IDAHO MILLENNIUM FUND · FY2028 REQUEST

A future where women and their children heal together

The Change House

Change House mission is to provide compassionate, comprehensive care to mothers and families struggling with the effects of substance use disorder, promoting health, healing, and hope. We are committed to supporting mental, emotional, and physical wellness through expert treatment, education, and community connection- ensuring that every mother and family thrive, together.

Based in McCall, serving Idaho

A statewide program, open to families from across Idaho.

Who we serve

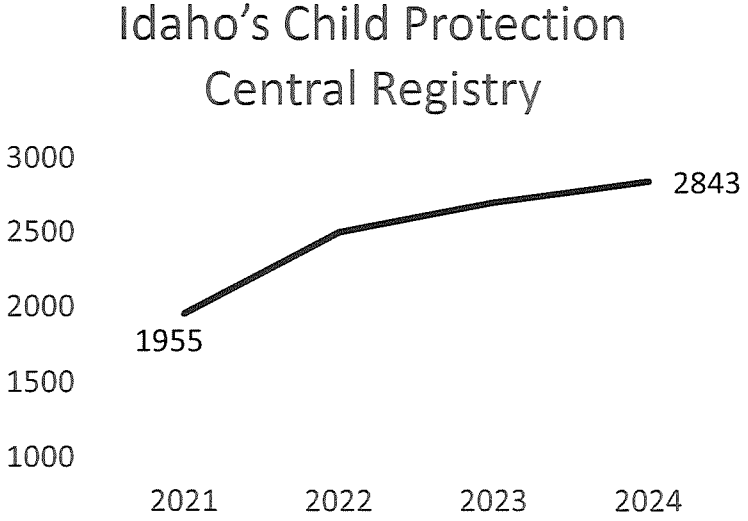
Idaho pregnant women, mothers and children impacted by substance use disorder.

What we offer

Intensive outpatient treatment, family recovery housing and contracted childcare in one program.

Already in motion: $27,200 in Valley County opioid settlement funds secured, $25,000 in committed in-kind support, and a CPA Treasurer and board volunteers managing our finances.

Recovery shouldn't split families



Idaho prenatal-substance-use listings grew 45%, from 1,955 in March 2021 to 2,843 in 2024

31.3% of Idaho children in foster care (about 690) had parental drug or alcohol abuse at removal in 2025

14,940 Number of children in Idaho living with a parent having a substance use disorder between 2015-2019

85% Of Idaho judges, attorneys, and child advocates ranked SUD treatment a top service for keeping children safely home

Sources: Idaho DHW public records; NCSACW AFCARS 2025 state data; U.S. Department of Health and Human Services (National Survey on Drug Use and Health); Idaho Child Welfare Legal and Judicial Survey 2023

One family, three steps of care

2.5 Intensive start

6.5 program hours a day, five days a week: individual, group and family therapy, medication coordination.

2.1 Step-down

9 to 19 hours a week with the same clinicians and the same plan. Housing continues.

1 Ongoing recovery

Individual therapy along with periodic groups. Additional peer support and case management as the family moves to permanent housing.

Around every step

- Family recovery housing
- Childcare and children's services
- Prenatal and medication care
- Peer support and case management

Built on evidence-based curricula such as CBT, Seeking Safety and Mothering from the Inside Out. Stepping down follows clinical reassessment, not the calendar. All program models follow ASAM approved dissemination structure and have received clinical approval.

