# *Resources*

## Incredible Years Series: (Provided Bilingually)

Evidence-based approaches developed by Carolyn Webster-Stratton, Ph.D., utilize cognitive behavioral therapy, or CBT, theories for adult change and behavioral theories for young child changes. North Range Behavioral Health uses the parenting series: Preschool Basic Parent Groups, Incredible Babies, and Small Therapy Dina School. <http://www.incredibleyears.com/>

## Positive Solutions Groups: (Provided Bilingually)

Evidence-based parenting groups focus on work from the Center on the Social and Emotional Foundations for Early Learning, or CSEFEL. They promote the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau. The center disseminates research and evidence-based practices to early childhood programs across the country.

Parent training modules include:

* Making Connection!
* Making It Happen!
* Why Do Children Do What They Do?
* Teach Me What to Do!
* Facing the Challenge, Part 1
* Facing the Challenge, Part 2
* A family workbook and a facilitator’s guide

## Parent-Child Interaction Therapy (PCIT)

The evidence-based therapy is designed for children with behavioral problems and is conducted through coaching sessions. A parent/caregiver and child are in a playroom while the therapist watches, through a one-way mirror and/or live audio feed, from an observation room. The parent/caregiver wears a bug-in-the-ear device and the therapist provides in-the-moment skills coaching. PCIT has two phases. The first establishes warmth in the parent/caregiver-child relationship. The parent/caregiver learns and applies skills proven to help children feel calm and secure with their parents/caregivers, and good about themselves. The second phase equips parents/caregivers to manage challenging behavior.

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## Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is a clinic-based, individual, short-term treatment. It involves individual sessions with the child and parent/caregiver as well as joint parent/caregiver-child sessions. The goal is to help address the biopsychosocial needs of children who have post-traumatic stress disorder or other trauma-related problems, and their parents or primary caregivers. TF-CBT combines trauma-sensitive interventions with cognitive behavioral therapy. Children and parents/caregivers are provided knowledge and skills to process the trauma; manage distressing thoughts, feelings, and behaviors; and enhance safety, parenting skills, and family communication. <https://www.nctsn.org/>

## Child-Parent Psychotherapy

Child-parent psychotherapy is an intervention model for children aged 0-6, male or female. The children have experienced at least one traumatic event; a wide range of traumas; have parents with chronic trauma and/or are experiencing mental health, attachment, and/or behavioral problems, including PTSD. The treatment is based in attachment theory and integrates psychodynamic, developmental, trauma, social learning, and cognitive behavioral theories. Therapy includes the child and parent/primary caregiver. CPP’s goal is to support and strengthen the caregiver-child relationship, and to restore the child's cognitive, behavioral, and social functioning. Treatment also focuses on contextual factors that may affect the caregiver-child relationship. <https://www.nctsn.org/interventions/child-parent-psychotherapy>

## Parents as Teachers

Parents as Teachers builds strong communities, thriving families and children who are healthy, safe and ready to learn. Parents/caregivers are matched with trained professionals who make regular personal home visits, from prenatal through kindergarten. The internationally-recognized, evidence-based home visiting model is backed by 35 years of research-proven outcomes. Parents as Teachers serves nearly 200,000 U.S. families, 115 tribal organizations, six countries, and one U.S. territory. North Range Behavioral Health offers individualized home visiting programs that incorporate the Foundational Training curriculum; covering children’s growth and development from before birth through age three. <https://parentsasteachers.org/>

## SafeCare®

SafeCare Colorado is a free, voluntary support program for parents/caregivers with children ages 5 and under who need extra support. Providers help parents/caregivers build on existing skills in parent/caregiver-child interactions, home safety, and child health. SafeCare typically takes 18-20 weekly sessions – about 4-6 months – to complete. Each session lasts 1-1.5 hours. Trained parent/caregiver support providers deliver the program in homes or other convenient locations. Parents/caregivers who need support services can refer themselves to the program.

