

# NORTHWEST CENTER *for* FAMILY SUPPORT



## Supporting Caregivers in OUD Recovery and Promoting Prevention for Youth

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# The Challenge

**WA State: Among Highest in Opioid Use Disorder (OUD)**

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**Many with OUD are Caregivers**

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**Children and Teens: Higher Risk for Developmental Concerns**

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# The Opportunity

**Family-focused evidence-based interventions (EBIs) exist!**

- Strengthen parenting skills
- Promote bonding
- Support caregivers in recovery
- Improve health and wellbeing in young people

**Not routinely offered in sites serving caregivers in OUD recovery**

# Northwest Center for Family Support

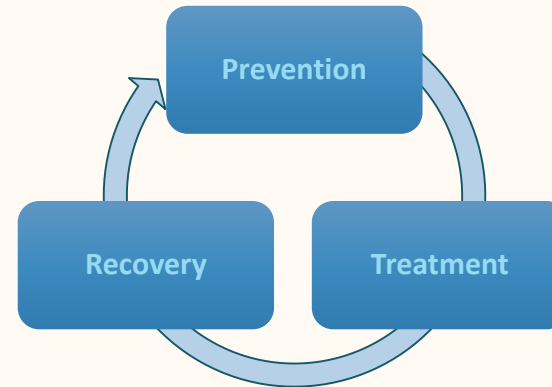


## Project Aims

3-year award – Foundation for Opioid Response Efforts (FORE)

Increase access to family-focused EBIs for caregivers in OUD recovery who have children 0-14

- Caregiver recovery support
- Youth prevention





## **NCFS Provides**

**Free EBI training and licensing**

**Consultation, support, and technical assistance**

**Funding to offset implementation costs (remove access barriers)**

## **We ask sites to**

**Implement EBI(s) with caregivers in OUD recovery**

**Share anonymized demographic and satisfaction data**

**Share lessons-learned**



# NCFS Supports Four Family-Focused EBIs

Promoting First Relationships  
(0–5, PFR)



Jennifer Rees, MSW  
EBI Master Trainer

Families Facing the Future  
(5–14, FFF)



Dalene Beaulieu, MS  
EBI Master Trainer

Guiding Good Choices  
(9–14, GGC)

Strengthening Families  
10–14 (10–14, SFP)



AnaMaria Diaz Martinez, MED  
EBI Master Trainer





## Caregivers and children ages 0–5

- 10 weekly 1 hour home visits
- Promotes secure, responsive caregiver-child relationships
- Strengths-based

### Outcomes

- Caregivers: More responsive care; SED knowledge
- Children: Improved behavior, competence, stress physiology
- Significantly lower out-of-home placements



## Caregivers of younger adolescents ages 9–14

- 5 weekly 2h group sessions
- Children attend 1 session
- Focuses on skill building and practice, targets risk and protective factors

### Outcomes

- Families: Stronger bonds, communication, lower conflict
- Children: Reduced substance use, depression, antisocial behavior



## Caregivers in OUD recovery and children ages 5–14

- 16 weeks bi-weekly 90m groups; children at half
- 9 months weekly case management
- Focuses on skill building and practice, targets risk and protective factors

### Outcomes

- Caregivers: Short- and long-term resumption of use reduction
- Children: Lower substance use, especially in males



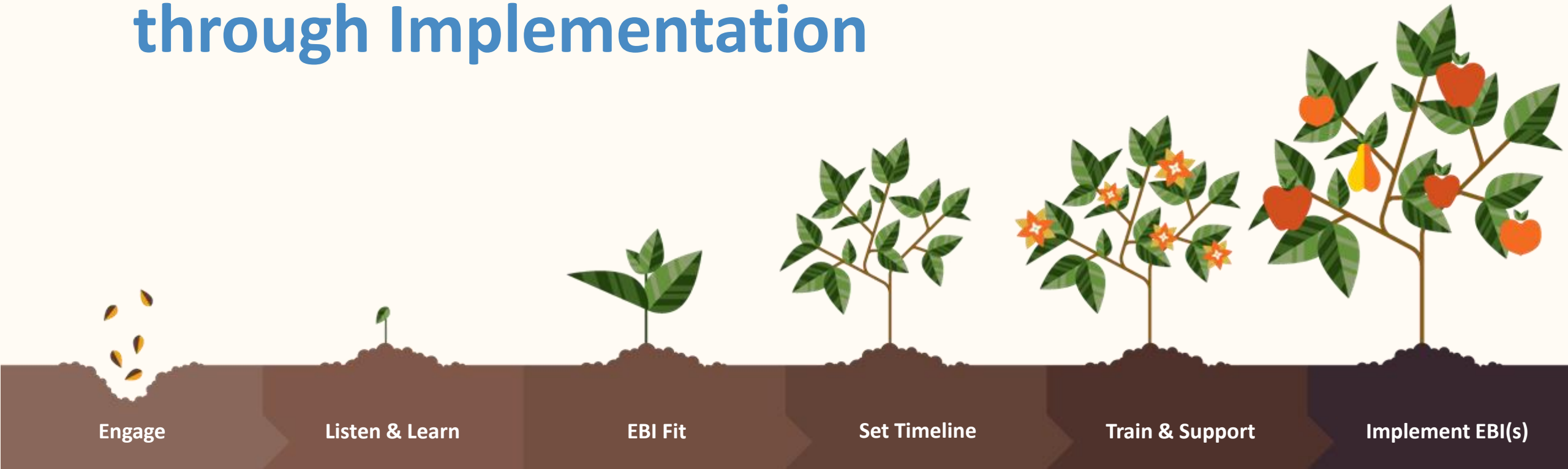
## Caregivers and younger adolescents ages 10–14

