

# How Your Healing To Wellness Court is a Family Focused Court and You Might Not Even Know It: How To Improve Recovery Outcomes for the Entire Family

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# Learning Objectives

1. Summarize the research linking a family-centered approach to better outcomes for adult recovery, children, and families.
2. Describe what makes practice family-centered.
3. Apply practical strategies that can move any treatment court further along the family-centered spectrum.





A close-up photograph showing several hands of different skin tones gripping a thick, natural-fiber rope. The hands are arranged in a circle, pulling the rope towards the center. The background is a bright, out-of-focus green and white pattern, possibly a window or a wall. The overall mood is one of teamwork and shared effort.

Break the Cycle

# Participants Do Not Exist in Isolation

Substance Use Disorder (SUD) is a family disease affecting all relationships in the family unit

Participants are parents, grandparents, spouses, children, siblings, aunts/uncles

**Treat the Family – Heal Relationships  
Break the Cycle**



# The Importance of the Parent-Child Relationship

A child develops attachments and recognizes as parents adults who provide **day-to-day** attention to his needs for physical care, nourishment, comfort, affection, and stimulation.

The loss a child experiences when separated from his parent is **profound** and can last into adulthood.

Strengthening parent-child relationships can be **the foundation needed to repair** the harm and improve family functioning.



Source: American Academy of Pediatrics Committee on Early Childhood, Adoption and Dependent Care. "Developmental Issues for Young Children in Foster Care." *Pediatrics* 105(5), 2000, 1146.; Sankaran, V. "A Cure Worse Than the Disease? The Impact of Removal on Children and Their Families." Christopher Church and Monique Mitchell, co-authors. *Marq. L. Rev.* 102, no. 4 (2019): 1163-94.

# The Attachment – Delinquency Link

Bowlby, 1944 - “It is concluded that ... prolonged separations (of the small child from his mother) are a specific and very frequent cause of chronic delinquency.”

2012 meta-analysis of 74 studies - youth with poor attachment relationships have higher levels of delinquency

- *“Attachment could therefore be a target for intervention to reduce or prevent future delinquent behavior in juveniles.”*

Sources: Bowlby J. Forty-four juvenile thieves: their characters and home life. *International Journal of Psycho-Analysis*. 1944;25:107–127.; Hovee, M., Stams, G. J., van der Put, C. E., Dubas, J. S., van der Laan, P. H., & Gerris, J. R. (2012). A meta-analysis of attachment to parents and delinquency. *Journal of abnormal child psychology*, 40(5), 771–785. doi:10.1007/s10802-011-9608-1







# From Child Welfare to Juvenile Justice

A prospective study found that being abused or neglected as a child before age 12 increased the likelihood of:

- Arrest as a juvenile by **59%**
- Arrest as an adult by **28%**
- Arrest for a violent crime by **30%**

These children:

- Are **younger** at the time of their first arrest
- Committed nearly **twice** as many offenses
- Are **arrested** more frequently

Source: Widom, C.S. & Maxfield, M.G. (2001). An update on the "cycle of violence". *National Institute of Justice Research in Brief*. U.S. Department of Justice, Office of Justice Programs, National Institute of Justice.

Numbers

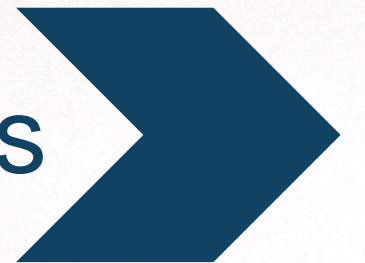
Needs

Networks


# 3Ns

What Can You Do to Be  
More Family-Centered?

Take the Next Steps





A photograph of a woman with long dark hair and glasses, wearing a green jacket, sitting on a rock. A baby in a blue sweater and jeans is sitting next to her, holding her hand. In the background, a man with a beard and long hair is crouching on another rock. The scene is outdoors with green foliage in the background.

# NUMBERS Understanding the Challenge



# KEY STRATEGY | NUMBERS

*You cannot change what  
you cannot count*



# Take the Next Steps: Numbers

- Ask about other family relationships, such as non-custodial parents (identity, location and quality of relationship)
- Ask questions about family status at intake
- Ensure you are asking questions about family structure
- Strategize on how to get entire family into treatment
- Ensure information systems including tracking of family members







**NEEDS**  
**We Know What**  
**Works for**  
**Families**



## KEY STRATEGY | NEEDS

***Provide services that support family needs and the parent-child relationship***



# Numbers

## Take the Next Steps: Needs

- Are child's/youth's medical, developmental, behavioral, and emotional needs assessed?
- How will you ask clients if their children have received appropriate screenings and assessments?
- Has child and family been assessed for trauma? Relationship issues?
- Did child/youth receive appropriate interventions or services for the identified needs?
- How are strengths identified and leveraged?

