



# EXCHANGE PARENT AIDE (EPA)

## OVERVIEW:

Exchange Parent Aide (EPA) is a supportive and educational in-home services program for parents and caregivers. It is built on an evidence-supported model, designed to increase safety and reduce risk factors associated with child abuse and neglect.

## HOW EPA SUPPORTS FAMILIES:

### IN-HOME SESSIONS:

Parent Aides are matched with families to provide them with individualized support that includes, but is not limited to,

- ✓ Assessment of family needs and dynamics
- ✓ Teaching problem solving and coping skills
- ✓ Observing and modeling effective parenting
- ✓ Attending to their medical, dental, and mental health care needs
- ✓ Monitoring safe housing
- ✓ Education on child development and child safety
- ✓ Reduction of parental stressors and risk factors that lead to child abuse, neglect, and domestic violence

### GROUP SESSIONS:

- ✓ Parenting support groups are also provided to the parents to help the family develop social supports and connect with other parents.

### WHO CAN RECEIVE THE SERVICE:

- Families currently involved with the child welfare system
- Parents and caregivers willing to participate in services
- Families receiving services through DCP&P with at least one youth (ages 0-17) living at home

### WHO PROVIDES THE SERVICES:

- Parent Aides trained in the Exchange Parent Aide model will support parenting related needs
- Care Managers will support family's concrete needs

## WHERE SERVICES ARE PROVIDED:

EPA will be offered statewide, with programs located in each of the following regions:

COUNTIES	AGENCY
Camden, Gloucester, and Salem	Center for Family Services EPARegion1@centerffs.org
Atlantic, Burlington, Cape May, Cumberland	Center for Family Services EPARegion2@centerffs.org
Mercer, Monmouth, Ocean	The Children's Home Society epareferral@chsofnj.org
Middlesex, Somerset, Union	Catholic Charities of Metuchen EPA@ccdom.org
Hunterdon, Morris, Passaic, Sussex, Warren	Center for Family Services epainfo@centerffs.org
Bergen, Essex, Hudson	Family Connections epa@familyconnectionsny.org

## WHAT FAMILIES WILL RECEIVE:

- Parent Aides typically provide a one-hour home visit, 1-2 times a week. Frequency of visits may be reduced based on need
- Care Managers provide 3-4 contacts per month, approximately 90 minutes of care management per family/per month
- Parenting Support Groups, as needed

## HOW LONG FAMILIES CAN RECEIVE THE SERVICE FOR:

- 6 months
- Extension up to 11 months, based on need
- The DCP&P case does not need to remain open for services to continue

**THIS IS A PROGRAM MANAGED BY THE DIVISION OF FAMILY & COMMUNITY PARTNERSHIPS, OFFICE OF FAMILY PRESERVATION & REUNIFICATION.**