

Treatment Foster Care Oregon™

The *Treatment Foster Care Oregon* (TFCO), formerly *Multidimensional Treatment Foster Care*, model was established in 1983. There are three versions, each serving a different age group. TFCO-A serves adolescents (12-17), TFCO-C serves childhood (7-11), TFCO-P serves preschool (3-6). Children are typically placed for approximately 6-9 months; sometimes siblings are placed together in the same home.

The treatment team includes the foster parents, program supervisors, the birth family, individual therapists, behavioral skills trainers, and foster parent recruiters. The team develops an individualized treatment plan for each child that builds on the child's strengths and establishes rules, expectations, and limits to manage behavior. Foster parents are integral members of the team, as successful outcomes are dependent on them to provide close supervision, monitor academic progress, and provide a structured environment for the child. Concurrently, the birth family or permanency resource receives family therapy and parent training on topics such as consistent discipline, supervision, and encouragement, with the goal of reducing conflict and increasing positive relationships in the family when the child returns home.

TFCO program supervisors are available to foster parents for consultation, support, and supervision at weekly meetings. In addition, supervisors contact foster parents daily for feedback about the previous 24 hours. Foster parents have 24/7 access to backup program staff.

TFCO is currently being used in New York City and in counties outside of NYC, California and over 40 other locations, including North Carolina, Maryland, Maine, Pennsylvania, Ohio, and Minnesota, plus locations in Sweden, Norway, Denmark, and the United Kingdom.

Resources needed for implementation

Agencies that adopt the TFCO model are supported by TFC Consultants, Inc. TFC recommends specific staffing and training processes to maintain fidelity of the model and provides consultation, training, and technical assistance to new and existing TFCO programs. TFC also certifies and supports existing TFCO programs.

For More Information

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Evidence base

Eight randomized trials and other studies have shown that the TFCO-A program model can prevent escalation of placement disruptions, emotional problems, delinquency, and other problem behaviors such as violence. Placement in a TFCO program has been found to be more effective and less costly than placement in group care.

TFCO is listed in the California Evidence Based Clearinghouse for Child Welfare (CEBC); the CEBC has determined that there is well-supported research evidence for TFCO-A as an effective program.