

## Components of Therapeutic Foster Care

Therapeutic foster care is an intensive, individualized mental health service provided to a child in a family setting, utilizing specially trained and intensively supervised foster parents.

Therapeutic foster care programs: (a) place a child singly, or at most in pairs, with a foster parent who is carefully selected, trained, and supervised and matched with the child's needs; (b) create, through a team approach, an individualized treatment plan that builds on the child's strengths; (c) empower the therapeutic foster parent to act as a central agent in implementing the child's treatment plan; (d) provide intensive oversight of the child's treatment, often through daily contact with the foster parent; (e) make available an array of therapeutic interventions to the child, the child's family, and the foster family (interventions may include behavioral support services for the child, crisis planning and intervention, coaching and education for the foster parent and the child's family, mobile therapy for the child and child's family, and medication monitoring); and (f) enable the child to successfully transition from therapeutic foster care to placement with the child's family or alternative family placement by continuing to provide therapeutic interventions.

Therapeutic foster care is both a highly structured and highly individualized service. As such, the components of the services are, by definition, unique to each child and family.

However, therapeutic foster care services often include the following:

<u>Component</u>	<u>Potential Provider(s) and Non-Recipient Participants Include<sup>1</sup></u>	<u>Federal Statutory Authorization (all citations to 42 U.S.C.)</u>
<p><b>Recruitment and Matching:</b> One task is the recruitment of families to serve as therapeutic foster parents, and then matching those families with children in need of a therapeutic foster home.</p> <p>One matching technique is to recruit families with an existing relationship to the child.</p>	<p>Any other staff operating within his/her scope of practice</p> <p>Staff with BA/BS in MH related field or with 2 years experience in Mental Health</p> <p>Staff without BA/BS in MH related field or with 2 years experience in Mental Health, including therapeutic foster parents</p> <p>CSW</p> <p>MFT</p> <p>MD/DO</p> <p>PhD/PsyD</p> <p>NP/CNS</p> <p>RN</p> <p>Student professionals with co-signature</p>	<p>Screening services, § 1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p> <p>Anticipatory guidance, § 1396d(r)(1)(B)(v)</p>
<b>Therapeutic Foster Parent Training:</b>	Any other staff operating	Screening services, §

<sup>1</sup> Rendering Providers:

- CNS – Clinical Nurse Specialist
- DO - Doctors of Osteopathy
- CSW –Clinical Social Worker
- MD – Medical Doctor
- MFT – Marriage & Family Therapist
- NP – Nurse Practitioner
- PhD – Doctor of Philosophy, clinical psychologist
- PsyD – Doctor of Psychology, clinical psychologist
- PT – Psychiatric Technician

<p>Before a child enters into the home of a therapeutic foster parent, the foster parent undergoes a pre-service training, during which the foster parent is taught how to use behavior management strategies.</p> <p>When a child is placed in a therapeutic foster home, the foster parents receive ongoing supervision and support, similar to that given to therapist trainees.</p>	<p>within his/her scope of practice</p> <p>Staff with BA/BS in MH related field or with 2 years experience in Mental Health</p> <p>Staff without BA/BS in MH related field or with 2 years experience in Mental Health, including therapeutic foster parents</p> <p>CSW</p> <p>MFT</p> <p>MD/DO</p> <p>PhD/PsyD</p> <p>NP/CNS</p> <p>RN</p> <p>Student professionals with co-signature</p>	<p>1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p> <p>Physician services, § 1396d(a)(5)(A)</p> <p>Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13)</p> <p>Anticipatory guidance, § 1396d(r)(1)(B)(v)</p>
<p><b>Development of Treatment Plan:</b> Each child has a treatment plan that is both standardized and individualized. Age-appropriate limits are set for all of the children placed in therapeutic foster care settings. The plans are focused on the individualized strengths and needs of the child.</p> <p>The plan guides the foster parents to be specific in the way they reinforce progress and to be consistent in setting limits and consequences. The plan engages children by building on their strengths.</p>	<p>Any other staff operating within his/her scope of practice</p> <p>Staff with BA/BS in MH related field or with 2 years experience in Mental Health</p> <p>Staff without BA/BS in MH related field or with 2 years experience in Mental Health, including therapeutic foster parents</p> <p>CSW</p>	<p>Screening services, § 1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p>

<p>Team meetings are held, during which the overall integrity of the child's treatment plan is monitored and re-evaluated, and the sequencing and timing of interventions is planned.</p>	<p>MFT MD/DO PhD/PsyD NP/CNS RN Student professionals with co-signature</p>	<p>Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13) Anticipatory guidance, § 1396d(r)(1)(B)(v)</p>
<p><b>Tracking and Adapting the Treatment Plan:</b> Therapeutic foster care coordinators provide intensive case monitoring, coordinate the efforts of the foster parents and the individual therapists.</p> <p>They also maintain contact with the child's biological parents, teachers, psychiatrist, caseworkers, parole/probation officers, employers, and other important members of the child's community.</p>	<p>Any other staff operating within his/her scope of practice Staff with BA/BS in MH related field or with 2 years experience in Mental Health Staff without BA/BS in MH related field or with 2 years experience in Mental Health, including therapeutic foster parents CSW MFT MD/DO PhD/PsyD NP/CNS RN Student professionals with co-signature</p>	<p>Case-management services, § 1396d(a)(19) Physician services, § 1396d(a)(5)(A) Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5) Medical care or any other type of remedial care furnished by licensed practitioners, § 1396d(a)(6) Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13) Anticipatory guidance, § 1396d(r)(1)(B)(v) Transportation, §</p>

