

Implementing Attachment and Biobehavioral Catch-up in the Community and Adapting for Various Populations

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Implementing in community

- As a field, dismal results
- Few interventions implemented with adequate fidelity to model (Santa Ana, et al., 2008)

The mistakes

- Lack of agency commitment
- Lack of time/investment of parent coaches
- No screening
- Training and supervision problematic
- Fidelity (what we wanted parent coaches to do) not quantified
 - We had not yet articulated how parent coach would support change
 - We had not yet quantified intervention fidelity assessment

Fidelity

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Fidelity

- How do we want parent coaches to deliver intervention?
- How will we know when implementing as intended?

In-the-moment commenting predicts change in parenting

- In-the-moment commenting predicts parenting behavior

- Higher frequency of on-target comments
- More components included in comments



- Greater increases in parent following lead and greater decreases in intrusiveness

Iterative process

- Through supervision, asked parent coaches to make more comments
 - Didn't increase in frequency
- Developed system for quantifying comments
 - Provided feedback regarding performance

Overall Summary of Comments	
Total Number Opportunities	5
Total Number Comments	4
Number On Target Comment	4
% On Target Comments	100.0%
# Missed Opportunities	1
% Missed Opportunities	20.0%
On-Target Comments/Minute	0.80
Ave. Number Components (+)	2.00
Ave. Number Components (-)	1.00

Iterative process

- Through supervision, asked parent coaches to make more comments
 - Didn't increase in frequency
- Developed system for quantifying comments
 - Provided feedback regarding performance
 - Still many did not increase in frequency
- Asked parent coaches to code themselves
 - The key!

How to disseminate effectively...

- Buy-in from agencies
- Clear fidelity criteria
- Specify and screen for strong candidates

Screening

- Critical to specify what we want to see in parent coaches
 - Clinicians who believed in importance of nurturing and behaving in sensitive ways
 - Clinicians who could do what we needed: present manualized content while making in the moment comments

