The Multidimensional Treatment Foster Care (MTFC)
Implementation Study
Funded by the National Institute of Mental Health

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Agenda for today’s call

- Thumbnail overview of the MTFC model
- Brief description of the study
- Components of MTFC; staffing and financing
- Next steps
- Discussion and questions
the MTFC model

- MTFC is an alternative to group or residential placement
- MTFC is an evidence-based program; outcomes have been tested in 6 randomized trials with the following populations:
  - Boys and girls from juvenile justice with severe delinquency
  - Children and adolescents leaving the state hospital with severe mental health problems
  - Children in foster care with multiple failed placements

*for more information on the MTFC model see [www.mtfc.com](http://www.mtfc.com)*
Outcomes

- Compared to Group Care Placements
  - Lower recidivism rates
  - Fewer violent offenses
  - Fewer pregnancies (girls)
  - Better school performance
  - Fewer days in locked settings
  - More time at home, less runaway
  - Less association with delinquent peers
  - Less drug and alcohol use
  - Fewer placement disruptions
  - Less expensive

_for information on these studies see www.oslc.org (under Chamberlain)_{
The NIMH Study

- Started in 2006 in California
- Studies “what it takes” to implement evidence-bases practice in the real world
- Contrasts 2 implementation methods:
  - Individualized
  - Community Development Teams (CDT)
- 12 “slots” are available in Ohio
- Counties were randomly selected to be invited first
- Study involvement is 2 years, questionnaires on-line or paper
- If first counties decide not to proceed, other Ohio counties will be invited to fill slots
The study (continued)

- The grant covers:
  - 6 month planning period
  - 5 or 4 day staff training in Eugene, Or (+ accommodations, per diem and travel)
  - 2 day on-site foster parent training
  - 1 year weekly contact consultation
  - WebPDR
  - 2 site visits for staff and foster parent training
Components of MTFC: staffing and financing

- Foster care components
  - 1 youth per home
  - Specially trained and supervised foster parents
  - Weekly meeting
  - Daily telephone contact (M-F, PDR call)
  - Work as members of the treatment team
  - Paid higher rate than regular foster care
Components (continued)
for 10 youth/children

- Mental Health Components
  - Individual therapy (.50FTE)
  - Family therapy for biological or adoptive/permanent family (.50FTE)
  - Skills training (15-20 hours/week)
  - PDR caller/foster parent trainer and recruited (.75 FTE)
  - Program Supervisor, lead clinician (1.0 FTE)
Next Steps

- You will receive project description and consent forms in 3 to 4 days
- County makes decision about participation
- Let us know—the sooner the better
- Planning process for implementing counties will begin in late May or early June