



Supporting Grandfamilies as Caregivers in the Opioid Crisis

January 19, 2023
11:00 – 12:30 CT

Chuck Klevgaard
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PRESENTER



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Chuck Klevgaard is a nationally recognized expert in substance misuse prevention and public health, specializing in behavioral health supports. Drawing on his experience in collective impact and prevention-focused partnerships, he builds the capacity of states, tribes, schools, communities, and cities to use evidence-based substance misuse prevention and intervention strategies. He specializes in and evidence-based alcohol, opioid, and substance misuse programs and policies.



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Objectives

Participants in this webinar will be able to:

- Identify the trends around children being raised by grandparents because of the opioid crisis
- Explain how children and grandfamilies are impacted by the opioid epidemic, including as they navigate these relationships
- Identify strategies for building skills and support systems for grandparents that are assuming the responsibility of caring for vulnerable grandchildren



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Numbers

- **Every 15 minutes** in the US, an infant is born with opioid exposure
- Children living with a parent with opioid use disorder increased 30% between 2002 and 2017
- Children living with an adult who misuses heroin increased 200% between 2002 and 2017



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In the United States, there are approximately 7.9 million children living with grandparents or other relatives, with 2.65 million of those children living in “skipped generation” homes with no biological parents present.

(Annie E. Casey Foundation Kids Count Data Center 2020)

A Public Health Emergency

- Declared a public health emergency by the United States Department of Health and Human Services
- The opioid epidemic has significant negative consequences for individuals, children, and families
- Approximately 2 million individuals in the U.S. have an opioid use disorder with opioids contributing to almost 70% of drug overdose deaths

Centers for Disease Control and Prevention, (CDC), 2020



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Poll: Your Experience



How much knowledge and experience do you have with prevention focused on grandfamilies?

- A. A lot
- B. Some
- C. A little
- D. None

A young boy with short dark hair is sitting on a striped couch, looking off to the side with a thoughtful expression. His hand is resting on his chin. The background is softly blurred, showing a window and a plant.

Children residing with parents who misuse substances are at risk for exposure to numerous adverse and traumatic events.

Grandfamilies and the Opioid Epidemic: A Systemic Perspective and Future Priorities

A young boy with short, light-colored hair is shown in profile, looking down and to the right. He has a thoughtful or somber expression. The image is in a muted, sepia-toned color palette. The boy is wearing a dark-colored t-shirt. The background is out of focus, suggesting an indoor setting.

Impact on Children

- Accidental opioid poisoning
- Impacts on parenting
- Family environment
- Family dissolution
- Adolescent opioid use, addiction, and overdose
- Role of parental treatment
- Cross-system collaboration



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Impact on Relationships

- Parental opioid dependence affects the parent–child relationship, child development, and child behaviors.
- Children of parents with opioid use disorders have more mental health issues.
- Children show greater disorganized attachment and are less likely to seek contact, and they are more avoidant.



Adversities Are Increasing

In one recent study, **up to 50%** of adolescent grandchildren may have experienced **four or more** adverse childhood experiences.

Another study found that **almost 75%** of grandchildren have had some type of trauma exposure.

Smith, Infurna, et al. 2019



Impact on Caregivers

- Complex mental and behavioral health needs
- Coping with grief
- Raising a second family creates financial challenges
- Custody is complicated
- Foster care is confusing
- Many subvert their own needs



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Benefits

- Decades of research confirm that children who cannot remain with their parents thrive when raised by relatives and close family friends.
- Children placed with relatives have greater placement stability, higher levels of permanency and better behavioral and mental health outcomes.



Type in the chat:



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Impact of Opioid crisis on Children & Caregivers (grand Families)

STRESSORS

BUFFERS

Behavioral Health

Basic Needs



STRATEGIES

Wrap Around Services



Child Focused



Relational Interventions



Caregiver Training



Caregiver & Child



Poll: Programs in Your Community

What types of programs are offered for children and grandfamilies in your community?

- A. Wraparound
- B. Training Programs
- C. Child Focused Programs
- D. Support Groups
- E. Mentoring
- F. Other

Wrap-around Services

- Multimodal approach that includes individual counseling for the grandparent and grandchild, as well as family therapy.
- A component that connects grandfamilies to community services, public benefits and legal assistance.



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Kinship Navigator Programs

- A single point of entry for connecting to housing, health services, and financial and legal assistance.
- Assist caregivers in learning about, finding, and using programs and services to meet the needs of the children they are raising, in addition to their own needs as caregivers.



