

## Supporting young children & families facing major adversity



### Challenge:

Scientific research in brain development clearly shows that major challenges in environments (e.g., maternal depression, domestic violence, substance abuse or homelessness) lead to levels of stress that can be “toxic” to the young, developing brain. Without the buffer of strong, nurturing relationships, the results are long-term damage with significant emotional/behavioral, learning, and health problems.

### Program Overview:

Child First is an **evidence-based**, early childhood, mental health program that supports very young children and families who face major adversity. The intervention **builds resilience** and **promotes healing** to prevent the damaging effects of poverty, trauma, abuse & neglect, and chronic stress. Resulting in **improved child and parent mental health**, increased school readiness, and **decreased child abuse and neglect** - improving both immediate and long-term health and wellbeing of families.

### Child First Model:

Child First pairs young children (infant to 5 years) and their families with a licensed, Master’s level Clinician and Family Resource Partner, to nurture, support, and provide comprehensive services to families:

- **Two-Generation, Mental Health Treatment:** providing trauma-informed psychotherapy to parents & children together in their home. Addressing problematic child behavior, parental depression & PTSD, and family violence. Helping children & parents heal from the devastating impact of chronic adversity. Building safe, healthy, and nurturing parent-child relationships, which promotes resilience.
- **Comprehensive Care Coordination:** providing support and connection to community-based services, leading to family stabilization, a reduction in major family stressors (e.g., homelessness, food insecurity, lack of health care, unemployment), and growth enhancing opportunities.

### Outcomes:



**68%**

DECREASE IN CHILD LANGUAGE PROBLEMS



**64%**

DECREASE IN MATERNAL DEPRESSION OR MENTAL HEALTH PROBLEMS



**42%**

DECREASE IN CHILD AGGRESSIVE AND DEFIANT BEHAVIORS



**40%**

REDUCTION IN CHILD WELFARE INVOLVEMENT



For more information or to make a referral, call 704.817.1620  
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