

# Applying the Systemic Approach in Treating Children & Adolescents At Risk in the United States

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## 以系统理论介入美国处于危机 状况的儿童及青少年

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# Children's System of Care Service: A model for systemic intervention 美国加州儿童系统性关顾服务: 系统理论介入的范例

- Targeted for seriously emotionally disturbed children/youths who are at risk of being removed from their home once again due to abuse/neglect, criminal offense, repeated hospitalization, runaway, etc.

为患有重性情绪问题并处于危机状况儿童及青少年提供服务，因应问题情况而可能再次被迁离家庭，例如：身体/心理受虐、离家出走、重覆住院及干犯法律

# Children's System of Care Service: A Brief History

## 美国加州儿童系统性关顾服务: 历史

- The Children's System of Care model was developed and piloted in 1984

儿童系统性关顾模式於一九八四年开始建立及运作

- California's funding in 2003-2004 for the Children's System of Care program was \$20 million USD

於二零零叁年至四年期间, 此计划於美国加州获得政府二千万美元资助

# What makes this service so special?

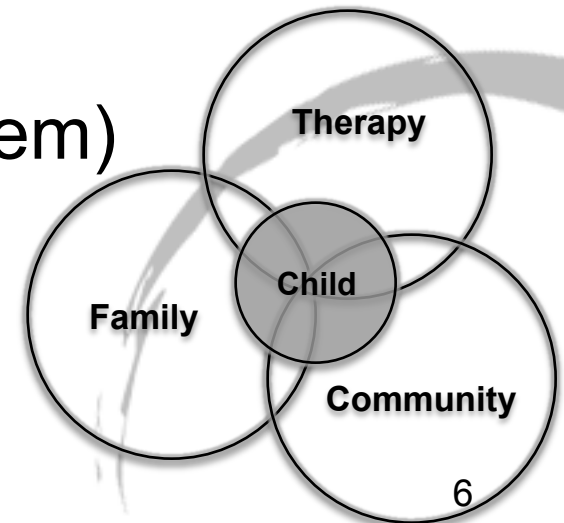
## 此计划的独创性

<b>Traditional Medical Model</b> 传统医疗模式	<b>Children System Care Service Model</b> 儿童系统性关顾模式
Government money is primarily allocated for Institutional Care 政府资金主要流向住院性服务	Government money is primarily focused on Community Care 政府资金主要流向地区为本服务
Individualistic Intervention -- Focus is on identified patient 个人化辅导介入模式	Systemic Intervention -- Collaboration with families and across departments 系统性介入模式--家庭与不同系统及服务部门合作
Clinic-based / Office-based Intervention 以服务提供地点为本作出介入	Community-based Intervention 社区为本介入 – 为接受服务者所在区域作出介入
Therapist is in charge of making treatment decisions 治疗师主责治疗方向及相关决定	Clients, families and the therapist are all in charge of treatment decisions 当事人, 家庭及治疗师共同负责治疗方向及相关决定

# Teamwork: Collaboration between multiple teams

## 团队合作

- Child and Family Team (Family System)  
儿童及家庭团队 (家庭系统)
- Inter-department Team (Community System)  
跨部门团队 (社区系统)
- Treatment Team (Therapy System)  
治疗团队 (治疗系统)



# A Wrap Around Treatment Team:

24-7 availability

全天候治疗团队: 24小时服务

- Team Leader (My role) 团队主任 (本人)
- Therapists 治疗师
- Case Managers 个案经理
- Parent Advocate 家长倡导
- Psychiatrist 精神科医生
- Department Liaisons (Probation Dept., Child Protective Service, Dept. of Mental Health)  
部门联繫 (例: 感化部门、儿童保护科、精神健康部门)

# Case Study 个案研讨

- Steve, Male age 16 Chinese-Korean American  
史提夫、男性、16岁、美籍中国及韩国混血儿
- Severe anger outbursts at home and at school (choking mother, threats, vandalism)  
在家庭及学校表现出严重发怒的行为(例如: 用手捏著母亲的颈项并要胁杀人及毁坏公物))
- Repeated police arrests; locked up in juvenile hall; now on probation  
被警方重覆逮捕: 曾经被监禁在儿童监狱, 现正守感化令

# Case Study: Steve

## 个案研讨: 史提夫

- Major generational conflicts with immigrant parents  
与移民父母出现两代代沟及衝突
- At risk of being sent back to juvenile hall again if his behavior does not improve  
若史提夫行为持续倒退, 他将会被再次关进儿童监狱

# Case conceptualization:

Three guiding principles - 个案分析: 三个重要原则

- Systemic thinking: How do different systems cooperate to respond to Steve's situations?  
系统概念思考模式: 系统间怎样相互合作处理史提夫的状况?
- Developmental Theory: What are the child and family reaching for in their life stages?  
生命週期理论: 孩子与家庭正处於甚麽生命阶段?
- Contextualism: Impact of immigration and ethnic minority experience?  
处境化: 是否受著移民及弱势种族经验影响?

