



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

OKLAHOMA Human Services

Oklahoma Human Services strives to provide children with opportunities to gain hope and healing.

As an EFC parent, you are asked to care for children who have most likely experienced a varying degree of trauma. Some children have complex trauma that leads to the need for enhanced services and support. Our agency has developed the EFC program to help families meet those needs by parenting 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 to help a child 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. Oklahoma Human Services and other service providers will be by your side throughout the entire journey. **As part of the team, consider the following questions:**

- (1.) Do you have the time and attention to devote to a child with additional needs, services and appointments?
- (2.) Are you willing to complete additional training that enhances your skills for therapeutically responding to a child in your home?
- (3.) Are you willing to be an active member of a child's treatment team? This includes:
 - Working closely with all service providers.
 - Being available to participate in meetings or services.

The key to success is supporting compassionate foster and adoptive parents who engage with the right services, create stable environments and remain committed every day.



- Clearly and honestly communicating about a child's behaviors and needs.
 - Actively participating in recommended services for a child and ensuring attendance.
 - Understanding your role in helping a child heal from complex trauma.
- (4.) Do you understand that as an EFC parent receiving services, you are expected to adhere to the following principles:
- Participate in services that guide you in providing therapeutic parenting and care for a child in your home.
 - Engage in one-on-one teaching to encourage development of coping skills.
 - Complete the initial required Child and Adolescent Needs and Strengths (CANS) interview, and then again every six months after services are in place to help understand the child's functioning and current level of need.
 - 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/>