Built with Idaho partners

Idaho Dept. of Health and Welfare

Child welfare referrals, Medicaid and behavioral health coordination

Boise State University

Evaluation support, student interns and workforce training

Idaho State University

Training, Meridian Health Center access and rural workforce development

St. Luke's Health System

Prenatal, delivery and postpartum care; hospital referrals

Residential treatment providers

Detox and higher levels of care, with warm handoffs both ways

County courts

Drug court and child protection referrals; reunification support

Law enforcement

Referrals, safety coordination and overdose response

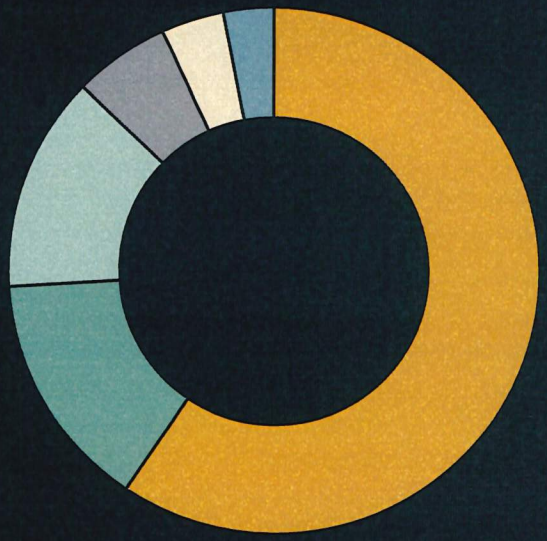
Valley County Commissioners

Opioid settlement funding that launched our startup

Together: referrals, clinical and medical care, higher levels of care, recovery supports, evaluation and funding.

Our request: $623,300

Two months of startup and three months of programming, July 1 to November 30, 2028, the period before treatment can be billed.



Personnel	$370,067
Lease and operations	$91,000
One-time startup	$82,500
Contingency	$36,773
Resident basic needs	$23,760
Childcare/Children Services	$19,200

By November 30, 2028

10 mothers and about 12 children in residence

100% of pregnant mothers linked to prenatal care within 14 days

80% of mothers still engaged at 30 days

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Educational Program Development & Delivery

Education for parents in treatment court and reentry — so their children start from a safer, steadier home

$30,000
one-time request

12 months
July 1, 2027 – June 30, 2028

District 7
Eastern Idaho, 9 counties

The Center for Hope • Nancy Espeseth, Executive Director • Idaho Falls, Idaho

THE REQUEST AT A GLANCE

One-time investment, two generations served

How the investment reaches Idaho youth

1. **Parent**
   Treatment court participant or IFCRC resident attends weekly classes
2. **Home**
   More skills, recovery capital, and stability; less family conflict
3. **Child**
   Steadier caregiving — a known protective factor against youth substance use

$30,000

One-time request; no supplanting of existing funds

8 courses

4 quarterly cycles, two courses each Thursday night

80 sessions

50-minute classes across the grant year

IFCRC = Idaho Falls Community Reentry Center (Idaho Department of Correction). Session counts are from the application's 2027–28 master schedule.

DEMONSTRATED NEED: IDAHO CHILDREN

Idaho children face more hardship than children nationally

18.3% of Idaho children have 2+ adverse childhood experiences

U.S.: 14.1% (2023–24)

7.1% of Idaho children have had a parent or guardian serve time in jail

U.S. median: 6.5% (NSCH 2024)

63% of youth in Idaho juvenile facilities report a parent who was or is incarcerated

National estimate: 11% (2019 survey)

