

Barnard Center



for Infant & Early Childhood Mental Health

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WORKFORCE

advanced clinical training



program at the Barnard Center

New Advanced Clinical Training (ACT) Program Cohort

Launching January 2025

We are happy to announce that we are now recruiting widely in the State of Washington and neighboring states for the fourth cohort of mental health providers to join the Advanced Clinical Training (ACT) program!

Applications are accepted until **November 15, 2024**.

Program fee waivers are available to those practicing in Washington as well as

Register for a **Virtual OPEN HOUSE** below or email BCAct@uw.edu:

November 13, 2024: 12pm - 1pm - [Registration link](#)

** all times in PST

[Apply Now](#)



ChildParent
Psychotherapy

Child Parent Psychotherapy (CPP) Updates

The Barnard Center received continued support from the Perigee Fund and secured new matching funds for the first time from the Washington State Health Care Authority to conduct the third Learning Collaborative in Child-Parent Psychotherapy (CPP) from May 1, 2024 – November 30, 2025. CPP is an 18-month intensive clinical training program for behavioral health providers to provide attachment and trauma-focused treatment for children ages 0-5 and their caregiver(s).

The Barnard Center supports Washington CPP Trainers Haruko Watanabe and Mindy Davis to provide clinical instruction and case consultation to mental health providers, with a focus on achieving model fidelity and targeted clinical outcomes. The Barnard Center also built an additional role for Mindy Davis to serve as an Implementation Specialist to work with agency leaders to build organizations' capacity necessary to implement and sustain evidence-based treatments in their agencies. The previous CPP Learning Collaborative successfully took place June 7, 2022 – December 7, 2023 with 25 trainees.

The current cohort (May 1, 2024 – November 30, 2025) has over 43 trainees and recruitment for the next Learning Collaborative is currently underway.

New Workforce Initiative: People Powered Workforce



This year, staff and faculty at the Barnard Center launched an initiative to engage community members in conversations about the Infant and Early Childhood Mental Health workforce, which is a multi-disciplinary, people powered workforce touching all sectors of service for families with young children (pediatric care, social services, child care, mental health, early interventions, and child welfare). The initiative has a home at <https://www.peoplepoweredwork.org/> and is funded by a Proviso received from the Washington State Legislature for the fiscal year 2024-2025. The Purpose is to design a cohesive strategy to expand, diversify, train, and retain the Infant and Early Childhood workforce in Washington State, so that families of children prenatal through five receive relationship-centered, diversity-informed, culturally-responsive, anti-racist, anti-oppressive, healing-forward, and developmentally-focused services.

DISSEMINATION



National Zero to Three 2024 Conference



Parent-Child Relationship Programs presented at the National Zero to Three 2024 Conference in Long Beach, California, about the importance of centering the parent's voice and the use of video feedback in the Promoting First Relationships program.

This session focused on qualitative research that examines the use of video recordings designed to increase caregiver reflective capacity. The discussion included the methods used to increase shared reflection to support curiosity and exploration for both the professional and the parent. When parent's stories, values, and relationship needs are centered in video observation, parents receive culturally tailored feedback that supports their unique needs and relationship with their child. The use of open, curious questions when engaging in joint reflection centers the parent's way of knowing and understanding of their relationship with their child and builds confidence that they know how to handle relationship challenges when they arise. Joint reflection also includes the professional observing and positively commenting on moments they notice the parent doing something that supports their child's positive social and emotional development, as well as inviting parents to observe their own and their child's strengths. By centering the dyad and parent's voice and strengths during video reviews, providers can learn a multitude of ways of supporting young children that may be outside of their experience or education.

Promoting First Relationships in Pediatrics launched an interactive online classroom to better reach residents, pediatricians, and healthcare professionals across the country



The Promoting First Relationships in Pediatrics program trains providers to take a relationship-focused approach to support the parent-child relationship during everyday clinic interactions with families. PFR in Pediatrics' new LearnDash online platform is a video-rich training program that healthcare professionals can access on their own time to better understand how to

of infants and toddlers impact all areas development. Facilitated workshops and consultation are also available to support practitioners in using the approach.

Promoting First Relationships at Seattle Children's Resident Training Program Celebrates its 8th year!

Over the last eight years, PFR at Seattle Children's has trained over 400 pediatric residents. We will be starting a new cohort of resident training for the 2024-2025 year. This year's cohort will have access to the LearnDash online classroom throughout their residency to enhance their understanding of taking a relationship-focused approach to support the parent-child relationship.

During their training, residents learn how to observe responsive caregiving in the moment and provide positive, reflective feedback helping parents support their child's social-emotional development. Feeding, sleep and challenging behaviors are approached through a developmental, relationship-focused lens.

After the training, residents were asked what changes they intended to make in their work.

