

# Barnard Center

for Infant & Early Childhood Mental Health

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## WORKFORCE



## **Advanced Clinical Training Program 2022-2023 Cohort Update**

The ACT Program is in its 10th of 15 months as of March 2023. As we transition to the Advanced Clinical Training (ACT) Phase of the program.

In December 2022, we marked the beginning of the ACT Phase with an in-person weekend steeped in community psychoanalytic/psychodynamic perspectives with Maria St. John from the Infant Parent Program (IPP) at the University of California San Francisco (see photo). The beginning of 2023 also included the addition of a reflective consultation group for enrolled African American clinicians. The monthly groups are facilitated by Barbara Stroud, PhD, a mentor clinician and leading voice in the integration of anti-racist, anti-oppressive practices in infant and early childhood mental health (IECMH). Dr. Stroud offers a rare opportunity for our clinicians to reflect on their intersectional identities within the context of their personal and professional experiences of racism, sexism, and other systems of oppression with one another. This opportunity reflects the equally rare reflective space offered to enrolled clinicians who are bilingual Spanish speaking professionals. The bilingual reflection group is facilitated by Barnard Center Leadership Fellow, Abigail Bocanegra, LMFT, MA, a mentor clinician and consultant located in Spokane, WA.

**advanced clinical training**   
**program** at the Barnard Center

## **Advanced Clinical Training Program 2023-2024 Cohort!!**

We are also excited to share that we have begun promoting the 2023 cohort scheduled to launch in October of 2023. We've shifted our application process and hope that anyone interested in learning more will visit our website

(<https://barnardcenter.nursing.uw.edu/advanced-clinical-training-act/>) more information and sign up for one of our Open Houses (see dates and registration links below). Applications for the 2023 cohort opens on April 3, 2023. Program fee waivers are available. Black, Indigenous, and professionals of color as well as professionals from underrepresented communities are strongly encouraged to apply.

## Virtual OPEN HOUSE

[March 9, 2023 4pm–5pm](#)

[April 4, 2023 12pm–1pm](#)

[April 25, 2023 9am–10am](#)

\*\*all times in PST

## DISSEMINATION

# parent-child relationship programs at the Barnard Center



## Infant Sleep Handouts Updated

[These handouts](#) have the same great information only with a brighter, more engaging design. These handouts are intended for use with caregivers in sharing important information about healthy sleep habits, typical states of babies' arousal, and suggested routines for newborns, infants and babies up to 12 months.



### The Promoting First Relationships® Evidence-Based Program continues to Expand Globally

The Promoting First Relationships® (PFR) program has recently added certified PFR providers in Turkey and Switzerland, in addition to locations in Canada, Australia, and more cities across the United States. The PFR caregiver handouts are currently being translated into Turkish and French, to reach families in their native languages. PFR is also proud to announce that the finalized Somali handouts are now available on our website!

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### Record Number of Promoting First Relationships® Level 1 Trainings in 2023

As of February, 20 PFR level 1 Trainings have already been scheduled or completed in 2023. This is a record rate of growth for the popular Promoting First Relationships® program. This growth is due in part to the expansion of all

ESIT (early support for infants and toddlers) providers across Washington State gaining access to participate in PFR training through an expanded DCYF fund, as well as PFR's expansion into different cities across the United States, including Dallas, TX, and Ventura, CA, as well as internationally.

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## Free Lecture Series

The Barnard Center continues to offer its free lecture series by providing important and current information from specialists in the field. Recent lectures include ***Insights from NCAST Behavioral Cues for the Practicing Child Therapist*** by Dr. Alexandra Harrison and ***Updates on Infant Sleep*** by Dr. Maida Chen. Many of the Barnard Center free lectures can be found on our YouTube page here: <https://www.youtube.com/channel/UCZsMDPcr5SEBY4bnaSDv-lq>

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## RESEARCH



Dr. Jonika Hash, RN, PhD is an Assistant Professor in the Department of Child, Family, and Population Health Nursing and an Affiliate of the Barnard Center for Infant Mental Health. Her current research projects are situated at the intersection of infant mental health and pediatric environmental health. In September 2022, she started a K12 Fellowship in Pediatric and Reproductive Environmental Health (K12ES033584), in which she is examining the main and interactive effects of psychosocial stressors (adverse childhood experiences) and environmental stressors (air pollutants) on children's sleep health outcomes. Additionally, in January 2023, she submitted a pilot grant proposal to characterize environmental stress exposures (air pollutants) and stress biomarkers (cellular age) in a unique cohort of mother-child dyads who previously participated in a clinical trial of the Promoting First Relationships program. Also in January 2023, Dr. Hash collaborated as Co-I in submitting an R01 entitled "The impact of stress and caregiver sensitivity on infant cellular aging in a population of under-resourced families: A randomized controlled trial." Additional updates on Dr. Hash's research since summer 2022 include three manuscripts accepted for publication and four abstracts accepted for presentation at the Western Institute of Nursing Conference in Tucson, AZ in April 2023. The below list summarizes Dr. Hash's current research funding and recent updates (recent



submitted grants, accepted manuscripts, and accepted conference abstracts).

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