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Aging and Long-Term Support Administration

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Kinship Care



Are you raising a child of another family member or a family friend?

Then you might be what we refer to as a **Kinship Caregiver**. Here are two videos that will tell you more about the kinship community and resources available to you.

<https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care>

• Community of Kinship Care

Relational

- Use the relationship between the caregiver and child, or the foster caregiver and biological parent as their focus.
- Examples include *Attachment and Bio-behavioral Catch-up (ABC)*, *Parent Child Interaction Therapy (PCIT)*, and *Child Parent Psychotherapy (CPP)*.



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Adapting The Incredible Years, An Evidence-Based Parenting Programme, For Families Involved In The Child Welfare System

Families referred to child welfare for maltreatment and neglect are frequently mandated to attend parenting programmes. Evidence-based parenting programmes (EBPs) are underutilized or not delivered with fidelity for this population. The Incredible Years (IY) Parenting programme is an EPB that has been proven to reduce harsh parenting, increase positive discipline and nurturing parenting, reduce conduct problems, and improve children's social competence. There is also promising preliminary evidence that IY is an effective for families involved in child welfare (Hurlburt, Nguyen, Reid, Webster-Stratton, & Zhang, under review) and for foster parents (Linares, Montalto, MinMin, & S., 2006). The current paper describes how the updated IY parenting basic programme is delivered with fidelity to this population.

[Read the Article \(PDF\)](#)

Year: 2010

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<https://incredibleyears.com/article/adapting-the-incredible-years-an-evidence-based-parenting-programme-for-families-involved-in-the-child-welfare-system/>

Direct Caregiver and Child

- Aimed at both the caregiver and child but not specifically designed to focus on their relationship.
- Programs such *Kinship Care Connection* provide focus group support sessions for the caregiver and support groups, mentoring, tutoring, and individual counseling for the children as appropriate.



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Prevention

Treatment

Recovery

Harm Reduction

Provider

24/7 HOPEline: Call [1-877-8-HOPENY](tel:1-877-8-HOPENY) (467369) or Text [HOPENY](text:HOPENY) (467369).

[COVID-19 Guidance for Behavioral H](#)

[← Prevention](#)

Kinship Care Toolkit

A toolkit to support individuals caring for children impacted by parental addiction and/or overdose.



<https://oasas.ny.gov/kinship-care-toolkit>

Caregiver Training

- Involve specific teaching for caregivers in groups for a certain number of sessions.
- Programs such as *Keeping Foster Parents Trained and Supported (KEEP)*.



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KEEP (Keeping Foster and Kin Parents Supported and Trained)

| Topic Areas | Scientific Rating ⁱ | Child Welfare Relevance ⁱ |
|------------------------------------|---|--------------------------------------|
| Kinship Caregiver Support Programs | 3 — Promising <u>Research Evidence</u> | High |
| Placement Stabilization Programs | 3 — Promising Research Evidence | High |

For the Child

- Directed toward the foster child
- Programs such as *Playgroup* aim to develop their social competence and behavioral self-regulation in preparation for attending school.
- Other interventions used *trauma-focused CBT* to intervene with foster adolescents.



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Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

| Topic Areas | Scientific Rating ⓘ | Child Welfare Relevance ⓘ |
|--|----------------------------------|--|
| Trauma Treatment - Client-Level Interventions (Child & Adolescent) | NR — Not able to be Rated | Medium |

