



Effective Models to Address Mental Health and Substance Use Disorders: Strategies for Successful and Equitable Abatement Using Opioid Settlement Dollars

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Forum on Mental Health and Substance Use Disorders

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Just Care for Families

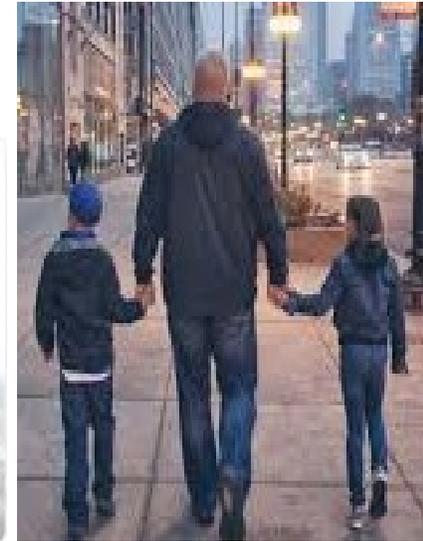
- Uses Evidence-Based Strategies
- Developed With and for Families
- Crosses a Continuum of Needs Across Six Key Areas of Intervention and Support
- Is Trauma-Informed
- Brings Services to Parents



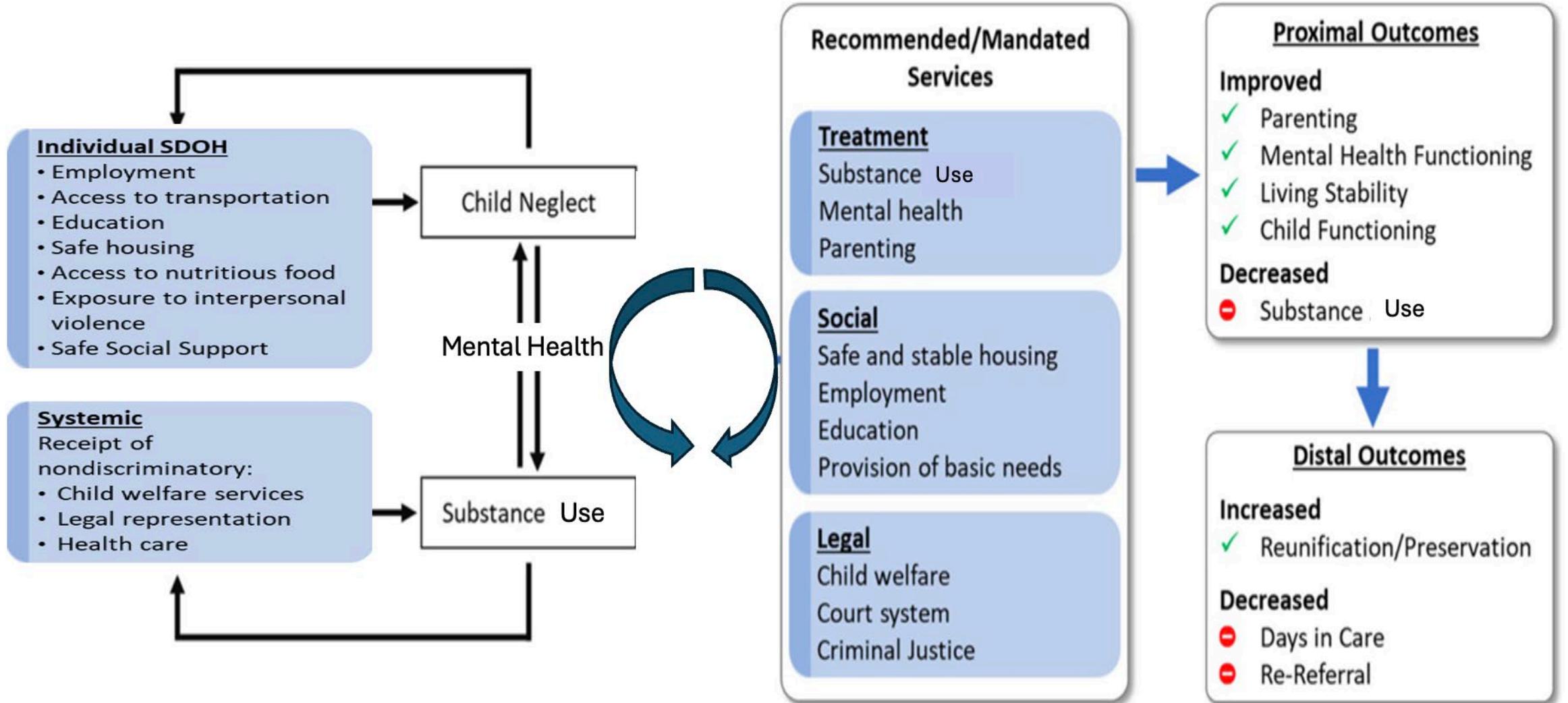
The Families We Serve

Parents and families involved with or at-risk for involvement with the child welfare system

