

# *Integrating specialized mental health services into child welfare settings*

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# Dissemination support

- Foundations (Casey, Skillman, Stewart, Pierce)
- Youth Law Center



# Attachment and Biobehavioral Catch-up

- 10 session intervention delivered in foster parents' homes
- Targets issues identified empirically as challenging
- Videofeedback central
  - Critical issues
    - Identifying times when parents are motivated
    - Strength based
    - Talented interventionists

# Targets several key issues

1. Babies in foster care especially need nurturing care
  - a. Babies in foster care often push caregivers away
  - b. Caregivers' own issues often get in the way of their providing nurturing care
2. Babies in foster care need help developing self-regulatory capabilities

# Issue 1a: Babies in foster care behave in ways that push caregivers away

Sequential analyses reveal that child's behavior reliably elicits complementary behavior from parent



# Targeting issue 1a: Re-interpreting children's cues

- Child needs you even though he or she may not appear to need you



# Issue 1b: Caregivers' own issues get in the way





# Targeting Issue 1b: Caregivers' own issues get in the way

- Over-ride issues
- Become aware of “voices from the past”



# Issue 2: Foster children have difficulty regulating behavior and physiology

## Behavior

- Problem behaviors

- Deficits in inhibitory control

## Physiology

- Atypical production of cortisol

# Cortisol production

Preschoolers and infants/toddlers differ from comparison children

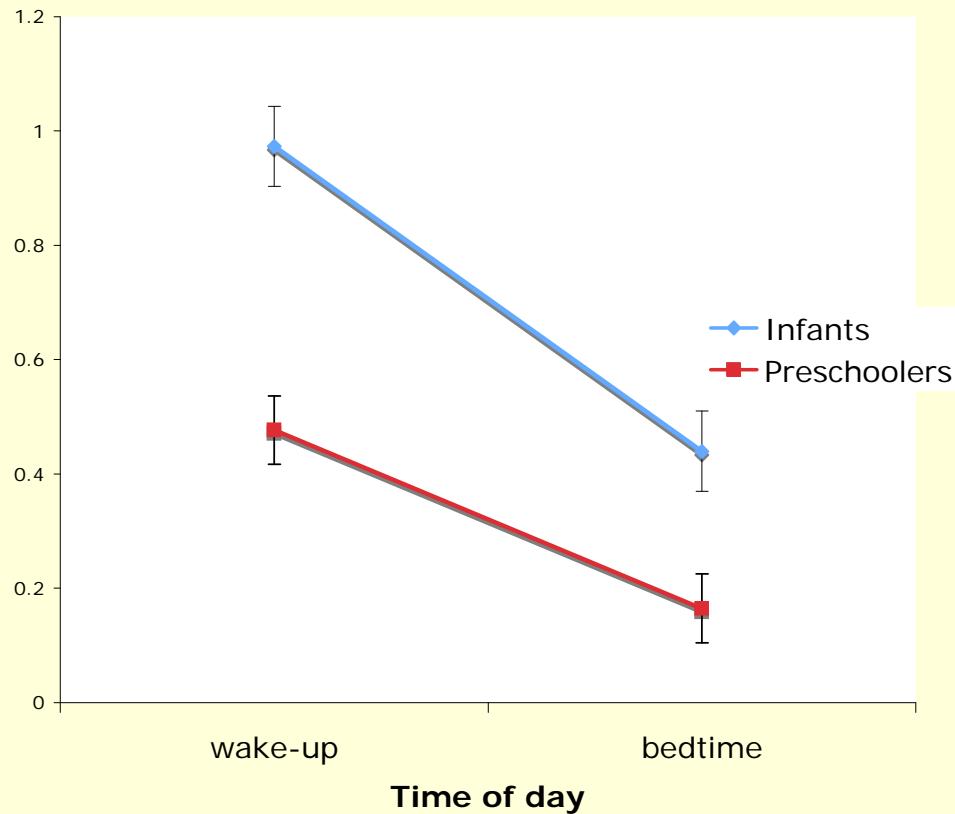
Among preschoolers in foster care:

- Many have low levels in the morning
- Some have high levels at one or more times (Fisher et al., Dozier et al.)