- 7 weekly 2h group sessions with caregivers and children
- Focuses on skill building and strengths, prepares for teen years

### Outcomes

- Caregivers: Better family management, monitoring, positive child views
- Children: Better family relationships, more skills, lower substance use, conduct problems

# Support from Engagement through Implementation



→ Ongoing technical assistance, consultation, partnership exploration, & tailoring to meet site & caregiver needs

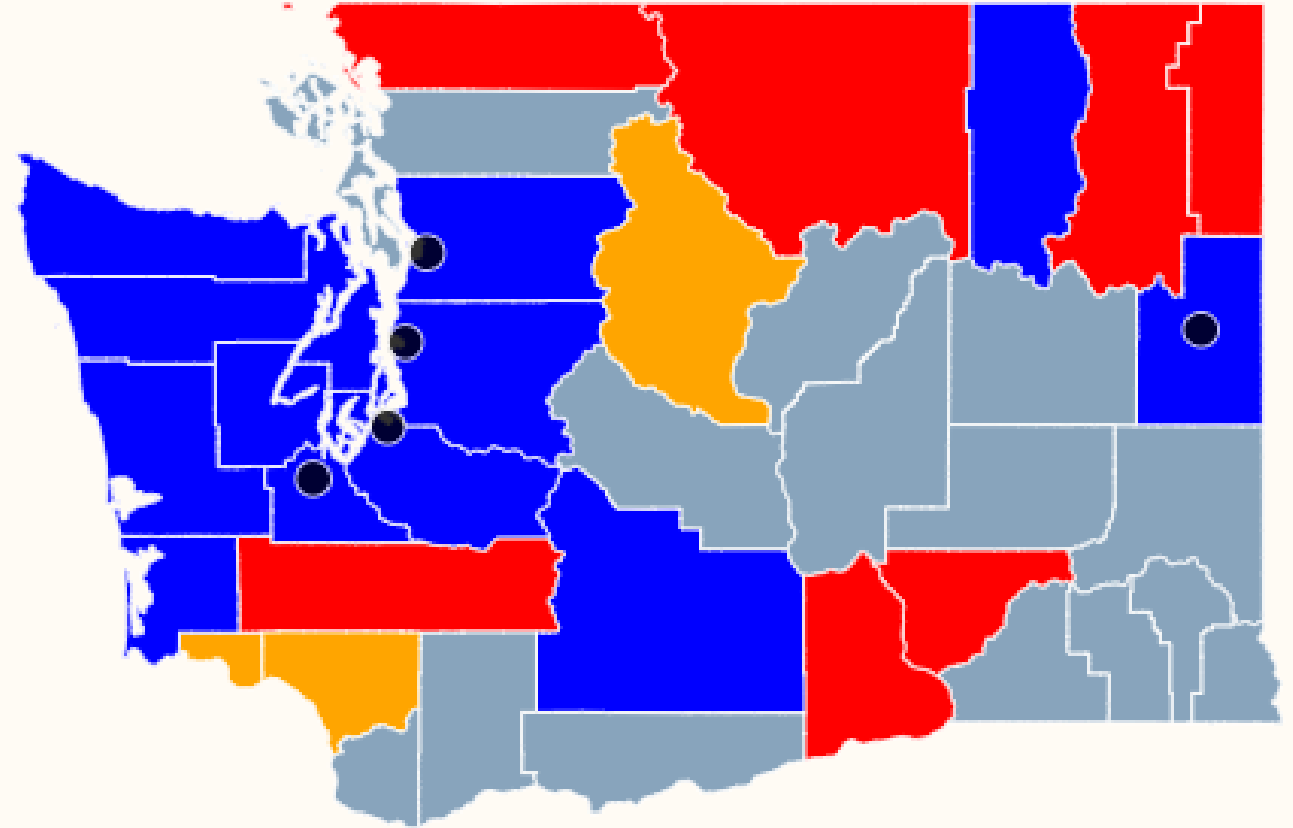


# Reach across Washington

**Implementing at 26 sites**

**Training: 58 certified facilitators + 16 in training,  
6 scheduled for training**

**Engaging: 154 sites outreached; 62 active**



# Sustainability: Understanding What Works

**Family-friendly treatment approach**

**EBI aligns with site programming, fills programming gap, and/or site able to adjust programming to meet need**

**Site engagement at all organizational levels**

**Partnerships**

# Next Steps

**Increase family-friendly treatment**

**Support billing across stovepipes**

**Increase integration of prevention within continuum of care**

**Increase opioid settlement funding for prevention**

“We can’t  
not do this”



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**FAMILY SUPPORT**



# Thank You

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