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COMPLETE

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Q1 Name of your organization.

Maine Children's Home for Little Wanderers

Q2 Grant #

20170706

Q3 Grant Period

11/1/2017 - 11/30/2018

Q4 Location of your organization

City	Waterville
State	Maine

Q5 Name and Title of person completing evaluation.

Diana M Rafuse, Director of Operatios

Q6 Phone Number:

207-873-4253

Q7 Email address.

drafuse@mainechildrenshome.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

257 children and their families served through evidenced based counseling; 135 individuals participated in TBRI® (Trust Based Relational Intervention) trainings.

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Key outcomes included bringing TBRI® to the state of Maine. Maine Children's Home was the first agency in Maine to have staff trained as practitioners in TBRI®, and we were able to send three staff people in total (one of which accessed funds from this grant to attend—two staff attended just prior to receiving this grant). One objective was to provide several trainings to parents, providers, schools staff, and other community members to provide knowledge and skills to help children who have experienced abuse, neglect, and other forms of trauma. The other objective was to train six (6) Maine Children's Home counselors in evidence based treatment including TF-CBT. Activities to achieve these objectives and outcomes are outlined below.

Activities to meet this objective included (the activities outlined in the grant application are as follows in are italicized.):

- 2 staff complete all Trust Based Relational Intervention (TBRI®) training. We met this objective and now have three staff who have completed all TBRI® training.
- Provide four 2-day TBRI® trainings for parents over the course of one year. We were able to provide three 2-day trainings for parents over the course of one year. One was a two day face-to-face training at Project Sparrow's (a non-profit support group for foster and adoptive parents) annual retreat for foster and adoptive parents- 21 people), held over the course of a weekend at Camp Mechuwana. This training involved training volunteers (10 volunteers) on Friday, and parents on Saturday, and Sunday. The volunteers were trained in TBRI® terminology and approaches that they were able to utilize as they cared for the children of the foster and adoptive parents during the weekend-long training. Two of the trainings were live stream trainings called Empowered to Connect and these were hosted by our TBRI® practitioners and were attended by parents (foster and adoptive), Adoption Social Workers, Social Service providers, Church staff of some local churches, Early care and Education providers, and other community members (for a total of 38 people). The 4th training for parents will occur beginning early 2019 and will be a collaboration with Project Sparrow again; the trainings will be broken down into 4 half-day trainings for these foster and adoptive parents who have requested we return to provide more information on TBRI®.
- Provide 4 ½ day School Trainings. We were able to provide a full day live stream training for school staff (TBRI® for schools) in August of 2018. This was very well attended (50 people) and participants have requested additional training. For 2019 we will be able to record the live stream training and share with multiple schools across the state; response from schools in the community was overwhelming positive and we did not anticipate the numbers of school staff who would want to participate. We turned away a number of additional people this year due to not having a location large enough to accommodate all those who wished to attend (see challenges section under #11.) We were also able to provide a half-day training to the Waterville Alternative Education Program and Teen Parent School Program staff (5 people). This was very well received and we have been requested to return and provide another training with opportunity for brainstorming with staff on implementing TBRI® in the schools.
- Provide 2-1 day trainings for the Community at large. This was completed through Empowered to Connect Trainings, which were two, 2-day trainings offered in Waterville and Winslow, and attended by individuals state-wide (a combined total of 38 people as stated previously in this report).
- Provide 1 1-day training for Maine Children's Home staff and Alternative School Staff. We were able to provide 4 ½-day trainings for Maine Children's Home Staff, including Adoption Social Workers, and our Leadership Team, as well as our Teen Parent staff (11 people). The Alternative Education School ½ day training was completed, as previously stated in this report.
- Provide 2 1-day trainings for Department of Health and Human Services (Adoption/Foster Care Staff). Though we approached the Department, they had already embarked on an entire web-based training series for their staff (Adoption Competency training) so chose to continue with their pilot project already underway. The Department did suggest we connect with adoptive and foster families through non-profit support agencies such as Project Sparrow and Adoptive and Foster Families of Maine. We were able to collaborate with Project Sparrow to train adoptive and foster families, and we continue to reach out to Adoptive and Foster Families of Maine in an effort to collaborate with them on providing this valuable training