		1396d(a)(27)
<p><b>Plan Implementation—Individual Child Treatment:</b> On a day-to-day basis, the therapeutic foster parent is the primary agent who implements the child’s treatment plan.</p> <p>In addition, individual mental health treatment is provided for all children in therapeutic foster homes. Natural supports are also provided.</p> <p>The types of services provided will vary from child to child, and from team to team. However, the formal services that are provided may include (but are not limited to): diagnostic intellectual evaluations, comprehensive neurological evaluations, therapeutic behavioral support services, individual and family crisis planning and intervention services, parent coaching and education, medication monitoring, intensive in-home, individual, group, and family therapy services, interactive psychotherapy using play equipment, physical device, or other mechanisms of non-verbal communication, individual rehabilitation services, and day rehabilitation.</p> <p>Natural supports will also vary from child to child and team to team. One example of a natural support could be enrolling a child in basketball league.</p>	<p>Any other staff operating within his/her scope of practice</p> <p>CSW</p> <p>Therapeutic Foster Parent</p> <p>MD/DO</p> <p>PhD/PsyD</p> <p>MFT</p> <p>NP/CNS (involved as needed)</p> <p>RN (involved as needed)</p> <p>Student professionals with co-signature (involved as needed)</p>	<p>Screening services, § 1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p> <p>Rural health clinic services, § 1396d(a)(2)(B)</p> <p>Federally-qualified health center services, § 1396d(a)(2)(C)</p> <p>Physician services, § 1396d(a)(5)(A)</p> <p>Medical care or any other type of remedial care furnished by licensed practitioners, § 1396d(a)(6)</p> <p>Home health care services, § 1396d(a)(7)</p> <p>Clinic services, § 1396d(a)(9)</p> <p>Other diagnostic, screening, preventive, and rehabilitative services, §</p>

		<p>1396d(a)(13)</p> <p>Certified pediatric nurse practitioner or certified family nurse practitioner services, § 1396d(a)(21)</p> <p>Personal care services, § 1396d(a)(24)</p> <p>Anticipatory guidance, § 1396d(r)(1)(B)(v)</p> <p>Transportation, § 1396d(a)(27)</p>
<p><b>Plan Implementation—Family Treatment:</b> The ultimate goal of a therapeutic foster placement depends on the child’s long-term plan.</p> <p>If reunification with the child’s family is the goal, therapeutic foster care programs prepare the family for when the child returns home.</p> <p>To this end, where appropriate, family therapy is provided, and parents are taught how to use the behavioral management techniques used by the child’s therapeutic foster family.</p>	<p>Any other staff operating within his/her scope of practice</p> <p>CSW</p> <p>Therapeutic Foster Parent</p> <p>MD/DO (involved as needed)</p> <p>PhD/PsyD (involved as needed)</p> <p>MFT (involved as needed)</p> <p>NP/CNS (involved as needed)</p> <p>RN (involved as needed)</p> <p>Student professionals with co-signature (involved as needed)</p>	<p>Screening services, § 1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p> <p>Rural health clinic services, § 1396d(a)(2)(B)</p> <p>Federally-qualified health center services, § 1396d(a)(2)(C)</p> <p>Physician services, § 1396d(a)(5)(A)</p> <p>Medical care or any other type of remedial care furnished by licensed</p>

		<p>practitioners, § 1396d(a)(6)</p> <p>Home health care services, § 1396d(a)(7)</p> <p>Clinic services, § 1396d(a)(9)</p> <p>Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13)</p> <p>Certified pediatric nurse practitioner or certified family nurse practitioner services, § 1396d(a)(21)</p> <p>Personal care services, § 1396d(a)(24)</p> <p>Anticipatory guidance, § 1396d(r)(1)(B)(v)</p> <p>Transportation, § 1396d(a)(27)</p>
<p><b>Transition:</b> The therapeutic foster care coordinator ensures that children and families are appropriately transitioned from therapeutic foster care, either when the child and family no longer need therapeutic foster care, or when the child leaves the children's mental health system for the adult mental health system.</p> <p>Many children transitioned from therapeutic foster homes receive wraparound care services. Usually the family therapy continues after the child leaves care and the biological family is encouraged to call if there is a crisis.</p>	<p>Any other staff operating within his/her scope of practice</p> <p>Staff with BA/BS in MH related field or with 2 years experience in Mental Health</p> <p>Staff without BA/BS in MH related field or with 2 years experience in Mental Health</p> <p>CSW</p> <p>MD/DO (involved as</p>	<p>Screening services, § 1396d(r)(1)(B)</p> <p>Case-management services, § 1396d(a)(19)</p> <p>Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r)(5)</p> <p>Rural health clinic</p>

	<p>needed)</p> <p>PhD/PsyD (involved as needed)</p> <p>MFT (involved as needed)</p> <p>NP/CNS (involved as needed)</p> <p>RN (involved as needed)</p> <p>Student professionals with co-signature (involved as needed)</p>	<p>services, § 1396d(a)(2)(B)</p> <p>Federally-qualified health center services, § 1396d(a)(2)(C)</p> <p>Physician services, § 1396d(a)(5)(A)</p> <p>Medical care or any other type of remedial care furnished by licensed practitioners, § 1396d(a)(6)</p> <p>Home health care services, § 1396d(a)(7)</p> <p>Clinic services, § 1396d(a)(9)</p> <p>Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13)</p> <p>Certified pediatric nurse practitioner or certified family nurse practitioner services, § 1396d(a)(21)</p> <p>Personal care services, § 1396d(a)(24)</p> <p>Anticipatory guidance, § 1396d(r)(1)(B)(v)</p> <p>Transportation, § 1396d(a)(27)</p>
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