Components of Therapeutic Foster Care

Therapeutic foster care is an intensive, individualized mental health service provided to a child in a family setting, utilizing specially trained and intensively supervised foster parents.

Therapeutic foster care programs: (a) place a child singly, or at most in pairs, with a foster parent who is carefully selected, trained, and supervised and matched with the child's needs; (b) create, through a team approach, an individualized treatment plan that builds on the child's strengths; (c) empower the therapeutic foster parent to act as a central agent in implementing the child's treatment plan; (d) provide intensive oversight of the child's treatment, often through daily contact with the foster parent; (e) make available an array of therapeutic interventions to the child, the child's family, and the foster family (interventions may include behavioral support services for the child, crisis planning and intervention, coaching and education for the foster parent and the child's family, mobile therapy for the child and child's family, and medication monitoring); and (f) enable the child to successfully transition from therapeutic foster care to placement with the child's family or alternative family placement by continuing to provide therapeutic interventions.

Therapeutic foster care is both a highly structured and highly individualized service. As such, the components of the services are, by definition, unique to each child and family.

However, therapeutic foster care services often include the following:

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Component	Potential Provider(s) and	Federal Statutory
	Non-Recipient	<u>Authorization</u>
	Participants Include ¹	(all citations to 42 U.S.C.)
Recruitment and Matching: One task	Any other staff operating	Screening services, §
is the recruitment of families to serve	within his/her scope of	1396d(r)(1)(B)
as therapeutic foster parents, and then	practice	
matching those families with children	-	Case-management
in need of a therapeutic foster home.	Staff with BA/BS in MH related field or with 2	services, § 1396d(a)(19)
One matching technique is to recruit	years experience in	Other diagnostic,
families with an existing relationship	Mental Health	screening, preventive, and
to the child.	WARRIE L	rehabilitative services, §
VVIII	Staff without BA/BS in	1396d(a)(13)
	MH related field or with	
	2 years experience in	Such other necessary
	Mental Health, including	health care, diagnostic
	therapeutic foster parents	services, treatment, and
		other measures to correct
	CSW	or ameliorate defects and
		physical and mental
,	MFT	illnesses and conditions
	1000	discovered during screens,
	MD/DO	§ 1396d(r)(5)
	PhD/PsyD	Anticipatory guidance, §
	NID/ONIC	1396d(r)(1)(B)(v)
	NP/CNS	
	RN	
	Student professionals	
	with co-signature	
Therapeutic Foster Parent Training:	Any other staff operating	Screening services, §

¹ Rendering Providers:

⁻ CNS - Clinical Nurse Specialist

⁻ DO - Doctors of Osteopathy

⁻ CSW -Clinical Social Worker

⁻ MD - Medical Doctor

⁻ MFT - Marriage & Family Therapist

⁻ NP - Nurse Practitioner

⁻ PhD - Doctor of Philosophy, clinical psychologist

⁻ PsyD - Doctor of Psychology, clinical psychologist

⁻ PT - Psychiatric Technician

Before a child enters into the home of a therapeutic foster parent, the foster parent undergoes a pre-service training, during which the foster parent is taught how to use behavior management strategies. When a child is placed in a therapeutic foster home, the foster parents receive ongoing supervision and support, similar to that given to therapist trainees.	within his/her scope of practice Staff with BA/BS in MH related field or with 2 years experience in Mental Health Staff without BA/BS in MH related field or with 2 years experience in Mental Health, including therapeutic foster parents CSW MFT MD/DO PhD/PsyD	Case-management services, § 1396d(a) (19) Such other necessary health care, diagnostic services, treatment, and other measures to correct or ameliorate defects and physical and mental illnesses and conditions discovered during screens, § 1396d(r) (5) Physician services, § 1396d(a) (5) (A) Other diagnostic, screening, preventive, and rehabilitative services, §
	NP/CNS	1396d(a)(13) Anticipatory guidance, §
	RN Student professionals with co-signature	1396d(r)(1)(B)(v)
Development of Treatment Plan: Each child has a treatment plan that is both standardized and individualized.	Any other staff operating within his/her scope of practice	Screening services, § 1396d(r)(1)(B)
Age-appropriate limits are set for all of the children placed in therapeutic foster care settings. The plans are focused on the individualized strengths	Staff with BA/BS in MH related field or with 2 years experience in	Case-management services, § 1396d(a)(19) Such other necessary
and needs of the child. The plan guides the foster parents to	Mental Health Staff without BA/BS in	health care, diagnostic services, treatment, and other measures to correct
be specific in the way they reinforce progress and to be consistent in setting limits and consequences. The plan engages children by building on their	MH related field or with 2 years experience in Mental Health, including therapeutic foster parents	or ameliorate defects and physical and mental illnesses and conditions discovered during screens,
strengths.	CSW	§ 1396d(r)(5)