14,940 Idaho children lived with a parent with a substance use disorder

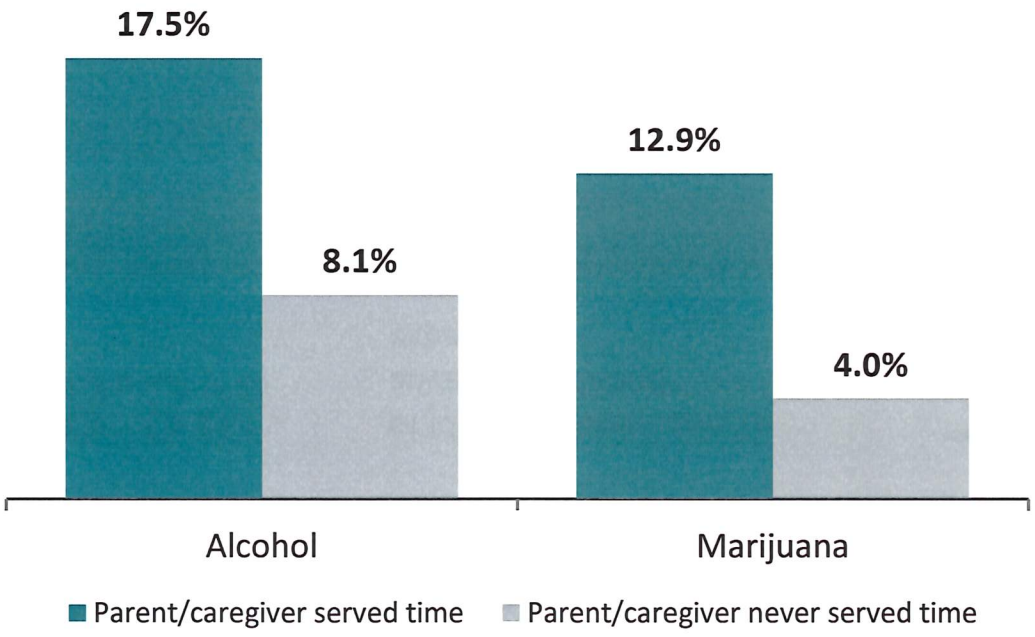
Annual average, 2015–2019

Source: America's Health Rankings; NIH HDPulse; Idaho Juvenile Justice Commission; Child Welfare League of America

DEMONSTRATED NEED: IDAHO YOUTH SUBSTANCE USE

Youth with an incarcerated parent report more substance use

Past-30-day use, Idaho Healthy Youth Survey 2021



17.1% of Idaho students surveyed said a parent or caregiver had served time

2.2× the alcohol use of students whose parents never served time

3.2× the marijuana use

This is an association, not proof of cause — but it shows exactly where prevention dollars meet risk.

Source: Idaho Office of Drug Policy, Idaho Healthy Youth Survey 2021 State Report

DEMONSTRATED NEED: THE PARENTS

Parents arrive with gaps; courts require productive activity

Gaps in school and work

32–38% of Idaho drug court participants lack a high school diploma or GED

54–72% are unemployed

13% of Idaho's 7,110 incarcerated people take part in prison education

What the system expects

- 2,698 people served by Idaho's 69 active treatment courts in FY2025; 636 graduated
- To advance, participants must show productive activity — work, education, or peer support
- Idaho standards call for skill-building in communication, problem solving, and reducing family conflict once participants are stable
- IFCRC houses up to 112 minimum-custody men nearing release — many are fathers

Source: Idaho Treatment Court Best Practice Standards (2025); Idaho Education News (2023); Idaho Supreme Court Annual Report

EXPECTED IMPACT: WHAT RESEARCH SHOWS FOR PARENTS

Parent programs reduce reoffending and reunite families

43%

lower odds of returning to prison

Correctional education participants; also 13% higher odds of employment

RAND meta-analysis
Evidence strength: Strong

37%

fewer arrests in the year after release

Randomized trial, 359 incarcerated parents; more reported no substance-use problems

Eddy et al., 2022 (RCT)
Evidence strength: Strong

1.75×

odds of reunifying with children

Family treatment drug courts, with no rise in repeat maltreatment reports

Zhang et al., 2019 (meta-analysis)
Evidence strength: Strong

Source: RAND meta-analysis; Eddy et al., 2022; Zhang et al., 2019

EXPECTED IMPACT: WHAT RESEARCH SHOWS FOR CHILDREN

When parents learn new skills, children's risk goes down

Fewer child behavior problems	78 randomized trials: parent training reduced conduct problems, delinquency, and antisocial behavior. Rated "Effective" by the National Institute of Justice.
About 24% lower smoking uptake	9 pooled randomized trials (4,810 youth): family-based programs lowered the risk that non-smoking youth started smoking (risk ratio 0.76).
Delayed alcohol, tobacco, and marijuana use	Randomized trial of 667 families: a seven-session family skills program reduced teens' initiation and use through 10th grade.

Honest limit: Direct evidence that adult treatment-court or reentry parenting education changes children's later substance use is still limited. Our evaluation plan is designed to begin closing that gap locally.

Source: NIJ CrimeSolutions; Cochrane Review, 2015; Spoth et al., 2001

READINESS AND FEASIBILITY

A structured, interactive program built with our justice partners

Every 50-minute class follows the same evidence-informed flow

15 min
Core concepts & definitions

25 min
Application & participant-driven discussion

10 min
Reflection & weekly challenge

Built with partners

Courses developed in close coordination with District 7 Treatment Court and IFCRC leadership, so learning counts toward court goals

Peer support in the room

Participants interact regularly with certified recovery coaches who model lived success and offer guidance

Learning that pays forward

Every participant receives a workbook; graduates earn a certificate usable with courts, landlords, and employers

Program design as described in the Center for Hope FY2028 application, Section E.

