

Brains, Attachment and Family Time (aka Visitation)

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Brains & Attachment



- Family Time
 - Immediate
 - Frequent
 - In Natural Parenting Environments
- Relationships can be Repaired
- Relationships can be Assessed

Elevated Early Risk



Washington State 2015

- 1 in 4 maltreated children <3
- 39% entering foster care <3
- ~ half of all children in out-of-home care are under age 5 on any given day

www.zerotothree.org/public-policy/state-community-policy/infant-and-toddler-state-fact-sheets.html

- Snohomish County Dependency Filings (2016)
 - 70% <6 years old
 - 33% <1 year old

Thanks to Sharon Smith, Family & Juvenile Court Improvement Program (FJCIIP) Manager, Denney Juvenile Justice Center

The Developing Brain

Why Immediate?

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Brain Changing Prime Time

- Newborn – 400 grams
- 3 Year Old – 1100 grams
- Adult – 1500 grams

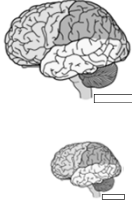


Image: www.brainconnection.com
© 1999 Scientific Learning Corporation


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Experience Changes the Brain

- "...our experiences are what create the unique connections and mold the basic structure of each individual's brain."
 - Siegel, D., Hartzell, M. (2003)
- "Neurons that fire together, wire together." – Hebb's Law
 - Donald Hebb (1949)
- Today will change your brain!

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Serve and Return Learning Starts Immediately




- Implicit Memory
 - Body Based
 - Amygdala
- Explicit Memory
 - Story Based
 - Hippocampus

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Disruptions to Relationships Matter

Young children grieve when their attachment relationships are disrupted – regardless of whether we as adults would consider it a positive, less than adequate or even abusive relationship.



www.aap.org/fostercare

- *Neurons to Neighborhoods*


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Learning About Relationships From the Very Beginning

Why Frequent?

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What is "Attachment"?

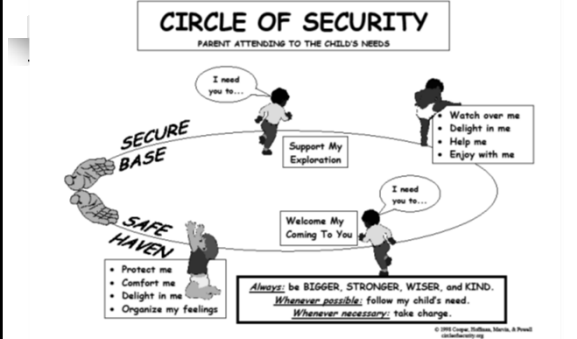


- A Biologically Based Interactive System
- Biology Promotes Proximity
 - 'Stay near me and take care of me'
- Bio-Behavioral Stress Regulation
- Lifespan Impacts


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CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



© 2003 Cooper, Rothbart, Meares, & Powell
attachment.org



Attachment Relationships

- Built Over Time
- Influenced by Child and Adult
- Multiple Relationships Possible
- Varies by Relationship

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Frequent Contact Results

- ZERO TO THREE Safe Babies Court Teams
 - Recommended daily
 - 32% daily, 13% 3-6/week, 11% 2/week
 - Permanency 2-3 times faster
 - Exited foster care one year earlier
- ↑ Frequency & Consistency
 - ↑ Security & Adjustment

■ Hafford et al (2009)
 ■ Foster, EM, McCombs-Thornton, K.L. (2012)
 ■ McWey & Mullis (2004)

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Practicing Serve and Return

Why Natural Parenting Environments?

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Everyone Needs Practice



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That Behavior May Not Mean What You Think It Means



- "Parents and children's behaviors during visits are likely to reflect the stress of living apart or of being in a strange environment."
 - p 201 Haight, Kagel & Black (2003)
- Emotional dysregulation post visit can be a response to another unwanted separation
 - Goldsmith, Oppenheim & Wanlass, (2004)

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Taking a New Look at Environments



- What Does Venue Trigger?
- Structural Opportunities to Nurture?
- Can We Find the Delight?
- Familiar Places?
- Culturally Responsive?
- Community Locations?
- Early Care and Education?

