



National Resource Center for  
Permanency and Family Connections

at the Hunter College School of Social Work

A Service of the Children's Bureau



## Mental Health and Child Welfare Resources

### **Mental Health Services to Families in their Homes to Protect Children and Prevent Removal**

This NRCPCF Information Packet, by Amy-Louise Henderson, provides a summary of the issue of mental health services to families in their homes to protect children and prevent removal. It also includes facts and statistics, a policy overview, best practice tips and interventions, and a listing of websites and resources on the topic. (2009)

[http://www.hunter.cuny.edu/socwork/nrcfcpp/info\\_services/henderson%20infopack%20mentalhealthserv%202009.pdf](http://www.hunter.cuny.edu/socwork/nrcfcpp/info_services/henderson%20infopack%20mentalhealthserv%202009.pdf)

### **Psychotropic Medication (Archived NRCPCF Teleconference)**

This NRCPCF teleconference addressed the following topics: Rates of medication usage among children in care; Review of State surveys looking at policies and procedures around the use of medication; Presentation of data on challenges states face around medication usage and solutions that have been implemented. An alumna of care also discussed her experiences. On the NRCPCF website, you can download the audio recording of the teleconference, as well as handouts including the agenda and presenters' contact information, a bibliography, and other materials. (2010)

<http://www.hunter.cuny.edu/socwork/nrcfcpp/teleconferences/index.html#2-10-10>

### **Helping Child Welfare Workers Support Families with Substance Use, Mental, and Co-Occurring Disorders: A Training Package for Child Welfare Workers**

This free online training toolkit from the National Center on Substance Abuse and Child Welfare intends to provide learning opportunities and baseline knowledge on substance abuse and mental health problems and interventions; motivate and facilitate cross-systems work; and incorporate cultural awareness and facilitate cultural competency in child welfare practice. The toolkit covers six modules and provides a range of training materials that were developed to be adapted to meet the needs of child welfare trainers for in-person workshops and/or training sessions.

<http://www.ncsacw.samhsa.gov/training/toolkit/default.aspx>

### **Caring for their Children's Children: Assessing the Mental Health Needs and Service Experiences of Grandparent Caregiver Families**

This report from Chapin Hall reveals that absent parents play an ongoing and under-recognized role in the well-being of grandparents and grandchildren, regardless of whether they are a consistent, sporadic, or rare presence in the home. With respect to mental health needs, one-third of grandparents reported symptoms of depression themselves, and two-thirds were caring for grandchildren whom they identified as having emotional or behavioral problems. However, half of the families had no involvement with a child welfare agency, and fewer than a third of the grandchildren and only a handful of the grandmothers were currently receiving mental health services. The unmet mental health needs of both grandparents and their grandchildren are discussed as well as the implications of these findings for practitioners and advocates interested in meeting the service needs of grandparent-caregiver families. (2006)

<http://www.chapinhall.org/research/report/caring-their-childrens-children>

*For additional resources on this topic, please visit the National Resource Center for Permanency and Family Connections (NRCPCF) website at [www.nrcpfc.org](http://www.nrcpfc.org). NRCPCF is a service of the Children's Bureau and a member of the T&TA Network.*

### **Youth Empowerment and Participation in Mental Health Care**

This issue of Focal Point highlights successful and innovative efforts to promote youth voice and youth empowerment in mental health care. Many of the articles are authored by or include contributions from youth who are directly involved in the featured programs. Focal Point is produced by the Research and Training Center (RTC) on Family Support and Children's Mental Health in Portland, Oregon. (2009)

<http://www.rtc.pdx.edu/pgFPS09TOC.php>

### **Posttraumatic Stress Disorder**

This issue of *Practice Notes*, from the North Carolina Division of Social Services and the Family and Children's Resource Program, focuses on posttraumatic stress disorder in children, and particularly children in the child welfare system. (2005)

[http://www.practicenotes.org/vol10\\_no3.htm](http://www.practicenotes.org/vol10_no3.htm)

### **Mental Health Needs of Foster Children and Children At-Risk for Removal**

This article from the Virginia Child Protection Newsletter focuses on the mental health needs of children entering foster care and children at risk of entering care. The article explores the range of mental health needs and ways to address those needs using evidence-based practices. The article discusses ways to work with children as well as methods for parent and foster parent training. (2009)

<http://psychweb.cisat.jmu.edu/graysojh/volume%2085.pdf>

### **Child Welfare and Juvenile Justice: Several Factors Influence the Placement of Children Solely to Obtain Mental Health Services**