Team meetings are held, during which		Other diagnostic,
the overall integrity of the child's	MFT	screening, preventive, and
treatment plan is monitored and re-	*****	rehabilitative services, §
evaluated, and the sequencing and	MD/DO	1396d(a)(13)
timing of interventions is planned.	ALD/DO	1370d(a)(13)
timing of interventions is plainted.	PhD/PsyD	Anticipatory guidance, §
	I LILD/I SYLD	1396d(r)(1)(B)(v)
	NP/CNS	13904(1)(1)(B)(V)
	MICHS	
	RN	***************************************
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	Short-ne manifestionals	
	Student professionals	
	with co-signature	
Tracking and Adapting the Treatment	Any other staff operating	Case-management
Plan: Therapeutic foster care	within his/her scope of	services, § 1396d(a)(19)
coordinators provide intensive case	practice	m e
monitoring, coordinate the efforts of	Confirmatel DA (DC to 141)	Physician services, §
the foster parents and the individual	Staff with BA/BS in MH	1396d(a)(5)(A)
therapists.	related field or with 2	
	years experience in	Such other necessary
They also maintain contact with the	Mental Health	health care, diagnostic
child's biological parents, teachers,	C. C D.A. M.C.	services, treatment, and
psychiatrist, caseworkers,	Staff without BA/BS in	other measures to correct
parole/probation officers, employers,	MH related field or with	or ameliorate defects and
and other important members of the	2 years experience in	physical and mental
child's community.	Mental Health, including	illnesses and conditions
	therapeutic foster parents	discovered during screens,
	CCAN	§ 1396d(r)(5)
	CSW	\d.d:_1
	MFT	Medical care or any other
	WIF I	type of remedial care
	MD/DO	furnished by licensed
	NID/DO	practitioners, §
	PhD/PsyD	1396d(a)(6)
1	FIID/FSYD	Other diagraphia
	NP/CNS	Other diagnostic,
	141/CIAO	screening, preventive, and
	RN	rehabilitative services, §
	ININ	1396d(a)(13)
	Student made	Anniainanan aridan e
]	Student professionals	Anticipatory guidance, §
	with co-signature	1396d(r)(1)(B)(v)
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		Transportation, §

		1396d(a)(27)
Plan Implementation—Individual Child Treatment: On a day-to-day	Any other staff operating within his/her scope of	Screening services, § 1396d(r)(1)(B)
basis, the therapeutic foster parent is the primary agent who implements the	practice	Case-management
child's treatment plan.	CSW	services, § 1396d(a)(19)
In addition, individual mental health treatment is provided for all children in	Therapeutic Foster Parent	Such other necessary health care, diagnostic
therapeutic foster homes. Natural supports are also provided.	MD/DO	services, treatment, and other measures to correct or ameliorate defects and
The types of services provided will vary from child to child, and from team to	PhD/PsyD	physical and mental illnesses and conditions
team. However, the formal services that are provided may include (but are	MFT	discovered during screens, § 1396d(r) (5)
not limited to): diagnostic intellectual evaluations, comprehensive neurological evaluations, therapeutic	NP/CNS (involved as needed)	Rural health clinic services, § 1396d(a) (2) (B)
behavioral support services, individual and family crisis planning and	RN (involved as needed)	Federally-qualified health
intervention services, parent coaching and education, medication monitoring,	Student professionals with co-signature	center services, § 1396d(a)(2)(C)
intensive in-home, individual, group, and family therapy services, interactive psychotherapy using play equipment,	(involved as needed)	Physician services, § 1396d(a)(5)(A)
physical device, or other mechanisms of non-verbal communication, individual rehabilitation services, and day		Medical care or any other type of remedial care
rehabilitation.		furnished by licensed practitioners, §
Natural supports will also vary from child to child and team to team. One example of a natural support could be		1396d(a)(6) Home health care services,
enrolling a child in basketball league.		§ 1396d(a)(7)
		Clinic services, § 1396d(a) (9)
		Other diagnostic, screening, preventive, and
		rehabilitative services, §

