



Enhanced Foster Care (EFC) Expectations for Foster & Adoptive Families

OKLAHOMA Human Services

Oklahoma Human Services (OKDHS) strives to provide children with opportunities to gain HOPE and healing.

As an EFC parent, you are asked to parent children who have experienced trauma and are in the OKDHS foster care system. Some children have complex trauma that leads to the need for enhanced services and support. OKDHS has developed the EFC program to help meet those needs by equipping families to parent therapeutically. According to the Attachment and Trauma Network, parenting therapeutically is used to describe the type of intentional parenting that fosters the feelings of safety and connectedness so that a traumatized child can begin to heal and learn how to securely attach. If you have been asked about participating in EFC services for a child in your home, keep in mind that you will not be alone; you will be a team member with OKDHS and other service providers. **As part of the team, consider the following questions:**

- (1.) Do I have the time and attention to devote to a child with additional needs, services, and appointments?
- (2.) Am I willing to complete additional training that enhances my skills so that I can therapeutically respond to the child in my home?
- (3.) Am I willing to be an active member of the child's treatment team? An active member includes:
 - Working closely with both OKDHS and all service providers

The key to EFC's success is supporting compassionate foster and adoptive parents who engage with the right services, create stable environments and commit to show up for a child each day.



- Being available to participate in meetings or services
 - Clearly and honestly communicating the child's behaviors and needs
 - Actively participating in services recommended for a child and ensuring the child attends those services
 - Understanding my role in helping a child heal from complex trauma
- (4.) Do I understand that as an EFC parent receiving services, I am expected to adhere to the following principles:
- I will actively participate in some form of service that guides me in providing therapeutic parenting and care in my home
 - My role is to engage in one-on-one teaching interactions with the child that encourage development of coping skills
 - I understand that when parenting a child with complex trauma the healing process may not always be smooth or start immediately; it may take time before improvement is seen.

For more information visit <https://okfosters.org/resources/enhanced-foster-care/>