In this report from the U.S. Government Accountability Office (GAO-03-865T), it is estimated that in fiscal year 2001, parents placed over 12,700 children in child welfare or juvenile justice systems so they could receive mental health services. Many are adolescents with multiple problems and behaviors that threaten the safety of themselves or others. Agencies say that reducing costs, improving access, and expanding the range of mental health services for teens could help reduce the need for some child welfare or juvenile justice placements. (2003)

<http://www.gao.gov/products/GAO-03-865T>

### **Making Reform Real: Addressing the Mental Health Needs of Children in the Dependency System**

In May 2006, the Children's Law Center of Los Angeles brought together mental health clinicians, social workers, foster parents, relative caregivers, advocates, community leaders, and youth to identify and develop concrete, workable solutions regarding timely and appropriate provision of mental health services for children and youth in the child welfare system. This report summarizes the recommendations of Summit participants in regard to the ten critical areas that were the Summit breakout session discussion topics. (2006)

[http://www.clcla.org/Mental\\_Health\\_Summit\\_Report\\_011707.pdf](http://www.clcla.org/Mental_Health_Summit_Report_011707.pdf)

### **Evidence-Based Practices in Mental Health Services for Foster Youth**

This report is a component of the California Institute for Mental Health Caring for Foster Youth initiative, funded and supported by the Zellerbach Family Fund. The project focuses on the promotion of mental health assessments and services for children in foster care throughout California, and created two screening tools designed to support child and family service systems in these efforts. The report discusses common myths and misperceptions about the mental health needs and best treatment options for children in foster care, and gives recommendations for improving delivery of mental health services. (2002)

<http://www.cimh.org/downloads/Fostercaremanual.pdf>

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### **Mental Health Service Utilization and Outcomes for Children and Youth in the Child Welfare System (Curriculum)**

This empirically-based curriculum from the California Social Work Education Center focuses on issues related to mental health service utilization and outcomes among children in the child welfare system. It focuses on: demographic and system-related characteristics of children involved in both the child welfare and mental health systems; clinical need for services, service utilization patterns, and association between mental health service utilization and child welfare outcomes; policies affecting mental health service utilization by children in the child welfare system; collaboration between child welfare and mental health systems; and resources for collaboration and service provision for children and youth in both the child welfare and mental health systems. (2007)

[http://www.csulb.edu/projects/ccwrl/Hines\\_module.pdf](http://www.csulb.edu/projects/ccwrl/Hines_module.pdf)

### **Hit on All Fronts: Parenting with Mental Illness**

Parents with mental illness face extraordinary obstacles to reuniting with children placed in foster care: Some State laws give parents with mental illness less time to reunify; few family supports are designed to help these parents; and, biases and misconceptions about mental illness can make reunification more difficult. In this issue of Rise Magazine, parents write about how they have struggled to overcome these obstacles and safely raise their children at home. Rise magazine is written by and for parents involved in the child welfare system. Its mission is to help parents advocate for themselves and their children. (2010)

[http://www.risemagazine.org/PDF/Rise\\_issue\\_16.pdf](http://www.risemagazine.org/PDF/Rise_issue_16.pdf)

### **Child Welfare Information Gateway: Mental Health (Website)**

The Child Welfare Information Gateway Mental Health webpage includes resources and information on the following topics: Mental health and child welfare overview; Common mental health issues for children, youth and families involved in child welfare; Range of mental health services; Effectiveness of mental health services; Working with families, Obtaining mental health services; Systems issues in mental health service delivery; Mental health in the Child and Family Service Reviews.

<http://www.childwelfare.gov/systemwide/mentalhealth/>

### **Parental Mental Health and the Child Welfare System (Website)**

Research indicates that children with parents/caregivers with significant mental health needs are at greater risk of involvement in the child welfare system. This page of the Technical Assistance Partnership for Child and Family Mental Health website includes resources that describe promising practices for screening and treatment, and provides tools and training, fact sheets, website links, and research on how mental health and child welfare systems can work together to support parents/caregivers with mental health needs.

<http://www.tapartnership.org/content/childWelfare/publications.php?id=topic17>

### **StrengthsofUs (Website)**

StrengthsofUs is a user-driven online social networking community developed by young adults and launched by The National Alliance on Mental Illness. Through this website, young adults with mental health concerns can provide mutual support in navigating challenges and opportunities during critical transition years (ages 18 to 25). Members can connect with peers for support, encouragement, and advice; share resources and personal stories; write/respond to blog entries; engage in discussion groups; and share videos, photos, and news.

<http://www.strengthofus.org/>

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