- Parent with a child under the age of 18
- In-home or reunification plan at time of referral
- Medicaid eligible



Logic Model



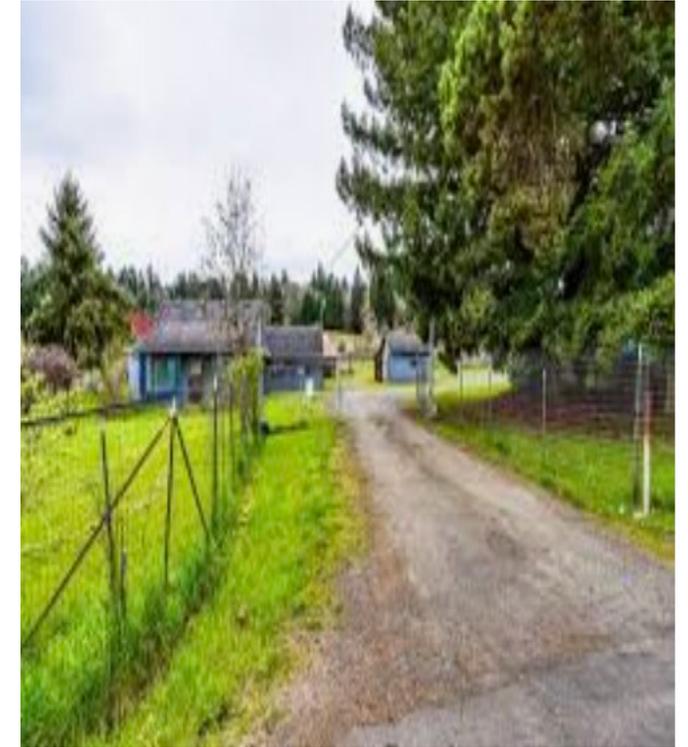
Outpatient Intervention

Delivered Where Parents Live and Interact with the Community

Available 24/7 on-call

Treatment Length 6-9 Months

SUDS: prevention to IOP



Team-Based Intervention Model

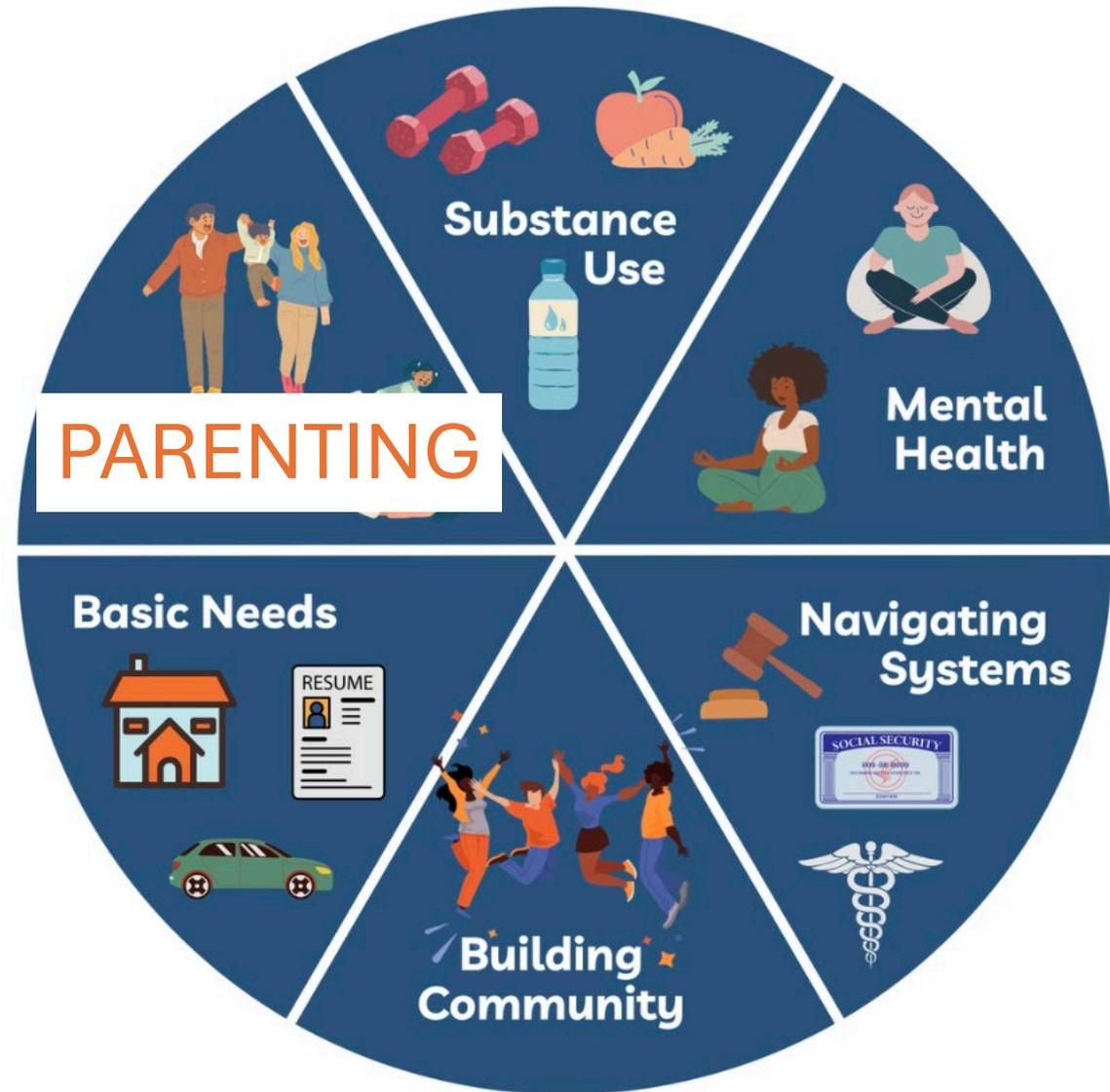


Circle of Service



Parent Training

- In vivo coaching (parenting time, in-home)
- Parent management strategies provided along developmental spectrum
- Emphasis on neglect and trauma-focused needs
 - Nurturing/Attachment
 - Safety Planning
 - Nutrition
 - Education
 - Hygiene/Physical Well-Being
 - Non-harsh Discipline
- Skills Coaching for reunification



Substance Use

- Behavioral/Contingency Management
 - Frequent Urinalysis (incentives/notify CWS)
 - Functional Assessments/FITS/Sequence of Events
- Day Planning
- Refusal Skills Training
- Peer Choices
- Changing Environments



