

Boston Public Health Commission



**Boston Consortium of Services
for Families in Recovery**

THE BOSTON CONSORTIUM MODEL TRAINING MODULE 3: PATHWAYS TO FAMILY REUNIFICATION AND RECOVERY

Overview of Presentation



- Before You Get Started:
General Instructions for Organizations and Facilitators
- Curriculum Overview
- Program Goal(s)
- Background and Context
- Curriculum Development
- Sessions Overview

Before You Get Started: General Instructions for Organizations and Facilitators



- Identify appropriate facilitators and training
- Define eligibility criteria for participation
- Consider which support services the agency will provide such as childcare and transportation
- Consider using weekly facilitator feedback forms and participant feedback surveys
- Engage staff and recruit participants
- Familiarize yourself with the training manual and prepare ahead of time for each session by purchasing materials, setting up the room, and preparing all materials and handouts including flipcharts beforehand

Program Overview



Pathways to Family Reunification and Recovery is a 10-week educational curriculum that focuses on the impact of substance abuse on parenting, family reunification, and self-care.

Review the ten-week curriculum



- Session 1: Diverse Family Reunification Experiences
- Session 2: Past Influences and Personal Strengths; That Was Then, This Is Now
- Session 3: Understanding The Family Reunification Process
- Session 4: My Custody Situation and Feelings Associated with It
- Session 5: Taking Care of Ourselves to Become a More Effective Parent

SESSION 1 AGENDA & TIME FRAMES



- Welcome and Introduction to the Program
- Review of Ten-Week Curriculum
- Group Guidelines
- Participant Expectations
- Session 1 Objectives 35 minutes
- Activity 1: Sharing of Individual Situations 40 minutes
- Break 10 minutes
- Collage Activity 2: Your Wish for the Future with
• Your Child (ren) 35 minutes
- Average time to complete this session 2 hours

10 Sessions; continued



- Session 6: How to Effectively Navigate and Understand the Child Protective Services System
- Session 7: Transitioning from Their Home to My Home
- Session 8: Understanding Various Situations that May Arise When I Reunite With My Child(ren)
- Session 9: Improving My Parenting Skills
- Session 10: Summary of Sessions, Graduation and Celebration

Program Goal(s)



Its goals are to assist women in learning:

- How to re-connect with their children and examine feelings related to their recovery process
- How to advocate effectively on their own behalf to reach a positive reunification outcome
- How to manage emotions related to the challenges and opportunities that characterize the process of being reunited with their children.

Session 1- Diverse Family Reunification Experiences



Session Goal(s):

- Introduce the ten-week curriculum to participants
- Have participants describe their past and present reunification situation with child(ren).

Session 1- Diverse Family Reunification Experiences



Session Objectives:

Upon completion of this course, participants will –

- Become familiar with the ten-week Pathways to Reunification and Recovery curriculum
- Validate one another's experiences and the stages one goes through regarding the process of family reunification.

Session 2 – Past Influences and Personal Strengths; That Was Then, This Is Now



Session Goal(s):

- Participants rediscover the personal strengths they have and gain a new set of skills to assist them with parenting

SESSION 2 AGENDA & TIME FRAMES



- Welcome
- Group Check-In
- Summary of Session 15 minutes

- Group Activity 1: How Substance Abuse Affects Your Parenting Abilities and How Being in Recovery Affects Your Parenting Abilities 30 minutes

- Break 10 minutes
- Group Activity 2: Identification of Five Personal Strengths 40 minutes

- Group Activity 3: How Your Personal Strengths Can Assist You With Parenting. 15 minutes

- Create Group Affirmation Statement 10 minutes
- Average time to complete this session 2 hours

Session 2 – Past Influences and Personal Strengths; That Was Then, This Is Now



Session Objectives:

Upon completion of this course, participants will –

- Describe how substance abuse has affected their abilities to parent
- Describe how being in recovery has affected their abilities to parent
- Identify five personal strengths that can assist them with parenting
- Create a group affirmation statement that relates to parenting

Session 3 – Understanding the Family Reunification Process



Session Goal(s):

- Participants become familiar with the process of family reunification

Session 3 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 2 15 minutes
- Small Group Activity 1: Exploring Family
- Reunification 20 minutes
- Debrief of Small Group Activity 1 45 minutes
- Break 10 minutes
- Group Discussion Activity 2: Similarities of Family
- Reunification Situations Among Participants.
30 minutes
- Average time to complete this session 2 hours

Session 3 – Understanding the Family Reunification Process



Session Objectives:

Upon completion of this course, participants will –

- Review of family reunification process
- Identify steps and challenges associated with the process
- Create group synergy that is supportive and nurturing

Session 4 – My Custody Situation and Feelings Associated With It



Goal

- Participants examine their own emotions/feelings associated with the family reunification process

Session 4 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 3 15 minutes
- Group Activity 1: Emotions/Feelings Associated with Child Custody Issues 50 minutes
- Break 10 minutes
- Role-Play 1 and 2 45 minutes
- Average time to complete this session 2 hours

Session 4 – My Custody Situation and Feelings Associated With It



Session Objectives:

