



## **Supporting Early Connections**

### ***Relationship-Focused Therapy for Infants, Toddlers and Their Parents***

Supporting Early Connections (SEC) is a voluntary program available to families in dependency court. We provide early intervention mental health services for infants, toddlers and their biological parents designed to address the child-parent relationship and the child's mental health. SEC is a collaborative effort that provides training and consultation to the justice, child welfare and mental health systems.

Navos, a community mental health agency, provides ten months of Child-Parent Therapy to families enrolled in SEC. Child-Parent Therapy typically includes: providing information on typical child development, parent coaching, play therapy, modeling appropriate behaviors, helping parents understand the meanings behind child behaviors, emotional support, helping parents understand how their own relationship and trauma experiences impact their parenting, crisis intervention, case management, and practical assistance.

The Navos therapist meets an average of once a week with the child and parent in their home, or at another comfortable place in the community. A Navos Family Support Specialist provides concrete support for families to help them stay engaged in therapy and their court-ordered services. Navos also administers child, parent and relationship well-being screenings, and refers families for additional assessment or services, if needed.

### **How Supporting Early Connections and Navos Can Contribute to This Meeting**

- Provide ideas for supporting the developmental needs of the infant or toddler during transitions.
- Report on the family's progress in Child-Parent Therapy services, including:
  - Child-Parent treatment goals
  - Quality of the child-parent interaction
  - Identified developmental needs of the child
  - Parental involvement and participation in therapy
  - Identified barriers
- Explain relevant screening results for child, parent and relationship well-being.

*For more information on Supporting Early Connections, please contact Kelly Warner-King, SEC Project Coordinator, at [kwarnner-king@ccyj.org](mailto:kwarnner-king@ccyj.org) or 206-696-7503, ext. 19*

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