Responding to Trauma-related Behavioral Challenges in Children

Prevention and Early Intervention Programs

DARE to be You (DTBY) Program for Families with Preschool Youth, Caregivers and Community
Created by: Colorado State University Cooperative Extension
Sponsored by: Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services
Full resource: http://www.colostate.edu/Depts/CoopExt/DTBY/Preschool%20families/Preschool%20families.shtml
A resource to increase key protective factors that promote resilience within the family and the individual. This intervention includes components for parents, children, and the family unit.

Maternal, Infant, and Early Childhood Home Visiting (MIECHV)/ Early Head Start (EHS) Home-Based Model
Created by: Early Childhood Learning & Knowledge Center, Administration of Children and Families (ACF)
Sponsored by: Health Resources and Services Administration (HRSA) and Administration for Children and Families (ACF)
Full resource: http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/poi/miechv-ehs
This program’s mission is to promote healthy prenatal outcomes for low-income pregnant women, enhance the development of children age 0-3, and support healthy family functioning. The MIECHV/EHS Home-Based Model offers a range of center-, community- and home-based options for providing comprehensive visiting services to at-risk families and children.

Partners in Parenting (PIP)
Created by: Colorado Family Education Resources and Training, Colorado State University
This program aims to strengthen family relationships and promote positive behaviors and lifestyles in children affected by parental substance use. The PIP curriculum provides parents with new knowledge, skills, and techniques to provide support, and promote resiliency in children. This manual is available free of cost.
SECURe: Promoting Students’ Social, Emotional, and Cognitive Regulation and Academic Success

Created by: University of Michigan, Harvard University, and the Success for All Foundation
Sponsored by: U.S. Department of Education’s Institute of Education Sciences and Center for Advancing Research and Solutions for Society (CARSS)
Full resource: http://carss.umich.edu/school-reform-secure/

A school-wide pilot program that helps high-risk students and their parents learn to focus their thinking, manage their behavior, build positive social relationships, and understand and deal with their feelings.

Intervention Programs

Attachment and Biobehavioral Catch-up (ABC)

Created by: Infant Caregiver Project, University of Delaware
Full resource: http://www.infantcaregiverproject.com/#/about_us/cjg9

ABC helps caregivers provide nurturing care and engage in synchronous interactions with young children who have experienced early adversity. Through parent coaching, this intervention helps caregivers provide a responsive, predictable environment that enhances young children’s behavioral and regulatory capabilities.

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

Created by: the RAND Corporation, the University of California at Los Angeles and the Los Angeles Unified School District. Full resource: https://cbitsprogram.org

The CBITS program is an intervention aimed at relieving symptoms of post-traumatic stress disorder, depression, and general anxiety among children exposed to trauma. Children in CBITS work on processing traumatic memories, expressing their grief, learning relaxation skills, challenging upsetting thoughts, and improving their social problem-solving.

Early Pathways

Created by: The Behavior Clinic
Sponsored by: Marquette University and Penfield Children’s Center
Full resource: http://www.marquette.edu/education/early-pathways/
The Early Pathways Program is an online self-paced training program for mental health professionals who serve families of young children with behavioral struggles. It provides a comprehensive and integrated assessment and treatment protocol for addressing significant behavioral issues in children ages 0-5.

**Parent-Child Interaction Therapy (PCIT)**

Created by: PCIT International  
Sponsored by: PCIT International  
Full resource: [http://www.pcit.org](http://www.pcit.org)

A dyadic behavioral intervention for children (ages 2–7 years) and their parents or caregivers focused on decreasing child behavioral challenges, increasing child social skills and cooperation, and improving the parent-child attachment relationship. Parents receive training and feedback on their use of new parenting skills. This program is time-unlimited.

**The Incredible Years**

Created by: University of Washington Parenting Clinic  
Sponsored by: The Incredible Years, Inc.  
Full resource: [http://incredibleyears.com](http://incredibleyears.com)

The Incredible Years series is a set of comprehensive curricula targeting children ages 0-12, their parents, and teachers. The curricula are designed both to promote emotional and social competence and to prevent, reduce, and treat children's behavioral and emotional challenges. The parent, teacher, and child programs can be used separately or in combination.

**The 4 Rs and 2 Ss for Strengthening Families**

Created by: McSilver Institute for Poverty Policy and Research, New York University  
Full resource: [http://mcsilver.nyu.edu/4Rs-2Ss](http://mcsilver.nyu.edu/4Rs-2Ss)

This program is a group therapy program designed for families with children 6–12 years old with behavioral challenges. Its goals are to improve communication and connection within the family, reduce stigma of mental health issues, and promote continued learning. Various adaptations are available in terms of program time frame and individual/group options. This resource is available free of cost.