

# The Building Bridges Initiative (BBI): Advancing Partnerships. Improving Lives.

**Further Along the Promising Path**

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Sustainability Conference/Iselin, NJ**



Building Bridges  
**INITIATIVE**  
*Advancing Partnerships. Improving Lives.*

# 1st - CONGRATULATIONS

New Jersey had a  
45% reduction  
in the use of congregate care  
from 2009 to 2016

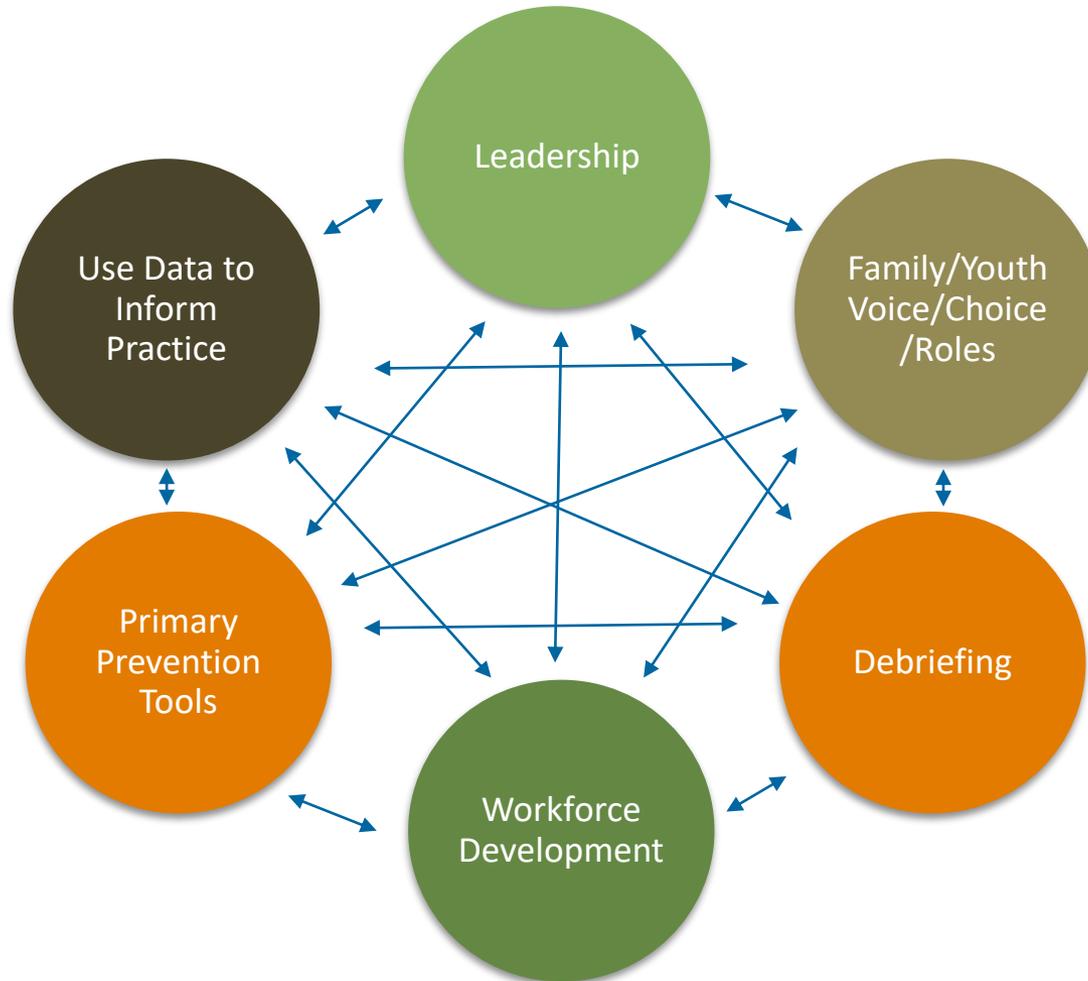
<https://www.casey.org/new-jersey-reduce-congregate-care/>