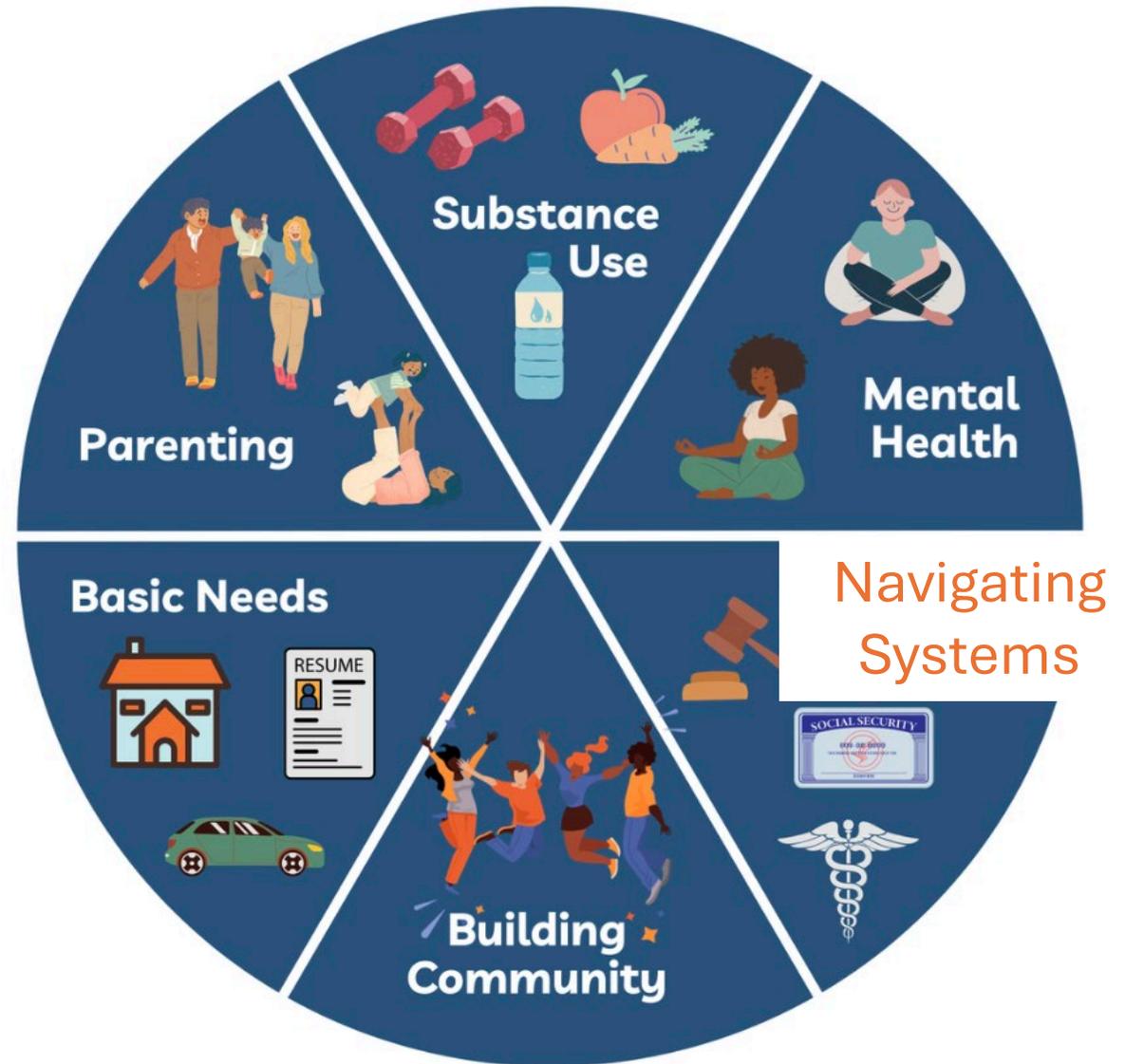
Mental Health

- Cognitive-Behavioral Strategies
- Behavioral Interventions to Promote Engagement with Cognitive Strategies
- Use of Concrete “Here and Now” Interventions
- Exposure Therapy
- Referral to and Support with Medication Management
- Psychoeducation about Drug Use and the Brain
- Tailored to Developmental and Cognitive Abilities