Therapeutic Oriented Innovative Practices

- Tulane Parent-Child Visitation
 - Works with parent-child & foster parent-child relationships supporting visitation
- Vermont, 2009
 - Family Time Coaching – Every Family
- Fostering Families Not Just Babies

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Miami-Dade Child Parent Psychotherapy



Traumatized Relationships Can Be Repaired

Turning upside down relationships right side up.

Relationships Can Be Assessed


Family Attachment Court Protocol
International Association for the Study of Attachment (IASA)

www.iasa-dmm.org

Crittenden, PM, Farnfield, S, Landini, A & Grey, B (2013)
Assessing attachment for family court decision making.
Journal of Forensic Practice, Vol 15, no 4, 237-248.

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Consider Relationships Broadly




"Babies don't see legal or blood relationships -- they only see interpersonal relationships."

Hill, S. & Solchany J. (November, 2005) Mental Health Assessments for Infants and Toddlers. *ABA Child Law Practice*.

Available to download at: www.earlychildhoodpolicy.com/courttrain.html

What is the Opportunity




"Visitation represents a strategic, non-threatening opportunity for engaging birth parents, supporting their efforts to change, building relationships that nourish parents & children"

(Hess 2005 in Jones Harden 2012)

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What is the Goal?



"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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Resources to Help

General Early Childhood –
Mostly in Washington

S = Resources Available in Spanish

Keep an Eye on Development!



Are they making forward progress?

www.childwelfare.gov/pubPDFs/partc.pdf

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Child Welfare Involved Infants & Toddlers

- Approximately half (35-68%) have developmental delays or disabilities.
 - Casanueva, et al (2012)
 - Graham, M. A. (2011)
 - Leslie et al. (2005)
- Referrals screened with no services = Risk
 - Children receiving in-home services = Risk
 - Children in out-of-home care
 - Stahmer et al (2005)
 - Barth et al (2007)
 - Wulczyn et al (2011)

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Ensure Developmental Support

In Child Welfare ...



Less than half of likely qualified infants and toddlers have a Part C Individualized Family Service Plan (IFSP).

Casanueva, Urato, Fraser, Lederman, & Katz (2010)
In Graham, M A (2011)

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Developmental Screening in WA @ WithinReach

www.withinreachwa.org and www.parenthelp123.org

- Help Me Grow Washington
 - a free program that connects families to the resources needed to give ALL kids the best start and to make sure they are growing and developing on track.
- Two Ways to Screen
 - Call our friendly and knowledgeable staff at the Family Health Hotline 1-800-322-2588 to learn about developmental screening for your child and the Ages and Stages Questionnaire,
 - or you can get started right now. It's easy and there is no cost involved!

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Spotting Challenges, Accessing Support



Individuals with Disabilities Education Act (IDEA) Part C


Provides individualized early intervention services to families with children birth to three who have developmental delays or disabilities.

- Individualized Family Service Plans (IFSP) 0-3
- Individualized Education Plans (IEP) 3-21

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WA Part C aka Birth to Three Early Support for Infants and Toddlers

Family Health Hotline
1-800-322-2588
www.del.wa.gov/esit



Please Ask Video
www.youtube.com/watch?v=JoaFNGmSU5U
Guiding Concepts Video
www.youtube.com/watch?v=yGqAOZrvQQU&feature=youtu.be

KC: www.kingcounty.gov/healthservices/DDD/services/babiesAndToddlers.aspx
Map: <http://www5.kingcounty.gov/eiproviders/>

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Developmental Resources for Parents

www.zerotothree.org

Many of the resources at their [bookstore](#) come in Spanish and free materials (see below) can be purchased there in full color print. **S**