	-	1396d(a)(13)
		Certified pediatric nurse practitioner or certified family nurse practitioner services, § 1396d(a)(21)
		Personal care services, § 1396d(a) (24)
		Anticipatory guidance, § 1396d(r)(1)(B)(v)
		Transportation, § 1396d(a) (27)
Plan Implementation—Family Treatment: The ultimate goal of a therapeutic foster placement depends	Any other staff operating within his/her scope of practice	Screening services, § 1396d(r)(1)(B)
on the child's long-term plan.	CSW	Case-management services, § 1396d(a)(19)
If reunification with the child's family is the goal, therapeutic foster care programs prepare the family for when the child returns home.	Therapeutic Foster Parent	Such other necessary health care, diagnostic services, treatment, and
To this end, where appropriate, family therapy is provided, and parents are	MD/DO (involved as needed)	other measures to correct or ameliorate defects and physical and mental
taught how to use the behavioral management techniques used by the child's therapeutic foster family.	PhD/PsyD (involved as needed)	illnesses and conditions discovered during screens, § 1396d(r)(5)
	MFT (involved as needed)	Rural health clinic services, § 1396d(a)(2)(B)
	NP/CNS (involved as needed)	Federally-qualified health center services, §
	RN (involved as needed)	1396d(a)(2)(C)
	Student professionals with co-signature (involved as needed)	Physician services, § 1396d(a)(5)(A)
		Medical care or any other type of remedial care furnished by licensed

		practitioners, § 1396d(a)(6)
		Home health care services, § 1396d(a)(7)
		Clinic services, § 1396d(a) (9)
		Other diagnostic, screening, preventive, and rehabilitative services, § 1396d(a)(13)
		Certified pediatric nurse practitioner or certified family nurse practitioner services, § 1396d(a)(21)
		Personal care services, § 1396d(a)(24)
		Anticipatory guidance, § 1396d(r)(1)(B)(v)
		Transportation, § 1396d(a) (27)
Transition: The therapeutic foster care coordinator ensures that children and families are appropriately transitioned	Any other staff operating within his/her scope of practice	Screening services, § 1396d(r)(1)(B)
from therapeutic foster care, either when the child and family no longer need therapeutic foster care, or when	Staff with BA/BS in MH related field or with 2	Case-management services, § 1396d(a)(19)
the child leaves the children's mental health system for the adult mental health system.	years experience in Mental Health	Such other necessary health care, diagnostic services, treatment, and
Many children transitioned from	Staff without BA/BS in MH related field or with	other measures to correct or ameliorate defects and
therapeutic foster homes receive wraparound care services. Usually the family therapy continues after the child	2 years experience in Mental Health	physical and mental illnesses and conditions discovered during screens,
leaves care and the biological family is encouraged to call if there is a crisis.	CSW	§ 1396d(r)(5)
	MD/DO (involved as	Rural health clinic

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needed)	services, § 1396d(a)(2)(B)
PhD/PsyD (involved as	Federally-qualified health
needed)	center services, § 1396d(a) (2) (C)
MFT (involved as	
needed)	Physician services, § 1396d(a)(5)(A)
NP/CNS (involved as	
needed)	Medical care or any other type of remedial care
RN (involved as needed)	furnished by licensed practitioners, §
Student professionals	1396d(a)(6)
with co-signature	
(involved as needed)	Home health care services, § 1396d(a)(7)
	Clinic services, §
	1396d(a)(9)
Anna Para Para Para Para Para Para Para P	Other diagnostic,
And the state of t	screening, preventive, and rehabilitative services, §
	1396d(a)(13)
	Certified pediatric nurse
	practitioner or certified family nurse practitioner
	services, § 1396d(a)(21)
	Personal care services, § 1396d(a)(24)
	Anticipatory guidance, § 1396d(r)(1)(B)(v)
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Transportation, § 1396d(a)(27)