Among infants in foster care:

- Many have high levels at one or more times (Dozier et al.)

# Wake-up and bedtime cortisol levels of infants and preschoolers in foster care



## Targeting issue 2: Help young children regulate behavior and physiology



- Following the child's lead in play;  
attending to child's signals  
(Barnard, 1998; Van den Boom, 1994)

## Targeting issue 2: Help young children regulate behavior and physiology



- Touching, holding child (Field, 1994)

## Targeting issue 2: Help young children regulate behavior and physiology



- Facilitating expression of emotions (Izard, 2003)

# Efficacy data

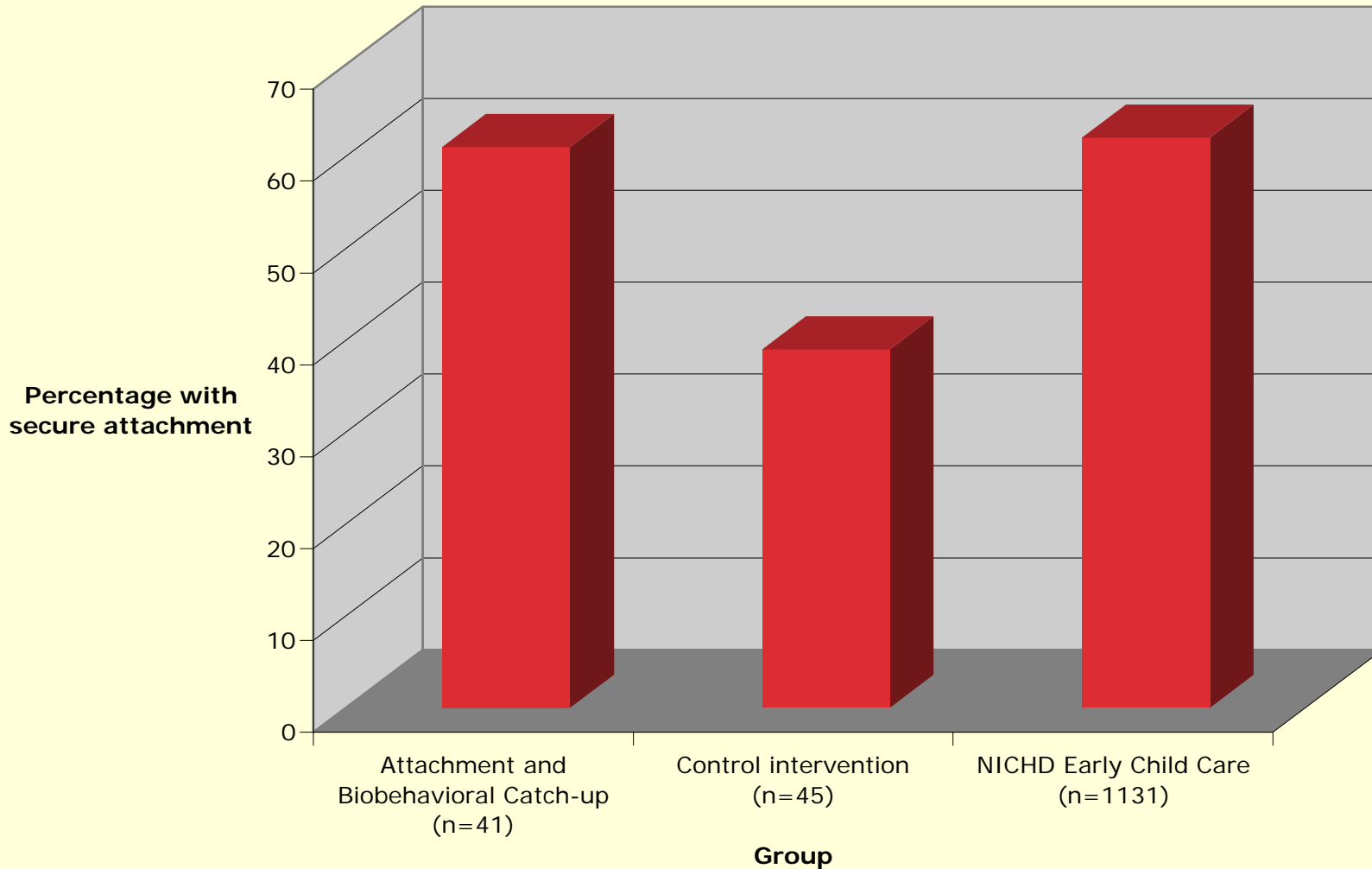
Randomized clinical trial

150 children randomly assigned to:

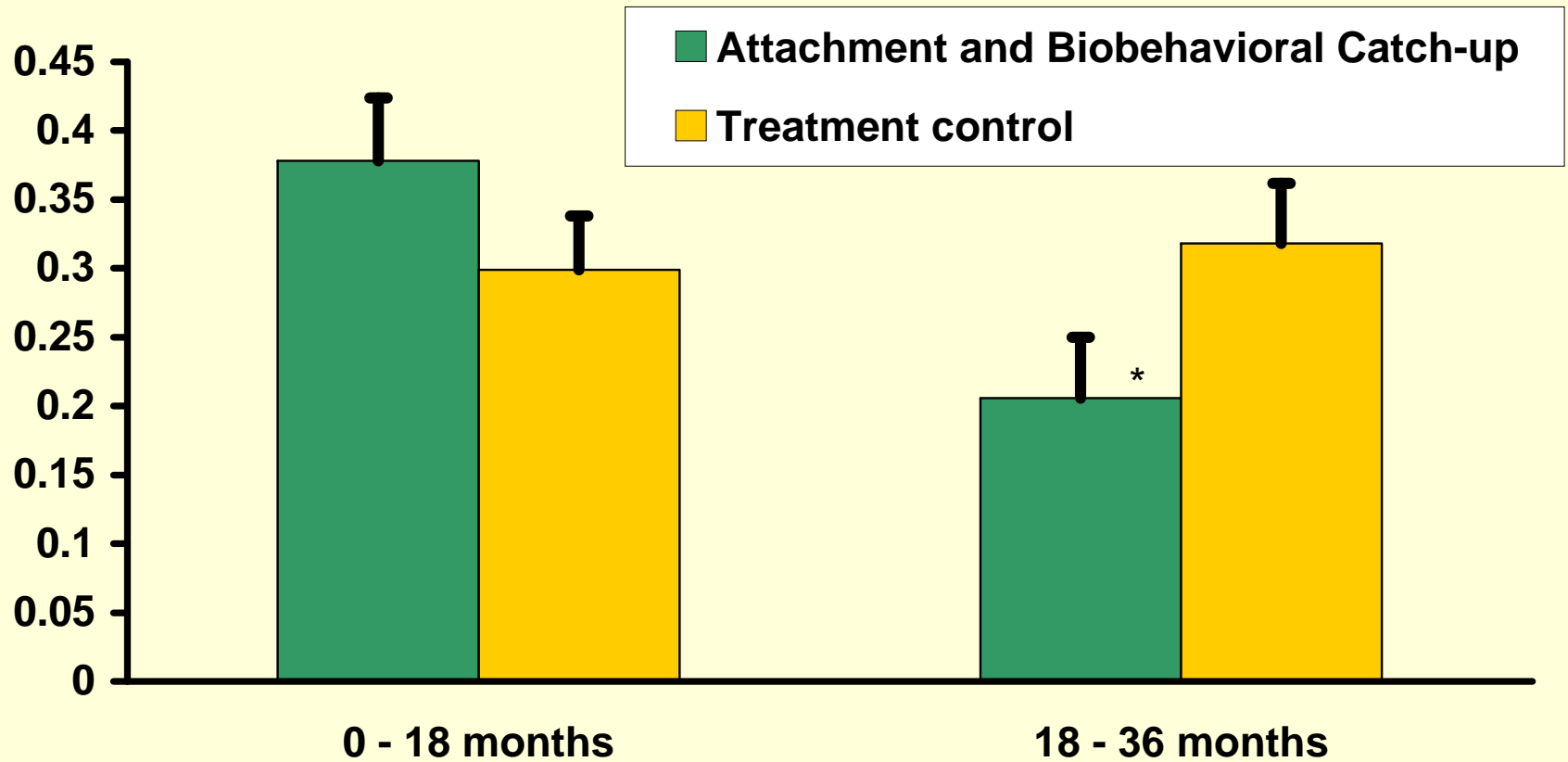
Attachment and Biobehavioral Catch-up  
Educational intervention



