

Early Childhood Trauma Training

IHR provides training, technical assistance, and support on understanding and supporting young children impacted by trauma. Using the principles of Child-Parent Psychotherapy (CPP), an intervention designed to build attachment and resilience in children affected by trauma, IHR's Project BRIGHT began this work with parent-child dyads in substance abuse treatment in 2010. Our training now also incorporates elements of ARC (Attachment, Regulation, and Competence), a framework for intervention with youth and families that have experienced trauma.

Research shows that young children impacted by trauma have a high potential for resilience when they and their parents are provided with appropriate interventions. IHR's training helps staff working with families affected by substance abuse disorders to develop an understanding of potential negative effects on children of substance use and the associated lifestyle, while simultaneously offering hope that both parents and children can build resilience, improve relationships, and embrace recovery.

Since 2013, staff of Family Residential Substance Abuse Treatment programs, Family Sober Living Programs, and Early Intervention Programs throughout the state have benefited from this training and technical assistance.

Our training supports staff that work with families of young children birth to five providing strategies to address the families' histories of substance abuse and trauma, to build strong parenting skills, and to support young children in developing resilience. Individual programs may customize their training requests, and training may be offered at program sites as well as at other centrally located training venues.

For more information on IHR's Early Childhood Trauma Training Initiative, please contact:

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