

National Quality Improvement Center

QIIC • AAG

Adoption & Guardianship  
Support and Preservation

A Program funded through a five-year cooperative agreement with  
Department of Health and Human Services,  
Administration for Children and Families, Children's Bureau in partnership with:  
Spaulding for Children,  
The University of Texas at Austin,  
The University of Wisconsin-Milwaukee, and  
The University of North Carolina at Chapel Hill

**TARGET:**  
An  
intervention  
available to  
Intercountry  
and Private  
Domestic  
Adoptive  
Families in  
Illinois

# WELCOME AND INTRODUCTIONS

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# AGENDA

- Overview of the QIC-AG
- Introduction to TARGET
- Where TARGET is Offered through QIC-AG
- Eligibility Criteria
- How to Refer a Family
- Review of Research Elements
- Questions and Answers



# OVERVIEW OF QIC-AG

# QIC-AG GOAL

QIC-AG will develop evidence-based models of support and intervention that can be replicated or adapted by other child welfare systems across the country to achieve long-term, stable permanency in adoptive and guardianship homes for waiting children as well as for children and families after adoption or guardianship has been finalized.

# QIC-AG LEADERSHIP TEAM



QIC-AG is funded through a five year cooperative agreement with Department of Health and Human Services, Administration for Children and Families, Children's Bureau.

❖ Spaulding for Children



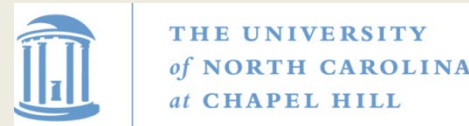
❖ University of Wisconsin-Milwaukee



❖ University of Texas at Austin



❖ University of North Carolina at Chapel Hill



# PARTNERSHIP

**QIC•AG** Quality Improvement Center for  
Adoption & Guardianship Support and Preservation



# INTRODUCTION TO TARGET



# INTRODUCTION TO TARGET

- Trauma Affect Regulation: Guide for Education and Therapy (TARGET) is a strength-based, psycho-educational approach to education and therapy
- TARGET is a set of skills that teaches participants how to understand their stressors and regulate their behaviors and reactions to stressors



## Focus

Being focused helps a person pay attention and think about what's happening right now instead of just reacting based on alarm signals tied to past trauma. This step teaches participants to use the SOS skill (Slow down, Orient, Self-Check) to pay attention to body signals, clear the mind, and focus on one main thought.

## Recognize Triggers

Recognizing trauma triggers enables a person to anticipate and reset alarm signals as they learn to distinguish between a real threat and a reminder.

This step helps participants identify personal triggers, take control, and short circuit alarm reactions.

## Emotion Self-Check

The goal of this skill is to identify two types of emotions. The first are "alarm" or reactive emotions such as terror, rage, and guilt. The second type of emotion, "main" emotions, include positive feelings and feelings that represent positive strivings. By balancing both kinds of emotions a person can reflect and draw on his/her own values and hopes even when the alarm is activated.

## Evaluate Thoughts

When the brain is in alarm mode, thinking tends to be rigid, global, and catastrophic. Evaluating thoughts, as with identifying emotions, is about achieving a healthier balance of positive as well as negative thinking. Through a 2-part process, participants learn to evaluate the situation and their options with a focus on how they choose to act – moving from reactive thoughts to "main" thoughts.

## Define Goals

Reactive goals tend to be limited to just making it through the immediate situation or away from the source of danger. These reactive goals are necessary in true emergencies, but they do not reflect a person's "main" goals of doing worthwhile things right now and for ultimately achieving a good and meaningful life. This step teaches a person how to begin to create "main" goals that reflect their deeper hopes and values.

## Options

This step helps identify the positive intentions that are often hidden by the more extreme reactive options generated by the alarm system. This opens the possibility for a greater range of options that take into consideration one's own needs and goals as well as those of others.

## Make a Contribution

The ultimate goal of TARGET is to empower adults and young people to think clearly enough to feel in control of their alarm reactions and, as a result, to be able to fairly recognize the contribution they are making not only to their own lives but also to making other people's lives better.



WHERE TARGET IS  
OFFERED THROUGH  
THE QIC-AG

# WHERE IS TARGET BEING OFFERED?

- Cook County and some collar counties
- Central Region counties, including:
  - Peoria, McLean, Sangamon, Macon, Tazewell and Woodford



# ELIGIBILITY CRITERIA

# ELIGIBILITY REQUIREMENTS

- Parental Involvement
- Residing at home
- IQ > 70, ability to learn/apply new concepts, understands cause and effect, can perform tasks or activities at the same level as his/her peers, follows basic instructions
- Presence of developmental disabilities
- Substance dependency OR current substance abuse with no current treatment
- Suicidal threats or plans within the last 24 hours
- Inpatient psychiatric hospitalization OR residential treatment for substance abuse/dependency in past month



*Youth ages  
10-17 are  
eligible*

# HOW TO REFER A FAMILY

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- **Step 1: Refer family to an Outreach Coordinator**
- **Step 2: Outreach Coordinator will:**
  - *Explain the Study and Intervention*
  - *Determine Willingness to Participate*
  - *Review Eligibility for TARGET*
- **Step 3: TARGET Facilitator will be assigned**
  - *Youth who graduate from TARGET will receive a \$25 gift card*

## **Cook County:**

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**QIC•AG**

## **Central Region:**

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# TARGET FACILITATORS

- Trained in TARGET by certified trainers
- Receive monthly individual and group coaching by certified TARGET coaches
- Submit recorded sessions to ensure TARGET is delivered as intended
  - *Note: Only facilitator is recorded*



# RESEARCH ELEMENTS

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As part of the overall cooperative agreement, the QIC-AG is conducting a rigorous evaluation in each of the eight partner sites.

The short term outcomes that we hope to achieve in IL are:

- Reduced child behavioral issues
- Reduced school-based problem behaviors
- Increased level of caregiver commitment
- Reduced caregiver strain



# RESEARCH ELEMENTS

- Families must consent to participate in the study
- Families will be asked to complete satisfaction surveys throughout the program.
- Families will be invited to participate in a half-hour qualitative interview over the phone
  - Incentive of \$25 gift card for participation



# QUESTIONS

Additional Information on the QIC-AG  
can be found at:

[www.qic-ag.org](http://www.qic-ag.org)



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