PROJECT PARTNERS
QIC-AG partnered with the Illinois Department of Children and Family Services (DCFS), Metropolitan Family Services and Baby Fold.

CONTINUUM PHASE
Selective

INTERVENTION
Illinois DCFS implemented Trauma Affect Regulation: Guide for Education and Therapy (TARGET). TARGET is a strengths-based, psycho-educational intervention for children affected by trauma or exposed to adverse childhood experiences that includes 7 essential core skills.

STUDY DESIGN
Experimental: Cook County: Random Assignment
Central Region: Random Consent Design

OUTCOMES
The study’s short-term outcomes for Cook County and the Central Region were measured by examining differences between the TARGET participants and the comparison group on:

- Child behavioral issues
- School-based problematic behaviors
- Caregiver commitment
- Caregiver strain

There were no statistically significant intervention effects after six months; however, in both Cook County and Central Region, we did see fewer school-based problematic behaviors in children whose families received TARGET. It is important to keep in mind that TARGET families were experiencing significant needs at baseline that may require a longer observation period to detect change.

WHAT CAREGIVERS HAD TO SAY...
The majority of families reported positive adoption and guardianship experiences.

“My adoption has given me fulfillment and purpose and an opportunity to pour into the life of my granddaughter. As we are going through her teen years, we have run into many challenges, as she is developing, maturing and finding her own way. Yet this has been rewarding.”

Families also provided suggestions for improvements:

“I feel that the social worker should call and check-up. I reached out for help and help was never given.”

Promoting the wellbeing of families formed through adoption and guardianship may require an approach where a variety of services are offered that take into account developmental considerations, cultural issues, lifestyle choices, and work or other life stressors faced by adoptive and guardianship families.

TO PARTICIPATE OR NOT?
Compared to caregivers who chose not to participate, caregivers who chose to participate were, on average:

- Less confident in meeting their child’s needs
- Struggling more to effectively manage their child’s behavior
- Less likely to report a warm relationship with their child
- Less likely to view the impact of adoption or guardianship on their family as positive
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 or Rowena Fong at rfong@austin.utexas.edu.

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