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- Provide training for 6 clinicians at MCH in TF-CBT to prepare each counselor to take the TF-CBT exam to earn TF-CBT certification. We have 6 counselors on staff now trained in CBT. Of these 6, 1 was supported by this grant to attend the two day face to face training. The other 4 were trained in TF-CBT prior to the implementation of the grant, however, were supported by the grant in accessing the required TF-CBT consultation in preparation for taking the TF-CBT exam. The counselor supported by the grant to take the two-day face-to-face TF-CBT training is on a waiting list at this time to obtain her consultation toward certification. The other portion of this objective involves training in evidenced based practices for our clinicians to prepare them to provide counseling to children who have experienced trauma. Through this grant we were able to offer training in working with young children, specifically play therapy trainings which can supplement the TF-CBT work regarding trauma, abuse, neglect as well as attachment and relationship based issues. These trainings will continue in 2019 with a planned program in Theraplay.
 - Provide outpatient counseling to 150 children utilizing an evidence-based treatment approach in one year's time. We have exceeded this expectation and have provided counseling to 257 children using evidenced-based treatment in the year since this grant began implementation.
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Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

The first obstacle we faced as an organization in attaining the goals and objectives stated in our grant application showed itself early in the implementation phase. The two staff (Adoption Program Director and Clinical Director) who were trained just before the start of the grant have full time positions at Maine Children's Home and are providing training, support and counseling to families needing TBRI® in addition to their regular duties. Creative scheduling to achieve this has been challenging and yet we have met nearly all of the objectives and completed nearly all of the activities we originally outlined in this grant application. Another obstacle to our objective of training 6 MCH staff in TBRI® is that the practitioner trainings are only held twice per year (spring/fall) and people need to apply and be accepted for the training. We had five staff apply (beyond the two original staff members) and only one was accepted and that was for the September 2018 training which she attended and completed. Another obstacle to attaining stated goals was stated previously in this report, which was the Department of Health and Human Services already being involved in training through a pilot project and this was their

Q11 How did you overcome and/or address the challenges and obstacles?

We have quickly learned we need more staff trained as practitioners to continue to provide training across our area and statewide. The third staff person who applied and was accepted to attend TBRI® practitioner training completed that training in September and is offering counseling to many children and their families from the foster care system and/or children who have been adopted. She will begin to help with providing trainings and support to parents in addition to her work as an outpatient counselor. We are addressing this obstacle by persistence by our staff in applying for these slots in TBRI® practitioner training, and will continue to support additional staff in applying for these slots. Beyond this, those of us who are trained practitioners in TBRI® will provide in-depth training to our counseling staff so that they can have a TBRI®- lens to the outpatient therapy work that they do. They will be unable to provide training in TBRI® to others but their value can still be in using a TBRI® approach to the therapy they provide in working with children who have experienced all forms of trauma, abuse, and neglect. The challenge of the Department choosing to train in another area of Adoption Competency is being addressed by following their recommendation to train foster and adoptive parents through non-profit agencies that support foster and adoptive parents. We will re-approach the Department periodically to check in on their willingness to have us train their staff in TBRI®. In the meantime, it is a grassroots approach to providing this TBRI® information, with the foster and adoptive parents reporting out their enthusiasm for TBRI® and the Department did agree that the TBRI® trainings could be used for foster and adoptive parents evidence of training that is required of them.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

