

30 DAYS TO FAMILY[®] STUDY

Achieving Results for Children, Families, and Child Welfare



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FOSTER & ADOPTIVE CARE COALITION
FOR EVERY CHILD... A PLACE TO CALL HOME

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What is 30 Days to Family®?

30 Days to Family® is an intense, short-term intervention developed by the Foster & Adoptive Care Coalition to: 1) increase the number of children placed with relatives/kin at the time they enter the foster care system; and 2) ensure natural and community supports are in place to promote stability for the child. The program model features two major elements: family finding and family support interventions.

Why is it Important?

Multiple researchers had found evidence that kinship caregivers provide children and youth with a secure environment and beneficial treatment (Cole, 2002; Hegar, 1993; Herring, Shook, Goodkind, & Kim, 2009; Koh, 2010). There are a host of other positive results from kinship care including stability, fewer behavioral problems, and being less likely to reenter foster care (NCSAW, 2005, Conway & Hutson, 2013; and Winokur, et al, 2008; Sakai, Lin & Flores, 2011; Lin, 2014). Now, we know 30 Days to Family® creates significantly better outcomes for children and families.

What are the Results?

A rigorous, independent study was commissioned to test the 30 Days to Family® theory of change. The study employed a set of four related sub-studies that produced important evidence of the program's effectiveness:

1. An implementation study that examined implementation fidelity of 30

Days to Family® and differentiated it from services "as usual," found the following:

- Child welfare professionals from organizations that work closely with the program on a day-to-day basis view the program very favorably and reported they observed numerous benefits:
 - For children – reduced trauma, increased stability, preserved family connections, and less time in foster care (confirmed by data in another sub-study);
 - For families – maintained connections to the child, increased involvement of father and paternal relatives, and stronger formal and informal support systems; and
 - For the child welfare system – better placement options, improved family engagement and decision making, and reduced barriers to relative placement.
- 2.** Analyses of child welfare administrative data comparing children served and not served produced evidence of several notable outcomes. First, the program is highly successful in achieving its primary goal of increasing placements with relatives. At 125 days after entering foster care, 65.2% of those children served had experienced a relative placement compared with 44.3% of the not-served population.
- 3.** Children served who achieved relative placement were an average of two years older and more likely to have a disability. Administrative data also showed the following:
- Children served were in foster care

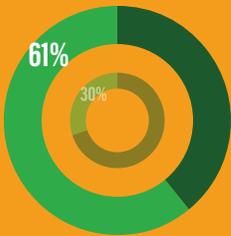
91.4 fewer days than the matched sample of children not served, and children with a disability who were served remained in care an average 257.8 fewer days.

- Relative placement improved placement stability; overall the likeli-

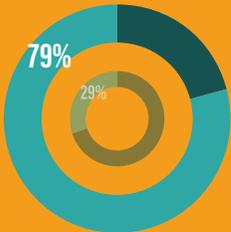
hood of a placement change was reduced after a child was placed with a relative.

- Children placed with relatives were less likely to experience placement in a treatment or residential facility; such placements were experi-

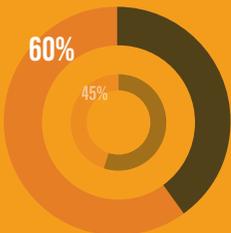
CHILDREN DO BETTER



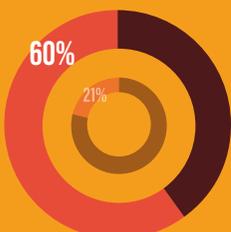
Reported more positive relationships with mother: 61% served vs 30% not served



Reported more contact with paternal relatives: 79% in relative homes vs 29% in non-relative homes



Reported greater involvement in extracurriculars: 60% in relative homes vs 45% in non-relative homes



Reported greater involvement in employment: 60% served vs 21% not served

CAREGIVERS LESS STRESSED



Caregivers reported better ability to manage stress 91% served vs 64% not served

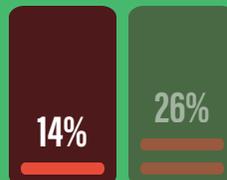
COST EFFECTIVE



Every child served saves taxpayers an average of \$10,217.61



Every child served who has an identified disability saves taxpayers an average of \$28,819.46



Children experience less residential care: 14% placed with relative vs 26% without relative placement

enced by 17.3% of those placed with relatives versus 27.3% of those placed with non-relatives.

4. Interviews with relative and non-relative caregivers of children in foster care found that youth served were more likely to have/maintain connections to their father/paternal relatives and that relative placement was associated with:

- Greater involvement in extracurricular/pro-social activities;
- Employment/work for pay for youth age 14 and older;
- More frequent contact with both maternal and paternal relatives;
- More frequent contact and positive relationships with both mother and father;
- Caregiver perception of greater availability of emotional support;
- Greater availability of some natural supports (e.g., child care/babysitting); and
- Greater assistance from natural supports in involving child in pro-social activities.

5. Cost analysis comparing expenses associated with 30 Days to Family® and the “as usual” model of services identified several sources of cost savings:

- Fewer days in care: Based on the Missouri cost estimate of \$111.79 per day, per child, an average 91.4 fewer days would produce a cost

savings per child of \$10,217, far exceeding the per child 30 Days to Family® program cost of \$3,247 per child.

- For children 9 and older the cost savings are \$21,687.
- Lower percentage of children placed in medical, mental health, and residential treatment facilities results in reduced child welfare placement and Medicaid expenditures.
- Greater likelihood of exiting foster care to guardianship, contributing to reduced days in care.
- Greater placement stability that reduced child welfare administrative costs associated with moves.

The full findings of this independent study will be published in a peer-reviewed journal later in 2019.

Next Steps

The Coalition aims to continue the study of 30 Days to Family® in 2019 with further examinations of our data, as well as the data of several sites around the country which are currently replicating this groundbreaking program. For more information, visit our website at www.foster-adopt.org or contact Melanie Moredock, Director of Program Replication, at melaniemoredock@foster-adopt.org.



St. Louis County
Children's Service Fund
Keeping Kids First

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