"I want to do less talking and more listening"

"Focus more on the parent and child dynamic rather than my own questions"

"Vocalize my observations of the child more, so the family can hear the positives about their child and their parent-child relationship"

"I intend to take my time with each patient, resetting my mind prior to entering each patient room. Now I will look for more patient cues and point these out to parents."

PFR in Pediatrics has been Used to Advance Relational Health through a Partnership Between Childhaven (now AKIN) and the Harborview Early Relational Health Program

The Pediatric program at Harborview has launched a partnership between a community-based early childhood organization, Childhaven (now AKIN), and pediatric medical home, the University of Washington – Harborview Pediatric Clinic, serving linguistically and culturally diverse families in Seattle, Washington. The partnership brings together infant and early childhood mental health, early learning, and healthcare to break down silos and holistically support families.

The program seeks to:

- Form trusted relationships with families over time
- Celebrate the developmental progress of each child
- Build upon families' strengths and identify areas of needed support
- Facilitate meaningful connections to community-based services

Achieving these goals required building a new model of care to include Early Childhood Developmental Navigators and an Early Childhood Specialist with an infant and early childhood mental health background. The Early Childhood Developmental Navigators are multicultural and multilingual and have expertise in early childhood. They are trained in Promoting First Relationships and use this strengths-based approach to build relationships over time with families and to support early child-caregiver relationships. The Early Childhood Developmental Navigators provide 1) family centered developmental promotion and caregiver support, 2) linguistically and culturally adapted screening, and 3) early identification of developmental, behavioral or social stressor needs with ongoing intensive case management to facilitate meaningful connections with community-based services.

The Navigators and Early Childhood Specialist work collaboratively with a multidisciplinary team trained in PFR including lactation, social work and health care providers. Promoting First Relationships supports each member of the team to form trusted relationships with families over time.

To learn more about this program and the expansion to 2 other clinic sites watch this presentation: "Feeling Safe, Seen and Valued: the Impact of Relationships to Transform Well Child Care": <https://www.youtube.com/watch?v=FHCbYmrOQu0>

The program now includes Harborview, Odessa-Brown and Sea Mar Community Health Centers, Seattle Medical Clinic. Read the full article <https://pubmed.ncbi.nlm.nih.gov/38587688/>. Grant, A. R., Cockburn, B., Ahmed, F., Dumanian, R., Garcia, Y., Gould, J., Martinez-Novoa, F., McFarland, M., & Dawson-Hahn, E. (2024). Caregiver experience with bicultural, bilingual family navigators to support early childhood development. *Journal of Immigrant and Minority Health*, 1-7.

The Barnard Center and Aga Khan University (AKU) have signed a Memorandum of Understanding



Dr. Shelina Bhamani, Assistant Professor at AKU is launching an innovative training strategy, she is training nurse educators at AKU using Dr. Barnard's Keys to Infant Caregiving Training Program. The aim is to train nurse educators who will then train other nurses and community workers in tertiary care hospitals and rural communities; this strategy is an efficient way to 'cascade' critical information to large numbers of providers. The aim is to support new parents and those providing care for newborns to support wellbeing of both parent and infant. To date Dr. Bhamani has trained 73 nurses who then trained an additional 158 nurses through this innovative dissemination model. Additional training is underway as well as translation of the Keys to Infant Caregiving Parent Handouts. Dr. Bhamani and faculty at the Barnard Center are developing a second training for nurses to cascade infant mental health content to their community settings across Pakistan.

In the News

Congress for Infant Studies in a Symposium



titled: Advancing Translational Science of Nurturing Caregiving to Improve Infant Outcomes. Dr. Oxford shared critical data on the Adverse Childhood Experiences of birth parents recently reunified with their young child after a foster care placement. Data from the Families Together study showed that birth parents carry a high load of trauma, much more than the general population. The first graph (Figure 1) shows the percentage of recently reunified birth parents, with children aged 1 to 3, who report having a Adverse Childhood Experience (ACE) compared to the original proportions of those experience an ACE from the Kaiser Permanente study. The second graph (Figure 2) shows the proportion of the sample who reports having four or more ACEs, shockingly 72% of reunified birth parents report four or more ACEs. We need new models of support focusing on providing for tangible needs (housing, income) and treatment needs (substance and mental health).

