

# SPARK A LIFE

GIVE THEM BACK  
THE MOMENTS THAT  
MEAN SO MUCH.



BLUEWATER

FAMILY SUPPORT  
SERVICES INC.

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**It takes one connection to change the pathway for a child. Be the light to a child with a troubled life.**

Your compassion and our guidance enables hope and stability to children facing real life challenges. We develop tailored improvement programs to foster physical, emotional, social and intellectual growth for children in care.

**CALL TODAY!**

## IFC Executive Summary

### PROGRAM DESCRIPTION

The Intentional Foster Care (IFC) program is a parent model, staff supported foster care program located in the major centres of southwestern Ontario serving the child placement needs of the Children's Aid Societies in the counties of Elgin, Oxford, Middlesex, Huron-Perth, Lambton, Kent, and Essex. The IFC program is underpinned by the principles of cognitive behavior therapy and integrative neuropsychology. IFC is indebted to the Oregon Social Learning Centre and the work of Dr. P. Chamberlain, PhD.

The IFC is directed at high risk youth between the age of ten (10) and fifteen (15) with an ACE score of 3 or more. Eligible youth demonstrate behavior that is so extreme it places all collaterals at risk; behavior so frequent and intense, it is intolerable; and so disorganized and chaotic, it is intractable. These youths lack the resources and/or requisite skills to respond compassionately and appropriately to the challenges in their environment which frequently has resulted in multiple placement breakdowns and further compounding the youth's difficulties.

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## PROGRAM ELIGIBILITY

- 10 - 15 years old
- ACE score of 3 or more (negotiable)
- More than 3 out of home placements
- High risk behavior with others and/or self
- Frequent, intense, and problematic behavior
- Resistant to change

## DISCHARGE CRITERIA

- PDR Score below threshold (to be determined) for more than 8 weeks
- Assault on a caregiver
- Persistent non-compliance
- Persistent exploitation of online pornography
- Refusal to attend counselling
- Criminal charges involving a person
- Withdrawal of consent to participate

The focus of IFC is to assist youth with regaining sufficient self-regulation and self-control over their own challenging and problematic behaviors such that they are able to live successfully in less restrictive environments, like home or foster care or kin-care. Participation in the program is voluntary. Youth are expected to participate in the family life of the IFC family. They are expected to keep a program journal and be amenable to weekly counselling with an IFC therapist.

The program is designed to be no more than twelve (12) months in duration. The goal is not the elimination of negative behavior, but the amelioration of whatever challenges may exist so that these youth can live in less restrictive environments. Program extensions are negotiable; earlier discharge is predicated on the youth's behavior and the guardian's ability to locate an appropriate placement resource. (The PDR will be very helpful in making these decisions.) Youth may also terminate their consent to participate in the IFC program at any time. The IFC program will consider a youth returning to program only after a three-month hiatus.

While in the IFC program, in addition to all of the necessities of life, the IFC will provide routine local transportation; non-prescription medications; personal care items; local entertainment; WiFi and internet service; trauma sensitive, evidence-informed care within a cognitive behavior model; (the Parent Daily Report (PDR) and extendedReach database); trauma-counselling (a minimum of 40 out of 52 hours); in home support and supervision with a Child and Family Worker, the CFW Supervisor, and a clinical social worker; access to psychological and psychiatric services (with occasional cost-sharing); community liaison; transition planning and support to future non-CAS care; Gharabagh's prerequisites for success as an adult; and the care of foster parents who demonstrate a basic understanding of the neuroscience of child development and integrative neuropsychology. Foster families providing care will also have access to BluesNews (a BFSS TFC newsletter) and ongoing professional development and support groups.



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Youth will receive all those services mandated in CYFSA (2019) and not otherwise documented here. The IFC will maintain a recreation fund of \$300 annually and a school supply fund of \$250 (both pro-rated annually). Allowance and clothing monies will be in keeping with that paid by the placing Agency.

Finally, not all youth should be considered eligible for the IFC program. The following is a partial list of the most likely exclusions:

- Active methamphetamine use
- Daily use of narcotic drugs, opioids
- Sex trafficked youngsters
- Youth lacking in empathy (or demonstrating cruelty to animals)
- Autistic youth / non-verbal youth
- Youth with significant global developmental delays