

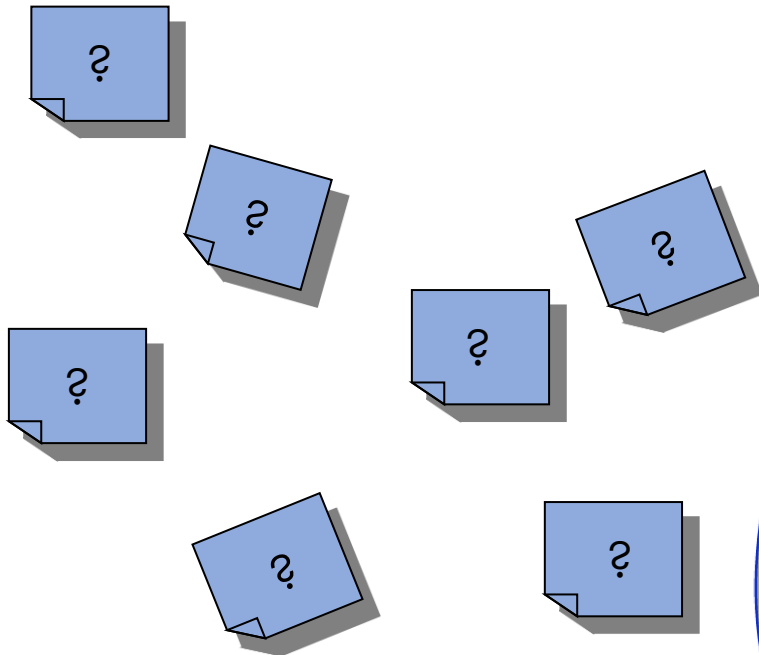
# Together Facing the Challenge



Services Effectiveness Research Program  
Duke University Medical Center

# Welcome!

## Parking lot



- Name tents and sign-in
- Parking lot
- Be respectful
- *Activity 1.A: Ice Breaker*

**Please note:** In some instances, we have abbreviated “Foster Parent Manual” to “FPM,” and “Trainer-the-Trainer Manual” to “TTM” in an effort to save time and space.

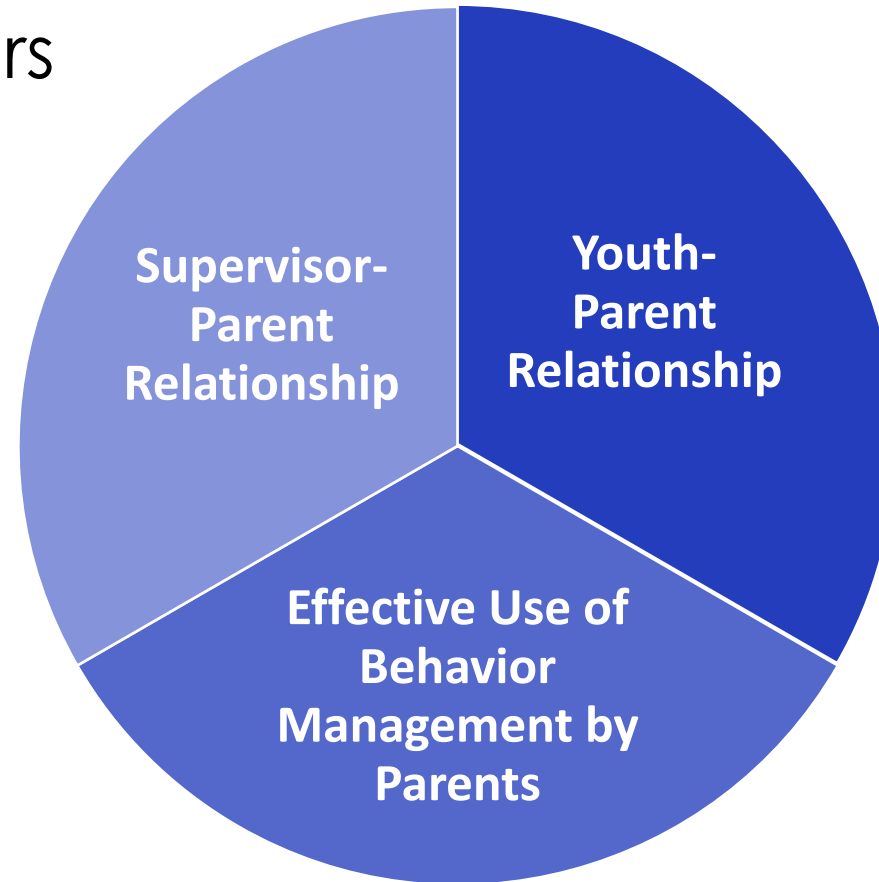


# Session 1: Building Relationships and Teaching Cooperation

“Research shows that when Therapeutic Foster Parents have strong relationships with youth and with their supervisors, youth do better in Therapeutic Foster Care.”