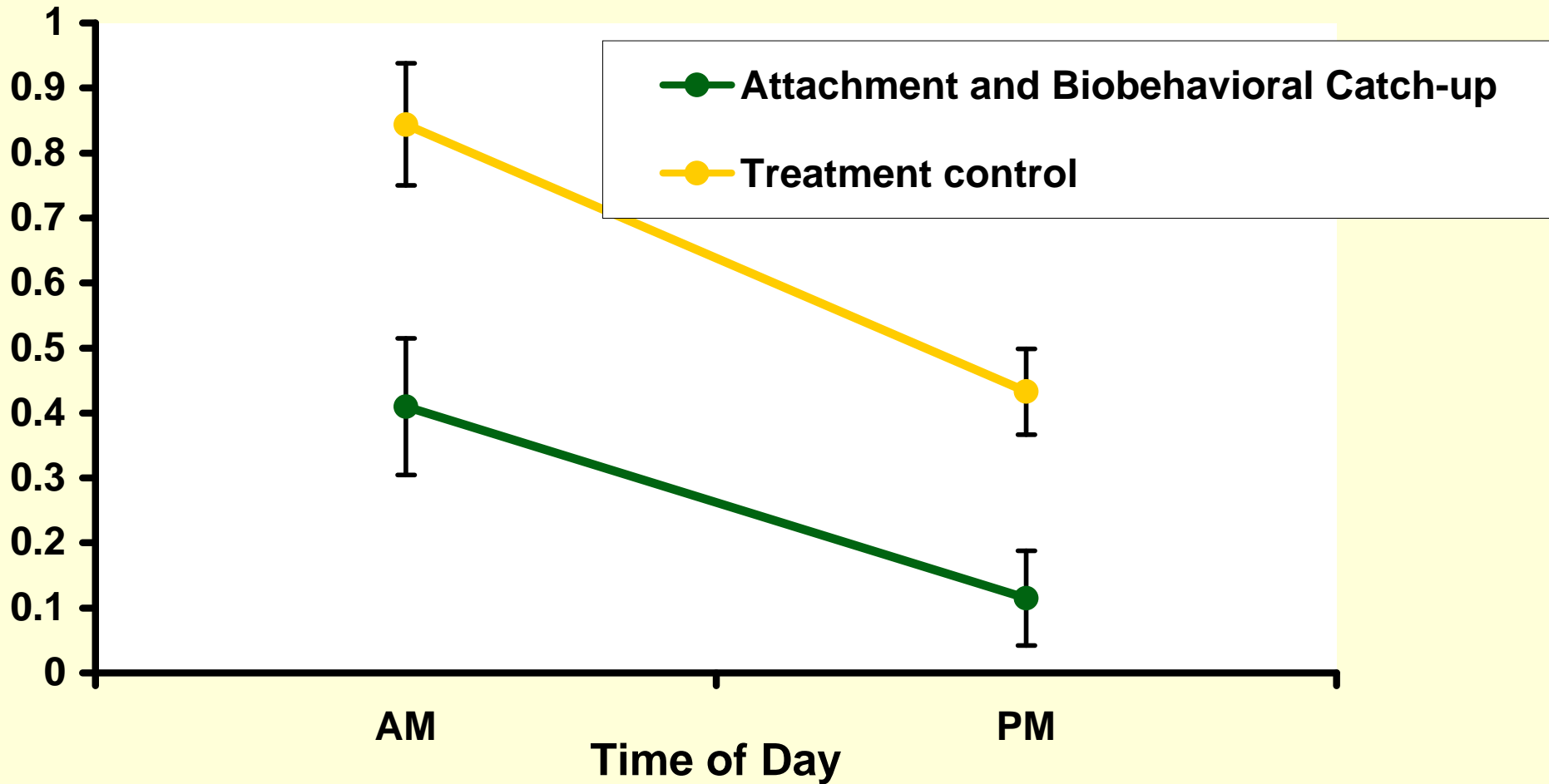
# Attachment quality among Attachment and Biobehavioral Catch-up and control intervention children