Upon completion of this course, participants will –

- Become more familiar with emotions/feelings such as anger, shame, and guilt, and how they can potentially affect their relationship with their child(ren)'s caretaker
- Describe positive ways to handle negative emotions/feelings
- Gain new communication skills to interact effectively with their child(ren)'s caretakers and agency representatives

Session 5 – Taking Care of Ourselves to Become a More Effective Parent



Session Goal(s):

- Participants find new and resourceful ways to nurture themselves when going through a family reunification process

Session 5-Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 4 10 minutes
- Group Discussion: What is Stress? 30 minutes
- Break 10 minutes
- Group Activity: The ABC's of Nurturing 30 minutes
- Individual Quiet Activity: Bean-Bag Buddy 40 minutes
- Average time to complete this session 2 hours

Session 5 – Taking Care of Ourselves to Become a More Effective Parent



Session Objectives:

Upon completion of this course, participants will –

- Identify ways in which the family reunification process can be a source of stress
- Identify new strategies to deal with stress associated with the family reunification process
- Identify new ways to lower stress levels and take care of ourselves to become a more effective parent

Session 6 – How to Effectively Navigate and Understand the Child Protective Services System



Session Goal(s):

- Participants understand how to interact with the Child Protective Services System
- Participants understand how to use the system in a positive so the system works for and not against them
- Participants learn how to become a better advocate and manager of their unique situation to reach a positive reunification outcome

Session 6 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 5 10 minutes
- Group Discussion: Understanding Your Rights:
- The Law
- Service Plan(s)
- Child Visitation Rights 55 minutes
- Break 10 minutes
- Group Discussion: Insight Around Guardianship and
- Adoption 25 minutes
- Group Discussion: Putting it Together: Managing
- Your Plan(s) 20 minutes
- Average time to complete this session 2 hours

Session 6 – How to Effectively Navigate and Understand the Child Protective Services System



Session Objectives:

Upon completion of this course, participants will –

- Understand their legal right as a client:
 - The law
 - Service plan(s)
 - Child visitation rights

- Describe adoption and guardianship

- Understand the Child Protective Services System and How It Works

- Learn how to advocate for their rights

Session 7 – Transitioning From Their Home to My Home



Session Goal(s):

- Participants understand how to effectively transition one's child(ren) from the caretaker's home to the participant's home

Session 7 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 6 15 minutes
- Group Discussion: Various Child Custody Situations
15 minutes
- Role-Play Preparation 15 minutes
- Break 10 minutes
- Role-Play Presentations 45 minutes
- Group Discussion: Reactions to Role-Plays 20 minutes
- Average time to complete this session 2 hours

Session 7 – Transitioning From Their Home to My Home



Session Objectives:

Upon completion of this course, participants will –

- Understand different child custody situations
- Prepare themselves and their children for a smooth transition
- Understand how the transition impacts all before, during, and after the transition

Session 8 – Understanding Various Situations That May Arise When I Reunite With My Child(ren)



Session Goal(s):

- Participants understand situations that can present themselves when a child is reunited with her/his mother and moves from foster care or other types of placements to the participants home

Session 8 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 7 15 minutes
- The Child Who Wets the Bed – Role-Play
- Group Discussion 30 minutes
- The Child Who Is Acting Out – Role-Play
- Group Discussion 30 Minutes
- Break 10 Minutes
- Closing Activity: Illustrate How You Can Be A
- Nurturing Parent 35 minutes
- Average time to complete this session 2 hours

Session 8 – Understanding Various Situations That May Arise When I Reunite With My Child(ren)



Session Objectives:

Upon completion of this course, participants will –

- Understand different behaviors children may have during a transition
- Determine how to effectively respond to the behaviors
- Determine how to nurture children who are in a difficult transition
- Become familiar with support systems available to families during a transition

Session 9 – Improving My Parenting Skills



Session Goal(s):

- Participants understand the importance of empathy and compassion in parenting

Session 9 Agenda and Time Frames



- Welcome
- Group Check-In
- Summary of Session 8 15 minutes
- Group Discussion:
- Getting Reunited With Your Child (ren) 30 minutes
- Break 10 minutes
- Group Activity:
- Ways I Can Use To Show Empathy and Compassion
- To My Child (ren) 30 minutes
- Group Discussion: Discussion on Keys to Successful Parenting 35 minutes
- Average time to complete this session 2 hours

Session 9 – Improving My Parenting Skills



Session Objectives:

Upon completion of this course, participants will –

- Gain skills to nurture and provide emotional support to their children during the reunification process
- Understand how to effectively parent when their children are in distress or having a difficult time
- Understand the importance of being empathetic and compassionate with their child(ren)

Session 10 – Summary of Sessions, Graduation, and Celebration



Session Goal(s):

- Participants articulate how they benefited from the information they received throughout the ten-week group

Session 10 – Summary of Sessions, Graduation, and Celebration)



Session Agenda:

- Welcome
- Activity: My Wish for My Family's Future Is...
- Distribution of Certificates
- Lunch, Good Wishes and Session Closure