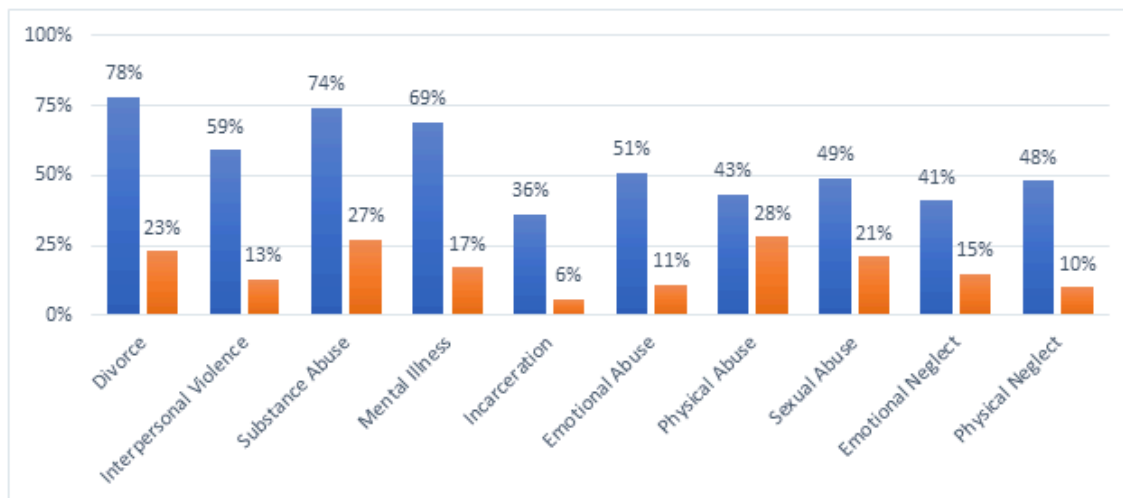


Figure 1: Percent of Adverse Experiences: Reunified Birth Parents in Blue Compared to the Original Kaiser Study in Orange

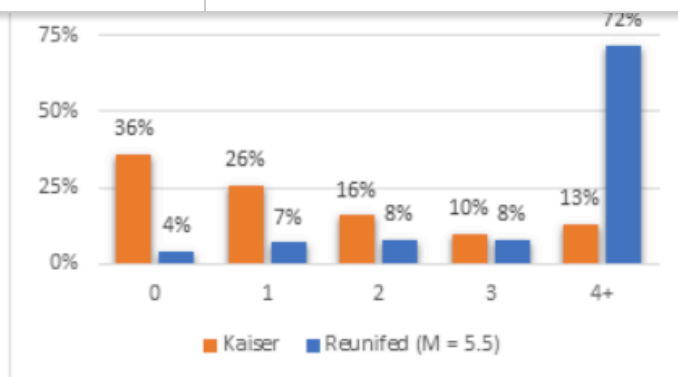


Figure 2: Proportion of Reunified Birth Parents with Four or More ACEs Compared to the Original Kaiser Study



Fulbright Scholar to Bring Infant Mental Health Practice to Jordan

Rachel Andersen has been selected as a Fulbright Scholar to support her work of bringing Infant Mental Health practice to Jordan. Ms. Andersen is getting her Doctorate in Nursing Practice at the University of Washington School of Nursing. She is fluent in Arabic and has lived and worked in Jordan. Her Fulbright Scholarship is focused on culturally and linguistically adapting the evidence-based program, Promoting First Relationships, to a childcare setting in Amman, Jordan. This work will be carried out with professors from the University of Washington and the University of Jordan, thus promoting cross-cultural exploration and understanding. Amman is home to a large refugee population, in addition to several underserved Jordanian populations. This project aims to center underserved populations by promoting infrastructure that will bolster the health of these communities and their children. The focus of the project will be to adapt PFR and infuse it into childcare settings to meet the social and emotional needs of young children, especially those who are refugees or otherwise underserved.

Announcing two new R01 Grants from the National Institutes of Health (NIH)



Smith (WakeMed) with Co-Investigator Dr. Hash, received NIH R01 funding for a grant titled: The impact of stress and caregiver sensitivity on infant cellular aging in a population of under-resourced families: A randomized controlled trial. This study, called Growing Together, will test if Promoting First Relationships (PFR), an evidence-based 10-week home visiting program, delivered within a primary care setting, will operate as a protective factor against cellular aging in young children as measured by telomere length and epigenetic aging clocks. The study will also evaluate the effectiveness of PFR with two additional sessions of PFR in Primary Care to enhance sensitive caregiving and parenting for low-income families in the context of primary care.

FAMILIES CONNECTED Dr. Oxford and Co-Investigators Dr. Kuklinski and Dr. Hash received R01 funding from the National Institutes of Health to conduct a Randomized Control Trial of PFR delivered by Telehealth in a grant titled: Delivering Evidence-Based Parenting Services to Families in Child Welfare Using Telehealth. The study, called Families Connected, began recruitment October 2023 and to date has enrolled 79 families from Child Protective Services in Washington State. Recruitment will be ongoing for three years and enroll 357 participants and their young children.



Families Connected

UNIVERSITY of WASHINGTON

Child, Family, and Population Health Nursing

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