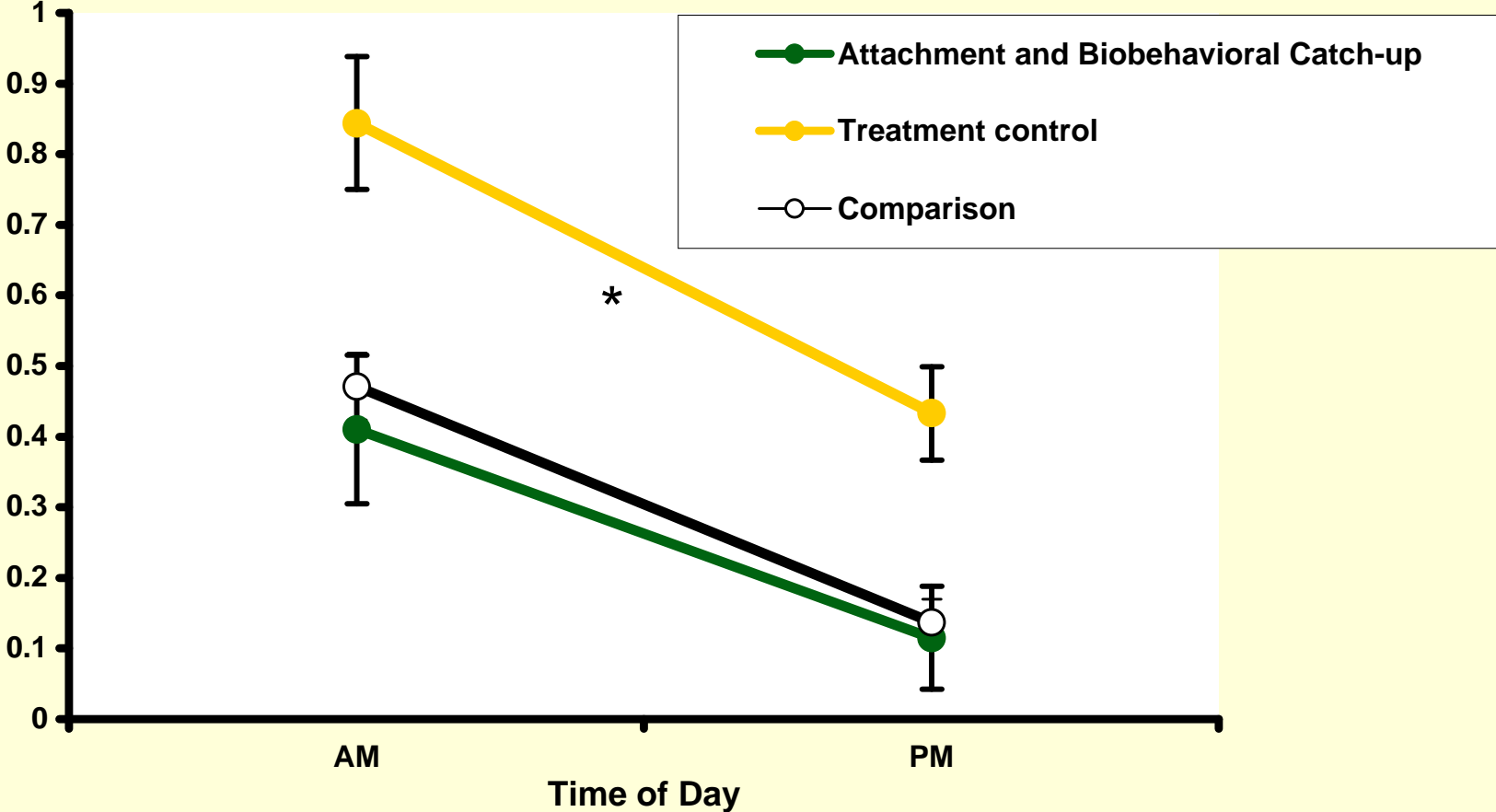
# Problem behaviors among children in Attachment and Biobehavioral Catch-up and treatment control children



