

Parent-Child Assistance Program (PCAP)

1991 — Present

Prevention & Intervention with High-Risk Mothers and Their Children



The Parent-Child Assistance Program

PCAP is an award-winning, intensive case management model serving over 1,400 of the highest-risk women in Washington State: pregnant or parenting mothers who have alcohol and/or drug use disorders that impede their ability to care for their children and live healthy, functional lives.

Mothers in PCAP are part of a pattern of intergenerational substance abuse and family dysfunction. They were once themselves neglected and abused children in our communities:

- **88%** had parents who abused alcohol/drugs
- **65%** were physically/sexually abused as a child
- **25%** were involved in foster care system as a child
- **35%** did not finish high school

PCAP offers effective outreach and engagement to high-risk mothers

PCAP Locations

Serving over 1,400 families in 19 Washington Counties:

King, Pierce, Yakima, Spokane, Cowlitz, Skagit, Clallam, Kitsap, Grays Harbor/Pacific, Clark, Thurston/Mason/Lewis, Whatcom, Snohomish, Benton/Franklin and Chelan

PCAP Funding

Administered through the State of Washington Health Care Authority, Division of Behavioral Health and Recovery (DBHR).

Current Annual Direct Services Cost:

\$9.1 million (45% Medicaid, 55% state)
\$6,464/client/year

In addition, the University of Washington is funded to conduct statewide program quality control, training, and outcome evaluation.

PCAP Goals

To help mothers with substance use disorders

- Achieve and maintain recovery
- Build healthy family lives
- Prevent the births of subsequent alcohol/drug-exposed infants

Washington State PCAP Director: Therese Grant, Ph.D.
Washington State PCAP Evaluator: Cara Ernst, M.A.

University of Washington Alcohol and Drug Abuse Institute, Fetal Alcohol and Drug Unit
206.543.7155

<http://depts.washington.edu/pcapuw/>

How Does PCAP Work?

PCAP Case Managers

- Are highly trained and closely supervised
- Have average caseloads of 16 families
- Conduct home visits 2x/month for three yrs.
- Connect families with comprehensive community services
- Provide structured goal setting, support and consistent coaching
- Are realistic role models who inspire hope

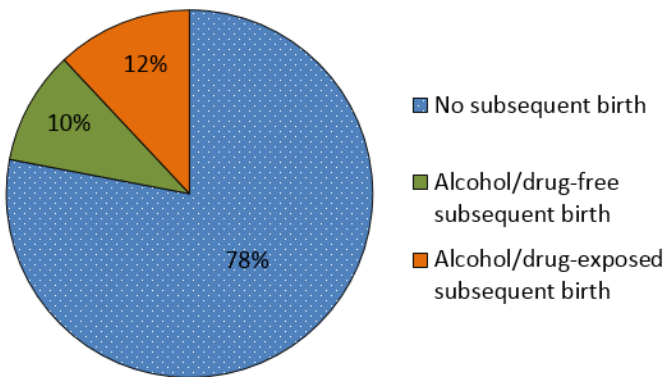
PCAP Evidence Base ¹⁻⁵

Among 1,377 PCAP Graduates (July 2013-2019) ⁵

At Exit from the Three-Year Program

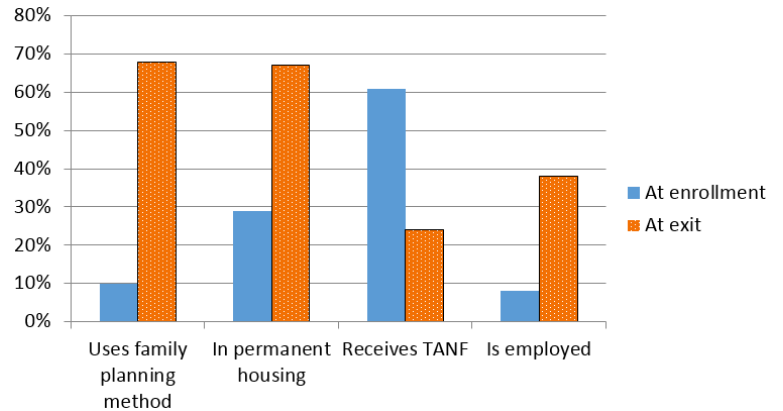
- **91%** had completed alcohol/drug treatment or were in progress
- **75%** were abstinent from alcohol and drugs for 6 months or more during program
- **68%** were using family planning regularly
- **56%** had attended or completed classes (GED, college, or work training)
- **85%** children were living with their own families

During the Three-Year Intervention



"Before PCAP I never thought about goals. They showed me the right direction. They showed me that I am responsible. That no matter who I am or what I do, I am somebody. It is never too late."

Additional PCAP Outcomes



Investment in PCAP = Reduced Costs to the Public

Fewer Substance-Exposed Births

Only 12% of mothers enrolled in PCAP had a subsequent alcohol- or drug-exposed infant within three years. By comparison, 21% of similar mothers over a similar time period who received typical substance abuse treatment alone without intensive case management, had a subsequent alcohol- or drug-exposed infant. This comparison sample was from a large, randomized controlled trial in another state ⁶.