An unintended positive outcome as a result of the efforts supported by this grant is the collaboration between our Adoption and Counseling Center to bring TBRI® to our agency staff, to parents, to schools, to providers- essentially all members of the community who are involved in the lives of children who have experienced trauma, abuse, and neglect. There is also a new-found awareness by our Administration that we need a program specifically focused on TBRI® to continue to offer training, counseling, and support. The possibility of having a coordinator designated to carry the work of TBRI® forward, engaging current and future staff is a part of our strategic planning for 2019. Our agency also just completed a renovation project to a larger space on our campus, so that our counseling center can bring on three more counselors who will be trained in TBRI®, either as TBRI®- informed counselors so that they can have a lens of TBRI® in their work, or, ideally, will apply to future TBRI® practitioner training to help in the efforts of addressing the growing need of working with foster/adoptive/kinship caregivers- all of those individuals trying to parent children 'from hard places'. We now have a conference room at our Counseling Center where we will be able to have TBRI® trainings for the community and TBRI® groups for parents. Through this grant we were able to purchase materials to carry these trainings forward, whether on campus or traveling around the state. Through this grant we were also able to purchase items for children's groups, to teach children TBRI® principles in a fun, playful group setting, as their parents engage in training in our new conference room space. Very importantly, we have been able to purchase book *The Connected Child* (by Dr. Karen Purvis and Dr. David Cross), in large quantities, to give to parents and others involved in the lives of children who 'come from hard places', as this is the book on which TBRI® is based. This book is given to all who come to the trainings so that they can continue to refer back to the principles of TBRI® to help them in implementing this approach in their daily lives with the children for whom they provide care. We have also added a Portland, Maine branch to our Adoption Unit, and recently hired a Licensed Clinical Social Worker who will be trained as a TBRI® informed social worker and will offer TBRI® support to children who have been adopted and their families whom we serve in the southern part of Maine. This will have the ability to reach a population of people who would otherwise not have access to TBRI® informed assistance due to the large distance between where they live in southern Maine and where our resources for TBRI® currently exist (in central Maine).

Q13 Briefly describe the impact this grant has had on the organization and community served.

There has been an amazingly positive response to all of the trainings, live stream webinars, and counseling support, we have been able to provide in TBRI® due to the support of this grant. From the foster and adoptive parents who we have provided face to face training, to the community at large who have attended live stream trainings, to the school staff who attended TBRI® for schools training-we have been working diligently to try to keep up with the demand of the needs presented to us for counseling children and families who have experienced trauma, for more training for schools across the state, and continued regular trainings and support to foster and adoptive families in Maine. TBRI® training is aimed at all significant adult caregivers in children's lives from foster and adoptive parents, to social workers, therapists, teachers, church staff, local social service agency staff, to introduce the principles of TBRI® so that all can understand the fear-based behaviors of children from hard places and understand how to connect with and help this children grow and thrive. TBRI® helps to increase understanding of what insecure or fractured attachment, trauma, abuse, and neglect does to the young child's developing brain so that we can all understand why the child may be demonstrating certain fear/survival based behaviors and then learn how to help connect with the child, see and meet the needs behind the behaviors for increased connection, and improved quality of life for these children and their families. We are proud to be bringing this vital information to our community and to our entire state and we are eagerly engaged in planning for how we will continue to grow this incredibly important aspect of our programming.

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Q14 Please provide a budget expenditure report. Also, provide a budget narrative that explains how the funds were utilized, what was purchased, what were the expensed items based upon the budget that was submitted.

Materials Costs: \$2,530.63

Meeting Costs: \$3,392.96

Personnel: \$8,396.96

Training: \$8731.64

Travel: \$153.12

Total: \$23,205.31

Grant funds were used to train/educate professionals, adoptive & foster parents, counselors, teachers, volunteers and staff on the elements and techniques of TBRI in working with children who have experienced trauma. Funds were also spent for staff time devoted to this important training and for the purchase and/or creation of materials. Some of the funds were also spent on materials to aid in presentations. There has been an overwhelming positive response to this model and we will continue to seek additional grant funds to continue this important work.

Page 4: Success Stories

Q15 Please relate a success story:

We are now at a point where we can organize and offer our first group for parents/families that will focus on TBRI® principles. This will allow us to work even more closely with our families in a meaningful, directed way. Grant funds made it possible for us to have the supplies, education and training necessary to make this happen.

Q16 Please relate a success story here:

Respondent skipped this question

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization. Please choose only one.

Other (please specify):
Human Services focused on Children & Families

Q19 What is the organization's primary program area of interest?

Children & Families

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%

All Ethnicities **100**

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Q21 Approximate percentage of clients served from grant funds in each age category.	Children ages 06-12 years of age	56
	Youth ages 13-18	10
	Adults	34

Q22 Approximate percentage of clients served with disabilities from grant funds.	No clients served with disabilities	100
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Q23 Approximate percentage of clients served in each economic group.	Other	100
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Q24 Approximate percentage of clients served from grant funds in each population category.	Families	100
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