


The agency's role in CPP: How to create organizational changes to support the work



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Your Presenters:


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 - CPP Statewide Trainer
 - Qualified Clinical Supervisor for Registered Interns in Social Work, Marriage & Family and Mental Health Counseling
 - Provider of CPP, MBD, EMDR, Infant Mental Health, provider
 - National Trainer Mental Health First Aid
 - Adjunct Professor at FSU College of Social Work
- Kristie Skoglund, ED.D, LMHC, IMH-e
 - CEO The Florida Center for Early Childhood, Inc. Sarasota FL
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 - Qualified Supervisor for Registered Interns in Mental Health Counseling
 - Infant Mental Health endorsed professional
 - Provider of CPP, Infant Mental Health, Circle of Security,
 - Expertise in Fetal Alcohol Spectrum Disorders

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The Agency's role in CPP: How to Create Organizational Changes to Support the Work

After participating in the webinar, the Child Parent Psychotherapy (CPP) clinician will be able to:

- Describe various strategies for agency support of CPP work in ECC.
- Advocate for needed supports from their agency.
- Describe supports to maximize time and billing.



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- When you think of your agency, what would you say are the benefits of offering CPP services?
- What would your service area look like without CPP services in your area? Who would suffer the most?

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A CPP Investment

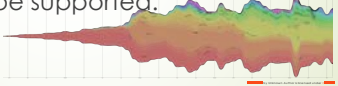
When an agency decides to have one or more of their therapists trained in CPP, the agency is making a significant investment in the therapist, the agency and the community it serves.



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A CPP Investment


When making this type of investment, it is important for organizational leaders to understand CPP, who it impacts and how their therapist will need to be supported.



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A CPP Investment


When a agency decides on an investment in CPP the agency is investing in becoming a part of a larger system of change like involvement in Early Childhood Court (ECC), whose goals are to improve child safety and well-being; to heal trauma and repair parent child relationships; to promote permanency and stop the intergenerational cycle of maltreatment.



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Why is CPP?

- CPP is needed within and outside of the Child Welfare System
- Broken relationships with children and parents become disruptions in homes, childcare, school and communities, CPP is a restorative therapy the can effectively rebuild the parent-child relationship
- Trauma is real! Untreated trauma in children leads to all types of development of various disorders, PTSD, depression, anxiety, etc., Untreated trauma, becomes disruptions in homes, childcare, school and communities. CPP reduces trauma symptoms
- CPP is a flexible treatment that can be conducted in homes, office and via tele-health.



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Reflect on the Following When Considering A CPP Investment.




- What % of our population served is 0-5?
- Do we have adequate referrals?
- Does the community know you are serving this population?
- Does the community understand IMH enough to refer?
- What training needs to happen in order to educate the community?
- Does our own agency understand IMH and the need for mental health services in the early years?

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How Can Agencies Support CPP

The agency can support CPP if the agency understands the model. CPP offers an agency an opportunity to reassess it and learn from a parent-child, trauma informed lens

- Potential cultural beliefs, values, and context of populations served by the agency
- Early childhood development
- Use of diagnostic classification systems appropriate for young children
- Knowledge of impact of trauma on development
- ❑ Clinical skills related to trauma intervention
 - ❑ Trauma screening
 - ❑ Grounding techniques
 - ❑ Mindfulness
 - ❑ Using play as a modality for sharing traumatic experiences



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How Can Agencies Support CPP


- Provide for policies that allow for flexibility in
 - Treatment length based on family members' emotional responses to interventions
 - Treatment configurations
 - Multiple children in a family who may process information in different ways and may trigger one another
 - Individual session with caregivers whose strong emotions interfere with their capacity to support their child's processing of traumatic experiences



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How Can Agencies Support CPP


- Understands that doing trauma-informed work impacts the provider and offers opportunities for learning about vicarious trauma and learning ways to engage in self-care
- Considers the number and types of trauma cases a provider can treat at any given time as well as the support needed to do this work
- Understands how a family's history of trauma may influence key stages of treatment including engagement and closing phases and develops policies with this in mind



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How Can Agencies Support CPP

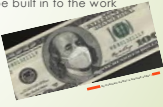
- Agency policies and billing practices support and allow for dyadic and family sessions
- Agency understands that positive family outcomes involve not only child-level outcomes (e.g. symptom reduction) but family outcomes
 - Improved caregiver understanding of the impact of trauma on child
 - Changes in caregiver attributions
 - Improved caregiver-child relationships



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How Can Agencies Support CPP

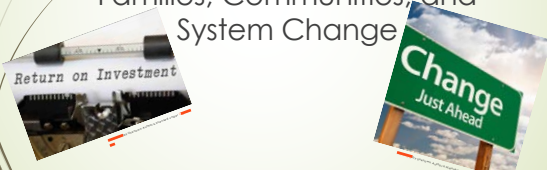
- It is important for agency to understand the nature of the role, especially for ECC clinicians, in order to secure additional funding to supplement the position
- Hiring an outside biller is helpful and often necessary
- Leadership must understand that productivity expectations will be different for full time ECC clinicians
- It can be helpful to have clinicians carry a variety of different types of cases
- Reflective supervision/consultation practices must be built in to the work




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Investment in CPP

An Agency's Investment in CPP is an Investment in Children, Families, Communities, and System Change



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References

- Child Parent Psychotherapy, Ghosh Ippen, Van Horn, Lieberman, 2016
- [flcourts.org/Resources-Services/Court-Improvement/Problem-Solving-Courts/Early-Childhood-Courts](https://www.flcourts.org/Resources-Services/Court-Improvement/Problem-Solving-Courts/Early-Childhood-Courts)

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Contact Information

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