

Therapeutic Foster Care

Domains and Components

Holistic Family Approach

- Component 1:** The program gathers relevant information from birth to present for each child, including their developmental and family history. The program incorporates spiritual, religious, cultural, medical, educational and traumatic factors that may impact youth development and relationships.
- Component 2:** The program emphasizes a mentoring relationship between foster parent and birth family so that the child can be their whole self, resulting in increased integration for the child. From our family to yours - foster parents being that bridge between care and youth returning to their family.
- Component 3:** Focus on well-being not just crisis issues for foster families and children.
- Component 4:** Honoring all Kinship Relationships including, but not limited to, sibling relationships and ensuring they are maintained when in the best interest of all family members.

Maximizing Quality Resources

- Component 1:** The program utilizes evidenced based, specialized training for staff, foster parents, and the community.
- Component 2:** The program uses targeted and accessible community resources in order to address the child and family's specific needs.
- Component 3:** Partnership: Maximizing quality resources requires trust, cooperation, listening and idea exchange in order to promote improved communication and support for all team members.
- Component 4:** Strong stewards of fiscal resources to promote creative and productive solutions.

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Understanding Roles and Expectations

- Component 1:** Provide services and support to caregivers whose roles may change in relation to the youth's.
- Component 2:** Educate staff on TN-TFC standards and expectations to raise awareness of best-practices.
- Component 3:** Promote normalcy in the child's environment so they are safe, stable, and nurtured.

Enhanced Recruitment and Retention of Foster Parents

- Component 1:** Enhanced recruitment of foster families specifically for children that have experienced complex trauma and/or who have complex treatment needs.
- Component 2:** The program utilizes a recruitment framework that emphasizes congruence between foster parent strengths and the child's current needs.
- Component 3:** Reframe the recruitment message to empower the parent to visualize their full potential.
- Component 4:** The program promotes mindfulness of a child's need for stability.
- Component 5:** Equipping families with the support for healthy transitions that allow for closure and on-going contact when appropriate.
- Component 6:** Successful foster parents have a network of support that often include other foster parents.
- Component 7:** Support a system that allows for Respite Home Resources.

Engaging in Courageous Partnerships

- Component 1:** Ensuring a safe environment where all team members' voices are heard and valued during the CFTM process.
- Component 2:** Using a trauma informed teaming process in order to develop an effective plan for the child and family.

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Trauma-Informed Systems

- Component 1:** The program puts emphasis on clinical staff providing coordination and communication of treatment progress to inform treatment team decisions & permanency planning.
- Component 2:** Utilize Trauma informed care as an overall approach.
- Component 3:** Provider partners with DCS to utilize trauma informed training for team members (to include foster parents, staff, caregivers, schools, therapists, etc.) from the approved trauma-informed training curriculum.
- Component 4:** Ensure children and youth are active collaborators in their own treatment and permanency planning.
- Component 5:** Mindful utilization of respite to avoid systemically induced trauma.

Specialized Foster Parent Training

- Component 1:** Provider creates individualized professional foster parenting plans with the foster parents that are based on dynamics between the child's needs and the strengths of the foster parents.
- Component 2:** Provider periodically evaluates their foster parent training and requirements to assess for additional special training needs of the foster parents.
- Component 3:** Develop training to address compassion fatigue of foster parents and identify self-care plan and stress management techniques.