WORK PLAN

Year at a glance: eight courses, four 10-week cycles

Q1 Summer Jul 1 – Sep 2, 2027	Q2 Fall Sep 23 – Nov 25, 2027	Q3 Winter Dec 16, 2027 – Feb 17, 2028	Q4 Spring Mar 9 – May 11, 2028
6:00 PM Parenting in Recovery	**6:00 PM** Effective Communication	**6:00 PM** Values, Goals & Self-Direction	**6:00 PM** Conflict Resolution
7:00 PM Building Recovery Capital	**7:00 PM** Workplace Readiness	**7:00 PM** Trauma-Informed Leadership	**7:00 PM** Problem-Solving & Critical Thinking

Each cycle ends with a graduation ceremony and a two-week intermission for exit conversations and quarterly reporting. The next cycle begins June 1, 2028.

Schedule from the Center for Hope FY2028 application, Yearly Master Schedule 2027–2028. All classes meet Thursdays.

EVALUATION AND ACCOUNTABILITY

How we will measure results and report them to you

BARC-10	Brief Assessment of Recovery Capital, a validated scale, given Day 1 and Week 10 of every cycle
Course surveys	Week 5 and Week 10: knowledge retention, accessibility, and practical use
Exit conversations	One-on-one interviews by peer recovery coaches during each intermission
Partner feedback	Monthly treatment court check-ins; regular IFCRC leadership reviews
Case studies	2–5 consenting graduates followed at 3, 6, and 12 months

Quarterly OIO Report

Observations, Insights, and Opportunities

Results: BARC-10 change, survey and graduation rates

Analysis: strengths, weaknesses, barriers

Recommendations: curriculum and resource adjustments

Sent to: Millennium Fund Committee, District 7 judges and coordinators, IFCRC leadership

Evaluation design from the Center for Hope FY2028 application, Section G.

THE CASE FOR FUNDING

This request meets each of the Fund's evaluation criteria

Fund criterion	How this proposal meets it
Alignment with priorities	Serves high-risk adults to protect Idaho youth from alcohol, tobacco, and drug use
Demonstrated need	Idaho exceeds U.S. rates on ACEs and parental incarceration; affected students report 2–3× substance use
Expected impact	Strong evidence for fewer arrests, more reunification, and lower youth substance-use risk
Readiness & feasibility	Existing Thursday program, partner-built courses, set 2027–28 schedule
Reasonable cost	$30,000 one-time ≈ $375 per class session across 80 sessions; no supplanting

Criteria from the Idaho Millennium Fund FY2028 application instructions. Cost per session = $30,000 ÷ 80 scheduled sessions; itemized budget submitted with the application.

OUR REQUEST

$30,000 to give parents the skills that change the odds for Idaho children

- One-time investment in a ready, partner-built program
- 80 classes for District 7 treatment court and reentry parents
- Quarterly, measurable results reported to this committee

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APPENDIX

Sources cited in this presentation

1. America's Health Rankings — Adverse Childhood Experiences in Idaho, 2023–2024 (NSCH)
2. NIH NIMHD HDPulse — Children ever having a parent or guardian serve time in jail (NSCH 2024)
3. Idaho Juvenile Justice Commission — 2019 Survey of Youth in Idaho Juvenile Facilities
4. Child Welfare League of America — Idaho 2026 State Fact Sheet
5. Idaho Office of Drug Policy — Idaho Healthy Youth Survey 2021 State Report
6. Idaho Supreme Court — Idaho Treatment Court Best Practice Standards, Vol. I (2025)
7. Idaho Supreme Court — 2026 Annual Report: Treatment Courts (FY2025 data)
8. Idaho Education News — Idaho prisoners given opportunity through education (2023)
9. Davis et al. (2013). Evaluating the Effectiveness of Correctional Education. RAND
10. Eddy et al. (2022). RCT of parent management training for incarcerated parents. IJERPH 19, 4605
11. Zhang et al. (2019). Family treatment drug court and child welfare outcomes: meta-analysis. Child Abuse & Neglect
12. National Institute of Justice CrimeSolutions — Early Family/Parent Training Programs
13. Thomas et al. (2015). Family-based programmes for preventing smoking. Cochrane Database Syst Rev
14. Spoth, Redmond & Shin (2001). Brief family interventions: adolescent substance use outcomes. J Consult Clin Psychol

Each source title is a clickable link. Data years differ by source; each figure in the deck states its year.