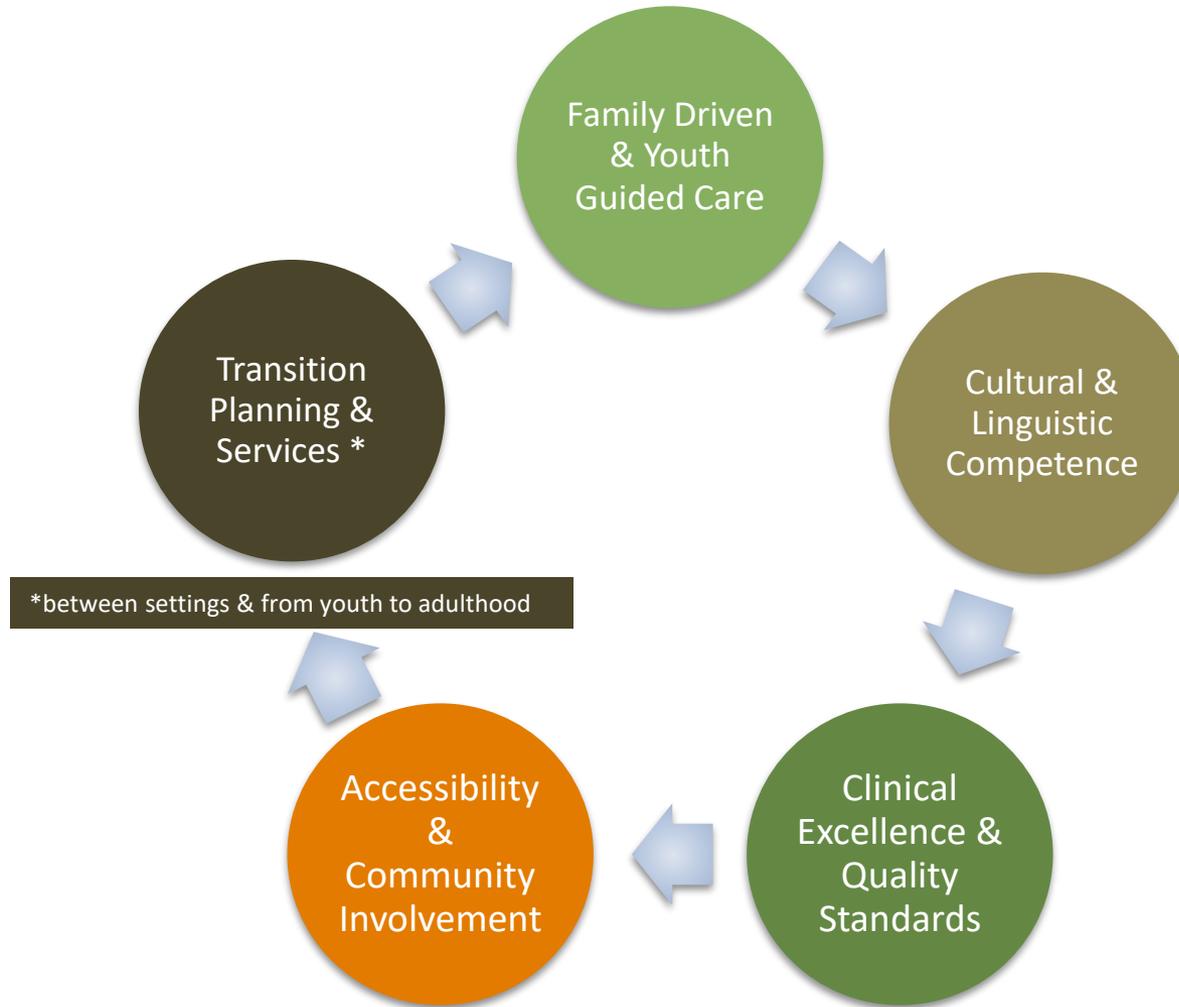
# 2<sup>nd</sup> - CONGRATULATIONS

- Promising Path to Success has met with many successes
- Many accomplishments stem from residential programs:
  - leadership commitment to best practice values (TIC - i.e. Nurtured Heart; FDC; YGC; Strength-based)
  - comprehensive debriefing
  - taking care of your staff/workforce
  - a range of prevention tools (e.g., sensory; individual calming plans; soothing environments)
  - using data to inform practice improvement
  - engaging families and youth

# Improvements in all Six Core Strategies©



# BBI Core Principles



# BBI Mission

Identify and promote practice and policy initiatives that will create strong and closely coordinated **partnerships and collaborations** between families, youth, community- and residentially-based treatment and service providers, advocates and policy makers to ensure that comprehensive services and supports are family-driven, youth-guided, strength-based, culturally and linguistically competent, individualized, evidence and practice-informed, and consistent with the research on sustained positive outcomes.

