

Nurturing Programs for Families in Substance Use Treatment & Recovery

Prevent Child Abuse Vermont

Michelle Richling

Director of Family Support Programs



Agenda

Background

Population

Data

Proposal & Benefits

Outcomes

Budget

Questions?

Adverse Childhood Experiences

ACES can negatively impact health and well-being across the lifespan if not buffered by nurturing and supportive relationships.

In 2023, 22.8% of children under age 18 had two or more ACES; 14.2% of whom were living with someone with substance use disorder.

DCF Child Protection Report states that the two highest risk factors for child abuse and neglect have been substance use and financial stress



Child Protection Data Vermont

- In 2023, there were 4,040 reports accepted for intervention
- 2,272 cases of suspected child abuse and neglect were accepted for investigation
- 547 children were found to be victims of child abuse and neglect
- 499 cases were open for services

Nurturing Program for Families in Substance Use Treatment & Recovery



Curriculum delivered in 90-minute sessions over 17 weeks in a group format.



Evidence-based program with over 30 years of field research



Recognized by

*SAMHSA (Substance Abuse Mental Health Service Administration)
NREPP (National Registry for Evidence-Based Programs and Practices)
California Evidence-Based Programs*

Population

70% in treatment and recovery

84% have a family income between 0-\$30,000

43% underhoused or experiencing homelessness

48% involved with corrections

75% of families have DCF involvement

2024 Data

Offered 80 programs

For 727 Parents

Impacting 1932
children

Prior Years

Offered 60
programs

Approx 500
families

Impacting
approx. 1200
children

Proposal

Offer 20 Nurturing Programs for Families in Substance Use Treatment & Recovery throughout Vermont

Partner with Turning Point & Recovery Programs

Offer weekly 1:1 meetings with each participant to offer resources and support

Weekly surveys to ensure basic needs are being met

Weekly resources shared during classes

Pre and Post tests to measure outcomes

Program Benefits

Exploration of Childhood Experiences: Parents delve into their past, exploring the impact of their childhood experiences on their current parenting styles and behaviors.

Understanding the Effects of Substance Abuse: Participants gain insights into how substance abuse affects themselves and their families, fostering a deeper understanding of the challenges they face.

Building Nurturing Skills: Through various techniques and activities accommodating different learning styles, parents develop self-awareness and build nurturing skills crucial for family healing.

Examining Personal Development: The program encourages parents to reflect on their own developmental processes in recovery, drawing parallels and differences with their children's journeys.



Outcomes

Families will have access to basic needs, decreasing likelihood of children growing without adequate nutrition, medical care and stable housing.

Parents will be less isolated and stressed, reducing the likelihood of depression, substance misuse, child abuse or neglect.

Parents will increase their knowledge of child development resulting in healthy parent-child interactions and relationships.

Parents will be more empathetic to their children's needs resulting in better emotional support for children.

Parents will learn to use healthy alternatives to corporal punishment resulting in less frequent incidences of physical child abuse requiring intervention from DCF, law enforcement, medical providers and or family court.

Outcomes Continued

Parents will embrace their roles as parents, resulting in more intact families within communities.

Parents will find ways to encourage independence and growth in their children resulting in higher functioning children enjoying more extra curricula activities and achieving personnel, school and community success.

Parents will feel more prepared to discuss substance abuse issues with their children resulting in reduced numbers of children and adolescents misusing substances throughout their lives there by improving economic and social conditions of their communities.

Parents will have the skills they need to be better parents to their children and more prepared to have open and meaningful conversations with their children about rules and expectations around substance misuse.

Measuring Parenting Beliefs and Practices FY'24

Construct (parenting attitudes)	Pre-test	Post-test	Percent change
Expectations of Children	6.8	8.2	21%
Parental Empathy towards Children's Needs	5.9	8.0	36%
Use of Corporal Punishment	6.8	8.2	21%
Parent-Child Family Roles	5.9	9.5	38%
Children's Power and Independence	5.9	6.7	19%

Budget

Expenses	Description	Total
Personnel Expenses	25% of each coordinator's salary plus oversight, taxes/benefits	\$74,750
Program Expenses	Leader stipends, educational materials, program travel	\$3,500
Operating Expenses	Postage, printing, supplies	\$1,750
Total		\$80,000

Supporting Parenting & Recovery

- Understanding addiction as a disease affecting all family members, across generations, underlies understanding that recovery is also a process which affects all family members, across generations.
- Ample opportunity is provided to enable parents to explore their own sense of shame and failure which arises from substance abuse; activities are included which enable parents to recognize the skills and abilities which carried them through the active addictive process to the process of recovery.
- Opportunities for parents to explore their fears as well as their strengths in explaining substance abuse to children of different ages and abilities are included.



Testimonials



I just got custody of my kids back and I am really needing to work on patience. I hope to improve that thorough this class



I struggle a lot with shame of having a child in DCF custody. I am amazing, remind myself that I am doing everything I join, and she will be home soon. It is still morning,, to not feel like a failure



Even though my child isn't with me I know they're getting the help they need and that makes me a good parent is knowing that in patient care is giving them the tools they amazing, and I can't provide right now.



Every calmer we have started doing positive affirmations to help build self esteem.



Sometimes I don't feel like joining class but once I join, I am always so happy I did. It helps keep me sober. It helps me deal with the guilt I have for missing so much of my children's lives due to my addiction. This class is amazing, and I hope everyone has an outlet like this.



My son has had a really hard life and gets to come home soon. I am so excited to use the skills we have talked about here to support him. The tools we talk about helped me a lot!



My son is 17 and following in my footsteps (Not good ones either). It is terrifying but I know there is only so much I can do. I am trying to use these skills to be less stressed and calmer for him. It is just really hard.



Thank you

Michelle Richling

802-498-0606

mrichling@pcavt.org

www.pcavt.org