Addressing ACEs in Children

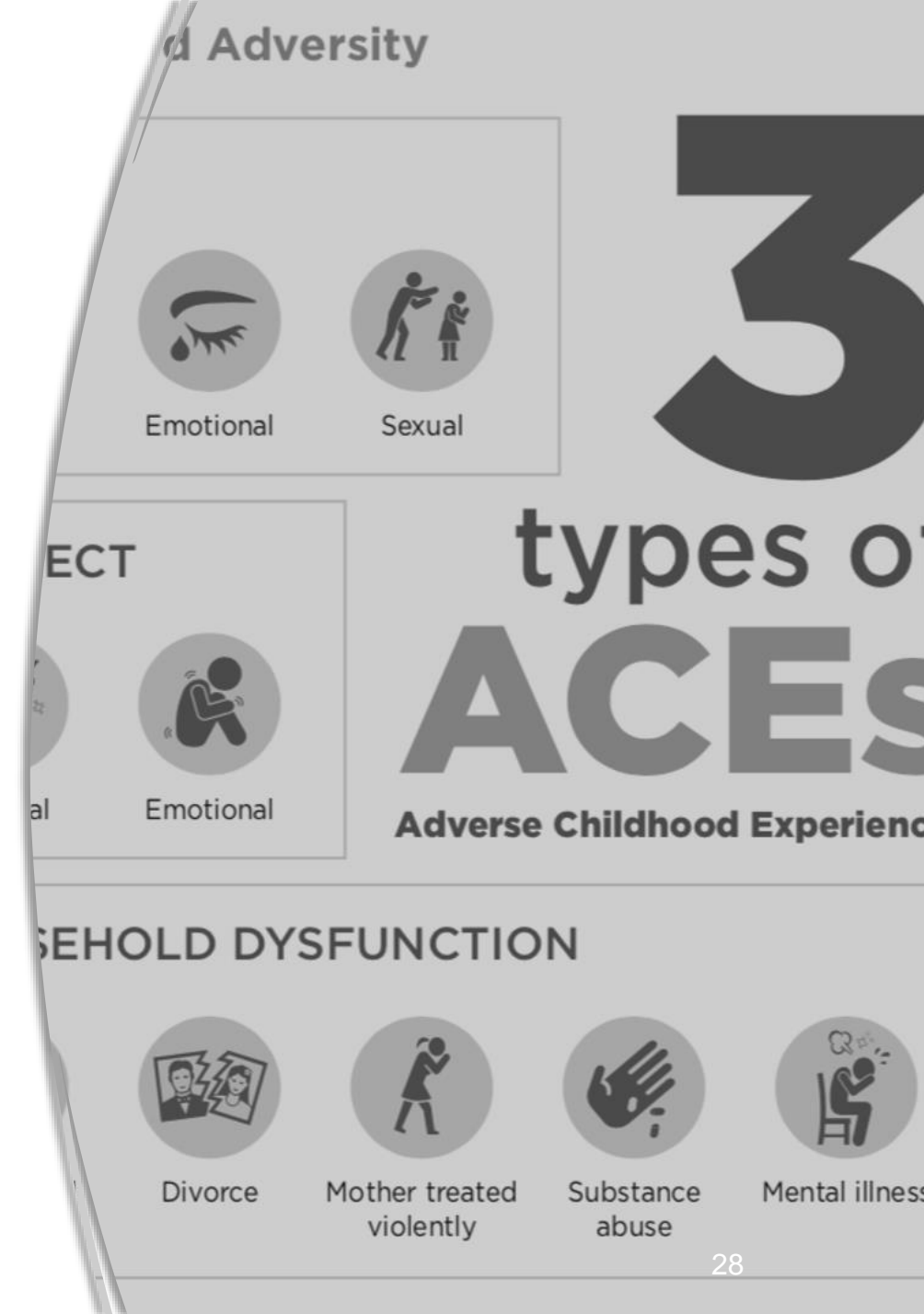
- Including the experience of maltreatment; out-of-home placement; instability in housing, caregivers, or schools; and/or parental substance use, mental illness, or incarceration.
- Programs such as *Fostering Healthy Futures* focus mentoring and skills group program.