# Cortisol production among children in Attachment and Biobehavioral Catch-up and treatment control groups



# Cortisol production among children in Attachment and Biobehavioral Catch-up, treatment control, and non-foster comparison groups



# Attachment and Biobehavioral Catch-up

Effective, efficient prevention program

There's a need for it

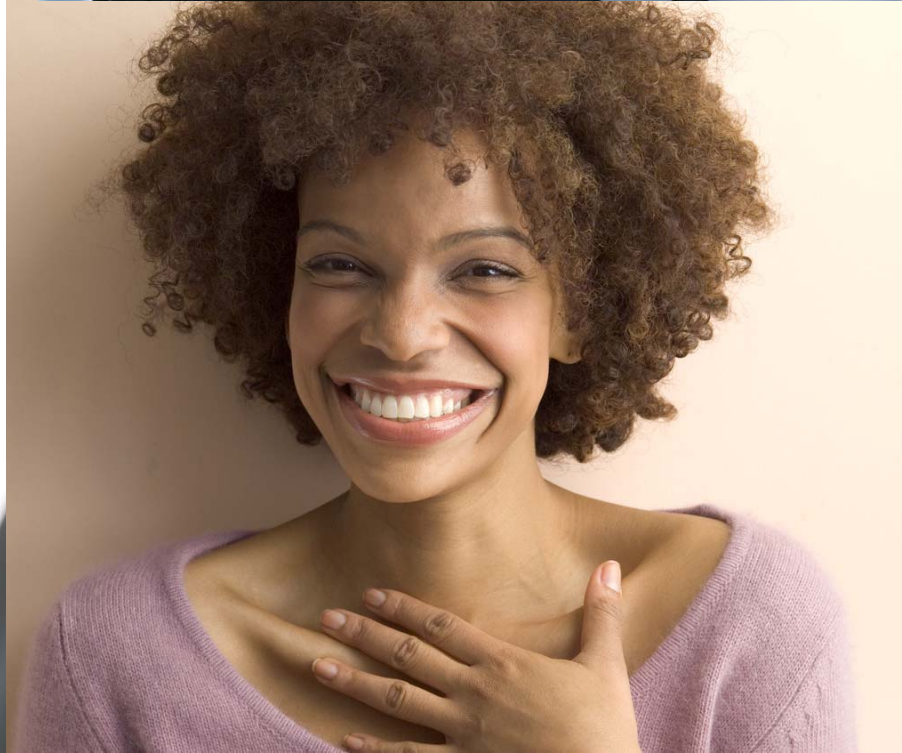
“If you build it, they will come” (Field of Dreams)