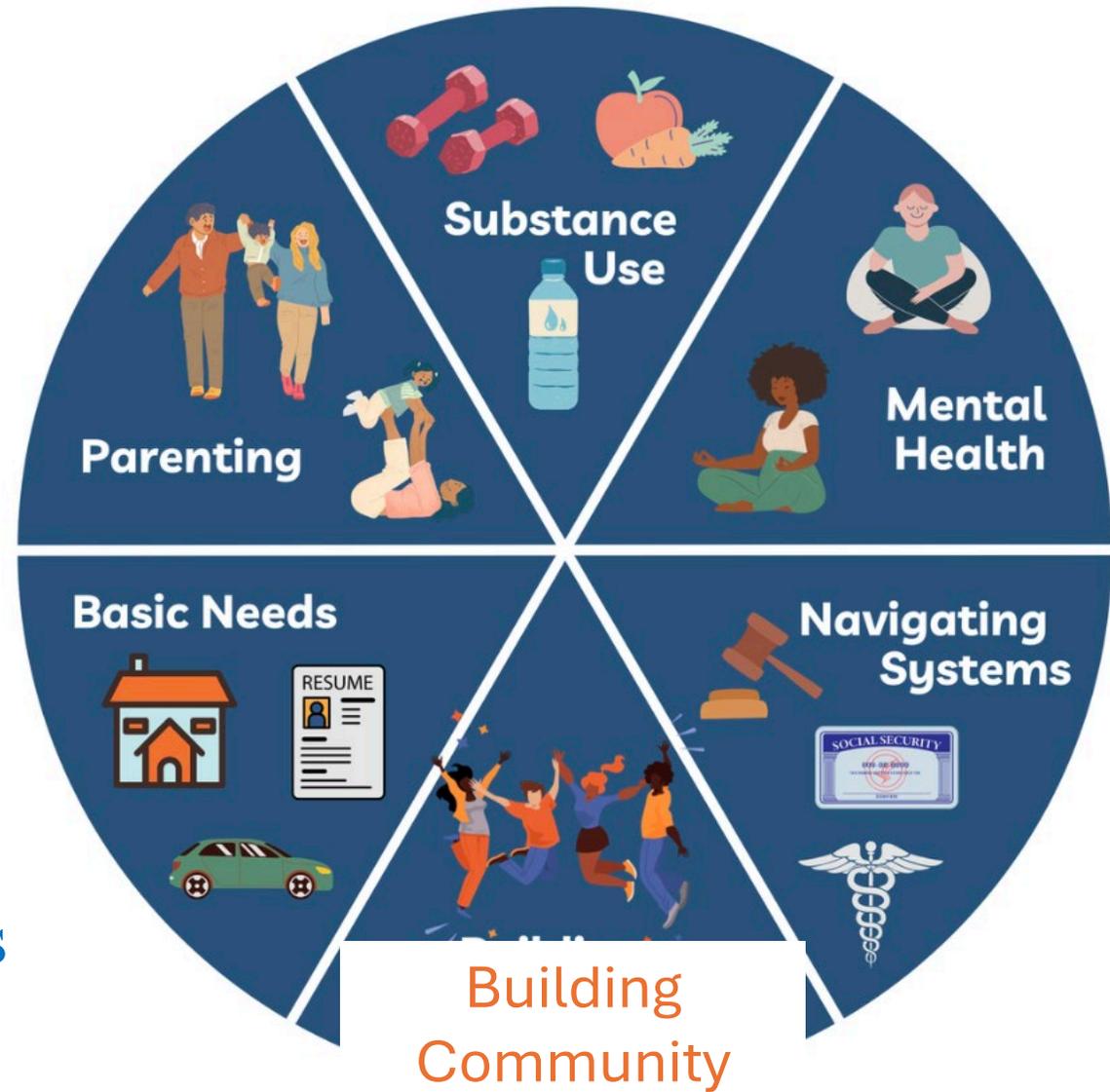
Navigating Systems

- Physical Healthcare
- Housing
- Employment
- Education
- Child Welfare
- Criminal Justice
- Transportation
- Basic Documentation and Services



