

## CT Trainings, Community Initiatives, and Programs for Building Better Quality Relationships

03-19-18

Trainings	Information	Contact
Circle of Security Parenting (COS P)	<p>This four-day training provides a number of relationship tools that help parents, teachers, and caregivers be able to provide a quality of relationship that is more supportive of secure attachment. COS P can be used in groups and 1:1. Groups are also being offered within organizations to help staff have a shared attachment perspective and a shared language for discussing parent-child behavior from an attachment perspective.</p>	<p>Charlie Slaughter  <a href="mailto:charlie.slaughter@ct.gov">charlie.slaughter@ct.gov</a>            860-550-6682</p>
Using a New Lens	<p>This one-day training is designed to help teachers gain an attachment perspective of students' classroom behavior. It</p> <ul style="list-style-type: none"> <li>• builds knowledge of the basic tenets of attachment theory and its relevance for a child's approach to learning and relationships in the classroom;</li> <li>• builds capacity for responding to children's needs in a way that supports their growth as learners and in relationship capabilities;</li> <li>• uses the attachment lens to consider classroom strategies geared to support children struggling with self-regulation.</li> </ul>	<p>Barbara Stern  <a href="mailto:babstern@gmail.com">babstern@gmail.com</a></p>
Leaning into Listen	<p>This training for community providers working with youth gives an overview of the impact of trauma on youth's ability to learn and socialize within the school community. This training helps providers gain a deeper understanding of the interconnectedness of youth's past experiences on their present day functioning. Communities with a shared understanding can create relational networks among multidisciplinary collaborators and provide a tiered approach for high risk youth to experience safe, kind, strong and nurturing adult/youth relationships.</p> <p>This workshop will help providers gain a deeper understanding of the interconnectedness of youth's past experiences on present day functioning. Traumatized children have developed adaptive coping strategies necessary to survive. These very strategies that provide for survival at home make learning and socializing feel dangerous. Challenging behaviors in classrooms serve to communicate the pain of violence, abuse and neglect often leading to an introduction into the criminal justice system. Over 900 local stakeholders working for youth and family serving agencies from 142 CT cities and towns have received this training.</p>	<p>Mary Dineen Elovich  <a href="mailto:Madin12@comcast.net">Madin12@comcast.net</a></p>

<p>Resilient Classrooms  <a href="http://www.resilientclassrooms.com">www.resilientclassrooms.com</a></p>	<p>Trauma-informed and attachment-based professional development for K-12 educators. Comprehensive training with ongoing support and system-wide implementation. Addresses student behaviors that interfere with teaching and learning, classroom management, and educator self-care and self-reflection.</p>	<p>Susan Avera, PhD  <a href="mailto:susanavera@comcast.net">susanavera@comcast.net</a>  860-466-0659</p>
<p>Resilient Students  <a href="http://www.avernawellness.com">www.avernawellness.com</a></p>	<p>Wellness programming for college and graduate level students, faculty, and administration. Providing workshops for students to cultivate internal resources for well-being and academic success. Professional development for faculty to enhance faculty-student relationships, support well-being, and reduce burnout.</p>	<p>Susan Avera, PhD  <a href="mailto:susanavera@comcast.net">susanavera@comcast.net</a>  860-466-0659</p>
<p>Secrets of Baby Behavior</p>	<p>The Secrets of Baby Behavior is an intervention, developed by the University of California at Davis Human Lactation Center in partnership with the California WIC program, to increase parents' and caregivers' knowledge of normal infant behavior and communication and to change expectations about early infancy. The messages, when delivered by a supportive, caring health provider, support parents and caregivers in developing their own skills at communicating with their young infant. Baby Behavior Messages are simple but profound. They have been successful in improving infant-feeding practices by addressing common "trigger" behaviors for overfeeding, such as infant crying and waking.</p> <p>This training compliments the Nurturing Families curricula, Parents as Teachers curriculum, and other child development and parenting skills classes such as Circle of Security Parenting.</p>	<p>Monica Belyea  <a href="mailto:monica.belyea@midhosp.org">monica.belyea@midhosp.org</a></p>
<p>Time In vs. Time Out</p>	<p>This one-hour training is designed to gain the relationship capacities that build secure attachment. Time-In is one of the healthy relationship-building strategies used by COS-P. Time -out can often build shame and emotional disconnection in a child, which are harmful to a child becoming equipped to thrive in life. Learn the impact of time-out on kids and about Time-In as an alternative to time- out.</p>	<p>Cyndi Whaples  <a href="mailto:cyndi.whaples@midhosp.org">cyndi.whaples@midhosp.org</a></p>
<p>Hungry for Love</p>	<p>This 4-hour training provides strategies for using mealtimes to create better quality relationships and to create mealtime environments that build connection, life skills, and eating capabilities. It also looks at childhood obesity prevention and intervention from an attachment perspective.</p>	<p>Charlie Slaughter  <a href="mailto:charlie.slaughter@ct.gov">charlie.slaughter@ct.gov</a>  860-550-6682</p>
<p>Overview of Circle of Security Parenting</p>	<p>This 1-2 hour overview of Circle of Security Parenting (COS P) is designed to provide an understanding of the various relationship tools provided by COS P. Clips from the DVD are viewed and accompanied by information on attachment theory. Information is also shared about the effort in CT to spread COS P and a focus on secure attachment in CT.</p>	<p>Charlie Slaughter  <a href="mailto:charlie.slaughter@ct.gov">charlie.slaughter@ct.gov</a>  860-550-6682</p>

