

## **Evidence Based Intervention for the Littlest Ones**

### **Program Description**

The quality of early parent-child attachments has been shown to affect the long-term mental health of both children and parents. In recent years there has been an emergence of evidence based practices which use parent-child attachment as a theoretical framework to address child mental health and behavioral concerns. Examples include Attachment Bio-Behavioral Catch-Up, Child Parent Psychotherapy, Parent-Child Interaction Therapy and the Incredible Years which target an array of needs including attention difficulties, non-compliance, aggression and trauma. This workshop will summarize the theory of parent-child attachment and link how those concepts are found in the above mentioned evidence based practices.

### **Learning Objectives:**

Upon Completion of this workshop, participant should be able to:

- Describe some of the models that provide support to young children and their caregivers;
- Examine the differences among models to assess the goodness of fit based on specific children's needs, including trauma;
- Demonstrate an awareness of the resources needed for implementation of evidence based interventions for young children and their families;
- Explain the relative merits of one model over another for a specific presenting need.

### **Target Audience:**

Professionals who work in public health, parent education, mental health or substance abuse or work with young children and their families.

### **Contact Hours:**

2.0 to 4.0 contact hours

### **Agenda:**

- Introductions and Overview of unifying underlying theories (20 min)
- Incredible Years: What does it address, overview, special considerations, training/implementation (15 min)
- SafeCare: What does it address, overview, special considerations, training
  - (15 min)
- Attachment Bio-behavioral Catch Up: What does it address, overview, special considerations, training (15 min)
- Parent Child Interaction Therapy: What does it address, overview, special considerations, training (15 min)
- Child Parent Psychotherapy: What does it address, overview, special considerations, training (15 min)
- Triple P: What does it address, overview, special considerations, training (15 min)
- 15-minute break
- Best fit scenario exercise (30 min)

- Creating brief descriptions that capture the essentials (20 min)
- Sharing and questions (20 min)

### **Faculty**

**Rachel Galanter, MPH**, is El Futuro's Technical Assistance and Consultation Lead. A NC Parenting Education Network certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, the Community Resiliency Model, and Bio-feedback to help families address the stress and emotional issues that can be barriers to making change. She has employed proven models—Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to improve relationships between caregivers and children. Since 2002, Rachel has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A certified trainer by the Motivational Interviewing Network of Trainers, she provides training and coaching to professionals on parent engagement, coaching, self-care and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change or getting professional support. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.