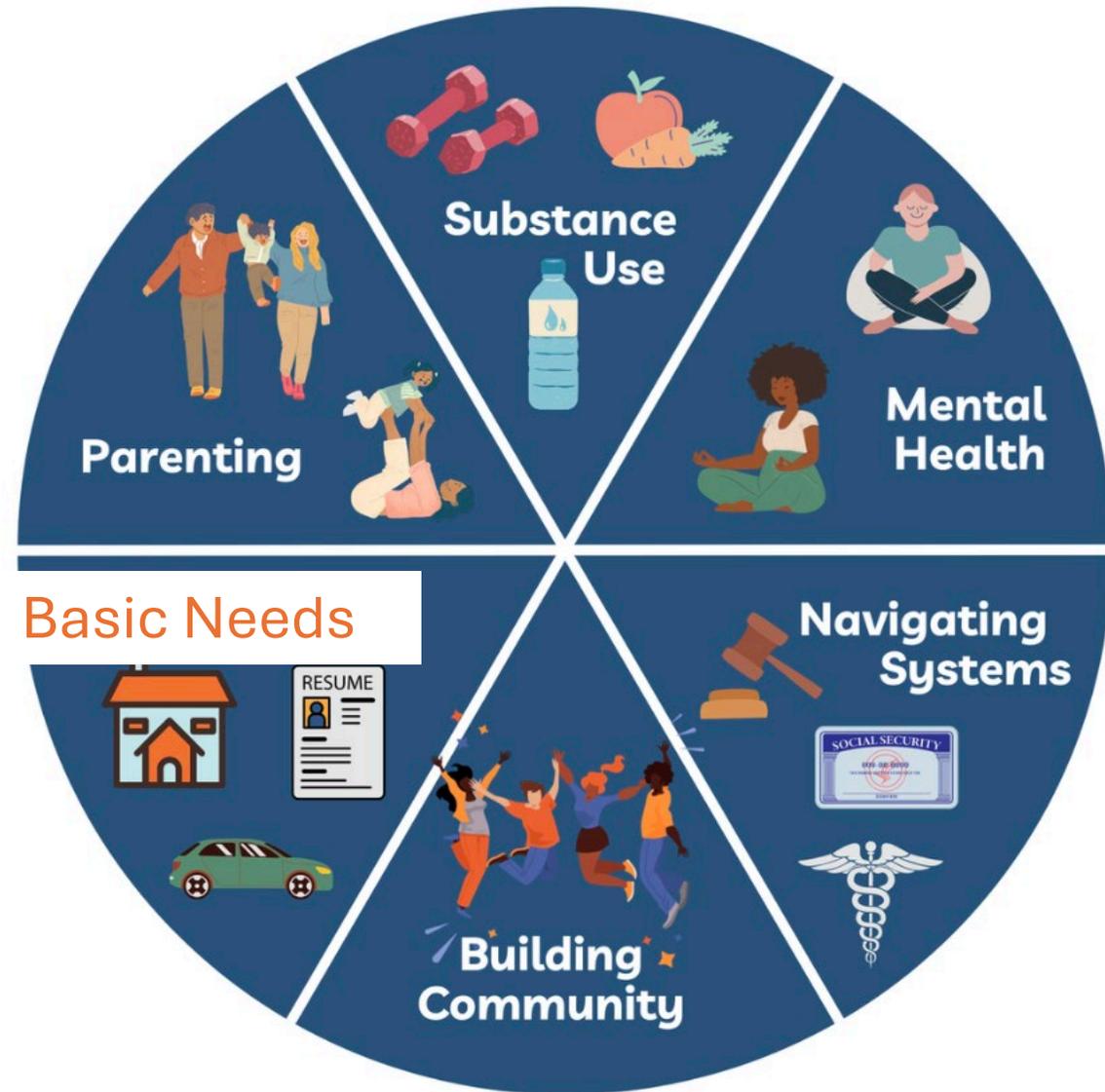
Building Community

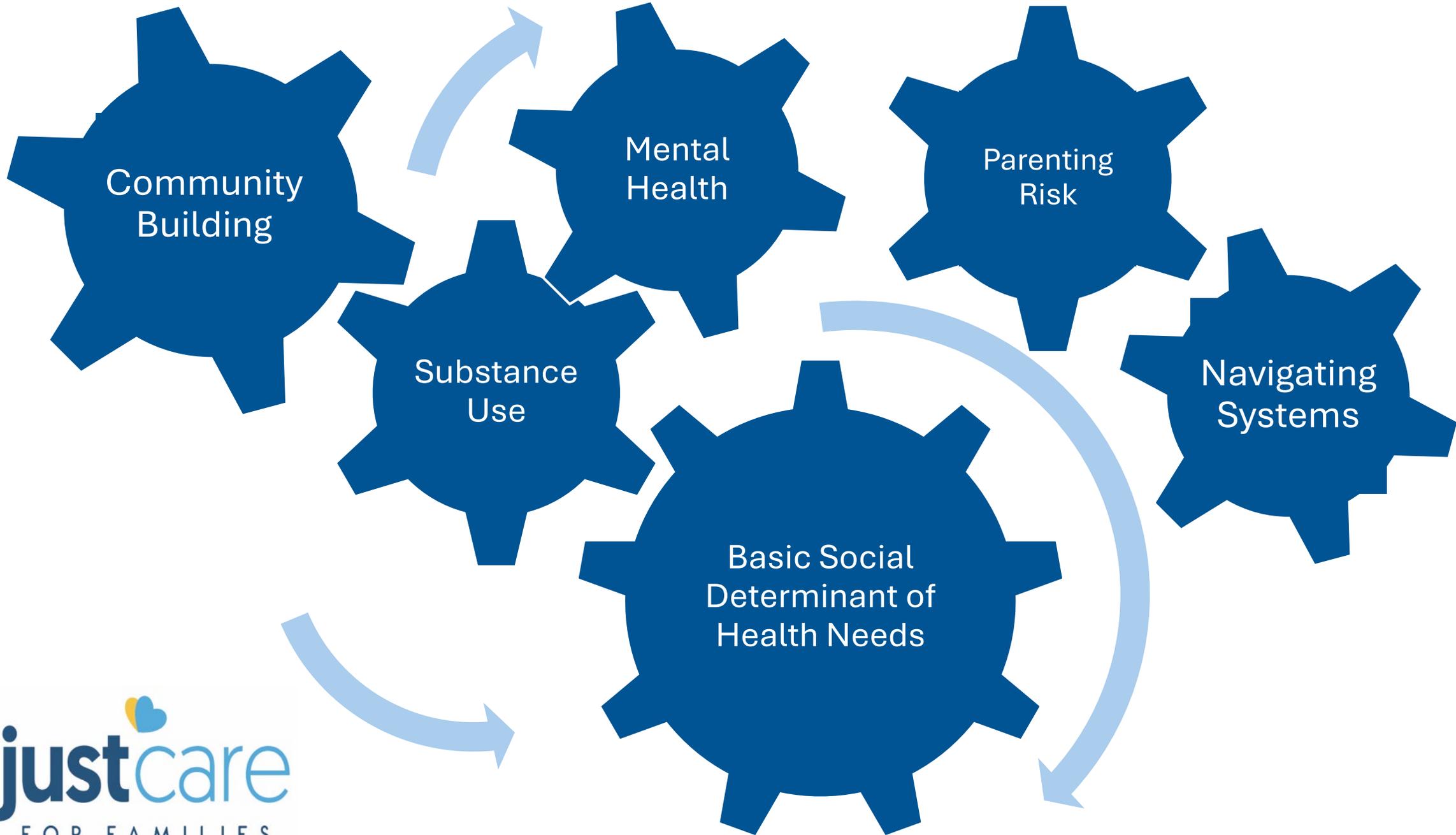
- Working/Volunteering
- Developing Social Support
- Meeting Other Parents
- Engaging with Neighbors
- Family Community Events
- Trying Library Activities
- Attending School Activities



