

Parent Trust, Families in Recovery

Overview

Parent Trust for Washington Children (aka Parent Trust) with the Families in Recovery Network provides research-based parenting education and family support services for families in residential and outpatient substance use disorder treatment centers around Washington.

The overall goal is to strengthen bonding and parenting skills in families at high-risk for child abuse and neglect/Adverse Childhood Experiences (ACEs). Parents receive training and support to:

- Increase parent-child bonding
- Increase positive family management skills
- Increase the family's drug-free social support network
- Increase child safety
- Use our ACE Prevention Curriculum to decrease the number of ACEs parents pass on to their children.
- Learn about stress management and parenting skills during a pandemic.
- Learn about children with online schooling during the pandemic.

Eligibility requirements

- Individuals that are pregnant or parenting and experiencing a substance use disorder.
- High-risk for permanently losing custody of their children.

Budget for SFY 25

\$100,000 per fiscal year in State funding.

Partners

Catholic Charities of Central Washington, Evergreen Recovery Centers, Therapeutic Health Services, Triumph Treatment Services, New Horizons Care Center, Partners with Families and Children, and Circle of Parents National Network.

Service totals

According to the Parent Trust Families in Recovery July 1, 2023 – June 30, 2024 [annual report](#), the service totals were:

- 375 parents/caregivers served
- 3,319 group sessions
- 11 Families in Recovery groups across Washington State

Outcomes

The Families in Recovery Program significantly increases parenting knowledge and skills across all domains including parent-child bonding, positive parenting techniques, positive social support system and use of concrete community resources. All outcomes are based on research regarding the Protective Factors that decrease child maltreatment. DBHR monitors contract deliverables.

For more information

Contact: HCADBHRInformation@hca.wa.gov

Sarah Pine
Behavioral Health Program Manager