# Facilitating the Optimal Fit Between Child & His Family

## 促进史提夫与父母间的最大合作

- Understand Steve's perspective: "My Parents are stupid & crazy"

掌握及明瞭史提夫的立场:「我的父母实在愚蠢及癡狂!」

- Understand parents' perspective: "Steve is impulsive, irresponsible and shameful"

掌握及明瞭家长立场:「史提夫实在是衝动及不负责任, 而他的行为实在可耻!」

# Facilitating the Optimal Fit Between Child & His Family

## 促进史提夫与父母间的最大合作

- Intensive Family Therapy: Helped Steve and his parents recognize each other's needs and respect each other's boundaries

针对性及深入式家庭治疗：协助史提夫及其父母瞭解及肯定彼此的需要及学习尊重彼此的界限  
(例：定时回家、私隐、文明沟通、不可动武)

# Facilitating the Optimal Fit Between Family & School

## 促进家庭与学校间的最大合作

- Understand School's perspective: "Steve is a trouble maker with a criminal history"  
掌握及明瞭学校立场:「史提夫是个问题儿童, 并且犯案累累!」
- Understand Family's perspective: "School only identified problems but did not help. Steve was failing school"  
掌握及明瞭家庭立场:「学校只管投诉, 却没有作出任何协助, 这才致令史提夫一败塗地」

# Facilitating the Optimal Fit Between Family & School

## 促进家庭与学校间的最大合作

- Mediation work: Mediated between Steve, his parents, school system and School District Board

调解工作: 协助史提夫, 家长, 学校及校区委员会进行调解

- Advocacy work: Changed Steve to a different school that provides special accommodation

倡导工作: 协助史提夫转学至另一所学校, 而新校能为史提夫提供更佳环境以协助他适应

# Facilitating the Optimal Fit Between Family & Juvenile System

## 促进家庭与感化部门间最大合作

- Understand Probation Officer's perspective: "We will lock him up if Steve gets out of control"

掌握及明瞭感化官立场:「若史提夫再次失控, 我们必会关禁他!」

- Understand family's perspective: "We do not want Steve to go to jail again"

掌握及明瞭家庭立场:「我们不想史提夫再被关进牢房!」

# Facilitating the Optimal Fit Between Family & Juvenile System 促进家庭与感化部门间最大合作

- Intensive behavioral management: Help family to apply proper rewards and discipline to motivate behavioral changes in Steve.

针对性行为治疗管理: 协助家庭实践适当奖励及执行纪律, 促使史提夫作出行为改变及遵守感化令

# Benefits of Facilitating an Optimal Fit


## 促进系统间最大合作的果效

- Significant improvement in children's and parents' ability to negotiate conflicts  
父母与子女建立处理衝突的能力
- Improvement of school attendance and performance  
改善在学出席率及表现

# Benefits of Facilitating an Optimal Fit

## 促进系统间最大合作的果效

- Avoidance of institutional care  
避免住院性照顾(例如: 儿童监狱、精神病院、儿童院等)
- Substantial cost savings to government  
国家支出明显地减少



Statistics: July '05 - October '06  
统计: 二零零五年七月份至二零零  
六年十月份

- 23 “severe” cases were referred to the Children’s System of Care program  
二十叁个重性个案被转介至儿童系统性关顾服务计划

# Statistics: July '05 - October '06

## 统计: 二零零五年七月份至二零零六年十月份

- Before any intervention, all of these cases were children or youths who have been removed from their homes multiple times to jail, hospital, child protective service, etc

在介入前, 所有儿童及青少年个案皆曾经从家庭处被迁离, 他们来自监狱、医院及儿童保护服务

# Statistics: July '05 - October '06

## 统计: 二零零五年七月份至二零零六年十月份

- After 6 - 12 months of intensive systemic intervention, only 3 child/adolescent clients were removed again from their home, a total of 20 children/adolescent clients were able to function well within their families and the community. They met their treatment goals and were discharged.

透过为期六至十二个月的针对性系统介入, 只有叁个儿童/青少年个案需要重新被迁离家庭, 共有二十个儿童/青少年能够在家庭及社区内正常生活。其後他们皆因为治疗目标已达而悉数被终结。

# Major reform of the mental health system in California

## 美国加州精神健康政策改革

- California's Mental Health Service Act law passed in 2005 provides significant funding for community-based systemic programs for severely mental ill of all ages. Approximately 3.6 Billion USD in funding have accrued as of May, 2008

精神健康法例於二零零五年通过议案大幅支援以社区为本的系统模式介入服务，统计於由二零零五年至零八年五月合共拨款叁十六亿美元以协助患有重性精神健康疾病的任何年龄人士

**Conclusion: Systemic focus maximizes benefits for both individual and environment!**

**结论: 系统介入为个人及环境提供最大效益!**

<b>Individualistic perspective</b> 从个人辅导角度出发	<b>Systemic perspective</b> 从系统介入角度出发
<p>Problems are situated within the individual. The focus is on improving individual ability to cope with outside environment.</p> <p>问题焦点在於个人，辅导工作以协助个人建立适应生活环境的能力为目标</p>	<p>Problems are situated between different systems. The focus is on promoting the best fit between the individual and the environment.</p> <p>问题焦点在於系统间怎样相互合作，辅导工作以协助个人及环境间达到最大助益及互利互惠为目标</p>

You can obtain copies of this presentation and find out more information at this link:

如果您想得到有关这次研讨会的资料及文献, 请浏览:

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**Thank You Very Much!**

**谢谢大家!**