Basic Needs

- Problem-Solving Shelter
- Food Boxes
- Assisting with transportation
- Supporting educational and employment goals
- Helping with low literacy
- Support during illness





Earning Care Cash

- Agreeing to UA
- Negative UAs
- Completing a difficult parent skills component
- Making a good treatment choice (e.g., avoiding high risk situations; removing hidden drugs)
- Progress toward goals (e.g., completing job applications; cleaning the house, calling a doctor's office)
- Small steps toward wellness (e.g., getting out of bed, taking a shower, prioritizing nutrition)



Care Store

- New and used donated goods
- Client “job” is to create safe, sober, and healthy environment
- Teaches skills in budgeting
- Care Cash is used to “buy” products in the Store
 - Self-Care Items
 - Home goods
 - Toiletries
 - Clothing
 - Toys
 - Emergency Funds by Application

Community Access Navigator helps identify community activities and other positive prosocial opportunities



Children's
Clothes

All sizes from infant
to teen.



Diapers and
Pull-Ups

Diapers for
newborns to
toddlers.



Household
Items

Kitchen items, lamps,
decor, bedding and
more.



Adult
Clothes



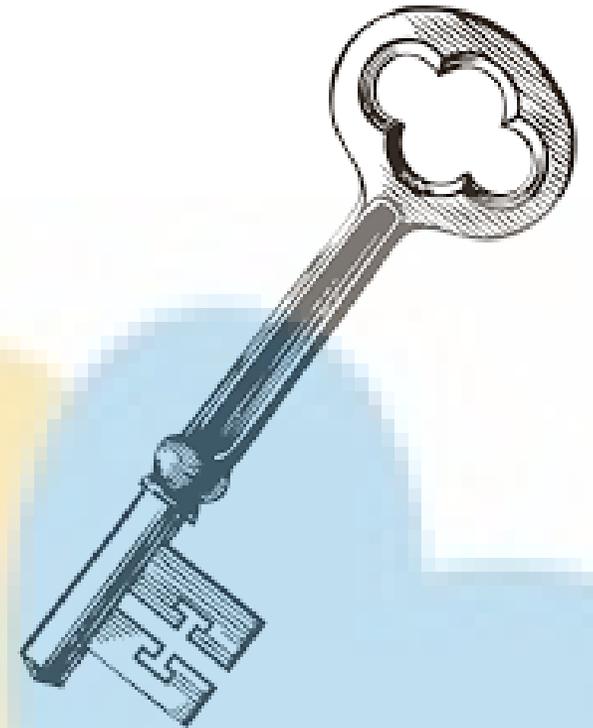
Cleaning
Supplies



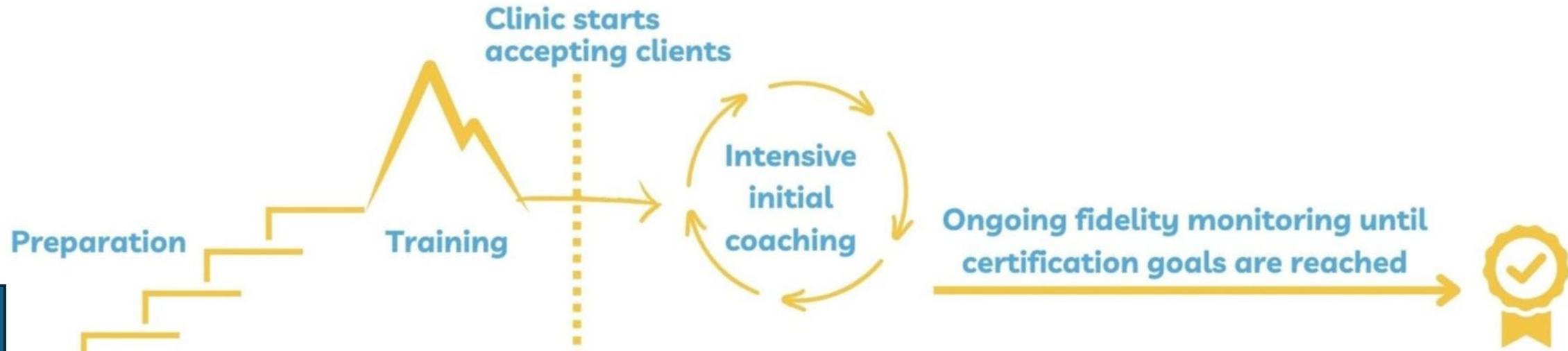
Toys and
Books

Partnership with Child Welfare, Legal Systems, and Other Service Team Members

- Communication
- Partnered Problem-Solving
- Partnered Support of Parent and Family
- Recognizing Roles and Responsibilities
 - Leveraging the strengths of each others' roles to work together
 - Respecting that the responsibilities that each others' roles require differ from one another