# Therapeutic Foster Care: An Evidence-Based Treatment for Youth

- Three Key Factors



# How Does Trauma Affect Youth in Care?

## Discussion:

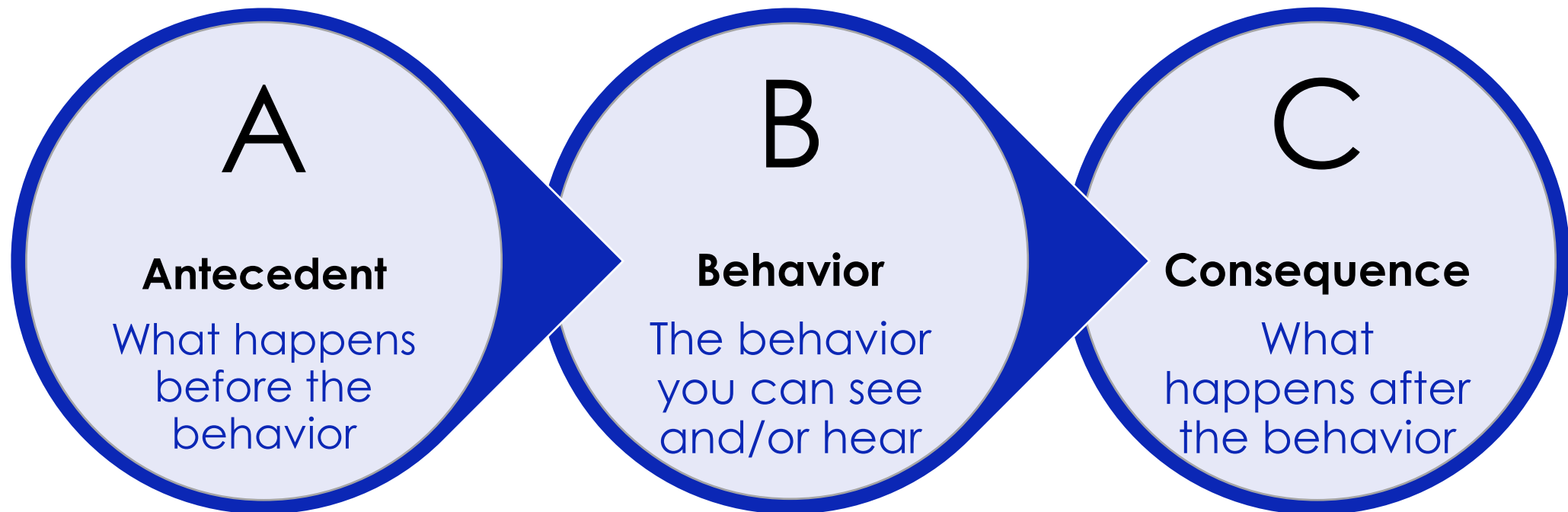
How can we help youth re-pack their invisible suitcases?

- Strategies to help youth trauma survivors:
  - Help youth to be more familiar with their physical surroundings
  - Give choices and responsibilities so they can experience a sense of control
  - Set limits
  - Provide information to inform youth about what is going to take place in the future.
  - Provide opportunities for self-expression
  - Help them maintain a sense of connection and continuity with their culture and their past



# Social Learning Theory

- This theory suggests that we learn how to behave from our social interactions and our environment
- Behavior takes place *in context* of what happens before and after



# Home Practice: Tracking Behavior

HOME PRACTICE: TRACKING BEHAVIOR FORM

| Start Time:  | Day 1 | Day 2 | Day 3 |
|--|-------|-------|-------|
| End Time:  |       |       |       |
| Antecedents<br>Jot down what happens right before the problem behavior occurs →  |       |       |       |
| Problem Behavior:<br><input type="text"/><br>Make a check mark each time (frequency) or write the amount of time (duration) the problem behavior occurs while you observe              |       |       |       |
| Consequences<br>Jot down what happens right after the problem behavior occurs →  |       |       |       |
| Antecedents<br>Jot down what happens right before the positive behavior occurs →   |       |       |       |
| Positive (opposite) Behavior:<br><input type="text"/><br>Make a check mark each time (frequency) or write the amount of time (duration) the positive behavior occurs while you observe |       |       |       |
| Consequences<br>Jot down what happens right after the positive behavior occurs →   |       |       |       |

Adapted from: Pacifi, c., Chamberlain, P., & White, L. (2002). *Off road parenting: Practical solutions for difficult behavior*. Eugene, OR: Northwest Media, Inc.  
Together Facing the Challenge 10



## Instructions:

Choose a behavior that you've witnessed in your Therapeutic Foster Youth and use the "Tracking Behavior" form (FPM, pg. 9-10) to track that behavior.

