



Solution-Based Caseworkⁱ

The purpose of this document is to provide a brief overview of Solution-Based Casework based on the information available in The California Evidence-Based Clearinghouse for Child Welfare's (CEBC) database. The content presented in this brief was retrieved from the CEBC database. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit <http://www.cebc4cw.org/>.

What is it?

Solution-Based Casework is an approach to assessment, case planning, and ongoing casework. This approach targets specific everyday events in the life of a family that have caused the family difficulty and represent a situation in which at least one family member cannot reliably maintain the behavior that the family needs to accomplish its goals. The model is a combination of the best of the problem-focused relapse prevention approaches that evolved from work with addiction, violence, and helplessness, with solution-focused models that evolved from family systems casework and therapy. Through integration of these two approaches, partnerships between family, caseworker, and service providers can be developed that account for basic needs and restore the family's pride in their own competence.

The three essential components of Solution-Based Casework are:

1. Developing a partnership with the family
2. Focusing on pragmatic everyday family life tasks
3. Promoting specific prevention skills tied to the family's task

Who is it for? What presenting problems does it address?

Children/adolescents ages 0-17 experiencing child maltreatment, abuse, or neglect; and parents/caregivers with children who have experienced child maltreatment, abuse, or neglect. Solution-Based Casework attempts to remedy problems contributing to the re-occurrence of abuse and neglect, but is also applicable to a wide range of family problems such as mental health or work related issues.

What does the research show?

This program is rated a "3 - Promising Research Evidence" on the Scientific Rating Scale based on the published, peer-reviewed research available. The practice must have at least one study utilizing some form of control (e.g., untreated group, placebo group, matched wait list study) establishing the practice's benefit over the placebo, or found it to be comparable to or better than an appropriate comparison practice. Please see the CEBC's Scientific Rating Scale for more information at

<http://www.cebc4cw.org/ratings/scientific-rating-scale/>.



What outcomes are addressed in the research?

Child safety and permanency, child/family well-being

What resources are needed to implement the program?

When a state or entity decides to change or adopt a practice model, it needs to train all levels, modify its initial new employee training academy, develop internal expertise, modify its information system and data forms, and address its printed materials at all levels.

A manual describing how to implement this program, as well as training is available. Check with training contact for details.

For additional information and resources on Solution-Based Casework, visit:

- *The California Evidence-Based Clearinghouse for Child Welfare: Solution-Based Casework*
<http://www.cebc4cw.org/program/solution-based-casework/>
This webpage provides detailed information about Solution-Based Casework, including its scientific rating on the CEBC's Scientific Rating Scale.

- *Solution-Based Casework*
<http://www.solutionbasedcasework.com>

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ⁱ The California Evidence-Based Clearinghouse for Child Welfare. (2012). Solution-Based Casework. Retrieved on 12 September 2013 from <http://www.cebc4cw.org/program/solution-based-casework/>.