# Examples of Where BBI/Residential Transformation Work HAS/IS Happening

- **Comprehensive State Initiatives**

Past Work: DE, IN, MA, CA - Initially 4 Regions – went statewide by county in 2018

- **State Level Activities**

Past Work: AZ, FL, NH, NM, OK, SC, VA, WA, WV, WY & GA;  
Provider Associations Led Work in: CA & MD

Currently Underway: CO, IL, KY, LA, MA, MI, NC, ND, NJ, NM, NV, NY, OK, RI, SC, TX

- **County/City Level Initiatives**

Past Work: Counties: Monroe/ Westchester, NY; Maricopa, AZ; NYC  
Currently Underway: Philadelphia; PA: cluster of six counties NE part of state

- **Many Individual Residential and Community Programs Across the Country**

# What is happening nationally?

## How do you move Further Along the Path?

- Family/Family/Family (Family First Act)
- Permanency
- < 13
- Neurodevelopment & Resilience (ACE)
- Aftercare (6 to 12 months plus) (FF Act)
- Focus on long-term outcomes post residential (3 to 5 years)
- CLC/Equity, Diversity & Inclusion
- Creative Fiscal Strategies
- States/Managed Care Contracting for Results/Outcomes



**What to do: FLIP THE RESIDENTIAL PARADIGM:**  
***bring residential intervention into the home and FULLY incorporate family & youth voice and choice into the program!***

# Consistent with the Research

## Residential-Specific Research Shows Improved Outcomes With:

- Shorter Lengths of Stay
- **Increased Family Involvement**
- Stability and Support in the Post-Residential Environment (Walters & Petr, 2008).

# BBI's TOP THREE PRIORITY STEPS To Flip the Paradigm – Build Foundation for Family-driven Care:

1. Put an **URGENT AND STRONG** Focus on **PERMANENCY PRACTICES**
2. Hire **multiple** family partners/advocates
3. Develop an **Action or Strategic Plan** to **Successfully Engage Families and Operationalize Family-Driven Care**

# Family Driven Care (FDC): What's It All About



# What is Family Driven?

Family Driven means families have a primary decision-making role in the **care of their own children** as well as...

Source: Federation of Families for Children's Mental Health

Family-driven is the **FOUNDATION** from which working with families in their homes and communities can be built.

***“Nothing about us without us!”***



## Examples of FDC Practices for Improvement Plans

- Mission/Values emphasize Family as primary focus
- Orientation/Training/Supervision on FDC Commitment
- Sibling Support
- Clinical/other expertise in engaging/working w/ families (e.g., MST; FFT; Wraparound)
- Clinical/direct-care staff work in homes to support problem-solving real home/family issues (often not the same as residential challenges)
- Families welcome 24/7 to program
- Lose words 'home visits'/'home passes' – time w/ family at home and in the community begins at admission (not a privilege)
- Staff/youth call/contact families frequently (daily minimum)



# Examples of Family Engagement Metrics

- 100% of New Jersey (NJ) residential (res) programs by February 2020
  - will develop an action plan for 2020 that will embrace a strong focus on improving family-driven care practices & family engagement, to include:
    - completing the Family Component of the BBI Self-Assessment Tool
    - providing all staff at least 3 training programs and 4 supervisions in family-driven care practices/successfully engaging families
    - plans to hire at least 1 family partner



# Examples of Family Engagement Metrics

- For ALL NJ res programs to consider as part of action plans:
  - 75% of families will have clinical and direct-care staff provide support to them in their homes or communities at least twice weekly by June 2020
  - 95% of families will receive a minimum of five staff communications weekly by March 2020
  - 90% of families of NJ res programs will be introduced to a family support group in the community by February 2020
  - 95% of youth will spend every weekend with family in their home by May 2020
  - **100% of youth will spend every 2020 holiday with family members in their homes/communities**

