Treatment Foster Care of Oregon

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/treatment-foster-care-of-oregon/

Treatment Foster Care Oregon (TFCO) was developed as an alternative to institutional, residential, and group care placements for children and youth with severe emotional and behavioral disorders. Multiple randomized trials confirm a number of positive results. The model is tailored to the unique developmental needs of children from ages 7 to 17 years.

TFCO focuses on five key areas: (1) a consistent, reinforcing environment with mentoring and encouragement; (2) daily structure with clear expectations and specific consequences; (3) a high level of youth supervision; (4) limited access to problem peers along with access to prosocial peers; and (5) an environment that supports daily school attendance and homework completion.

TFCO has proven to:

- Prevent or reduce the number of days in institutional or residential settings
- Prevent the escalation of delinquency, youth violence and pregnancy
- Increase positive academic engagement
- Reduce placement disruptions
- Increase attachment
- Improve brain stress regulatory systems

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