# Why Sell The Program

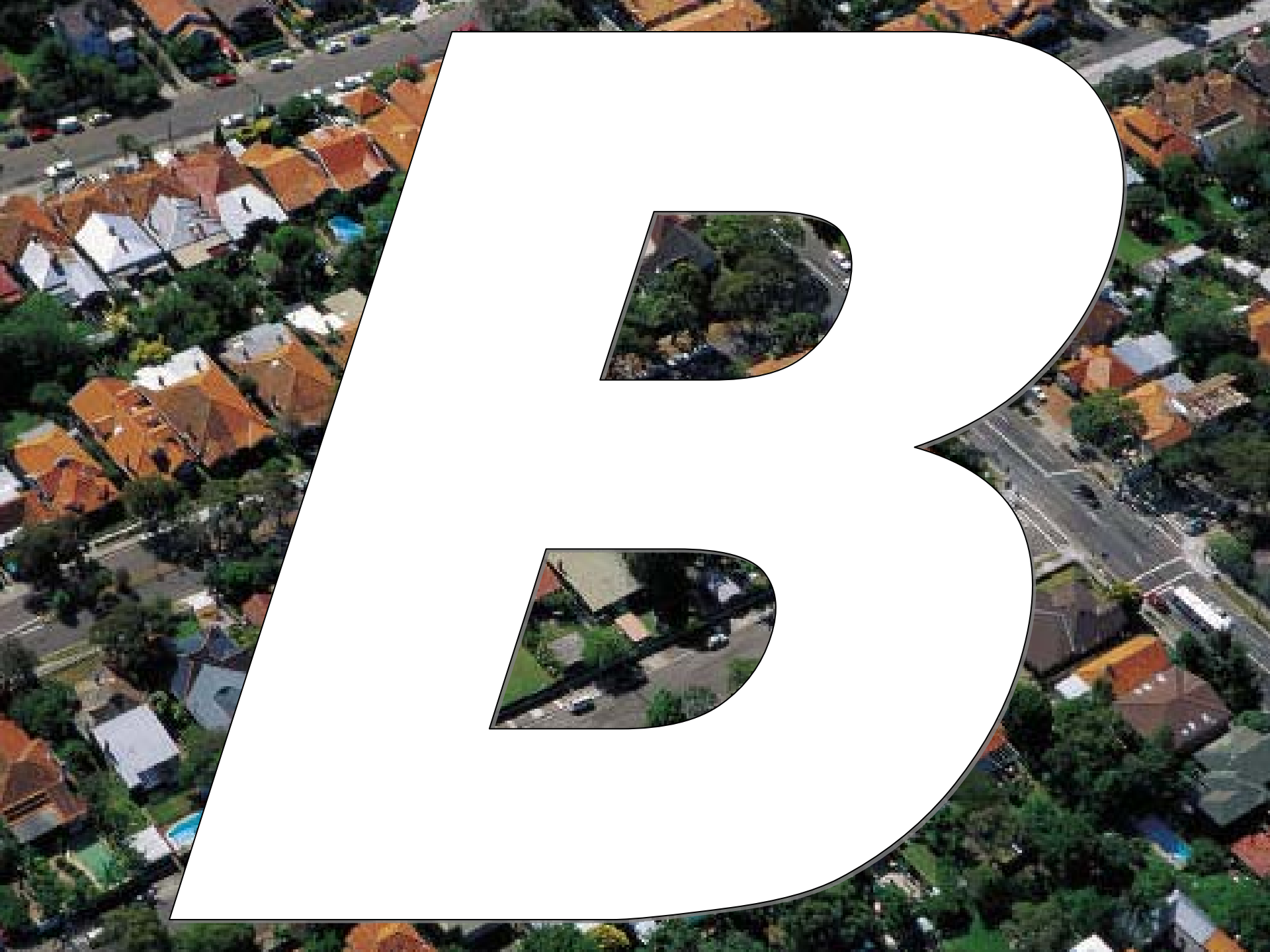


# The Need









# Reasonable time frames



# Tipping.....points

- Permanency for Youth
- Teens leaving care
- Education

The



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