

# THE PARENT-CHILD ASSISTANCE PROGRAM (PCAP)

*An evidence-based program that began as a federal research project in 1991, and since 1997 has been funded by the Washington State DSHS Division of Behavioral Health and Recovery*

## ***The Problem***

Maternal alcohol and drug abuse puts children at risk:

- because of possible effects of prenatal exposure on the health and development of the unborn child;
- because of the likelihood of a compromised home environment.

***These problems are costly to society and are entirely preventable.***

## ***The Goals of PCAP***

The goals of PCAP are:

- to help mothers build and maintain healthy independent family lives;
- to assure that children are in safe and stable homes;
- to prevent future births of alcohol and drug exposed children.

## ***The PCAP Approach***

Trained and supervised case managers provide home visitation and intervention for 3 years.

Case managers assist clients in:

- Setting goals and identifying steps to achieve them
- Obtaining alcohol/drug treatment
- Staying in recovery
- Choosing a family planning method
- Child health care/immunizations
- Connecting with community services
- Solving housing, domestic violence, child custody problems
- Resolving system service barriers

Mothers are not asked to leave the program if they relapse or experience setbacks.

***Case managers provide extensive practical assistance and the long-term emotional support so important to women who are making fundamental changes in their lives.***

## ***PCAP Client Outcomes***

After 3 years of work with a PCAP case manager:

- 92% of clients had completed alcohol/drug treatment programs;
- 44% had at least one period of abstinence from drugs/alcohol of 6 months or more;
- 65% were using family planning methods on a regular basis;
- 83% of children were living with their own families;
- 92% of children were receiving well-child care;
- 68% were in permanent, stable housing.

## ***PCAP Eligibility Criteria***

Women who:

- abuse alcohol/drugs during pregnancy;  
*and*
- are pregnant or up to 6 months post-partum;  
*and*
- are ineffectively connected to community services  
*or*

Women who:

- have a child diagnosed with Fetal Alcohol Syndrome (FAS) or Effects (FAE), and
- are currently abusing alcohol/drugs, and
- are in their childbearing years.

***To make a referral,  
please see insert.***

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