

Intervention Name: Beyond Consequences

Brief Description of the Program/Intervention: The Beyond Consequences Program is a family systems model that focuses on moving families from surviving to thriving. It is a healing model, not a behavioral model. It is based on five main principles:

- 1) **Development** - Trauma impacts a child's development at all levels. Children with traumatic histories are typically more emotionally and socially behind than their peers. Additionally, trauma impacts how their brains are wired, often negatively impacting their thinking. Considerations are taken in this program as to their language, cognitive, and academic development. With the proper interventions, a child with developmental deficits can better reach his/her full potential for healing.
- 2) **Relationships** – The family becomes the curative agent and children find healing through the context of the parent/child relationship. Emphasis is placed on the parent's wellbeing as well as the parents' marital relationship or partnership in order to create a stable and emotionally open environment. Instead of focusing on the "identified patient," this program extends to every member of the immediate family to address the challenges from as a holistic perspective.
- 3) **Stress and Regulation** – Trauma compromises a child's regulatory system and often leaves a child in a heightened state of autonomic arousal, anxiety, depression, moodiness, irritability, and agitation. Trauma shortens the child's window of stress tolerance, making the child highly sensitive to stress and overwhelm. Changing traditional fear-based and stress inducing behavioral models of discipline is paramount to this model in order to give children calm, secure, and regulated support during times of outbursts and when negatively acting out.
- 4) **Environment** – Children with traumatic histories need their worlds made "small" in order to reduce their level of overwhelm and to increase their level of security. This model helps parents and educators create environments within the home and school that offer strong boundaries, predictability, hierarchy, structure, and emotional safety.
- 5) **Belief Systems** – Children who experience abandonment, abuse, and neglect in their formative years switch from believing they are lovable and worthy to believing they are unlovable and unworthy. This negative self-identity can be a pronounced influential factor that interferes with a child's movement through his/her healing journey if it is not addressed appropriately.

Target Population of Promising Practice:

1. **Please select the primary categories that relate to the intervention:** (Please highlight applicable categories)
 - Academic performance/functioning and achievement
 - Adult mental health
 - Adult behavior problems** (violence/aggression)
 - Alcohol and drug use

- Assessment and Measurement Instruments for Target Populations
- Attachment Interventions
- Basic Needs
- Behavioral Management and Treatment
- Child Mental Health – externalizing
- Child Mental Health - internalizing
- Child Mentoring Programs
- Child Supports and community connections
- Child Welfare Practice and Service Models
- Crisis Intervention
- Delinquency and Criminal Behavior
- Educational Support Interventions
- Family Functioning (communication, bonding, interactions and relationships)
- Family Support and Placement Stabilization Programs
- Independent living and career readiness
- Marriage and Relationship Support
- Parental Mentoring Programs
- Parent Engagement
- Parental Supports and community connections
- Parenting Skills - Training and Enhancement
- Peer associations/relationships
- Resource Parent Training Programs
- Sexual Behavior Problems in Adolescents and Children
- Social/emotional functioning (social competence/prosocial behaviors, conflict management, problem solving, coping-stress management, decision making and self-esteem)
- Trauma Treatment

3. Describe the intervention's current use with one or both of the QIC-AG's target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.
- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

The Beyond Consequences Program is currently being implemented with families around the world, both in pre-adoptive placements and post-adoptive placements. It is a comprehensive model that focuses on safety, security, and relationship, which allows the transition to permanency to be much smoother by offering consistency.

This program is currently being used on an individual family basis (families implementing the program on their own) as well as entire agency levels throughout the United States.

4. If currently not being used with one or both of the QIC-AG's target population, describe how the intervention could be adapted to respond to the needs of the QIC-AG's target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.
- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

5. Intervention goals/outcomes:

1. Help the child regain areas of his/her development that are lacking through developmental re-tracking.
2. Equip the family system to be the curative agent for the child's healing process so that healing happens in the home environment within the context of the parent/child relationship.
3. Reduce the stress in the child's life to ensure the child is working within the stress level most optimal to the child's nervous system.
4. Allow past traumatic experiences and the stored up survival energy from the trauma to be dissipated with the support of the parents interactions in everyday life.
5. Build the child's window of stress tolerance to equip the child to function appropriately outside of the home environment.
6. Equip parents with love-based parenting techniques that de-escalate negative behaviors through boundaries, regulation, and emotionally safe interactions.

7. Empower parents to understand their own reactivity when raising a child who resonates at a high level of stress and overwhelm.
8. Help parents identify associational connections to their own childhoods that may be triggering them.
9. Create a healing environment in the home for the child to learn the importance of the family structure and to have positive, patterned, and successful experiences within a family system.
10. Re-build the child's belief system that the world is safe and that the child is lovable, worthy, and deserving of unconditional love.

6. Please name the sites and contact information where the intervention has been replicated/ implemented:

There are numerous families, therapists, and agencies around the world implementing this program. Here are some of those with whom I have more recently worked:

Patty Robles, San Diego County Family Services, patty.robles@sdcounty.ca.gov, 619-409-3166

Karen Baker, Vista Hermosa Community Programs, Prescott, Washington,
Karen.eli.baker@gmail.com, 509-749-8185

Rhonda Robinson, LPC, Flatirons Counseling, rhonda@flatironscounseling.com, 720-272-5397

Moya Smith, LSW, Hawthorn Trauma, www.hawthorntrauma.com, 303-877-7052

Polly Nash, Denver Human Services, Denver, CO 720-944-6013, polly.akridge-nash@denvergov.org

7. Describe the evaluation or research that has been collected on this intervention:

Presently, evaluations and research on the Beyond Consequences program has been limited to self-report by professionals and parents.

Please provide contact information Below:

Contact Person/Purveyor: Heather T. Forbes, LCSW

Agency/Affiliation: Beyond Consequences Institute

Contact Email: heather@beyondconsequences.com

Contact Phone: 720-626-1395

Intervention Web Site/URL: www.BeyondConsequences.com