

Operating Outpatient Satellite Clinics in Family Support Centers and the Allegheny County Jail to Conduct Parent Child Interaction Therapy

Request for Interest

PURPOSE OF THE REQUEST FOR INTEREST

The Allegheny County Department of Human Services (DHS) invites contracted providers with an Outpatient Mental Health License to indicate their interest in operating an Outpatient Satellite Clinic to conduct Parent Child Interaction Therapy (PCIT) in one or more Family Support Centers in Allegheny County and/or the Allegheny County Jail. Responses are intended to inform DHS' planning process and to gauge providers' interest and willingness to help expand the availability of PCIT to eligible children with emotional and/or behavioral disorders and their families, especially those involved in the child welfare system.

BACKGROUND

Allegheny County is one of five counties participating in Pennsylvania's Child Welfare Title IV-E Waiver Demonstration Project. The project provides States an opportunity to use Federal funds to test innovative approaches to child welfare service delivery. Allegheny County is utilizing the flexibility of the Title IV-E Waiver to develop a practice model focused on family engagement, assessment and the expansion of evidence based and research informed practices driven by local needs to improve safety, permanency, and well-being outcomes for children and families involved in the child welfare system. PCIT was selected as one the evidence based practices we will expand as part of this work.

In addition to the demonstration project, DHS identified a need to offer PCIT in accessible, community settings. A core tenant of PCIT is to provide treatment in a secure, non-stigmatizing environment. Family Support Centers are community-based and participant governed service entities that promote the stability and healthy growth of families by providing supports around child development, parenting, and goal planning. Because Family Support Centers are stable and nurturing places that are typically located in underserved communities, DHS believes they are a natural fit for PCIT playrooms. Further, by implementing PCIT in Family Support Centers, DHS will continue to improve linkages between Family Support Centers and the child welfare system, as well as increase access to mental health services.

DHS would also like to implement a PCIT playroom in the Allegheny County Jail. Currently, DHS as part of the Allegheny County Jail Collaborative with partners at the Allegheny County Jail, Court of Common Pleas, and Health Department, has a family support program that aims to reduce recidivism and strengthen family connections and the parenting skills of inmates with young children. This program is part of broader reentry efforts that work to reduce the cycle of parental release and re-arrest that causes trauma and emotional harm to the children who witness it. Experts estimate that 50 percent of jail inmates have children. By supporting the relationships of children and incarcerated parents during their time in jail and preparing parents for their transition into the community; the program aims to prevent involvement in the child welfare system. For children that are in care when parents return home, the program aims to improve reunification and reentry outcomes. Building a PCIT playroom in

the Allegheny County Jail augments this work and provides access to a treatment program for young children with emotional and/or behavioral disorders and improves the quality of the parent-child relationships.

In support of DHS' efforts, the Heinz Endowments recently awarded DHS a grant to build PCIT playrooms in Family Support Centers and the Allegheny County Jail. In addition to the jail, DHS identified five Family Support Centers that will participate in the build out. As part of the evaluation process, DHS conducted walk-through assessments of centers and considered:

- Available space for the playrooms
- Early childhood presence at the center
- Range of youth and adult services and supports offered by the center
- Center willingness to host Conferencing & Teaming meetings
- Center willingness to serve older youth
- Density of children ages 2-7 in the community served by the center
- Center ability to meet satellite outpatient licensing standards

Based on these criteria, the following centers met the benchmark for PCIT playroom implementation:

- **Providence Family Support Center**
3113 Brighton Road
Pittsburgh, PA 15212
- **Braddock Family Care Connection**
849 Braddock Avenue
Braddock, PA 15104
- **Duquesne Family Support Center**
One Library Place
Duquesne, PA 15110
- **Hilltop Family Care Connection**
1630 Arlington Avenue
Pittsburgh, PA 15210
- **Hazelwood Family Support Center**
5006 2nd Ave
Hazelwood, PA 15207

ABOUT PCIT

PCIT is a treatment program for young children with emotional and/or behavioral disorders. The goal of PCIT is to improve the quality of the parent-child relationship and change parent-child interaction patterns. PCIT was developed for children ages 2-7 years with externalizing behavior disorders. In PCIT, parents are taught specific skills to establish or strengthen a nurturing and secure relationship with their child while encouraging pro-social behavior and discouraging negative behavior.

The treatment has two phases, each focusing on a different parent-child interaction: child-directed interaction (CDI) and parent-directed interaction (PDI). In each phase, parents attend one didactic session to learn interaction skills and then attend a series of coaching sessions with the child in which they apply these skills. During the CDI phase, parents learn nondirective play skills similar to those used in play therapy and engage their child in a play situation with the goal of strengthening the parent-child relationship. During the PDI phase, parents learn to direct the child's behavior with clear, age-appropriate instructions and consistent consequences with the aim of increasing child compliance. Ideally, during coaching sessions, the therapist observes the interaction from behind a one-way mirror and provides guidance to the parent through a "bug-in-the-ear" hearing device.

PCIT is generally administered in 12-20 weekly, 1-hour sessions in a satellite outpatient clinic by a licensed mental health professional with experience working with children and families. The program has been used with families with history maltreatment such as physical or emotional abuse, children with prenatal substance exposure, and children with developmental disabilities.

For more information, please see: <http://www.pcit.org/>

RESPONSE GUIDELINES

For providers that are interested in operating an Outpatient Satellite Clinic to conduct PCIT, we ask that you express your interest by responding to the following questions. If you have additional information that you feel we should consider that we have not asked about, or you have information that you recommend DHS take into consideration as we plan to implement PCIT, please submit them as well.

Responses should be sent to DHSProposals@allegHENYcounty.us by November 14, 2014. Please do not exceed 3 pages. DHS may contact you for additional information if needed.

- Identify the location that you are interested in operating an Outpatient Satellite Clinic to conduct PCIT. Why are you interested in offering services at these particular Family Support Center(s) and/or the Allegheny County Jail?
- Does your agency have sufficient staff to operate the clinic? How many staff clinicians are credentialed in PCIT? How will you respond to the need to replace credentialed practitioners as a result of attrition or expansion realities?
- Do you have current or past experience operating an Outpatient Satellite Clinic? If so, please describe.
- How will your agency work with Family Support Centers and/or the Allegheny County Jail to ensure that all necessary licensing regulations and requirements are met and maintained?
- What support will you need from Family Support Centers and/or the Allegheny County Jail to ensure that all necessary licensing requirements are met? What support will you need from DHS?

TIMELINE AND NEXT STEPS

RFI Issued by DHS: September 30, 2014

Responses due to DHS: November 14, 2014

Review Completed: December 12, 2014

Estimated Start Date: Spring 2015

Moving forward, providers, DHS and Family Support Center directors will work together to outline protocols for shared space arrangements and implementation.

PLEASE SEND RESPONSES TO: DHSProposals@allegHENYcounty.us