## Developing a Community-wide Approach to Building and Supporting Secure Attachment

Initiative	Description	Contact
Secure Start	Secure Start is an initiative by the United Way of Greater New Haven to promote children's optimal development and school readiness by supporting strong caregiver-child attachment at the youngest ages. It is building capacity to offer Circle of Security Parenting to parents, teachers, and caregivers. It is also working to build and integrate an attachment perspective in early childhood settings. Support is provided to COS P facilitators to build their capability in offering COS P and to run COS P groups. This initiative also has a strong evaluation component provided the Yale Child Study Center.	Susan Nappi <a href="mailto:snappi@uwgnh.org">snappi@uwgnh.org</a>
Middletown Initiative	Middletown's Early Childhood Collaborative has crafted a system of Social, Emotional and Behavioral Health that is integrated with our School Readiness preschool and child care programs and community child care providers. The ECC works together to perform on-going community needs assessment and follows up with teacher professional development, curricula, consultation services and referral resources.	Monica Belyea <a href="mailto:monica.belyea@midhosp.org">monica.belyea@midhosp.org</a>
Thrive – COS P Initiative <a href="http://www.urbanalliance.com/news/thrive-laying-a-solid-foundation-during-a-child-s-early-years#.WNLKIfkrK1t">http://www.urbanalliance.com/news/thrive-laying-a-solid-foundation-during-a-child-s-early-years#.WNLKIfkrK1t</a>	<p>Thrive is an Urban Alliance initiative that helps young children become socially, emotionally and academically prepared for kindergarten by collaboratively increasing the scope, quality and impact of local family-based programs and services.</p> <p>Urban Alliance provides organizations that offer family-based programs with support, resources and guidance based on attachment theory and well-established milestones for infant and child development, which in turn will benefit the families being served through those programs. The support and guidance provided through Thrive to family-based programs is informed by research on early attachment relationships, which are unique, lasting emotional ties-between young children and their caregivers. Part of this effort is building capacity in participating churches to offer COS P.</p>	Jess Sanderson <a href="mailto:jessica.sanderson@urbanalliance.com">jessica.sanderson@urbanalliance.com</a>

### Programs with a Focus on Building Secure Attachment

Program	Information	Contact
<p>Minding the Baby <a href="http://mtb.yale.edu">http://mtb.yale.edu</a></p>	<p>Grounded in attachment theory and reflective parenting, Minding the Baby® (MTB) home visiting provides an integrated model of care for first-time young mothers and their families that bridges primary care and mental health approaches to enhancing the mother-infant relationship.</p> <p>The MTB home visiting team includes a nurse practitioner and a licensed clinical social worker. MTB clinicians receive intensive training in the unique incorporation of the physical and mental health components of the intervention as well as ongoing joint supervision. MTB provides direct clinical service for young families while simultaneously integrating ongoing research.</p> <p>The intervention begins in the late second or early third trimester of pregnancy and extends through the child’s second year of life. Mothers receive weekly or bi-weekly home visits by a nurse practitioner and a licensed clinical social worker with infant mental health training. Both clinicians maintain close contact with prenatal and pediatric clinicians based in a community health center, for consistency and integration of care for the mother and baby.</p>	<p>Crista Marchesseault <a href="mailto:crista.marchesseault@yale.edu">crista.marchesseault@yale.edu</a></p>
<p>Child First <a href="http://www.childfirst.org">http://www.childfirst.org</a></p>	<p>Child First helps to heal and protect children and families from the devastating effects of trauma and chronic stress by fostering the development of strong, nurturing, caregiver-child relationships, promoting adult capacity, and connecting families with needed services.</p> <p>Child First uses two primary strategies to prevent/reduce damage due to toxic stress. It connects families to needed services through intensive care coordination. It provides parent-child psychotherapy to repair the impact of trauma on the child and strengthen the caregiving relationship, which prevents the biologic changes that lead to long-term damage to the child’s developing brain and metabolic systems.</p>	<p>Salam Soliman <a href="mailto:ssoliman@childfirst.org">ssoliman@childfirst.org</a></p>
<p>Parenting Support Services (PSS)</p>	<p>PSS provides Circle of Security Parenting as one of several parenting interventions. It is available statewide and provided by 27 agencies. This is an in-home service available in English and Spanish with limited case management services.</p>	<p>Charlie Slaughter <a href="mailto:charlie.slaughter@ct.gov">charlie.slaughter@ct.gov</a> 860-550-6682</p>