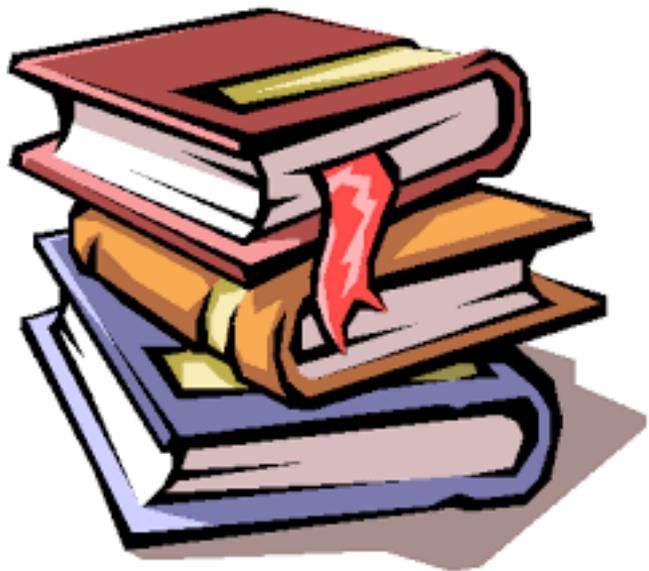


## Examples of Other Action Plan Areas

- ALL NJ res programs to consider as part of action plans
  - Implementing a permanency pilot
  - Improving partnerships with community programs
  - Developing a post-discharge outcomes tracking mechanism
  - Implementing an aftercare pilot



# **BBI Resources Available to Support You and Your Program in Improving Family-driven Care Practices and Staff Skills with Family Engagement & Permanency & Outcomes & CLC/EDI & Fiscal**





# Go to BBI Website

[www.buildingbridges4youth.org](http://www.buildingbridges4youth.org)

*Important BBI documents released in past couple of years:*



- ***Implementing Successful Short-term Residential Interventions***
- ***Successfully Engaging Families Formed by Adoption: Strategies for Residential Leaders***
- ***Informational Document: Permanency Practices Collaboration Strategies for Child Welfare and Residential Programs***
- ***Case Study: Leading Innovation Outside the Comfort Zone: The Seneca Family of Agencies Journey***





# Family-Driven Care

available at: [www.buildingbridges4youth.org](http://www.buildingbridges4youth.org)

- BBI Family Tip Sheet (brief) - *also available in Spanish*
- Building Bridges Family Tip Sheet (expanded) - *also available in Spanish*
- BBI: Engage Us: A Guide Written by Families for Residential Providers
- BBI: Finding and Engaging Families for Youth Receiving Residential Interventions: Key Issues, Tips, and Strategies for Residential Leaders
- BBI: Supporting Siblings When a Brother or Sister is Receiving Residential Interventions
- MA DMH Creating Positive Cultures of Care Resource Guide Chapter: Embracing Family-Driven Care
- MA DMH Creating Positive Cultures of Care Resource Guide Chapter: Successfully Working with Family Partners Creating Positive Cultures of Care
- BBI: BBI Applauds and Supports Foster Families Document
- MA DMH Creating Positive Cultures of Care Resource Guide Appendices: A list of Articles on Family-Drive Care & Family Partners



## 2014 BBI Book

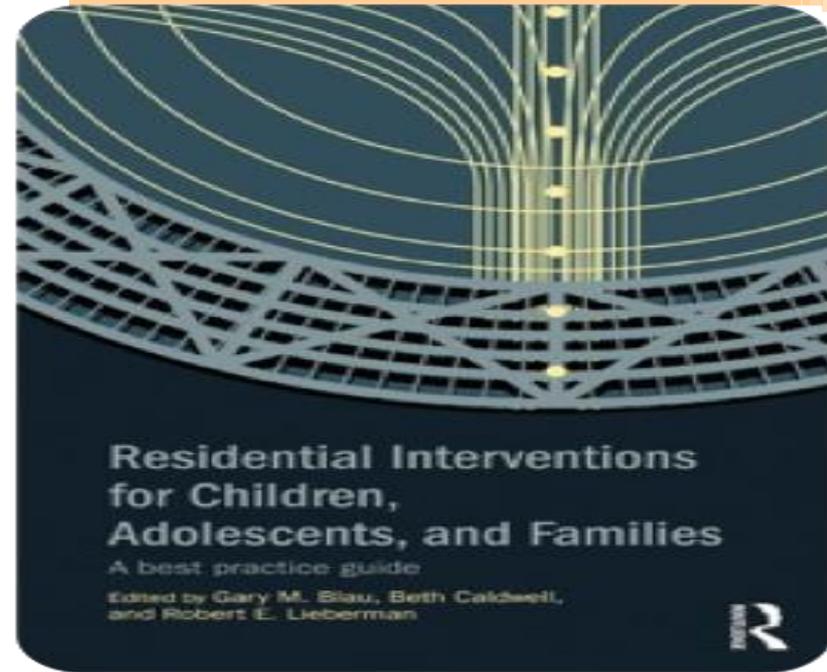
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***Coming February 2020***

