

## PROGRAM DESCRIPTION

Connections is a treatment foster home that works from a service delivery philosophy that is designed to be a person-centered focus, that is also, *forward focused* in its delivery to assist a youth in either establishing practice of the skills needed to be successful in a home, community and school. Or when is necessary helping them re-establish those skills in order to achieve successful orientation into a basic foster setting.

In order to achieve programming that meets the needs of each individual youth, is evidenced-based, and easily understood, Connections' foundation in programming will be in Positive Peer Culture (PPC), a program that has received a two-rating in California Clearing House evidence-based practice. The basic premise of PPC will allow for a foundation in which Connections can wrap other evidenced based practice into use as well. Other components of our early development of treatment foster care will also include utilization of Crisis Prevention Intervention (CPI) verbal intervention only, as CPI comes from a framework that is built from a trauma-informed care approach. Each evidenced based piece that is added to the treatment foster home milieu will be a building step to achieving what Our Home has worked to develop for years and that is a person-centered treatment plan that is not a one size fits all model but one that rather seeks to train its staff (to include the foster parents) in what is needed to meet the youth where they are at, lending the importance of developing steps and then branch from the PPC framework.

### **Positive Peer Culture (PPC)**

Is rated two (2) on a rating scale of 1-5 on the California Clearing House evidenced based system. A one (1) on this scale represents a program with the strongest research evidence rating and five (5) represents a concerning practice.

PPC is a peer-helping model designed to improve social competence and cultivate strengths in youth.

The goals for which we seek to utilize in the Connections philosophy are:

- Meet the universal growth needs of youth for affiliation, achievement, autonomy and altruism
- Improve social competence
- Cultivate strengths in youth
- Convert negative peer influence into care and concern for others
- Developing social interest through leadership and guidance from trained adults

Best practice information for foster parent preservice and on-going hours has been developed from the Casey Family Foundation to deliver Trauma Systems Therapy for foster care (TST-FC) is a skill building, trauma-focused curriculum for foster parents, including kin and other caregivers. The four session curriculum includes:

- Impact of trauma
- Strategies to Address Trauma
- Coping with Difficult Behavior
- Generating Signals of Safety

Additionally, specific program statements have been identified to help guide the TFC program:

- A. All youth and their families have unique strengths and needs, and planning with them must build upon their strengths in helping to meet needs.
- B. All youth and their families shall be treated as partners in the planning and delivery of services.
- C. All treatment foster parents shall be treated as partners in the planning and delivery of services for the youth and families that we serve.
- D. A healthy relationship between the treatment foster parents, the youth in their care and the youth's family is a key ingredient to successful outcomes within the Connections program.
- E. Treatment foster care affirms the use of a person-centered treatment plan, building from strengths and driven by needs.
- F. Connections will be sensitive to cultural differences and special needs. Services shall be delivered in a manner that respects these differences and attends to needs.
- G. All services are provided on the premise of unconditional care.