Just Care Implementation



Provider Agency Identified

Year 1 | **Year 2** | **Year 3**

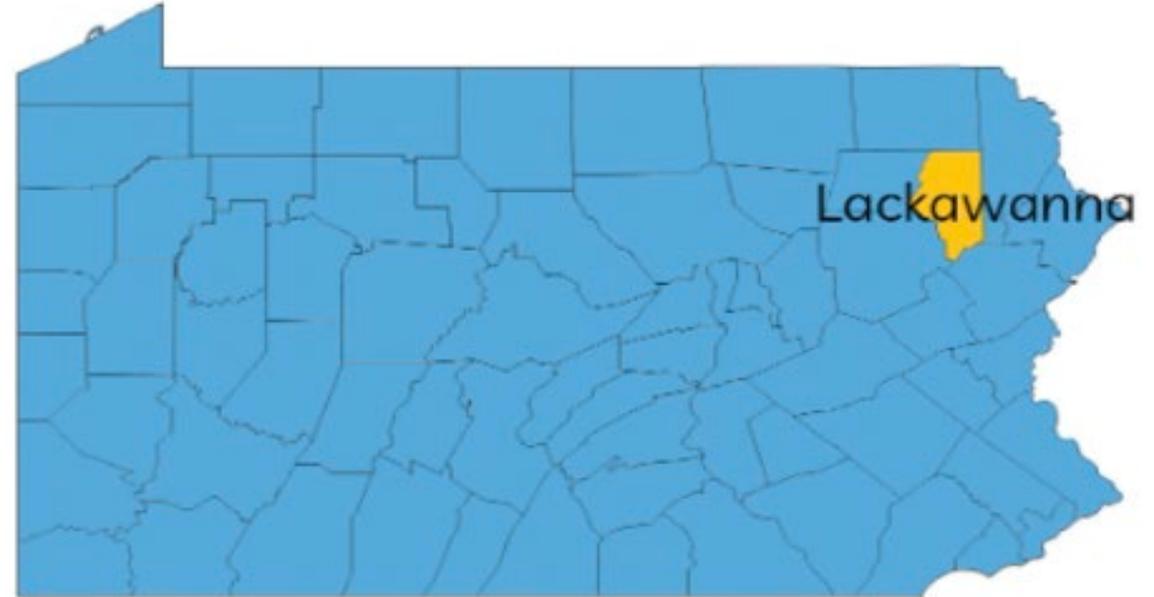
Site preparation, Care Store set up, initial staff trainings, and ongoing supervision.

Continued staff training, intensive initial coaching and ongoing supervision.

Ongoing fidelity monitoring until certification goals are reached.

Provider – Partnering Systems – Community Partners Ongoing Collaboration

Currently Being Implemented



Office of Youth and Family Services

Oregon Community Advisory Board

- Former participating parents in each county.
- Current or former Just Care for Families supervisors from each county.
- Tribal provider partners.
- Community service providers (housing, equity assurance, DHS).



Most Recent Screened in Oregon (n = 177)

Median Age = 36.65 years (range 14-65)
78% Reported Female

45% Misused Opioids
75% Used Methamphetamine
44% Prior Diagnosis of
Methamphetamine or Opioid Use
Disorder

88% Child Welfare Involvement
68% Current Custody of Child(ren)

22% Unhoused

70% Unemployed
7% Full-time Employed

22% Less than HS Diploma
35% GED or HS Diploma
4% College Degree



General Conclusions

- **Evidence-Based Behavioral Interventions** Can Support Treatment of Opioid and Methamphetamine Use Disorders in the Community Setting
- Multi-Component Interventions Can Address the Complexity of Social Determinants of Health that Impact Achieving and Sustaining Recovery
- **Evidence-Based Implementation Strategies** Can Support Scale-Up of Multi-Component Interventions
- Multi-Component Interventions like Just Care for Families Impact Multiple Generations across Multiple Systems
- **Cross-system Collaboration Makes it Possible**



The Just Care Research Team

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THANK YOU!
www.justcareforfamilies.org

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