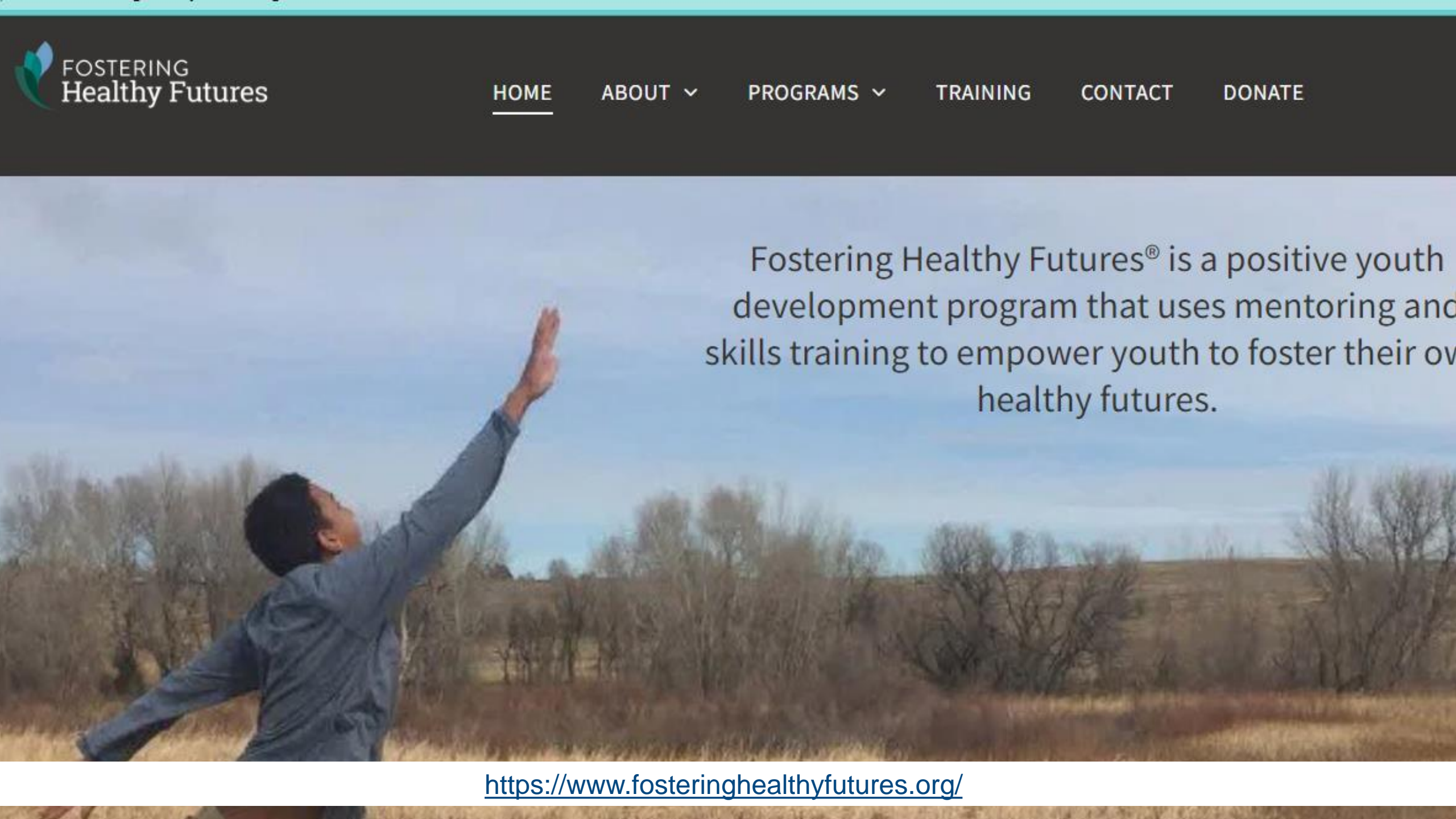


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Fostering Healthy Futures® is a positive youth development program that uses mentoring and skills training to empower youth to foster their own healthy futures.



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Search Results

12 results — sorted by relevance for "adverse childhood experience" // [search again?](#)

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Mentoring Programs

- Children placed in foster, kinship, and congregate care may experience multiple placement changes and/or reunification, leading to instability in home, neighborhood, school, and community environments.
- Mentors provide a structured relationship between a child and an older individual.



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[Friends for Youth 1 to 1 Mentoring](#)



COMMUNITY BASED MENTORING

<https://www.silverliningmentoring.org/>

Partnerships

- State agencies
- Child welfare
- Community health centers
- Human services
- Youth services

Share in chat: *Where else can you partner in your community?*



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HOME > TOPICS > SYSTEMWIDE > STATE GUIDES AND MANUALS SEARCH

State Guides and Manuals Search

Links to State publications that describe child welfare services and provide guidance to professionals and families. [About...](#)

Search using the options below (*CTRL + Click to select multiple items*):

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- Arkansas

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Also see...

- [State Statutes Search](#)
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Questions from the field


Research reports

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What are some examples of **evidence-informed practices** to keep children safe and promote permanency?

The field of child welfare has come a long way in developing and adopting evidence-based practices. Although more research is still needed, there is a growing list of existing evidence-based or evidence-informed practices to meet many child and family needs throughout the life of a case.

Even before a case begins, prevention programs can be effective in reducing the need for further system intervention. Effective prevention of child abuse and neglect requires both primary and secondary prevention approaches: primary prevention programs, often called "universal" prevention programs,¹ are directed at the general population, with the goal of preventing child abuse and neglect from occurring in the first place.

casey family programs

UPDATE JANUARY 2018 casey.org

DOWNLOAD

FEBRUARY 06, 2018

What are some examples of evidence-informed practices to keep children safe and promote permanency?