- **What's Best for My Baby and Me?:**
A 3-Step Guide for Parents (comes in packs of 12)
■ Dr. Hill's favorite for families **S**
- Tons of Free Parent Brochures and Guides **S**

www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides

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Practice, Practice, Practice



The Power of
Everyday
Moments





www.zerotothree.org/resources/series/engaging-parents-through-the-magic-of-everyday-moments

Developmental Resources for Parents

- She's One Smart Mom, She's Got: www.Text4Baby.org **S**
 - Text BABY to 511411 (Envia BEBE al 511411 para Español)
 - FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year..
- Vroom Brain Building App – www.joinvroom.org **S**
 - In multiple languages now in addition to Spanish.
- For down-regulating parents and kids: "Calm Down Time."
■ (Toddler Tools) Free Spirit Press – by Elizabeth Verdick

Some Recommended Very Approachable Books

- How to Measure a Relationship: A Practical Approach to Dyadic Interventions (Stroud, 2012) **S**
 - Has companion DVD in English and Spanish
- Intentional Living: Finding the inner peace to create successful relationships (Stroud, 2014)
 - www.drbarbarastroud.com (links to both of the above)
- **Your Baby is Speaking to You:** A visual guide to the amazing behaviors of your newborn and growing baby. By Dr. Kevin Nugent (Photos by Abelardo Morell)

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Resources to Help

Court and Child Welfare Systems

S = Resource is Available in Spanish

National Scientific Council on the Developing Child

www.developingchild.net

- Collaboration - neuroscience, early childhood development, pediatrics, and economics.
- Don't Miss the In Brief Series!

http://developingchild.harvard.edu/library/multimedia/inbrief_series/

- Short Videos and 2-Page Briefs On:
 - The Science of Early Childhood Development
 - The Impact of Early Adversity on Brain Development
 - Early Childhood Program Effectiveness

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Child Welfare Briefs That Include WA Programs

- Casey Family Programs: *Prioritizing Early Childhood to Safely Reduce the Need for Foster Care: A Research and Practice Brief*. March 2015
www.casey.org/prioritizing-early-childhood-safely/
- Casey Family Programs: *Making the Case for Early Childhood Intervention in Child Welfare: A Research and Practice Brief*. October 2013
www.casey.org/Resources/Publications/EarlyChildhoodIntervention.htm
- A Call to Action on Behalf of Maltreated Infants and Toddlers (2011)
American Humane Association, Center for the Study of Social Policy, Child Welfare League of America, Children's Defense Fund, & ZERO TO THREE
www.zerotothree.org/public-policy/federal-policy/childwelfareweb.pdf

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Guidance for Courts

UW Court Improvement Training Academy
www.uwcita.org/early-childhood-resources-for-courts/

ZERO TO THREE Safe Babies Court Teams
www.zerotothree.org/resources/1655-the-core-components-of-the-safe-babies-court-team-approach

Nebraska
www.throughtheeyes.org

King County Supporting Early Connections
<http://ccvj.org/initiatives/supporting-early-connections>

Resources to Help

Child Parent Psychotherapy

S = Resource is Available in Spanish

CPP Information

- www.facebook.com/ChildParentPsychotherapy
 - Resources - See Research Summary
 - Training Opportunities!
- 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

CPP Therapeutic Objectives

- Affect Regulation
- Normalization of traumatic response
- Trust in bodily sensations
- Reciprocity in relationships
- Differentiate remembering and reliving
- Engagement in learning

(Lieberman & Van Horn, NTI 2008)

Child Parent Psychotherapy Key Readings

- Lieberman, A. & Van Horn, P. (2nd Edition, 2015) 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.


Administration for Children, Youth, and Families 4/17/12 Memo

"ACYF is organizing many of its activities around the promotions of meaningful and measurable changes in social and emotional well-being for children who have experienced maltreatment, trauma, and/or exposure to violence."

www.acf.hhs.gov/programs/cb/resource/im1204

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An Evidence Based Treatment: 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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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

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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Resources to Help

Trauma

S = Resource is Available in Spanish

National Child Traumatic Stress Network

www.nctsn.org S

Tons of great resources for professionals and caregivers and lots of free training options. Includes special resources for military families.

