

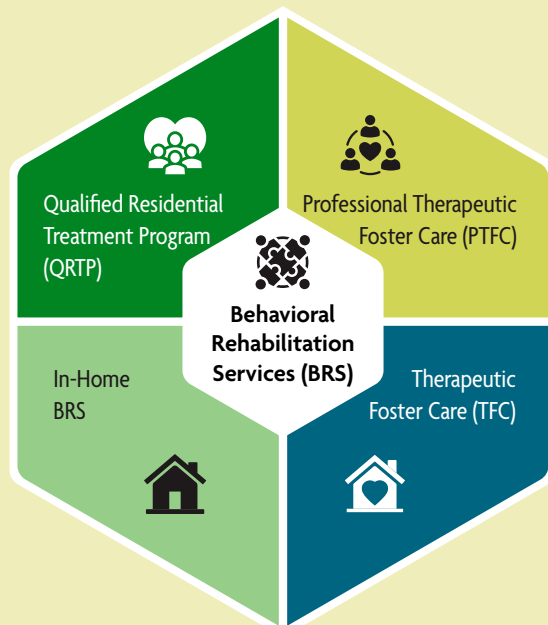
# Therapeutic Foster Care: A Brief Guide for Parents and Caregivers



## What is Therapeutic Foster Care (TFC)?

Therapeutic Foster Care (TFC) homes provide support for children and young people in a family home setting with foster parent(s) for approximately six to twelve months. Children and young people receive resources and services that support their needs. TFC supports children and young people to learn skills to help manage emotions and behaviors. Families are included in planning and supporting the child or young person.

TFC helps children and young people prepare for to their next home and establish family and community connections.



## Available Services and Your Role

- You and your child or young person will have the support of a Child and Family Team (CFT). You will meet with this team every month, where you have a space to give feedback and talk about your child or young person's strengths, needs, and treatment goals.
- You will be a member of the CFT and partner to identify solutions to barriers and challenges.
- You will participate in the development of your child's or young person's transition/discharge plan.
- You and your child or young person will be connected with services and resources that will help everyone in achieving their goals.

## What are TFCs like?

- In a family home setting.
- Children and young people receive support to be successful.
- There are opportunities for children and young people to engage in activities.
- Children and young people have access to mental and behavioral health supports.
- Trauma-informed, LGBTQIA+ affirming, and culturally responsive.



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov).

DCYF PUBLICATION PPS\_0115 (01-2026)