Find program sites, referral information, and more at SafeCare.CO4Kids.org. <http://coloradoofficeofearlychildhood.force.com/oec/OEC_Families?p=Family&s=Family-Support-Programs&lang=en>

## Early Childhood Mental Health Consultation

The Colorado Early Childhood Mental Health Specialists is a free program that helps parents and caregivers create nurturing environments and relationships to support mental health and well-being. The program’s goal is to help adults support children’s social-emotional development and to identify early in a child’s life any concerns that could lead to greater challenges.

Benefits of the program are:

* Fewer incidents of challenging behaviors;
* Reduced stress for parents/caregivers;
* Improved school readiness for children;
* Increased resiliency for children; and
* Stronger relationships.

Some children find it harder to manage their feelings. They may have difficulty:

* Making friends and getting along with others;
* Participating in and enjoying daily activities;
* Managing big feelings that lead to behaviors like hitting, biting or withdrawal;
* Becoming easily mad or frustrated or feeling sad much of the time; and
* Adjusting to changes at home or in child care.

The program supports children’s social and emotional development, from infancy to age 8. The specialists are early childhood development and mental health experts. They work with parents/caregivers on-site at child care programs or other convenient locations. The specialists also make referrals for additional resources, such as mental health counseling, and they can also provide support when a child is at risk of expulsion or disenrollment from a child care program. <http://coloradoofficeofearlychildhood.force.com/oec/OEC_Families?p=Family&s=Social-Emotional-Development&lang=en>

## Home Instruction for Parents of Preschool Youngsters (HIPPY)

HIPPY is a free, voluntary school readiness program to help prepare 2- to 5-year-old children for success. HIPPY is a peer-delivered program. Trained home visitors visit weekly, working one-on-one with parents/caregivers. The program also provides monthly group meetings, where parent/caregivers and children socialize and meet other families. A resource network is available to connect families to specific needs. Families typically enroll in HIPPY for at least one year. Many continue for two or three years.

The program’s main goals are to:

* Empower and train parents/caregivers to be the primary educator at home; and
* Encourage involvement in the school and community.
* <http://coloradoofficeofearlychildhood.force.com/oec/OEC_Families?p=Family&s=Family-Support-Programs&lang=en>

## Early Childhood

Casey Family Programs – H.O.P.E.

<https://hria.org/wp-content/uploads/2017/05/Balancing-ACEs-with-HOPE.pdf>

Article on H.O.P.E.

<https://www.academicpedsjnl.net/article/S1876-2859(17)30107-9/fulltext>

## Women and Substance Use Disorders

* Family-Centered Behavioral Health Support for Pregnant & Postpartum Women: <http://attcppwtools.org/home.aspx>
* Perspectives of Family-Centered Care: <http://attcppwtools.org/PPW-Monograph-4-Web.pdf>

## Great Websites

* The National Child Traumatic Stress Network: <https://www.nctsn.org/>
* Zero to Three: <https://www.zerotothree.org/>
* The Center of the Developing Child at Harvard: <https://developingchild.harvard.edu/>
* VROOM Key messaging resources for brain science: <https://www.vroom.org/>
* Center on the Social and Emotional Foundations for Early Learning, or CSEFEL: <http://csefel.vanderbilt.edu/>

## Approach Links

Child Parent Psychotherapy resources

* <https://www.nctsn.org/interventions/child-parent-psychotherapy>
* <https://www.nctsn.org/sites/default/files/interventions/cpp_fact_sheet.pdf>
* <https://www.nctsn.org/sites/default/files/interventions/cpp_culture_specific_fact_sheet.pdf>

Young Children Develop in an Environment of Relationships

* <https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2004/04/Young-Children-Develop-in-an-Environment-of-Relationships.pdf>

8 Things to Remember About Child Development

* <https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2016/05/8-Things-to-Remember-About-Child-Development.pdf>

ACEs and Toxic Stress: Frequently Asked Questions

* <https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2018/08/ACEsInfographic_080218.pdf>