Maine Enhanced Parenting Program

MEPP is a Title IV-E waiver demonstration project designed by Maine DHHS and started in 2016.

IV-E Waivers allow states to use Children Welfare funding in flexible ways in order to test innovative approaches to Child Welfare services.
Maine Enhanced Parenting Project

With more than 60% of the children coming into the State’s protective custody due to parental substance abuse as a risk factor, MaineGeneral Medical Center, in partnership with the Maine Department of Health and Human Services (DHHS) has launched the Maine Enhanced Parenting Project (MEPP). This innovative pilot program is designed to support vulnerable and at-risk families by co-locating parenting education and substance abuse services.
MEPP Referral Criteria

MEPP Clients must:

1) Have at least one child under the age of six
2) Have an open DHHS case
3) Qualify for IOP Level of Care
4) Be referred by DHHS
MEPP pairs the MATRIX IOP program with the Positive Parenting Program (PPP). The services are co-located, and in some locations, delivered on the same day.

MEPP has a strong focus on the maximizing the benefits of collaboration between the MATRIX and PPP staff.
MATRIX Intensive Outpatient Program

MATRIX is a 16 week Intensive Outpatient Program. Matrix was started in 1984 to address the stimulant epidemic. Matrix has been provided to over 30,000 clients in 12 countries.

MATRIX is Evidence-Informed and has over 20 years of research demonstrating its positive outcomes.
MATRIX Intensive Outpatient Program

Matrix IOP is delivered in a group format for a minimum of 144 hours over at least 16 weeks.

Matrix IOP brings together Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), Family Therapies, 12-Step Facilitation and other models to give parents the skills to move towards recovery.
Positive Parenting Program (PPP)

PPP is an intensive parent education intervention proven to be effective with families experiencing moderate to severe behavioral or emotional difficulties.

PPP has over 30 years of research that support its positive outcomes and the United Nations ranks it as the number one parenting program in the world.
Positive Parenting Program (PPP)

• Level 4 PPP is delivered in a group format and focuses on teaching parents the skills necessary to manage moderate to severe behavioral/emotional issues.

• Level 5 Pathways can be delivered in a group or individual format and is designed for parents who have completed Level 4 and are at risk for child Maltreatment.
MEPP Treatment

MEPP clients will receive concurrently:

❖ 16 weeks (48 sessions of IOP)
   3.0 hours per session 3 times per week

❖ 9 weeks of PPP (Level 4 and Pathways)
   3.0 hours per week 1 time per week

Plus weekly random UA (urine analysis/drug test)
DHHS Region 2 MEPP Sites

- Skowhegan (Crisis & Counseling and CHCS)
- Augusta (MaineGeneral at Green St.)
- Rockland (Crisis & Counseling and CHCS)
- Auburn (Crisis & Counseling and CHCS)
MEPP GOALS

- Increased numbers of children who remain safely in their homes.
- Reduced repeat maltreatment.
- Increased rates of reunification and timeliness to reunification.
- Improved child and family well-being.
- Development of recovery skills for longer term recovery from substance abuse.
- Reduce reentry into foster care.
MEPP So Far

MEPP has been running in DHHS Region 1 (Crossroads) and Region 3 (Wellspring) for about 2 years.

❖ Region 1 sites in Scarborough and Kennebunk

❖ Region 3 Sites in Bangor, Ellsworth and Aroostook county
MEPP Snapshot: Augusta Office

Current Number of Clients: 22 (Females: 17  Males: 5)

Most Popular Drug of Choice: #1 Heroin #2 Cocaine

Average Adverse Childhood Experience (ACE) Score: 7

Towns: Waterville, Augusta, China, Clinton, Fairfield, Belgrade, Skowhegan, Mount Vernon, (Homeless Shelter, parents home, car, couch surfing)
Lessons Learned II

• 3rd time is the charm
• High Empathy Score
• Residential works for some, but not all
• Threats do not typically work (Health & Kids)
• Attachment and ACE’s Matter or Addicts Need Lullabies
Lessons Learned III (Isomorphic)

The same approach that works well with DHHS....honesty, accountability, non-reactive, non-judgmental, flexible, customer-service orientated, with a little bit of friendly (appropriate) humor.....

Also works well for MEPP clients
Lessons Learned

• People who have a diagnosis of Substance Use Disorder are first and foremost PEOPLE

• People, in general, do best when treated with kindness, dignity and respect (with a dash of humor...if appropriate 😊)

• People, who have felt judged, abused and generally mistreated by others, are (logically) worried that it might happen again.

Excellence at Work
Questions ????

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