The estimated lifetime cost for every infant born with Fetal Alcohol Syndrome (FAS) is \$2 million. PCAP shows over \$20 million in lifetime cost savings due to effective intervention for PCAP mothers who were former binge alcohol drinkers ⁷.

Economists found that in Alberta, Canada PCAP prevented approximately 31 cases of Fetal Alcohol Spectrum Disorders among 366 clients in a 3-year period. The net monetary benefit was approximately \$22 million, indicating that PCAP is cost-effective and the net monetary benefit is significant. This amount is likely under-estimated as the study did not include benefits from reduced unemployment ⁸.

Reduced Dependence on Child Welfare

PCAP children who were in out-of-home care and reunified at PCAP exit had a shorter average length-of-stay (3.8 mos.) than the WA state average (20.4 mos.). Each successful reunification = savings of over \$21,000 per child ⁷.

Reduced Dependence on Public Assistance

From 2013 to 2019, Temporary Assistance for Needy Families (TANF) was the main source of income for 61% of women entering PCAP compared to only 24% at exit ⁵.



Summary

PCAP has been in operation in Washington State since 1991 with funding from federal grants, state legislative appropriations, private foundations, and individual philanthropy.

PCAP has demonstrated its cost-effectiveness through reduced future births of alcohol and drug-affected children as a result either of the mother's abstinence from alcohol and drugs or use of effective family planning; decreased welfare costs as women stay in recovery and become able to work; decreased foster care costs as more women become able to care for their children; and decreased child abuse and neglect as a result of improved parenting or safe and stable child placement.

With over 25 years of evidence that PCAP can improve the health and stability of at-risk mothers and their children, we need to look at ways to move substance abuse prevention and intervention into the mainstream of health and social services. With sustained funding, PCAP can continue to offer services, training, and hope to families and communities in Washington State.

"PCAP was there to encourage me in making all the right choices for my son, setting goals I knew I could achieve, and helping me succeed. Without their support I wouldn't be where I am today. I have my own apartment, a car, a job, my son, a relationship with my daughter. I have four years off meth, two years off alcohol, two years off weed. Trust me, my PCAP worker showed me tough love. Thanks for encouraging me, helping me through. Thank you PCAP for giving me hope."

REFERENCES

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2. Grant, T.M., Ernst, C.C., Streissguth, A., & Stark, K. (2005). Preventing alcohol and drug exposed births in Washington State: Intervention findings from three Parent-Child Assistance Program sites. *American Journal of Drug and Alcohol Abuse, 31*(3), 471-490.
3. Grant, T., Huggins, J., Graham, C., Ernst, C., Whitney, N., & Wilson, D. (2011). Maternal substance abuse and disrupted parenting: Distinguishing mothers who keep their children from those who do not. *Children and Youth Services Review, 33*(11), 2176-2185.
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6. Ryan, J.P., Choi, S., Hong, J.S., Hernandez, P., & Larrison, C.R. (2008). Recovery coaches and substance exposed births: An experiment in child welfare. *Child Abuse and Neglect, 32*(11), 1072-1079.
7. Casey Family Programs & Grant, T. (2013). Parent-Child Assistance Program outcomes suggest sources of cost savings for Washington State. Available at: http://depts.washington.edu/pcapuw/inhouse/PCAP_Cost_Savings_Brief_Feb_2013.pdf
8. Thanh, N.X., Jonsson, E., Moffatt, J., Dennett, L., Chuck, A.W. & Birchard, S. (2015). An Economic Evaluation of the Parent-Child Assistance Program for Preventing Fetal Alcohol Spectrum Disorder in Alberta, Canada. *Administration and Policy in Mental Health and Mental Health Services Research, 42*, 10-18.

Parent-Child Assistance Program (PCAP)

WASHINGTON STATE PARENT-CHILD ASSISTANCE PROGRAM (PCAP) SITES

Benton/Franklin Counties PCAP, Elijah Family Homes: 509-578-1501

Chelan County PCAP, Pathways to Enlightened Parenting: 509-888-6945

Clallam County PCAP, First Step Family Support Center: 360-457-8355, ext. 20

Clark County PCAP, SeaMar Community Services Northwest: 360-831-0908, ext. 4

Cowlitz County PCAP, Family Health Center: 360-353-3444, ext. 2219

Grays Harbor/Pacific Counties PCAP, Connections, A Center for Healthy Families: 360-249-0005, ext. 141

King County PCAP, Evergreen Recovery Centers: 206-739-5466

Kitsap County PCAP, Agape Unlimited: 360-377-0370

Pierce County PCAP, Evergreen Recovery Centers: 253-475-0623

Skagit County PCAP, Brigid Collins Family Support Center: 360-428-6622, ext. 201

Snohomish County PCAP, Pacific Treatment Alternatives: 425-259-7142, ext. 207

Spokane County PCAP, New Horizon Care Centers: 509-838-6092, ext. 601

Thurston/Mason/Lewis Counties PCAP, Family Education and Support Services: 360-890-2541

Whatcom County PCAP, Brigid Collins Family Support Center: 360-734-4616, ext. 65

Yakima County PCAP, Triumph Treatment Services: 509-203-1006, ext. 106