

Past Cohort Participants

Beacon
Therapeutic

Between Friends

Casa Central

Chestnut Health
Systems

Chicago Children's
Advocacy Center

Chicago Safe Start

Children's Home
and Aid

Domestic Violence
and Mental Health
Policy Initiative

Erikson Institute

Family Focus

Family Shelter
Service

Heartland

I. A.M. A.B.L.E.

Jewish Child &
Family Services

Lawrence Hall
Youth Services

Lurie Children's
Hospital of Chicago

Lutheran Child &
Family Services of
Illinois

Lutheran Social
Services of Illinois

Metropolitan
Family Services of
Illinois

Pillars Community
Services

Safe from the Start

UCAN
(Uhlich Children's
Advantage
Network)

YWCA RISE

Learning Collaborative

The Illinois Child-Parent Psychotherapy Learning Collaborative (Learning Collaborative) provides high quality mental health and trauma-focused training to clinicians and mental health providers working with children age birth through 5 years in a variety of settings. The Learning Collaborative is an 18 month training program for agencies to integrate Child-parent Psychotherapy into their organizations. Licensed and license-eligible clinicians are trained by leading Child-Parent Psychotherapy trainers and therapists, using both in-person learning sessions and regular case consultation. Learning Collaboratives are considered one of the most highly effective strategies for deepening the mental health field's ability to provide therapeutic services to families with very young children. This model has been used by the National Child Traumatic Stress Network to train mental health practitioners on a variety of evidenced-based practices and has been successfully implemented throughout the United States. In Illinois, the Learning Collaborative also provides periodic follow-up trainings and case consultation for participants after the initial training period has ended.

Agencies from across Illinois have participated in this important effort to train clinicians to provide high quality mental health services to young children. Please see the side panel for a list of participating organizations. *Please note: some programs may have had staff changes that impact CPP capacity.*

CHILD TRAUMA AND YOUNG CHILDREN

Childhood trauma has been characterized as an urgent public health problem and the largest single preventable cause of long-term mental illness in children. Child traumatic stress occurs when children are exposed to traumatic events or situations that overwhelm their ability to cope, including situations where the child's relationship with his/her primary caregiver is weakened due to the traumatic event. Repeat exposure to trauma can affect a child's brain development and increase the risk of low academic performance, engagement in high-risk behaviors, and difficulties in family and peer relationships. Childhood trauma can stem from child abuse and neglect; a tragic separation between a child and his/her primary caregiver due to violence or incarceration; witnessing violence between adults who care for children; neighborhood violence; and other events that cause extraordinary stress for a child. Young children are disproportionately the victims of violence and neglect and are frequent witnesses to violence between the adults who care for them.

CHILD-PARENT PSYCHOTHERAPY

Child-Parent Psychotherapy is a highly effective treatment method that reduces the negative impact of various forms of trauma on young children by restoring the child-parent relationship, and the child's mental health and developmental progression that have been damaged by the traumatic experience. Child-Parent Psychotherapy is an evidenced-based model for children that is developmentally and culturally informed to meet the needs of all families. It also addresses unresolved traumatic events the primary caregiver may have experienced that interfere with his or her ability to parent effectively. Research demonstrates that Child-Parent Psychotherapy is one of the best ways to address child trauma, strengthen the child-parent relationship, and improve child outcomes including increased IQ scores and school readiness. This intervention has been shown in randomized clinical trials to improve the mental health of both primary caregivers and their children, and to decrease levels of depression and anxiety in women. The Child Trauma Research Project (CTRP) developed and implements this model specifically designed for traumatized parents and their children in the first five years of life. Child-Parent Psychotherapy is currently being disseminated nationally through CTRP, the National Child Traumatic Stress Network and the Safe Start Initiative.

This initiative is a partnership of CTRP and Erikson Institute. Faculty includes local experts, with support from nationally recognized child trauma experts at CTRP. This initiative is currently funded by the Irving Harris Foundation. **For more information, please contact Jon Korfmacher at jkorfmacher@erikson.edu, 312-893-7133 or Kandace Thomas at kthomas@irvingharrisfdn.org, 312-604-2099.**