

# Preventing and Treating Parental Substance Use with the FAIR Program

The **Families Actively Improving Relationships** (FAIR) program provided services to parents involved with the child welfare system who were living with an opioid and/or methamphetamine use disorder. FAIR helps families reunite and remain together, increasing opportunities for healthy child development in a stable home environment.

## The Impact

The FAIR program resulted in clinical, community, economic, and policy benefits.



FAIR reduced opioid and methamphetamine use, improved parenting skills, enhanced parental mental health, and increased housing and employment stability. Parents were also more engaged in the program compared to traditional substance use outpatient treatments. By helping families remain together and successfully reunite, FAIR increases opportunities for healthy child development in a stable home environment and could reduce the economic burden caused by the strained child welfare system.

## The Challenge

As dual opioid and methamphetamine epidemics rise across the United States, more children are entering into foster care due to parental substance abuse and fewer are returning home. Despite these trends, programs to support parents are limited.

## The Approach

Through community clinics and local health departments, FAIR provides the following to parents involved with the child welfare system who are living with an opioid and/or methamphetamine use disorder:

- Integrated substance use and mental health treatment
- Case management
- Parenting skill building

## RESEARCH HIGHLIGHTS

### The FAIR program resulted in:

- Predicted parental methamphetamine use decreased from 48% to **9%** after 8 months in the program
- Predicted parental opioid use decreased from 16% to **1%** after 12 months in the program
- FAIR treatment cost about **\$9,000** for 9 months, compared to \$14,000 to \$27,000 for just 30 days of inpatient addiction treatment.

## Key TSBM Impacts



CLINICAL

Provided mental health and substance use treatment, parenting skill development, and case management



COMMUNITY

Increased engagement between parents and clinicians, improving the quality evidence-based practices



COMMUNITY

Decreased substance use and improved mental health among parents



ECONOMIC

Will reduce healthcare costs



POLICY

FAIR was featured as an example program by the Children's Bureau in the Department of Health and Human Services

## The Team:

Lisa Saldana, PhD, Jason Chapman, PhD, Gracelyn Cruden, PhD, Ryan Singh, PhD, Mark Campbell, MS, Courtenay Padgett, MS, Zoe Alley, PhD, Jeff Peterson, PhD, Holle Schaper, MS, Arwen Maas-DeSpain, LMFT, Mary Laws, CAD, Caroline Dennis, MPH, Katherine Barros, BA, *Oregon Social Learning Center*; John Radich, *Oregon Department of Human Services*

Find out more:

[Visit the full case study](#)

Contact:

Lisa Saldana, PhD, [lisas@osl.org](mailto:lisas@osl.org)  
Senior Research Scientist  
Oregon Social Learning Center