




NEW JERSEY'S *PROMISING PATH TO SUCCESS*

NJ Department of Children & Families
Children's System of Care
SAMHSA Grant 2015-2019



SAMHSA SOC EXPANSION GRANT *NJ's Promising Path to Success*

- SAMHSA awarded NJ DCF CSOC \$12M over a four year period (2015-2019) to further develop our CSOC
- The broad focus has been on moving our statewide Children's System of Care in a more trauma informed direction, with a particular emphasis on our out of home treatment settings



PPS PROJECT OUTCOMES

- Reduce or eliminate the use of seclusion and restraint of youth in out of home (OOH) treatment
- Reduce the % of youth who re-enter OOH treatment after an initial treatment episode
- Reduce the average length of stay for youth in OOH treatment from 11.5 to 9 months
- Analyze & understand the impact of each type of system involvement to aid in resource allocation



PPS PROJECT ACTIVITIES

Training, Coaching & Implementation
Monitoring by CSOC Training & Technical Assistance staff at Rutgers UBHC, Behavioral Research & Training Institute on:

- The Six Core Strategies©
- The Nurtured Heart Approach®

Return on Investment (ROI) Study by the Rutgers Center for State Health Policy



THE SIX CORE STRATEGIES (6CS)

- A national evidence-based practice designed to reduce the use of seclusion and restraint
- At it's core, it recognizes that the need to use restraint is often the result of the intersection of trauma and environmental triggers
- The use of restraints and seclusion can be reduced by attending to trauma and its effects, and by the use of restraint reduction tools including modifying the environment of care and use of sensory modulation.
- Six Core Strategies provides a roadmap for organizational change at all levels starting with Leadership.



THE SIX CORE STRATEGIES (6CS)

- Leadership toward Organizational Change
- Use of Data to Inform Practice
- Workforce Development
- Use of Seclusion/Restraint Reduction Tools
- Full Inclusion of Youth and Families
- Debriefing



THE NURTURED HEART APPROACH



A basic, structured, and revolutionary formula for human interactions that can be applied as a transformational supervisory, parenting, or relational practice across a variety of settings. Using a “video game theory” metaphor to describe human interactions, NHA turns “upside down” the typical communication patterns many of us fall into, and proposes concrete strategies for calling forth the greatness in human beings, particularly children, youth or adults who may have been labeled by others as “difficult” or intense.

PLEASE MAKE CERTAIN THAT YOU HAVE:

- Checked in at the registration table
- Collected your name badge
- Picked up your handouts

