

First Impacts of the Implementation of the CARE Model in Spain

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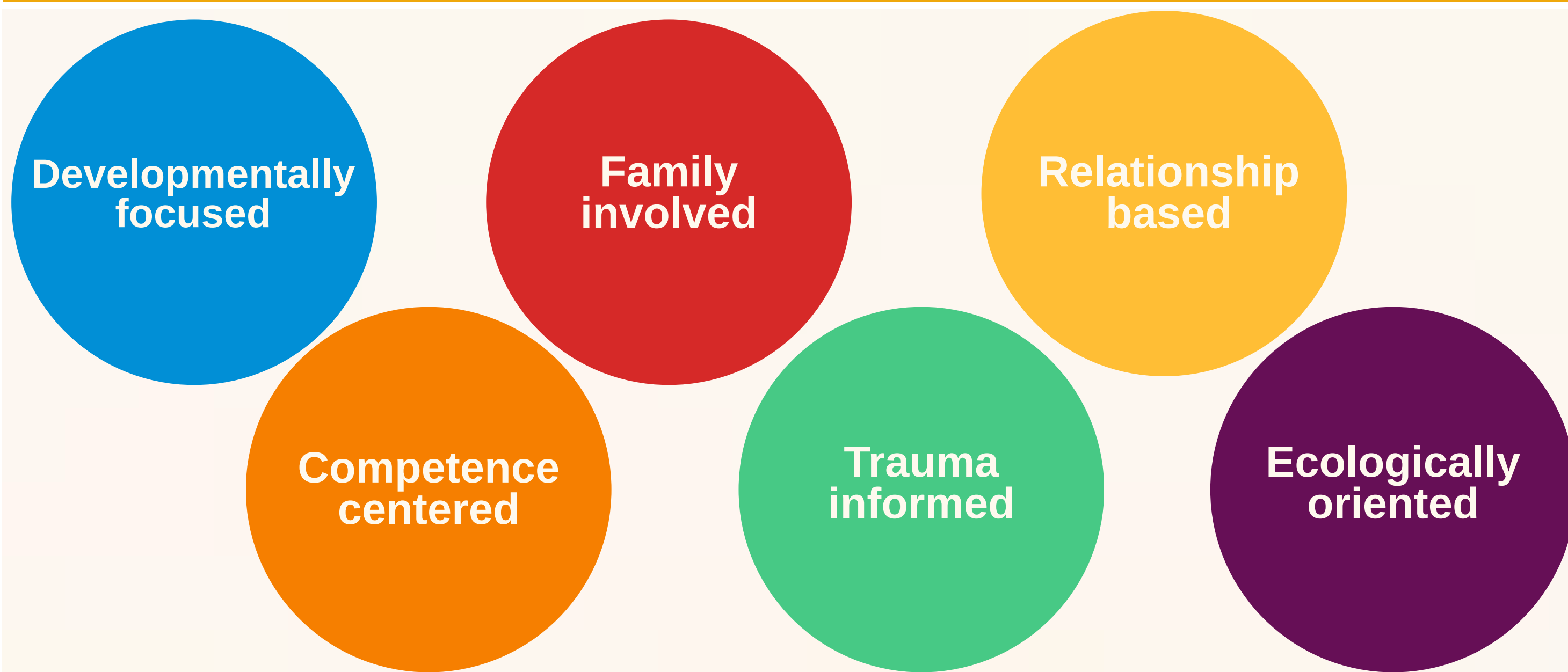
Background

In Spain, a substantial proportion of children and youth in residential care have experienced multiple traumatic events and show elevated emotional and behavioral difficulties.

Evidence-based programs and trauma-informed interventions have proven essential to address the needs of children and youth living in residential care.

CARE (Children and Residential Experiences), developed by Cornell University, is an evidence-based model to guidance residential care practice and provides a unifying framework to guide interactions, decisions, and organizational practices.

