

Barnard Center

for Infant & Early Childhood Mental Health



Barnard Center Bulletin

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SPOTLIGHT



The Evidence for Promoting First Relationships® is Nationally Recognized

In 2022, Promoting First Relationships® (PFR) was listed as an approved evidence-based home visiting program on two nationally recognized lists: Home Visiting Evidence of Effectiveness (HomVEE) and California Evidence-Based Clearinghouse (CEBC). Being an approved HomVEE program means that states and tribes are now eligible to receive Maternal, Infant, and Early Childhood Home Visiting (MIECHV) federal funding to support agencies utilizing the PFR home visiting program. CEBC also gave PFR a Level 2 Evidence-Based determination and rated it for “High Relevance” in the field of Child Welfare, meaning that PFR has demonstrated measurable results for families involved in child welfare.

PFR has demonstrated consistent positive results for over 15 years and across five randomized controlled trials. PFR helps caregivers become more sensitive and responsive during interactions with their children (measured using an observational assessment). Caregivers gain a deeper understanding of children’s social and emotional needs and PFR improves child outcomes. In the two child welfare studies, PFR showed improved child welfare outcomes including placement stability and fewer child removal by 2.5 times compared to non-PFR participants.

**Click here for [publications or more information](#) or contact Jennifer Rees, rees@uw.edu*

WORKFORCE



ACT Program 2022-2023 Cohort Update

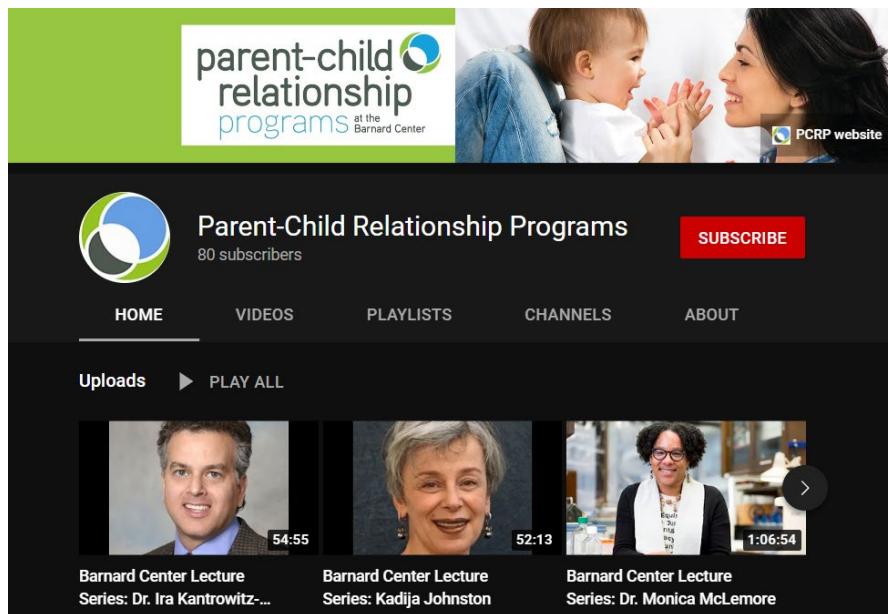
The ACT Program is in its 4th of 15 months as of September 2022. We welcomed one additional professional into the cohort since our June launch which maximizes our program capacity at 20 professionals. So far, ACT Program clinicians have covered foundations of infant and early childhood, the field's perspectives and principles, history, present day scope, and future directions. We oriented clinicians to the foundations in Making Observations. Clinicians learned, applied, and practiced frameworks and principles for making observations that assists us to make use of the experiences of the children, caregivers, and ourselves in perspective so that we can become more aware of possible implicit biases when making observations. Prior to transitioning to the program's focus on the foundations of prenatal, infant, and early childhood development in relational context, clinicians were introduced to the principles of diversity-informed practice, what these principles mean in our lives and the lives of children, families, and communities, and the frameworks for applying diversity-informed practice principles into our personal and professional settings. We begin the integration of diversity-informed practice into infant and early childhood mental health by applying its principles into our learning and reflections on child development, prenatal to 5 years of age.



Washington CPP Cohort Launched!

We've launched a new Washington cohort of Child Parent Psychotherapy (CPP) clinicians! We welcomed the 2022-2023 cohort of 19 clinicians and 12 supervisors from across the state on June 13-15, 2022. 22 of the enrolled clinicians and supervisors were able to gather in-person in Seattle. The 3-day initial learning session focused on core concepts of the CPP model, and how to help young children and families recover and heal after stressful and traumatic events. We are grateful to Haruko Watanabe and Mindy Davis, who continue to serve as trainers for CPP implementation in Washington State. We thank our infant and early childhood mental health (IECMH) community partners, UC San Francisco and Perigee Foundation, who have made it possible to continue building CPP capacity in WA State.