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Examples of evidence-informed primary prevention approaches include:

- [Nurse-Family Partnership \(NFP\)](#)
- [Safe Environment for Every Kid \(SEEK\)](#)
- [Triple P – Positive Parenting Program](#)
- [Parent-Child Assistance Program](#)

Secondary prevention² includes programs focused on individuals or families who are at high risk for maltreating their children, and may include parent education and training, respite care, and home visiting programs. Many of these can also be considered **early intervention** programs. Examples of evidence-informed secondary prevention approaches include:

- [Family Connections](#)
- [Functional Family Therapy \(FFT\) & FFT-CW](#)
- [The Incredible Years \(IY\)](#)
- [Parent-Child Interaction Therapy \(PCIT\)](#)
- [Project Connect](#)
- [SafeCare](#)

END



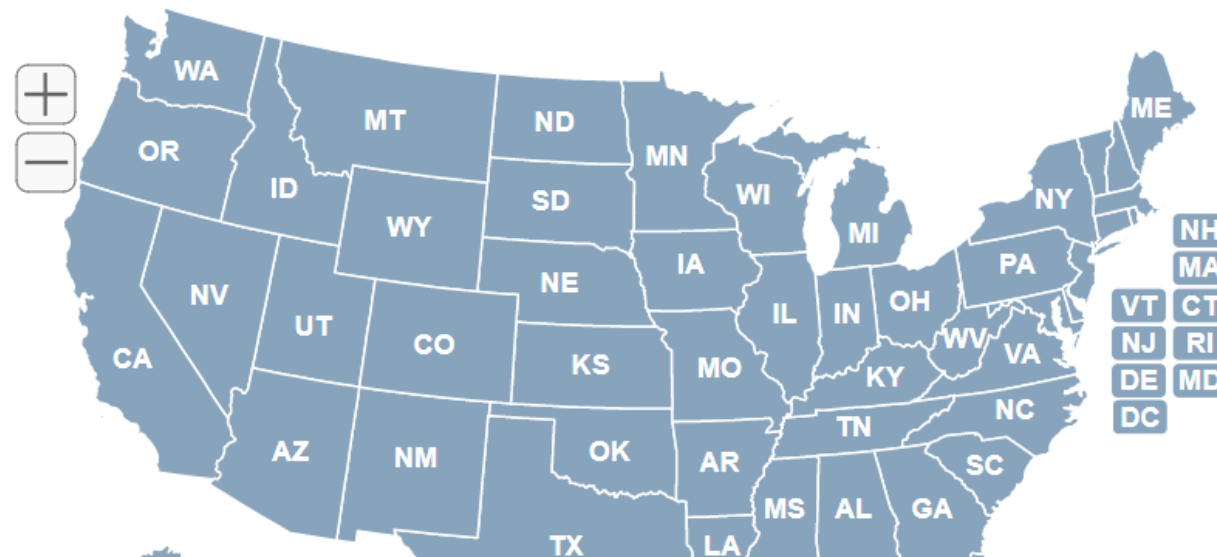
QUESTIONS

STATE FACT SHEETS

Generations United, in partnership with The Brookdale Foundation Group, AARP, ABA Center on Children and the Law, Casey Family Programs, ChildFocus, Children's Defense Fund and the Dave Thomas Foundation for Adoption have, as of April 30, 2021, fully updated each of 52 GrandFacts: State Fact Sheets for Grandparents and Other Relatives Raising Children. Additionally Spanish versions for each state are also available. These are living documents, so if at any time you have an update or a new resource to be included in any of the GrandFacts State Fact Sheets, please email grandfamilies@gu.org.

[GrandFacts: State Fact Sheets for Grandparents and Other Relatives Raising Children:](#)

[Click here for Spanish](#)



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- [Foster Care Licensing](#)
- [General Kinship Publications](#)
- [Healthcare](#)
- [Housing](#)
- [Kinship Navigator Programs](#)

Data (3 Sources to Start)

1. Grandfamilies.org, State fact Sheets <https://www.grandfamilies.org/State-Fact-Sheets>
2. Census <https://www.census.gov/acs/www/about/why-we-ask-each-question/grandparents/>
3. Annie E. Casey Foundation Kids Count Data Center. 2014-2016 Current Population Survey Annual Social and Economic Supplement (CPS ASEC). Children in Kinship Care. Estimates represent a three-year average. Accessed August 31, 2022 from [Children in kinship care | KIDS COUNT Data Center, https://datacenter.kidscount.org/data/tables/10455-children-in-kinship-care#detailed/1/any/false/2479,2097,1985,1757/any/20160,20161](https://datacenter.kidscount.org/data/tables/10455-children-in-kinship-care#detailed/1/any/false/2479,2097,1985,1757/any/20160,20161)



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2017-2021 American Community Survey 5-year estimates are now available.

