

# Evaluation Results from New Jersey



## PROJECT PARTNERS

QIC-AG partnered with the **Office of Adoption Operations within the State of New Jersey, Department of Children and Families, Division of Child Protection and Permanency.**

## CONTINUUM PHASE

**Selective**

## INTERVENTION

CP&P implemented **Tuning in to Teens (TINT)**. TINT is an evidence-based emotion coaching program designed to proactively prepare parents to support their teens in managing the complex developmental tasks of adolescence by developing the youth's emotional intelligence.

## STUDY DESIGN

**Experimental:** Randomized Controlled Trial

The target population was **children ages of 10 to 13 years old whose caregivers were receiving an adoption or Kinship Legal Guardianship (KLG) subsidy and were not open for DCF services. Children had either previously been in group care or were between the ages of 6 and 13 at the time of finalization.**

## RESEARCH QUESTION

Will children currently between the ages of 10 and 13 who are receiving an adoption or Kinship Legal Guardianship (KLG) subsidy, are not open for services with DCF, and meet one of the following criteria: at the time of finalization were between the ages of 6 and 13, or were in group care while in foster care experience a reduction in post permanency discontinuity, improved wellbeing, and improved behavioral health if they receive Tuning in to Teens (TINT) compared to similar children who receive services as usual?

## Findings



**443** FAMILIES  
ASSIGNED TO THE  
COMPARISON GROUP



**187**  
COMPARISON  
GROUP CAREGIVERS  
COMPLETED THE  
OUTCOME SURVEY

**769** FAMILIES  
ASSIGNED TO THE  
INTERVENTION GROUP

**442 (57%)**  
SUCCESSFULLY  
CONTACTED



**62**  
TINT CAREGIVERS  
COMPLETED 4+  
SESSIONS AND THE  
OUTCOME SURVEY

## RECRUITMENT & PARTICIPATION

Families who participated in TINT were different than families who did not participate in the intervention. Specifically, families who received the intervention were:

- more likely to struggle to effectively manage their child's behavior; and
- less confident that they could meet their child's needs.

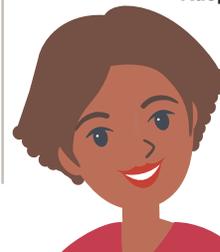
## OUTCOMES

This study found no statistically significant differences between TINT families and comparison group families on primary outcomes but an improvement was observed in parents' felt ability to better manage their child's behavior. The figure below shows the slope of line is steeper for TINT families which suggests they improved more than families in the comparison group. Although this difference wasn't statistically significant, promising trends suggest that with additional time, statistically significant differences may emerge.



## WHAT CAREGIVERS HAD TO SAY...

**Adoption and guardianship was a positive experience!**



"Adopting our son has been the single best decision we have made in our lives."

"Great experience. Would do it again if I had to."

**It was also a challenging experience.**

Many caregivers reported that having adopted or assumed guardianship of a child was challenging, particularly if the child had a mental health condition. Caregivers wrote that not only did caseworkers need to be "better equipped to help adoptive parents," but also shared a strong need for the improvement of the training required in order to become an adoptive parent or guardian. They pointed out that having more support from the child welfare system "especially during the teenage years" was essential.



The University of Texas at Austin

Texas Institute for  
Child & Family Wellbeing

*Steve Hicks School of Social Work*



JACK, JOSEPH AND MORTON MANDEL  
SCHOOL OF APPLIED SOCIAL SCIENCES

CASE WESTERN RESERVE  
UNIVERSITY

This research summary was designed by staff at the Texas Institute for Child & Family Wellbeing at The University of Texas at Austin, Steve Hicks School of Social Work, in conjunction with the Jack, Joseph and Morton Mandel School of Applied Social Sciences at Case Western Reserve University.

**Evaluation questions?** Please contact Nancy Rolock at [nancy.rolock@case.edu](mailto:nancy.rolock@case.edu) or Rowena Fong at [rfong@austin.utexas.edu](mailto:rfong@austin.utexas.edu).



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