DISSEMINATION



Serving our Community and Sharing Knowledge about
Infant and Early Childhood Mental Health

This year, Parent-Child Relationship trainers have been busy offering free training about important infant and early childhood mental health knowledge to a range of audiences and disciplines around Washington State and beyond. Some of the highlights include presenting to feeding specialists about the role of feeding in a healthy attachment relationship; reframing children’s challenging behavior to a national audience of home visitors; and reflecting on bias and how we understand children’s behaviors to a statewide group of early childhood educators.

The Barnard Center Free Lecture series is another way we are getting important and current information into the community. This year, the Barnard Center has sponsored experts in the field to provide free community lectures ranging from “Operationalizing Reproductive Health” to “Promotion of Responsive Bottle Feeding”. These lectures are very popular, often “selling out” with people on the waiting list. Many of our lecturers have allowed us to record their lecture which we have posted on our YouTube page: <https://www.youtube.com/channel/UCZsMDPcr5SEBY4bnaSDv-lg>

If you missed out you can see most lectures on our YouTube page!



Parent-Child Interaction Teaching and Feeding Scales to be implemented in South Korea

We are excited to report that the Parent-Child Interaction (PCI) Teaching and Feeding Scales are being translated and implemented in South Korea. We are working with our partners at Seoul National University and South Korea's Ministry of Early Home Visitation to facilitate the many steps of the translation work. Implementing PCI is part of South Korea's 2019 National Child Policy to implement nurse led sustained home visiting services to high need families. PCI will be used to educate nurses and social workers about the importance of the parent-infant/child relationship and as an outcome measurement tool.

RESEARCH



Drs. Bleil and Spiker Launch a new NIH Grant

Drs. Bleil and Spieker are currently leading an NIH-funded study to follow the families who participated in Dr. Spieker's recently completed RCT in which a

parenting intervention—Promoting First Relationships® (PFR) versus no intervention—was implemented in a sample of low-income, postnatal women with a mental health issue in pregnancy. The current study will determine whether the benefits of the PFR intervention, originally designed to impact parent-child relationship outcomes in infancy (6 and 12 months), extend to the child’s cardiometabolic health in early childhood. In the first year of the study, the research team was assembled and trained, and data collection began in May 2022. To date, 30 mother-child dyads have completed the first study visit which entails anthropometric and blood pressure assessments, blood collection by finger prick, activity, and sleep monitoring, and interviewer-administered questionnaires. The protocol is running smoothly with positive participant feedback.



Dr. Hash Receives a K12 Fellowship

Dr. Hash is a tenure-track Assistant Professor in the Department of Child, Family, and Population Health Nursing. She received a K12 fellowship in Pediatric and Reproductive Environmental Health, in which she will have the opportunity to expand her research interest in the epigenetic mechanisms by which early life exposures (positive and adverse exposures) relate to cardiometabolic health outcomes. The fellowship will provide her with training in neighborhood-level environmental exposures that harm minoritized and marginalized groups.

IN THE NEWS

IECMH Clinical Workforce Diversity Collective

ZERO TO THREE Annual Conference
September 14, 2022 | 1:30pm-2:45pm ET

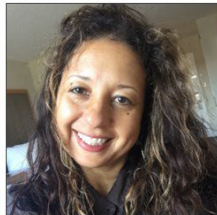
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Infant and Early Childhood Clinical Workforce Diversity Collective

Since May 2021, ACT Program faculty, Nucha Isarowong, Haruko Watanabe, and Abigail Bocanegra participated in a national convening organized by ZERO

TO THREE and funded by the Perigee Fund to address the barriers to diversifying the IECMH clinical workforce. In all, 40 people from around the country, most of whom identified as a Black, Indigenous, or person of color shared perspectives and engaged in discussions and reflections as parents, students, educators, clinicians, administrators, and policy makers. These convenings offered an opportunity to draw upon collective wisdom and lived experiences to develop shared understanding of this entrenched and persistent systemic problem. Most recently, members from the collective shared a summary of this work at the virtual ZERO TO THREE Learn Conference 2022. The collective has formed an Advisory Committee and will continue meet as a collective over the course of the coming year with ongoing support from the Perigee Fund. The collective recognizes that we are but part of a larger but fractured movement, and is committed to healing and building communities, changing systems, and shifting perspectives that centers the voices of powerful groups targeted for and experiencing oppression and systemic inequities.

HCA Updates

The HCA has shared several recent updates about their Infant Early Childhood Mental Health (IEMCH) work. Click the links below to learn more.

- Mental Health Assessment for Young Children (MHAYC) Implementation Survey: [link \[content.govdelivery.com\]](#)
[\[gcc02.safelinks.protection.outlook.com\]](#)
 - New DOH guidance on DC:0-5 in clinical records: [link](#)
[\[content.govdelivery.com\]](#) [\[gcc02.safelinks.protection.outlook.com\]](#)
 - Expression of Interest for new IECMH Clinical Records Workgroup: [link](#)
[\[content.govdelivery.com\]](#) [\[gcc02.safelinks.protection.outlook.com\]](#)
 - New IECMH webpage: [link \[content.govdelivery.com\]](#)
 - October IECMH Office Hours – Oct 27th: [link \[content.govdelivery.com\]](#)
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