



ABOUT CHILD FIRST

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 and neglect, and chronic stress. Research shows that Child First **improves child and parent mental health, promotes school readiness, and decreases child abuse and neglect**. This can dramatically improve both the immediate and long-term health and wellbeing of families.

THE CHALLENGE

Scientific research in brain development clearly shows that major **challenges in environments** (e.g., with 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**.

THE CHILD FIRST MODEL

Child First is a **home-based, two-generation intervention** that pairs young children and their families with a licensed, Master’s level Mental Health/Developmental Clinician and a Care Coordinator, who work as a **team** to nurture, support, and provide comprehensive services to families:

- **Two-Generation, Mental Health Treatment:** We provide trauma-informed psychotherapy to parents and children together in their home. Our services address problematic child behavior, parental depression and PTSD, family violence, and help children and parents heal from the devastating impact of chronic adversity. Our outcomes-based therapeutic approach builds safe, healthy, and nurturing parent-child relationships, which promotes resilience.
- **Comprehensive Care Coordination:** We provide hands-on support and connection to community-based services for all family members, leading to family stabilization, a reduction in major family stressors (e.g., homelessness, food insecurity, lack of health care, unemployment), and growth enhancing opportunities.

RECOGNITION AS AN EVIDENCE-BASED MODEL

- **Designated as evidence-based** by: Title IV-E Prevention Services Clearinghouse; Maternal, Infant and Early Childhood Home Visiting Program (MIECHV); National Registry for Evidence-based Programs and Practices (NREPP); Coalition for Evidence-Based Policy; Blueprints for Healthy Youth Development; Early Intervention Foundation.
- Recipient of the **SAMHSA 2020 National Child Traumatic Stress Initiative (NCTSI)** - Category II, award to develop the national **Center for Prevention and Early Trauma Treatment (CPETT)**.

SERVING MORE FAMILIES FACING ADVERSITY

Child First is currently serving over 2000 families in Connecticut, Florida, North Carolina, and Colorado. We are interested in partnering with states in need of early childhood mental health services. Please contact Child First to learn how we might replicate and sustain Child First in your region.

*Child First was evaluated with a randomized controlled trial (RCT) with strong positive outcomes. (Child Development, January/February 2011)

PROVEN RCT RESULTS*



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

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