

# Recovering with PCIT



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# Jackson Recovery Centers: Women and Children's Center



- **Population:**
  - Primary Substance Abuse Diagnosis
    - ✦ Meth
    - ✦ Alcohol
    - ✦ Marijuana
    - ✦ Opiates
  - Co-Occurring Disorders
    - ✦ Depression
    - ✦ Anxiety
    - ✦ PTSD
  - DHS Involvement
    - ✦ Family Treatment Court in Woodbury, Plymouth, and surrounding counties
    - ✦ Multiple DHS Reports
  - **Little to No Parenting Skills**

# Treatment for Mom



- **The Women and Children's Center specializes in providing inpatient addiction and co-occurring disorder treatment to pregnant women and women with children. This program is unique in that children attend treatment with their mother so the family can recover together.**
- **State-of-the-Art Inpatient Program**
  - Evidence-based substance abuse, addiction and co-occurring disorder treatment
  - Detoxification and stabilization
  - On-site professional medical care
  - On-site psychiatric and mental health care
  - Trauma-informed care
  - Prenatal care
  - Family programming to support children and loved ones
  - Integration into a 12-Step recovery program
  - Individualized treatment plan and treatment stay
  - Continuum of care including transitional living
  - Skill-building to live a life free from substances

# PCIT for the Women and Children's Center



- **Training for CDI completed February 2012**
  - 8 kids began right away
  - CDI teach was difficult up front
  - Mom's struggled to practice on the unit and weren't getting support from staff
- **Brief training with staff members**
  - What to notice from moms, how to encourage and support, and what to report about progress or concerns
  - Went into the daycare and gave an overview
  - Offered to train daycare staff for daily use
    - ✦ Have an intern working on engaging them and practicing CDI weekly with the kids

# PCIT Practice Group



- **CDI**
  - Review skills: one per week
  - Practice with peers: use parent coding sheet
  - Practice on unit
- **PDI**
  - Depends on where moms are in therapy with the kids
  - Review rules for commands and timeout
    - ✦ Practice timeout with each other
  - Have enough members now to split into a CDI and PDI specific group
- **Will change topics depending on needs**
- **Will have process groups to normalize feelings if needed for new moms**

# Outcomes



- **There have been significant time improvements after starting group**
  - Multiple families have been able to graduate prior to moving out of WCC
  - Multiple families have abstained from graduation to allow for a smoother transition and more support when moving into transitional housing
- **For some more active moms, CDI mastery has occurred within 2 sessions**
- **PDI rollout is smoother than outside families**
  - Moms are more compliant with not taking timeout home until they are told to

# Limitations



- **Harder to engage the fathers in PCIT**
  - Time is an issue when getting them involved in services
  - They may not be following through with DHS
  - They fall behind the mom due to group and can't move on as quickly
- **Faster learning can make CDI sound rehearsed and less genuine**
- **Support from treatment staff**
  - Schedule doesn't always allow for CDI or PDI
  - Staff don't always allow for ignoring