***~ A New BBI Book***

***Transforming Residential Interventions:  
Practical Strategies and Future Directions***

***with chapters dedicated to Family-driven Care (FDC),  
permanency, neuroscience, the Research on FDC,  
financing & more***



# SAVE THE DATE!

- BBI's new book will have its first official release during a pre-conference session and book signing on Sunday, March 15th at the University of South Florida's 33rd Annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health in Tampa, Florida, March 15 – 18, 2020.
- To register for the conference:  
<https://www.cmhnetwork.org/tampa-conference/>
- Link to pre-conference page -  
<https://www.cmhnetwork.org/tampa-conference/precon/>

# SAVE THE DATE!

- An intensive training on BBI best practices will be featured again as one of the **two-day Pre-Institutes** that are part of the Training Institutes hosted by the University of Maryland School of Social Work, the Institute for Innovation and Implementation.
- June 29 – July 3, 2020 at Rosen Shingle Creek, Orlando, Florida.
- For more information about the Institutes and the BBI Pre-Institute:  
<https://theinstitute.umaryland.edu/2020traininginstitutes/>



# COMING SOON

- New BBI documents aligned with Family First expectations for QRTPs – but important for ALL residential stakeholders:
  - Family-driven Care and Family Engagement
  - Trauma-Informed Care
  - After Care

To receive these and all future BBI documents and information about upcoming BBI training events – email to get on BBI List Serve

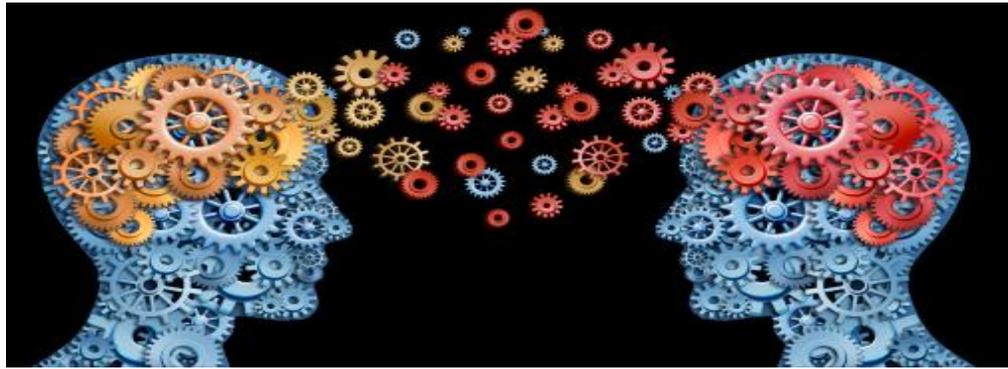


**REMEMBER TO FLIP THE  
RESIDENTIAL PARADIGM:**  
***bring residential  
intervention into the  
home and FULLY  
incorporate family &  
youth voice and choice  
into the program!***

## Considerations for your program's Action Plan

- Short-term (< 5/6 months)
- **Urgency w/ Permanency**
- **Hire MULTIPLE Family Partners**
- Mission/Values emphasize Family as primary focus
- Orientation/Training/Supervision on Family and Permanency
- Sibling Support
- **All holidays with family**
- **Track outcomes post discharge**
- **Clinical/other expertise in engaging/working w/ families** (e.g., MST; FFT; Wraparound)
- Clinical/direct-care staff **work in homes to support problem-solving real home/family issues** (often not the same as residential challenges)
- Aftercare
- Lose words 'home visits'/'home passes' – **time w/ family at home and in the community begins at admission (not a privilege)**
- Staff/youth call/contact families frequently (i.e. daily)





# QUESTIONS CONVERSATIONS DISCUSSIONS

Tell your neighbor **ONE** area  
you would **REALLY** like your program to improve



# BBI Contact Information

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