CARE principles



Methodology

Baseline (Cohort 1)	18 months later (Cohort 2)
36 Youths (7-21 years old)	45 Youths (7-21 years old)

6 residential care homes



- 1 Emergency home
- 2 Children's home (non specific)
- 1 Adolescents with emotional and behavioral problems (moderate level)
- 1 Unaccompanied migrant young people
- 2 Transition to adulthood

YPS- Youth Perception Survey

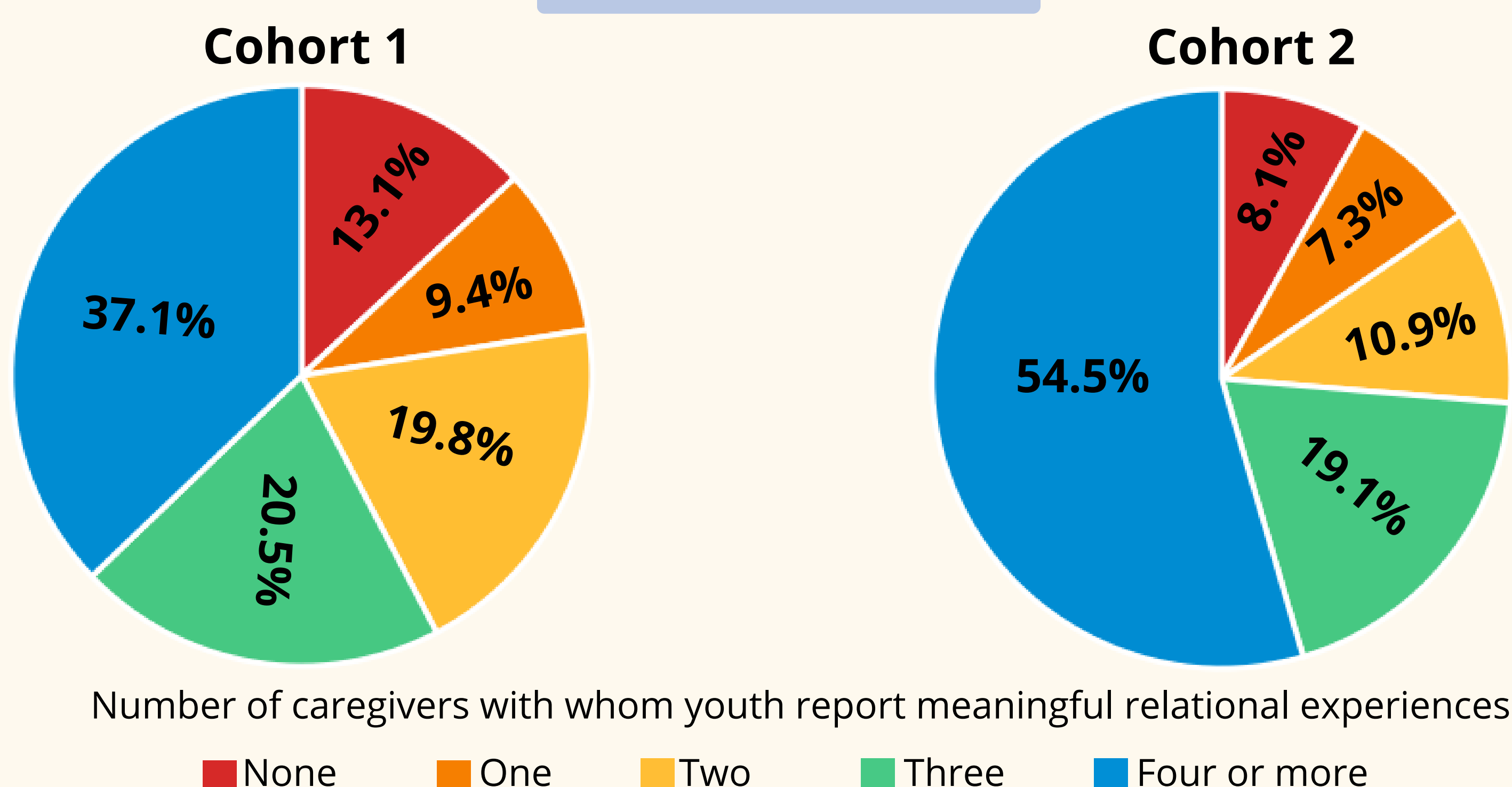
Evaluates youth's perception of their care experiences

