



Improving Youth Child Mental
Health in North Carolina:
Learning and Action Workshops
March – May 2013

Connection Station Topic #4

What do we know about programs that work to help young children and families who have been identified as in need of services?

As in other disciplines, the trend in early childhood education, prevention and treatment strategies is to utilize those programs that have been well researched and tested to provide significantly improved outcomes for children and families. There are now many programs, which are referred to as “evidenced-based”, being successfully utilized with children and families in North Carolina and across the country. Thorough screening and assessments of children and their families will help to determine what programs might be most effective with each unique situation. Although there are overlaps among the populations that might best be served by each program, they can best be divided in the areas of education, prevention and treatment.

Education

- Early childhood teacher education programs such as the Center for the Social and Emotional Foundations for Early Learning (<http://csefel.vanderbilt.edu/>), Tools of the Mind (www.toolsofthemind.org) and Incredible Years for Teachers (www.incredibleyears.com/program/teacher.asp) are some evidenced-based programs that aid teachers and child care workers to better respond to the needs of all children.

Prevention

- *Positive Parenting Program*, referred to as “Triple P” uses various levels of programming to help parents cope with normal concerns of child development (www.triplep-america.com)
- *Parents as Teachers* is a home visitation program for parents with young children (www.ncpat.org)
- *Incredible Years* is a parent training program to reduce children’s aggression and behavior problems while increasing pro-social skills (www.incredibleyears.com)
- *Nurse-Family Partnership* is a home visitation program for vulnerable first time mothers (www.nursefamilypartnership.org)
- *Prevent Child Abuse North Carolina* provides implementation support to evidence-based prevention programs. www.preventchildabuse.nc.org.

Treatment

- *Attachment and Biobehavioral Catch Up (ABC)* is utilized with caretakers of very young children that are experiencing concerns with a lack of attachment to their primary caretaker(s) (www.infantcaregiverproject.com)
- *Child Parent Psychotherapy (CPP)* is a relationship-based intervention for young children, birth through five, who have been exposed to trauma and their families (www.cebc4cw.org/program/child-parent-psychotherapy)
- *Parent-Child Interaction Therapy (PCIT)* is aimed at improving the quality of the parent-child relationship when children ages 2-7 have disruptive behavior disorders (www.pcit.phhp.ufl.edu)

There are online, evidence-based clearinghouses that keep us (and you) up-to-date on the latest research on these and up-and-coming programs, such as the California_Evidence-Based Clearinghouse for Child Welfare (<http://www.cebc4cw.org/>) and the National Child Traumatic Stress Network (<http://www.nctsn.org/>).

In addition to evidenced-based programs/practices, we are aware that there are promising practices, evidenced-informed practices and informal supports for children and families that are currently being utilized in the state. Currently, most funders are looking to fund practices and programs that research has shown to have positive outcomes for children and families.

How can we make them available to more children in our region?

It is imperative that those interested in early childhood social and emotional development know that these programs exist and help to advocate for the availability of programs that respond to the needs of young children and their families locally. In addition, we need to encourage professionals to expand their practices to include services for young children.

- There are providers and trainers for some of these programs in North Carolina, such as The Center for Child and Family Health (<http://www.ccfhnc.org/>) and Center on the Social and Emotional Foundations for Early Learning (http://csefel.vanderbilt.edu/resources/states.html#n_carolina)
- State wide funding agencies (Smart Start, NC Partnerships for Children, NC Division of Public Health) may fund these types of programs.
- Federal grants from SAMHSA and the Children's Bureau have funded these types of programs in North Carolina
- Medicaid and some private insurance companies will cover mental health services for young children, initially without a diagnosis

LEARN, SHARE, EXPLORE, ACTIVATE, HAVE FUN!