

***In MTFC-P, the foster parents
and the foster home environment
are considered to be the
Therapeutic Agents of Change.***

Program Eligibility

Children ages 3-6 years old in foster or kinship care who exhibit challenging behaviors that place them at risk for placement disruption.

How Children are Referred

Eligible children should be referred through the Sacramento County Mental Health Access Team. When referring, call 916-875-9980 and request "Building Blocks—MTFC-P" services.

**For MTFC-P program information,
please contact:**

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Established in 1966. Awarded Gold Seal of Approval™ by the Joint Commission on Accreditation of Healthcare Organizations.

Administrative Offices

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*In collaboration with Sacramento County Department of Health
and Human Services Division of Mental Health.*



**A Place for Children and
Families
to Grow**

**Multidimensional
Treatment Foster Care —
Preschool
(MTFC-P)**

An Overview



Multidimensional Treatment Foster Care – Preschool (MTFC-P) is uniquely designed to provide foster parents with the support they need to create a structured nurturing environment for children with challenging behaviors.

MTFC-P staff provide a range of services to support the therapeutic progress of foster children and their move towards permanency. These services include:

- Behavioral consultation and support in school and daycare settings
- Training and behavioral support for biological parents/relatives in the process of reunification
- Coordination with social workers and foster family advocates in long-term care planning



Key Features of MTFC-P

- We work to match and place children with families to accommodate individualized needs
- Each child has an individualized treatment plan
- Foster parents receive training in effective behavior management strategies
- Weekly foster parent support groups
- Daily telephone contact with foster parents
- Support is available 24 hours a day, 7 days a week



Our Services Aim to:

- Increase appropriate behaviors in foster children
- Decrease problem behaviors
- Reduce foster parent stress
- Specify clear, consistent rules, limits, and consequences
- Reduce placement disruption

MTFC-P Treatment Team

To accomplish our goals, the MTFC-P program uses a team approach to treatment. Team members include:

- Foster parents, who are the eyes and ears of the program.
- Program Supervisor – coordinates, supervises, and individualizes the child's treatment plan, and oversee the activities of the other members of the team.
- Skills Trainer — Focuses on helping the child learn and use skills that are necessary to get along with peers and adults in a variety of settings.
- Foster Parent Advocate – Responsible for supporting and guiding foster parents as they implement the recommendations and intervention from the Program Supervisor.
- Parent Daily Report Caller — maintains daily contact with the foster parent to get a checklist-type report of the child's behaviors. This report is used to individualize the treatment plan.
- Family Therapist – Works with the aftercare resources to prepare them for the child's return to his or her family.
- Referring agency — Acts as a supportive agent to the overall goals of the plan.
- Child Psychiatrist – Available on an as-needed basis to assess the child's need for psychiatric or behavioral medication.