PWI- Personal Wellbeing Index (PWI)

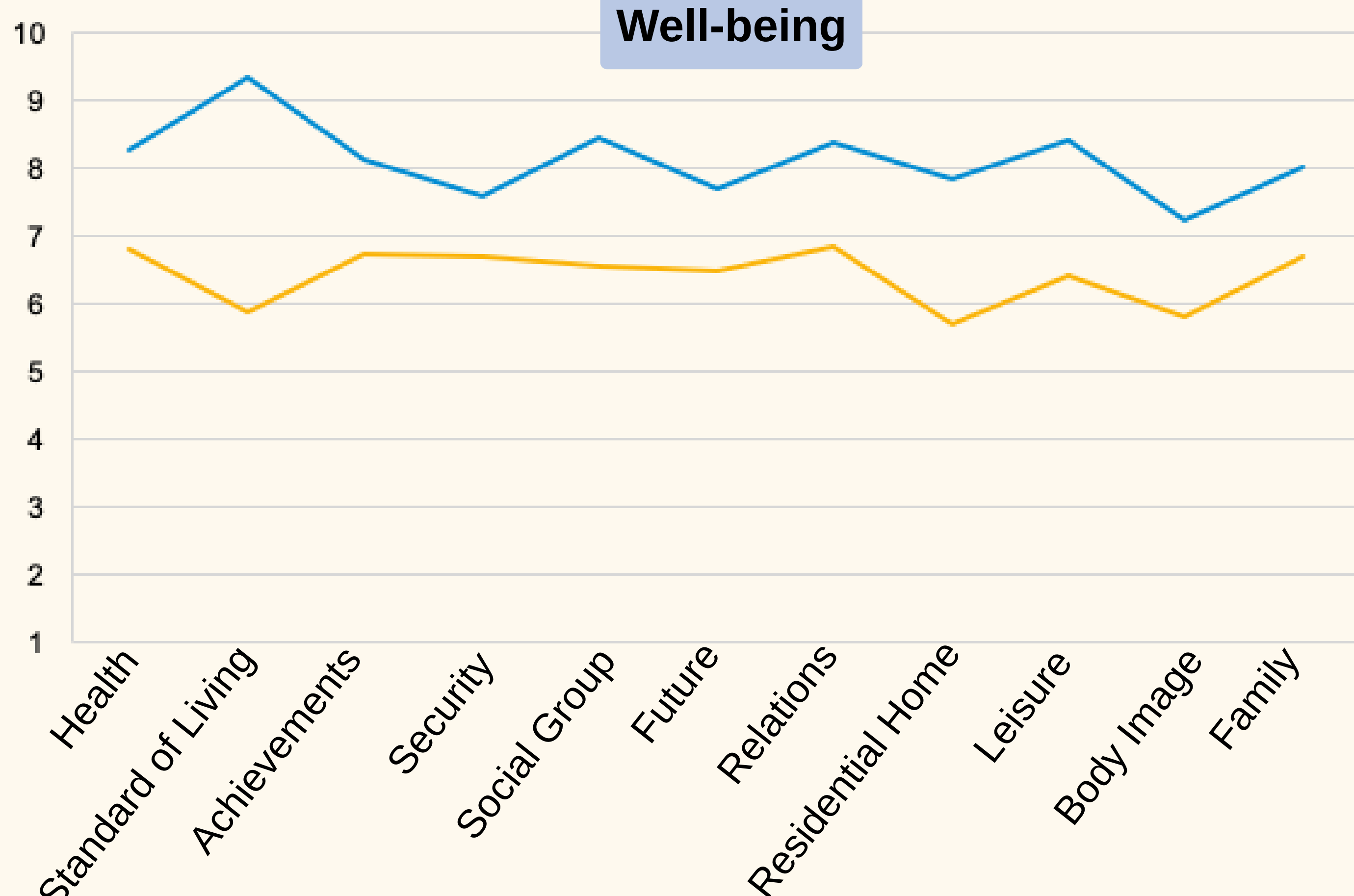
Assesses youths' subjective perception of well-being. It consists of seven items covering the following life domains: health, standard of living, personal achievements, sense of safety, belonging to social groups, future security, and interpersonal relationships. Because the sample includes youth in residential care, four additional domains were incorporated: the residential care home where they live, how they have fun, their own body, and their biological family.

