The Training Provided Includes:

1. Three-day training in both program content and training delivery.
2. An electronic copy of all program materials.
3. Off Road Parenting book with DVD.
4. A collection of educational DVDs, including Together Facing the Challenge: Therapeutic Foster Care in North Carolina.
6. Once the three-day training is complete, follow-up coaching & consultation is provided to support agency staff during the implementation process at their respective sites.

Meet the Staff:

Maureen Murray, LCSW
Program developer, primary investigator, and certified

Donald Bartosik, LMFT
Consultant & Certified trainer

Tom Holahan, M.Ed.
Consultant & Certified trainer

Riley Craven
Staff Specialist

Our Research Team

Maureen Murray, LCSW

Maureen Murray is Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine. Ms. Murray has over 20 years of experience leading clinical research projects in community-based settings. As the Training Director for the Therapeutic Foster Care in a System of Care study, she was the primary developer of the Therapeutic Foster Care resource toolkit, “Together Facing the Challenge.” She provides training and consultation on this model of care. She has also served as an individual therapist for children living in foster and congregate care specializing in trauma treatment, adjustment disorders, and familial separation issues.

Elizabeth M.Z. Farmer, Ph.D.

Dr. Farmer is the Associate Dean for Research & Professor in the School of Social Work at Virginia Commonwealth University. Some of her research interests include effectiveness of children’s mental health interventions and mental health in life course trajectories.

Barbara J. Burns, Ph.D.

Dr. Burns is Professor of Medical Psychology and Director of the Services Effectiveness Research Program in the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine. Her primary research interests are innovative community-based services and implementation of evidence-based treatment for youth and families.

Contact Information

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History of Together Facing the Challenge

After years of working in the field of children’s mental health service provision, our research team had come to believe that the hard job of direct service provision could be enhanced with straightforward, but effective, methods of working with youth. Through multiple research studies, the Together Facing the Challenge model of care was developed to support existing agencies in enhancing their treatment in usual care practice. We now offer the Together Facing the Challenge model of care in a comprehensive training package, including in-person training, necessary materials, and on-going coaching and consultation. In addition to being supported by evidence and grounded in theory, the training in Together Facing the Challenge is designed to aid agency leadership in the formidable task of implementing a new model of care. As of 2011, this model received a Level 2 rating for Research Evidence and a Level 1 rating for Child Welfare Relevance from the California Evidence-Based Clearinghouse for Child Welfare. We believe this model of care, supported by theory but sustainable in usual care settings, will provide a reliable model of care for agencies providing Treatment Foster Care and other related services.

Fees & Consultation Calls

To apply for this training, please visit [http://sites.duke.edu/tftc/](http://sites.duke.edu/tftc/) and complete the Agency Readiness Survey. Once your application has been reviewed, a member of our team will be in contact with you to discuss enrollment opportunities. Program fees for conducting this training are determined by such factors as the number of participants and the location of the training. Group consultation via teleconferencing is included in the training fees. Training participants also have access to additional consultation via email or phone contact on an as-needed basis.

### Training Agenda & Highlights

| Day 1 | Background and Research
|       | What’s the Relationship Got to Do with It?
|       | The Effect of Trauma on TFC Youth
|       | Social Learning Theory & Tracking Behaviors
|       | Power of Praise & Daily Check-In
|       | Giving Effective Instructions
|       | Developing Meaningful House Rules
|       | Understanding the Conflict Cycle and Avoiding Power Struggles
|       | Developing and Utilizing Effective Behavior Contracts
|       | Implementing Effective Consequences

| Day 2 | Exploring Cultural Identity & Diversity
|       | Preparing Youth for their Future
|       | Developing a Personal Timeline
|       | Strengthening Family Communication
|       | Enhancing Problem Solving
|       | Taking Care of Self
|       | Highlighting Adult Learning Styles
|       | Preparing for Group Presentations

| Day 3 | ———From Theory to Practice———
|       | Preparing for Group Presentations (continued)
|       | Practice and Critique of Skills
|       | Overview of TFC Toolkit
|       | View Therapeutic Foster Care in North Carolina
|       | Methods for Pro-Active and Effective Program Application
|       | Planning for Follow-up Consultation
|       | Moving Forward with Implementation

### Objectives

Upon completion of this workshop, participants will increase their ability to:

- Identify key factors that lead to positive outcomes for youth in care
- Describe the contents of the “Together Facing the Challenge” Toolkit
- Outline and deliver the seven-session train-the-trainer curriculum
- Demonstrate the process of providing training in the application of the model
- Discuss the background which laid the foundation for this model

### Benefits of Together Facing the Challenge

- Applicable for new and existing agencies
- Explanation of theoretical underpinnings, including social learning, psychodynamic, and behavioral theories
- Directly trains and supports agency leadership for the implementation of the model of care
- Designed for Treatment Foster Care but applicable to agencies serving youth in foster care, residential treatment, and outpatient services
- Clinically experienced program developers and trainers