce conflict in the family and support progress. Family sessions and home visits provide the family with opportunities

for the parents and adolescents to practice skills and receive feedback.

The Treatment Team. The MTFC treatment team is led by the program supervisor, (who also serves as the MTFC parent advocate), and includes a family therapist, an individual therapist, a youth skills trainer, and the daily telephone contact person. The team meets weekly to review the daily behavioral information collected by telephone, review progress on each case, and adjust individualized programs as needed.

History Of MTGC

The MTFC program model is rooted in the research conducted since the early 1970's at the Oregon Social Learning Center in Eugene, OR. Social learning theory and principles form the basis for the MTFC model. Based on social learning theory, numerous research studies have been funded by NIMH, NIDA, and NICHD to identify the predictors of conduct problems and antisocial behavior. Over twenty years of study in this area led to the development and adaptation of MTFC for a variety of populations.

The first MTFC program was established in 1983, targeting serious and chronic juvenile offenders, and is funded by the Oregon Youth Authority. In 1992, a program was initiated for severely emotionally disturbed youngsters - funded collaboratively by the local Services to Families and Children office in Eugene, OR and Title XIX Medicaid funds. In 1996, the Oregon State Office for Services to Families and Children funded a program for low-intelligence, emotionally disturbed youth of both genders between the ages of 6 and 18 who experience problems with aggression, fire setting, self-harm, drug or alcohol abuse, or sexual acting out. In 1998, a program for developmentally

delayed adolescents with sexual acting out or offending problems was started under contract with Oregon's Office of Developmental Disability Services. And in 2000, under funding from the Lane Council of Governments, MTFC services were started for a regional population of serious and chronic juvenile offenders.

In 1999, all MTFC service activities were transferred from Oregon Social Learning Center to OSLC Community Programs, an organization that is dedicated to the delivery of MTFC and intensive home-based services. The consistency of the support for the MTFC programs through the years and organizational change provides a solid framework to build upon. There have been no changes in the core program staff and no interruptions, reductions, or terminations of any of the funded MTFC programs since their inception.

Positive outcomes for youth and their families have been demonstrated by evaluations using studies with experimental research designs with randomized samples and through replication by independent investigators other than the program developer.

The largest investigation consisted of a randomized clinical trial of incarcerated males, ages 12-18, using a control group receiving treatment as usual, i. e., group care. Compared to the control group, the MTFC program youth:

- Spent 60% fewer days incarcerated in follow-up;
- Had fewer than half the number of subsequent arrests;
- Ran away from their programs three times less often;
- Returned to live with parents/relatives more often;
- Had significantly less hard drug use in follow-up

Summer Family Fun (continued from page 2)

8/5-7 Festival de Joie, Lewiston
8/5-6 Blueberry Festival, Wilton
8/7-8 Festival of Cultural Exchange, Portland
8/7-13 Topsham Fair, Topsham
8/11-20 Skowhegan State Fair
8/13 Teddy Bear Show, Kennebunkport
8/13 Blueberry Festival, Winslow
8/12-14 Forest Heritage Days, Moosehead Lake Region
8/19-20 Great Falls Balloon Festival, Downtown Lewiston-Auburn
8/20 Maine Highland Games, Brunswick
8/21-27 Union Fair, Union
8/25-28 Acton Fair, Acton
8/26-28 American Folk Festival, Bangor
8/28-9/5 Windsor Fair, Windsor

Funtown/ Splashtown Hours:
10 am-6 pm in July and August

Storyland Hours:
9 am-6 pm June 20-Sept 5 (hours change after these dates)

Santa's Village hours:
9:30 am-6 pm June 20—August 28 (hours change after these dates)



Portsmouth Water Country Hours:
July—mid-August 9:30 am-7 pm

Canobie Lake Park Hours:
July and August Noon-10 pm

Seashore Trolley Museum, Kennebunkport Hours: 10 am-5 pm

Narrow Gauge Railway, Portland Hours: 11 am-4 pm

Maine State Parks Hours:
9 am to Sunset

Children's Museum—Portland:
Monday-Saturday 9 a.m. to 5 p.m.,
and Sundays 11 a.m. to 5 p.m.

York Wild Animal Kingdom Hours:
July and August—10 am-6 pm

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