

# Project Broadcast presents an *Attachment and Biobehavioral Catch-up* Learning Community

## PROJECT DATES

**July 13, 2015 12–1 pm**  
Information Call #1

[To Join WebEx click here](#)  
Meeting #: 730 044 622  
Password: ABC2015

**OR (choose 1)**

**July 15, 2015 12-1 pm**  
Information Call #2

[To Join WebEx click here](#)  
Meeting #: 737 085 164  
Password: ABC2015

**July 29, 2015**

Applications Due  
[Click here for Application](#)

**August 5, 2015**

Applicants Selected for  
Interview Process

**August 19, 2015**

Team Selection  
Announcements

**September 16-17, 2015**

Learning Session 1:  
*Project Orientation and  
Attachment Theory 101*

**October 26-28, 2015**

Learning Session 2:  
*Model-Specific Training*

**May 18-19, 2016**

Learning Session 3:  
*Advanced Practice and  
Sustainability Planning*

## Learning Community Information Guide



### Look inside to find....

- Information about this **FREE** state-of-the art training in Attachment and Biobehavioral Catch-up (ABC)
- Information on the benefits of participation
- Important expectations to consider as you prepare for this learning experience



# Project Background and Overview



Thank you for your interest in the Project Broadcast Attachment and Biobehavioral Catch-Up (ABC) Learning Community! The goal of this project is to support the adoption and Implementation of the evidence-based intervention ABC in North Carolina. This Learning Community is funded by the North Carolina Division of Social Services through Project Broadcast, an Administration for Children and Families (ACF) funded project designed to equip the child welfare system to be more trauma-informed.

Developed by Dr. Mary Dozier at the University of Delaware, Attachment and Biobehavioral Catch-up (ABC) is a brief intervention for caregivers of young children (ages 6-24 months) who have experienced early adversity. The California Evidenced Based Clearinghouse for Child Welfare has rated ABC a 1 (highest rating) with high Child Welfare system relevance. This ten-session, evidence-based, parent training intervention targets infants and young children and focuses on reducing risk factors through enhancing the quality of interactions and the relationship between the child and parent/caregiver (Dozier et al., 2006).

ABC is provided in-home and relies heavily on the use of video recording and parent homework to provide parents/caregivers opportunities to use their own experiences with their child as a means of addressing attachment problems and associated dysregulation in child behavior and physiology. Each session incorporates "in the moment" feedback for parents to focus attention and efforts on three key behaviors associated with secure attachment: following the lead, delight, and not being frightening. The result is a decrease in insecure attachment behaviors in the child and an increase in parent/caregiver provision of care that helps the child develop organized attachment relationships and regulate stress-related physiology and disruptive behaviors (Dozier et al, 2006; Dozier, Peloso, Lewis, Laurenceau, & Levin, 2008).

The following pages highlight the innovative training approach that will be utilized during this project and how to apply for this exciting opportunity.

## Project Faculty and Consultants

### Clinical Faculty

**Karen Carmody, PhD**, Assistant Professor,  
Department of Psychiatry and Behavioral  
Sciences, Duke University Medical Center,  
Center for Child & Family Health

**Charlene Walton, MA**, Family Support Worker,  
Center for Child & Family Health

### Key Project Consultants

**Mary Dozier, PhD**, ABC Developer, Amy E.  
Dupont Chair of Child Development, University  
of Delaware

**Caroline Roben, PhD**, Assistant Professor,  
University of Delaware

### Senior Leader Faculty

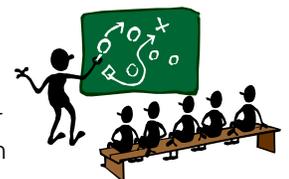
**George Ake III, PhD**, Associate Professor,  
Department of Psychiatry and Behavioral  
Sciences, Duke University Medical Center,  
Center for Child & Family Health

### Project Team

**Dina Gerber, LCSW**, Project Manager, Center  
for Child & Family Health

**Jim Jingoian**, Improvement Advisor, NC Child  
Treatment Program, Center for Child & Family  
Health

**Angela Tunno, PhD**  
Postdoctoral Fellow,  
Project Assistant, Center  
for Child & Family Health



# Learning Community Overview



Training through this project will be conducted within the framework of a **learning community** and is designed to provide instruction in ABC, enhance fidelity, increase practice uptake, and overcome implementation barriers specific to the intervention.

The Project Broadcast ABC Learning Community is based on guidelines established by the National Center for Child Traumatic Stress. These guidelines, as published in "The NCCTS Learning Collaborative Model for the Adoption and Implementation of Evidence-Based Mental Health

Treatment" (NCCTS, 2008), describe the underlying quality improvement methodology used by the model and how it can be used to disseminate evidence-based interventions at the community level. The result will be an integrated training and quality improvement process.

The project aims to serve agencies providing services to CPS/DSS-involved children ages 6 to 24 months along with their primary caregivers in the home. Selected agency-based teams will receive training and consultation in ABC sufficient to meet national training standards for parent coaches as developed by the Dr. Mary Dozier and the University of Delaware Infant Caregiver Project. In addition, agency administrators will attend learning sessions to facilitate discussion regarding infrastructure and readiness issues related to initiating and sustaining an ABC program at the community level.

## Project Mission

- **To improve access for young children and their families in NC to the evidence-based intervention, Attachment and Biobehavioral Catch-up (ABC), implemented with fidelity.**
- **To build organizational capacity necessary for participating agencies to implement, sustain, and continue to improve the delivery of ABC and other EBTs.**

## Who should apply?

NC agencies serving CPS/DSS-involved children are encouraged to **assemble an implementation team**

and apply for participation in the learning community.

