child first

PROVEN 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

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

States with Child First Affiliate Sites:
CO, CT, FL, LA, NM, NC, PA

ABOUT CHILD FIRST

Child First is an evidence-based, mental health home visiting program that partners with families, infants, and young children from pregnancy through age 5, to enhance strong, loving relationships.

HEALING CHILDREN AND FAMILIES FROM THE EFFECTS OF TRAUMA AND ADVERSITY

Child First succeeds in supporting caregivers and their children process the stresses and traumas in their lives while enhancing healthy patterns of interactions between them. The intervention serves families and children, from birth to age five, experiencing multiple challenges such as extreme poverty, maternal depression, domestic violence, substance use, homelessness, abuse and neglect, incarceration, and isolation. These challenges lead to levels of stress that can be toxic to the young, developing brain and without the buffer of strong, nurturing relationships this can result in long-term emotional/behavioral, learning and health problems.

A COMPREHENSIVE INFANT/EARLY CHILDHOOD MENTAL HEALTH MODEL

Child First is provided by a team consisting of a mental health clinician and a care coordinator, who support a family through both joint and individual sessions depending on the identified needs. In addressing concerns proactively and early in the family's development, the Child First intervention serves to positively change the ways in which the family system operates, leading to heathier trajectories for the family in the long term.

- **Two-Generation, Mental Health Treatment:**
  Master's level mental health clinician facilitates the development of responsive, nurturing parent-child relationships that can protect the child's developing brain from stress and adversity AND promote behavioral health and cognitive development.

- **Comprehensive Care Coordination:**
  Family resource partner provides hands-on support and connection to community-based services for all family members, leading to family stabilization and a reduction in major family stressors (e.g., homelessness, food insecurity, lack of health care, unemployment).

WORKING TOGETHER

Mental Health Clinicians & Care Coordinator:

- Two perspectives adding to the understanding of the family
- Family engagement built on trust and respect
- Family stabilization through service connection
- Comprehensive assessments to develop plan of care
- Mental health consultation in school or daycare settings
- Relationship based psychotherapeutic intervention for both child and caregiver

info@changent.org • www.changent.org

Child First is a program of Changent, a national organization that implements and supports data-driven programs.

Changent
changent.org