Results

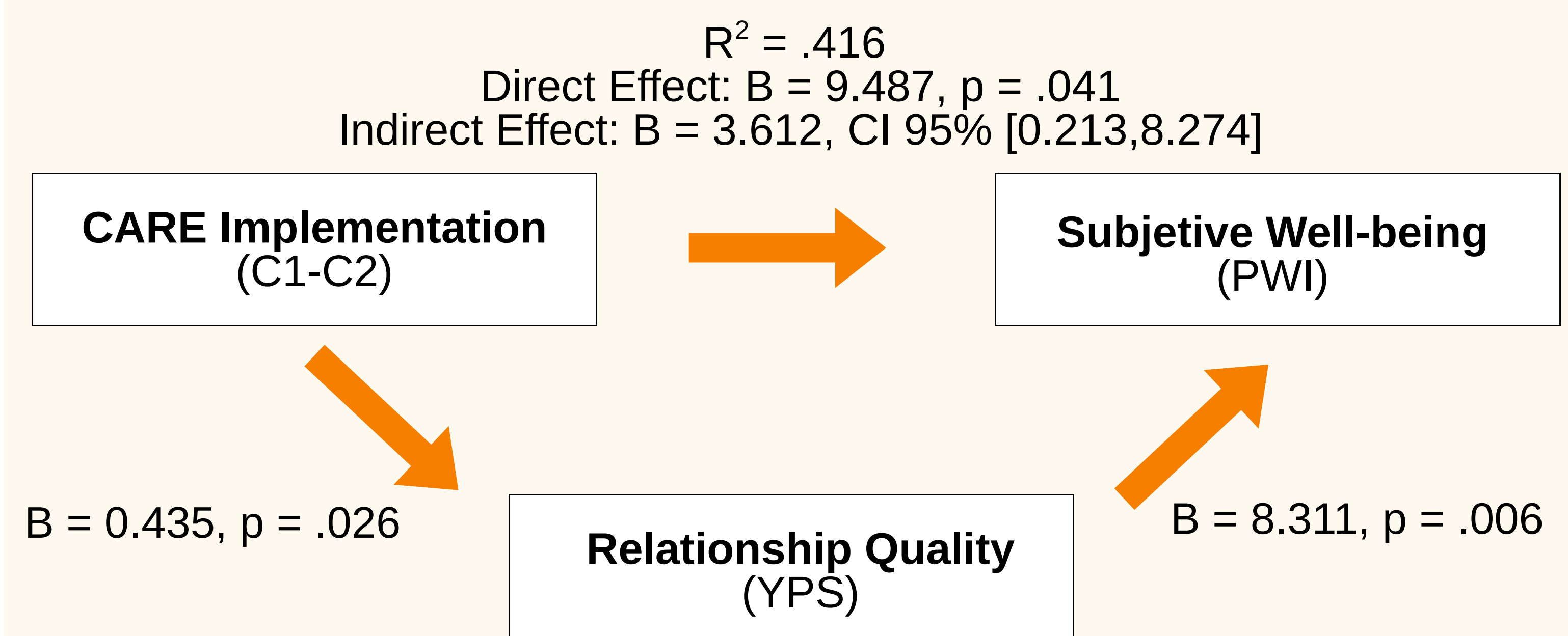
Relationship Quality



Well-being



Model of mediation



Note. Age, gender, residential home, and length of stay were included as covariates in the model.

Conclusions

- The CARE model **strengthened the bonds** between youth and caregivers.
- Youth reported having a greater number of caregivers they could trust.
- Establishing secure and supportive relationships enhanced **child's well-being**.
- CARE implementation in Spain is demonstrating **promising progress in transforming everyday practices** towards a more developmentally focused and trauma-informed approach.