Don't Miss!

- Child Welfare Trauma Training Toolkit 2nd Edition
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents
- Trauma in CW System Fact Sheet Series
- Responding to Community Disparities – Resources for Families
- Bench Card for the Trauma-Informed Judge

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Resources on Trauma

- In WA: Addressing Secondary Trauma
 - www.traumastewardship.com
- Office of Juvenile Justice and Delinquency Prevention & National Council of Juvenile and Family Court Judges
 - www.ojjdp.gov & www.ncjfcj.org
 - Lots of focus on trauma-informed practice
 - Don't Miss: Toward a Conceptual Framework for Trauma-Informed Practice in Juvenile and Family Courts in Juvenile and Family Justice Today (Summer 2013)

www.ncjfcj.org/sites/default/files/Summer%202013%20Today%20Magazine%20WEB.pdf
- The ChildTrauma Academy
 - www.childtrauma.org
- Yale Childhood Violent Trauma Center
 - <http://medicine.yale.edu/childstudycenter/cvtc/>

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Trauma Readings

(In Reverse Chronological Order)

- **Understanding the Effects of Maltreatment on Brain Development**
Child Welfare Information Gateway Issue Brief (April 2015)
www.childwelfare.gov
- Ed: Joy Osofsky (2013) **Clinical Work with Traumatized Young Children**. Guilford Press.
- Karr-Morse, R & Wiley, MS (2012) **Scared Sick: The Role of Childhood Trauma in Adult Disease**. Basic Books, Perseus Books Group.
- Ed: Lieberman, AF & DeMartino, R (2006) **Pediatric Round Table: Interventions for Children Exposed to Violence**, Johnson & Johnson Pediatric Institute.
 - Lieberman, AF, Briscoe-Smith, A, Ghosh Ippen, C, Van Horn, P. *Violence in Infancy and Early Childhood: Relationship-Based Treatment and Evaluation*. P. 65-83
www.nctsn.org/nctsn_assets/pdfs/reports/HarrisManuscript.pdf

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More Trauma Readings

- Ed: Joy D. Osofsky (2005) **Young Children and Trauma: Intervention and Treatment**. Guilford Press
- Kathleen Rice & Betsy Groves (Child Witness to Violence Project, Boston Medical Center) (2005) **Hope & Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma**. ZERO TO THREE Press.
- Solomon, MF, & Siegel, DJ (2003) **Healing Trauma: Attachment, Mind, Body and Brain**. Norton Prof. Books
- Lieberman, Compton, Van Horn, and Ippen (2003) **Losing a Parent to Death in the Early Years: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood**. ZERO TO THREE Press.

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National Technical Assistance Center for Children's Mental Health

<http://guchd.georgetown.edu/67211.html>

- Georgetown U Center for Child & Human Development
- Lots of great resources and free training conference calls
- Center for Early Childhood Mental Health Consultation : www.ecmhc.org
 - Great "Soc-Emot Tips for Providers/Families w/Infants"
 - Free online Trauma tutorial
 - Free downloadable short books to assist caregivers in tracking developmental progress and help young children develop an emotional vocabulary.

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- Chadwick Trauma-Informed Systems Project. (2012). Creating trauma-informed child welfare systems: A guide for administrators (1st ed.). San Diego, CA: Chadwick Center for Children and Families.
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- Foley, G. M. & Hochman, J.D. Editors (2006). *Mental Health in Early Intervention: Achieving Unity in Principles and Practice.* Baltimore, MD: Brookes Publishing.
- Foster, E.M., McCombs-Thornton, K.L. (2012). Investing in Our Most Vulnerable: A Cost Analysis of the ZERO TO THREE Safe Babies Court Teams Initiative. Birmingham, AL: Economics for the Public Good, LLC.
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