# Montana Pilot: Family Issues & Recovery

- **52.7%** had concerns regarding one or more of their **children's social and emotional well-being**
- **47.2%** had concerns regarding **medical problems or issues** with one or more of their children
- **40.0%** had concerns about one or more of their **children's behavior**
- **17.8%** had significant concerns about their spouse's or significant other's **mental health**

# Family Centered Treatment

## INDIVIDUAL

**Parent** - substance use, employment, health or mental health status

**Child** - developmental progress, educational performance, improved resiliency

**Other family members** - substance use, employment, health or mental health status



## SYSTEM - SOCIETAL

**Community** - cost savings and increased tax base from improved employment, cost savings from reduced criminal recidivism, improved prenatal and birth outcomes, reduced school problems, future health costs

## RELATIONAL

**Whole families** - family stability, reduced violence, healthy communication and parenting improvement

**Between family members** - parent-child relationship, attachment, relationship satisfaction, reunification

Werner, D., Young, N. K., Dennis, K., & Amatetti, S. (2007). Family-centered treatment for women with substance use disorders: History, key elements and challenges. *Substance Abuse and Mental Health Services Administration Department of Health and Human Services.*

**Developmental &  
behavioral  
screenings and  
assessments**

**Quality and  
frequent  
visitation**

**Early and  
ongoing peer  
recovery  
support**

# Parent-Child: Key Service Components

**Parent-child  
relationship-  
based  
interventions**

**Parent  
Education**

**Trauma**

**Community and  
auxiliary support**



# Parenting Programs Specific to Families Affected by Substance Use Disorders

- **Celebrating Families** - <http://www.celebratingfamilies.net/>
- **Strengthening Families** - <http://www.strengtheningfamiliesprogram.org/>
- **Nurturing Program for Families in Substance Abuse Treatment and Recovery** - <http://www.healthrecovery.org/publications/detail.php?p=28>

Please visit:

- **California Evidence-Based Clearinghouse** - [www.cebc4cw.org](http://www.cebc4cw.org)
- **SAMHSA's Evidence-Based Resource Center** - [www.samhsa.gov/ebp-resource-center](http://www.samhsa.gov/ebp-resource-center)

# Treatment During Pregnancy





# Windows of Opportunity

- Motivation to make health related changes is enhanced during pregnancy
- Prenatal care is a touch point with the system

Edvardsson, K., Ivarsson, A., Eurenus, E., Garvare, R., Nyström, M. E., Small, R., & Mogren, I. (2011). Giving offspring a healthy start: parents' experiences of health promotion and lifestyle change during pregnancy and early parenthood. *BMC public health*, 11(1), 936.

Crittenden, K. S., Manfredi, C., Lacey, L., Warnecke, R., & Parsons, J. (1994). Measuring readiness and motivation to quit smoking among women in public health clinics. *Addictive behaviors*, 19(5), 497-507.









**NETWORKS**  
**Roadmap to  
Collaboration**



KEY STRATEGY | NETWORKS

***Community Mapping***



# Mapping

Mapping the community's existing resources identifies the client-level service gaps, program overlap, and opportunities to leverage available resources, particularly for shared clients.

A network diagram consisting of several nodes of different sizes and colors (teal, green, orange) connected by thin lines. The nodes are arranged in a roughly circular pattern, with the largest orange node at the center. The word "How" is written in a large, bold, italicized serif font, with the letter 'o' overlapping the central orange node.

*How*

# Numbers

# Needs

Take the Next Steps:

# Networks

- Do you refer and follow-up to outside agencies with children's services?
- Are child and family-serving agencies on your collaborative team?
- Are you mobilizing and linking to new resources from other agencies that already serve children and families?
- Have you developed formal relationships and information sharing protocols?







A decorative architectural structure on the left side of the slide, consisting of a series of parallel, slanted metal bars that create a grid-like pattern. The bars are dark in color, possibly black or dark grey, and are set against a light blue background. The structure is positioned in the upper-left corner and extends downwards and to the right.

# Q&A | Discussion





**CALL TO  
ACTION  
Next  
Steps**





Big steps  
Small steps

Just keep  
moving





# Resources



# TRANSITIONING TO A FAMILY CENTERED APPROACH:

Best Practices and Lessons Learned  
from Three Adult Drug Courts



Children and Family Futures  
National Drug Court Institute



Transitioning to a Family  
Centered Approach:  
Best Practices and  
Lessons Learned from  
Three Adult Drugs Courts

To download a copy:  
<https://www.ndci.org/wp-content/uploads/2016/05/Transitioning-to-a-Family-Centered-Approach.pdf>



# Contact Information

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