// [Census.gov](#) / [Our Surveys & Programs](#) / [American Community Survey \(ACS\)](#) / [About the ACS](#) / [Why We Ask Each Question](#) / [Grandparents as Caregivers](#)

AMERICAN COMMUNITY SURVEY (ACS)

WITHIN ABOUT THE ACS

[About the Puerto Rico Community Survey](#)

[ACS and the Decennial Census](#)

[ACS Data Stories](#)

[ACS Information Guide](#)

[Sample ACS & PRCS Forms and Instructions](#)

[Top Questions About the Survey](#)

[Why We Ask Each Question](#)

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Why We Ask Questions About... Grandparents as Caregivers

We ask questions about whether a person lives with his/her grandchildren under age 18, if he/she is the primary caregiver, and how long he/she has cared for his/her grandchildren to create statistics about grandparent caregivers.

Grandparent caregiver data help federal agencies understand the special provisions needed for federal programs designed to assist families, as older Americans are often in different financial, housing, and health circumstances than those of other ages. These data also help measure the effects of policies and programs that focus on the well-being of families, including tax policies and financial assistance programs.



Your privacy concerns

We use your confidential survey answers to create statistics like those in the results below and in the full tables that contain all the data—no one is able to figure out your survey answers from the statistics we produce. The Census Bureau is legally bound to strict confidentiality requirements. Individual records are not

Additional Resources

COLLATERAL DAMAGE OF THE OPIOID CRISIS

Grandparents Raising Grandchildren—What They Need and How to Help

Christine Stanik, PhD | Senior Researcher | Altarum Center for Behavioral Health

In 2018, grandfamilies became a prominent part of the national conversation surrounding the opioid crisis and in July, the President signed the bipartisan Supporting Grandparents Raising Grandchildren Act into law. Now that those on Capitol Hill are taking notice, it is essential that we understand the needs of these families to inform policies that aim to provide services and support. To add to the small but growing body of knowledge¹ on this topic, Altarum collected data about grandfamilies both in Michigan and nationally. This report focuses on grandparents raising grandchildren, identifying first the perceived needs and barriers to obtaining services, and then exploring the possible influence of the burden of the opioid crisis in this population. Finally, we offer recommendations for supporting and improving outcomes for these grandfamilies who are in this extremely difficult situation.



BACKGROUND

By all metrics, our country is now facing the largest drug epidemic of all time. The ripple effects of the opioid crisis are rapidly accumulating, resulting in—among other consequences—a dramatic uptick in the number of children being removed from the custody of their parents. Nationally there was a 10% increase in the number of children entering the foster care system between 2012 and 2016; for six states (Alaska, Georgia, Minnesota, Indiana, Montana, and New Hampshire) the increase was closer to 50%.² Drilling down to a local level, this data also showed that nationally from 2011 to 2016, counties with higher drug-related deaths and hospitalizations also had higher rates of new foster care cases. This makes clear the link between national increases in substance abuse and the influx of children into the welfare system. Many of these children end up in the care of relatives. Though grandparents have historically stepped in to provide varying levels of support to their adult children and/or grandchildren as needed, they are now being called upon to assume primary parental responsibility for their grandchildren in unprecedented numbers. Currently around 7.8 million children reside in grandparent-led households. While evidence-based treatment for substance use disorder (SUD) is capturing national attention, less focus is being given to the many families grappling with the collateral damage of their loved ones' struggle with addiction.

Kinship care—placing children no longer able to remain with a parent with other family—is the least disruptive for their physical, emotional, and mental well-being. Unfortunately, resources available to support the more than 2.7 million grandparents raising their grandchildren are severely lacking.

¹ Raising the Children of the Opioid Epidemic: Solutions and Supports for Grandfamilies, State of Grandfamilies 2016, Generations United.
² Gertner, R., Baldwin, M., Crouse, G., Radt, L., Waters, A. The Relationship between Substance Use Indicators and Child Welfare Caseloads. ASPE Research Brief, 2018. Office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services.

