

## Parent Trust Families in Recovery

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### Overview

Parent Trust Families in Recovery 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 Adverse Childhood Experiences (ACEs) parents pass on to their children.
- Support and educate parents on stress management and parenting skills during a pandemic.
- Support parents and their children with online schooling during the pandemic.

### Eligibility

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

### Budget

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

### Service totals

According to the Parent Trust Families in Recovery July 1, 2021 – June 30, 2022 annual report, the service totals were:

- 241 parents/caregivers attended 11 Families in Recovery Groups around Washington during this 12-month period
- 2,015 group sessions

### 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.

### Oversight

Parent Trust provides staffing, training, evaluation, oversight, and coordination of Families in Recovery sites. Parent Trust consults with the national Circle of Parents Network to oversee research outcomes. Parent Trust participated in a national evaluation of the Families in Recovery Network using a standardized tool – The Protective Factors Survey. Results were reviewed by an independent evaluator.

### 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.

### More information

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