


Infant and Early Childhood Mental Health Treatment Using Science to Inform Decision Making

Sheri L. Hill, PhD
Early Childhood Policy Specialist


hill@earlychildhoodpolicy.com
www.earlychildhoodpolicy.com
Cell: 206.940.0892



"It's about the kids. People talk about parents getting their children back. But really, this is about the children getting their parents back."
Judge Douglas F. Johnson of Omaha
(Healing the Youngest Children)

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Child Parent Psychotherapy (CPP)



- Attachment, Psychoanalytic and Trauma Theories
- Cognitive-Behavioral and Social Learning Therapies
- Attention to Family Cultural Values

Lieberman & Van Horn (2008)

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Child Parent Psychotherapy


- Trauma-exposed children aged 0-5
- Child seen with caregiver
- Dyad unit of treatment
- Examines how the trauma and the caregivers' relational history affect:
 - Caregiver-child relationship
 - Child's developmental trajectory

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CPP Therapeutic Targets

- Support/Strengthen Relationship to Restore/Protect Child's Mental Health
- Address Contextual Factors
- Address Representations, Interactions and Behaviors
- Create a Joint Narrative
- Identify Trauma Triggers

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CPP May Include

- psychodynamic interpretation
- providing information
- caregiver coaching
- play therapy
- cognitive-behavioral therapy
- provide a corrective attachment experience
- trauma work
- practical assistance and support

Improvements with CPP

- Dyad
 - Relationship Interactions
 - Attachment Security
- Parent (Typ. Mother)
 - Mood
 - PTSD symptoms
- Child
 - Behavior
 - PTSD Symptoms
 - Attributions
 - Cognitive Functioning

Lieberman & Van Horn (2008)

Miami-Dade CPP

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CPP Information

- www.facebook.com/ChildParentPsychotherapy
 - Resources - See Research Summary
 - Training Opportunities!
- www.nrepp.samhsa.gov/ViewIntervention.aspx?id=194
- www.cebc4cw.org/program/child-parent-psychotherapy/
- Dept. of Justice and Dept. of Health and Human Services 2011: Evidence-Based Practices for Children Exposed to Violence: A Selection from Federal Databases
www.safestartcenter.org/pdf/Evidence-Based-Practices-Matrix_2011.pdf

Child Parent Psychotherapy Key Readings

- Lieberman, A. & Van Horn, P. (2005) Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence. Washington, D.C.: ZERO TO THREE Press.
- Lieberman, A. & Van Horn, P. (2008) Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment. New York, NY: Guilford Press.
- Lieberman, AF (2007) Ghosts and Angels: Intergenerational patterns in the transmission and treatment of the traumatic sequelae of domestic violence. Infant Mental Health Journal. 28 (4) 442-439.

Child Parent Psychotherapy in Action



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Embedded in Home Visiting

Child FIRST (Child and Family Interagency Resource, Support, and Training) is an intensive, early childhood, home visiting intervention that works with a community's most vulnerable young children (prenatal to age six years) and their families. The goal is to identify children at the earliest possible time to decrease emotional and behavioral problems, developmental and learning problems, and abuse and neglect.

<http://homvee.acf.hhs.gov/document.aspx?rid=1&sid=42>

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Wraparound Foster Care in Illinois

- Greater Improvement than SOC Alone
 - Traumatic stress symptoms
 - Strengths
 - Life Domain Functioning
 - Behavioral Emotional Needs
 - Risk Behaviors
 - Reduced Placement Disruptions
- Effective Across Race/Ethnic Subgroups
 - Lyons, J (2008) & Weiner et al (2009)

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Florida's Multisite Infant and Young Child Mental Health Pilot Project

- 100% reunification or relative placement
- No further reports of abuse or neglect
- Improved child health/developmental status
- Reduced caregiver depressive symptoms
- Improved child-parent relationship functioning

(Osofsky et al, 2007)

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Supporting Early Connections

South King County WA



- Improve systems' knowledge of how to meet the needs of young children and their families.
- Develop an effective, multi-system partnership that is sustainable and can be replicated.
- Provide early intervention mental health services for infants, toddlers and their biological parents.
- Support family/parent engagement.

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Child Welfare Outcomes



- No children were re-referred
- Achieved permanency faster
- 55% of children reunified with one or both of biological parent(s)
- Almost three quarters (71%) of children were living long-term with a family member

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Engagement & Mental Health



- Over 80% of biological parents stayed engaged with SEC for the full ten months of treatment.
- Improved Relationships
- Improved Child Mental Health

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SEC Resources You Can Use

- Evaluation and Newsletters with Resources & Tips
www.ccyj.org/initiatives/supporting-early-connections/
- Ongoing Current Updates to Materials
www.kingcounty.gov/courts/JuvenileCourt/dependency/SEC.aspx
- SEC materials/presentations are also on Dr. Hill's site:
www.earlychildhoodpolicy.com/courttrain.html

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