

Evidence of Program Effectiveness

- Almost 3 times as many boys ran away or were expelled from their Group Care than did boys in MTFC.
- Boys in MTFC reported fewer placement disruptions than Group Care boys or regular foster care boys than Group Care boys at 6-12-18 months after enrolling in the program.
Keep Study (Chamberlain & Reid, 2006)
- MTFC girls spent significantly more time participating in their program compared to girls in treatment as usual programs.
- MTFC girls were sent to locked facilities significantly less often and spent significantly less time in locked facilities than girls in traditional treatment programs.

Female Delinquency: Processes and Outcomes (Chamberlain, 1999)

For MFTC program information, please contact:

John Holmes, Vice President
Phone: (916) 609-5100
Email: jholmes@riveroak.org

Kristy Schreader, LMFT
Program Manager
Phone: (916) 609-5100
Email: kschreader@riveroak.org



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

Administrative Offices

5030 El Camino Avenue
Carmichael, CA 95608
Phone: (916) 609-5100
Fax: (916) 609-5160
www.riveroak.org



River Oak
Center for Children

A Place for Children and Families to Grow

**Multidimensional
Treatment Foster Care
(MTFC)**

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

An Overview

Multidimensional Treatment Foster Care (MTFC) is a program for children and youth (ages 3-7) and provides intensive and comprehensive individualized treatment, support, and supervision in a family setting to children and youth with delinquency, behavioral or emotional problems.



MTFC is a specialized approach to providing services to children and youth, who are in foster care, through FOCUS and WRAP programs.

Program Goals

- Increase prosocial behaviors and decrease problem behaviors.
- Provide close supervision and limit access to delinquent peers.
- Specify clear, consistent rules, limits and consequences for rule violations.
- Teach new skills for forming relationships with positive peers and adults.
- Enhance parenting skills and decrease conflict in both the foster and aftercare/biological family.
- Reduce placement disruption.

Key Features of MTFC

- We work with Child Protective Services and foster parents to match children with families according to program requirements in order to accommodate individualized needs.
- We try to limit the number of children or youth placed in foster home to one at a time.
- A team approach is used to implement the treatment plan with clear role definition among team members.
- Foster parents are provided with an individualized and structured behavior management program that they implement under the guidance of the program supervisor.
- Foster parents receive an enhanced level of support from program staff and other foster parents. In addition to weekly support meetings for all of the foster parents, staff is available to foster parents 24 hours a day, 7 days a week.



MTFC Treatment Team

To accomplish these goals, the MTFC program uses a team approach to treatment. The program supervisors identify target behaviors and formulate treatment plans. Their primary role is to implement the youth's program and encourage and support the youth. The other team members are:

- Foster parents who are the eyes and ears of the program.
- A Family Therapist who works with the aftercare resources to prepare them for the youth's return to their families.
- Skills Trainers that focus on helping youth learn and use skills that are necessary to get along with peers and adults in a variety of settings.
- The Parent Daily Report Caller who maintains daily contact with the foster parent to get a checklist-type report of the youth's behaviors. This report is used to individualize the treatment program.
- A Referring agency (For example, Probation or Child Protective Services) who is involved in the treatment plan and acts as a supportive agent to the overall goals of the plan.
- A Therapeutic Playgroup meets once a week in a preschool setting to teach early academics, school readiness and behavior regulation.