Teams should **complete this application collaboratively.**

Teams must include **at minimum** an agency senior leader and two parent coach trainee participants. (A maximum of 5 parent coach applicants may apply per agency.)

***Interested agencies serving CPS/DSS-involved infants and their caregivers should assemble a team and apply!***

# Agency Requirements for Participation



Successful implementation of ABC at the community level requires commitment from agency leaders to provide the resources necessary for their providers to implement the model with skill and fidelity. The first indication of this commitment is the completion of the learning community application. As teams work through the application they should expect to engage in discussion regarding readiness and resources. The following requirements have been identified by the project and the developer as agency requirements for training:

- Agency must serve CPS/DSS involved children within the appropriate age range (6 to 24 months ) and their caregivers for a length of time sufficient to complete treatment (10 weeks).
- Agency must allow time for provider trainees to participate in ongoing training and consultation for approximately 12 months.
- Agency must provide or be able to provide in-home services.
- Agency must have the ability to videotape sessions and to provide playback of these segments both within sessions with families and during web based consultation calls. *(Please see "costs for participation" on the last page for a more detailed list of equipment needs.)\**
- Agency must provide internet access for all implementation team members to engage in on-line training and consultation calls and access to training resources.
- Agency must have the capacity to provide standardized clinical assessments for each ABC client.
- Senior leader must participate actively in training sessions and action period activities.
- Agency will designate a staff member to collect data for monthly metrics and participate in calls and activities related to these metrics as required through the project.

*\* Agencies that are interested in participating in the LC but do not yet have recording equipment are still eligible to apply. Such agencies are encouraged to explore ideas when completing the application and reach out to the project manager to discuss options.*

# Participation Requirements



Interested agencies must apply as an Implementation Team for admission to the Learning Community. Teams must include an agency administrator (called a Senior Leader in the Learning Community), and between two and five ABC parent coach trainees.

Once enrolled in the Learning Community, agency ABC Implementation Teams will be required to participate in a number of face-to-face and distance education activities in order to fulfill the training requirements as outlined below. These requirements meet or exceed those established by Dr. Mary Dozier and the University of Delaware Infant Caregiver Project.

Training and consultation requirements for Agency ABC Implementation Teams include:

- Completion of an Organizational Readiness Assessment and Implementation Plan.
- Attendance and participation in a two-day Learning Session (project orientation and overview of attachment theory and practice) in Durham, NC, on September 16-17, 2015.
- Attendance and participation in a three-day Learning Session (specific to becoming a parent coach in the intervention) in Durham, NC, on October 26-28, 2015.
- Submission of monthly data required for project tracking of implementation progress.
- Attendance and participation in a two-day Learning Session (focused on advanced practice and sustainability planning) in Durham, NC, on May 18-19, 2016.

In addition, ABC parent coaches trained through this Learning Community will be required to:

- Participate in weekly 30-minute individual case consultations and weekly 60-minute group case consultation calls with project faculty.
- Attend and participate in monthly hour-long Learning Community calls.
- Demonstrate case experience mastery (e.g., fidelity to the model) that will be assessed through the case consultation. Consultation will commence immediately after the three-day intervention training session in October and conclude upon completion of required ABC cases (no later than September 30, 2016).
- Complete three cases to the satisfaction of the assigned faculty member and University of Delaware staff. At the completion of the trainee parent coach's third case, faculty and University of Delaware consultant will review all training data and make a determination regarding certification to practice ABC independently.

Senior leaders will be required to:

- Attend designated days of learning sessions.
- Attend and participate in monthly hour-long Learning Community Calls.
- Participate in bi-monthly group calls among participating senior leaders to discuss issues related to implementation of ABC.



## Costs for Participation

Selected implementation teams will be able to complete this training **free of charge**. However, there are costs associated with participation that will remain the responsibility of the participating agency. These costs include:

- Staff time and travel costs associated with participating in all face-to-face learning sessions
- Staff time for weekly ABC consultation meetings (1.5 hours) and monthly Learning Community team meetings (1 hour)
- Agency resources necessary to utilize required clinical assessment measures
- **Agency resources necessary to record sessions, re-play these videos within session, and transmit these videos electronically to training faculty for weekly review and consultation.** (These requirements include a laptop with a camera, a microphone, video-editing software and Microsoft Excel; a digital camera with the option to turn off the HD feature; a tri-pod; and internet access at the agency (not needed in the field.))

## Information Calls

To receive more information about the Learning Community and to ask questions, please join us on WebEx for either one of two information calls. The link for each call is on the front page.

***If having trouble with WebEx, please use the phone number 1-800-920-7487 Code 1761624# to participate.***

## Application Process

This application can be found at:

<http://tinyurl.com/nacmweg>

**Applications should be completed collaboratively by agency teams.**

The deadline for receipt of completed applications is **5:00 PM July 29, 2015.**

Project staff will notify teams of their application receipt by e-mail. If a team does not receive this notification, they are responsible for contacting project staff to determine if the application was received. Incomplete applications or those received after the deadline will not be considered for participation in this training cycle.

Acceptance will be a two-part process. Qualified parent coach applicants will be invited to participate in an interview to gather additional information by August 5, 2015.

**Final team selection decisions will be made by August 19, 2015.**

Questions regarding the application can be directed to: Dina Gerber at [dina.gerber@duke.edu](mailto:dina.gerber@duke.edu) or 919-385-0787.