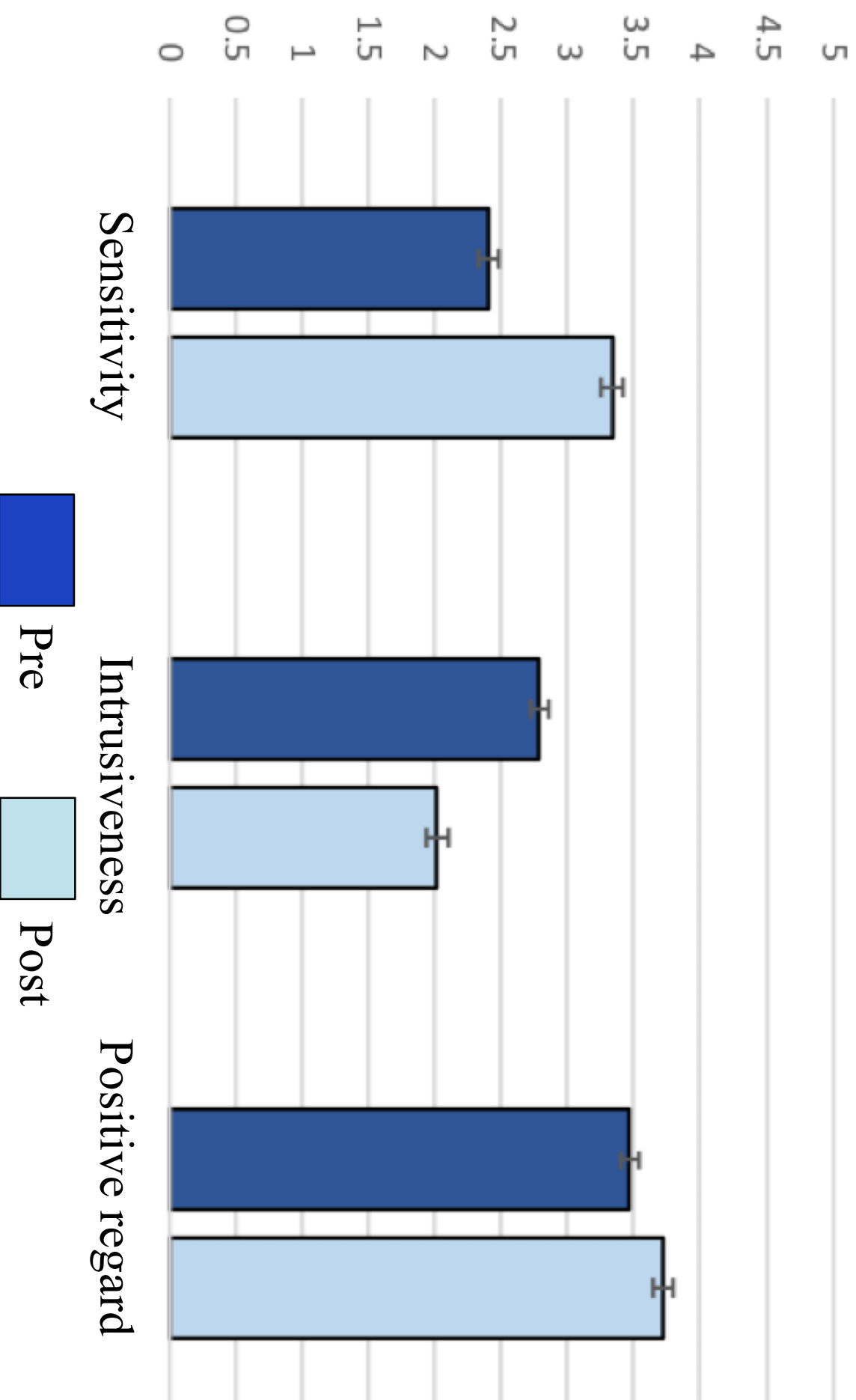
Screening

- In interview:
 - Have potential parent coaches make in the moment comments in response to videos
- Mini-AAI (secondary)

How to disseminate effectively...

- Buy-in from agencies
- Clear fidelity criteria
 - Provides feedback to parent coach, to us, to supervisors
 - Clear criteria for being certified and rostered
- Screen for strong candidates
- Training, supervision, certification all carefully aligned with quantifiable fidelity criteria

Pre- and post-intervention parenting behaviors in community (n=315, 18 sites, 36 parent coaches)



Toddler adaption (ages 2-4)

- Emerging needs for autonomy while still relying on parent
- Difficult to regulate emotions and behaviors
- Need parent as a co-regulator

Social learning vs. attachment approach

- Social learning
 - Better stating of limit
 - Clear time-out with no fussing
- Attachment
 - Child needs parent as co-regulator
 - Stay available physically and psychologically to overwhelmed child

Adapting ABC for toddlers

- **Nurturance for distressed child**
- Following the lead of non-distressed child
- Helping the child when overwhelmed, distressed, frustrated

ABC for Toddlers

- Parent stays physically and psychologically available
- Parent helps her child regulate
- Parent coach scaffolds/coaches the parent through
 - Frequent comments

ABC for Toddlers:

- Enhances child's ability to regulate behavior especially under challenging conditions

Infants exposed to substances prenatally

Adapting for parents identified before infants' birth for being at risk

- Early months mother particularly “plastic” – open to change at brain and behavioral level
- Important to set on pathway
- But how to practice when there's no baby

Infants of mothers who are dependent on opioids and other substances

- Dysregulated behaviorally and biologically
- Hard to soothe
- Mothers/parents compromised
 - Especially feelings of guilt

ABC well suited

- Sensitive, responsive care
 - Nurture when distressed
 - Sensitive, contingent responsiveness
 - Protection from over-stimulation

Modified ABC for mothers who are dependent on opioids

- Starts prenatally (instead of at infant age of 6 months)
 - Practice/comments with infant simulator prenatally
- Sessions spread out
 - 1 pre-natal session, 11 postnatal starting at birth

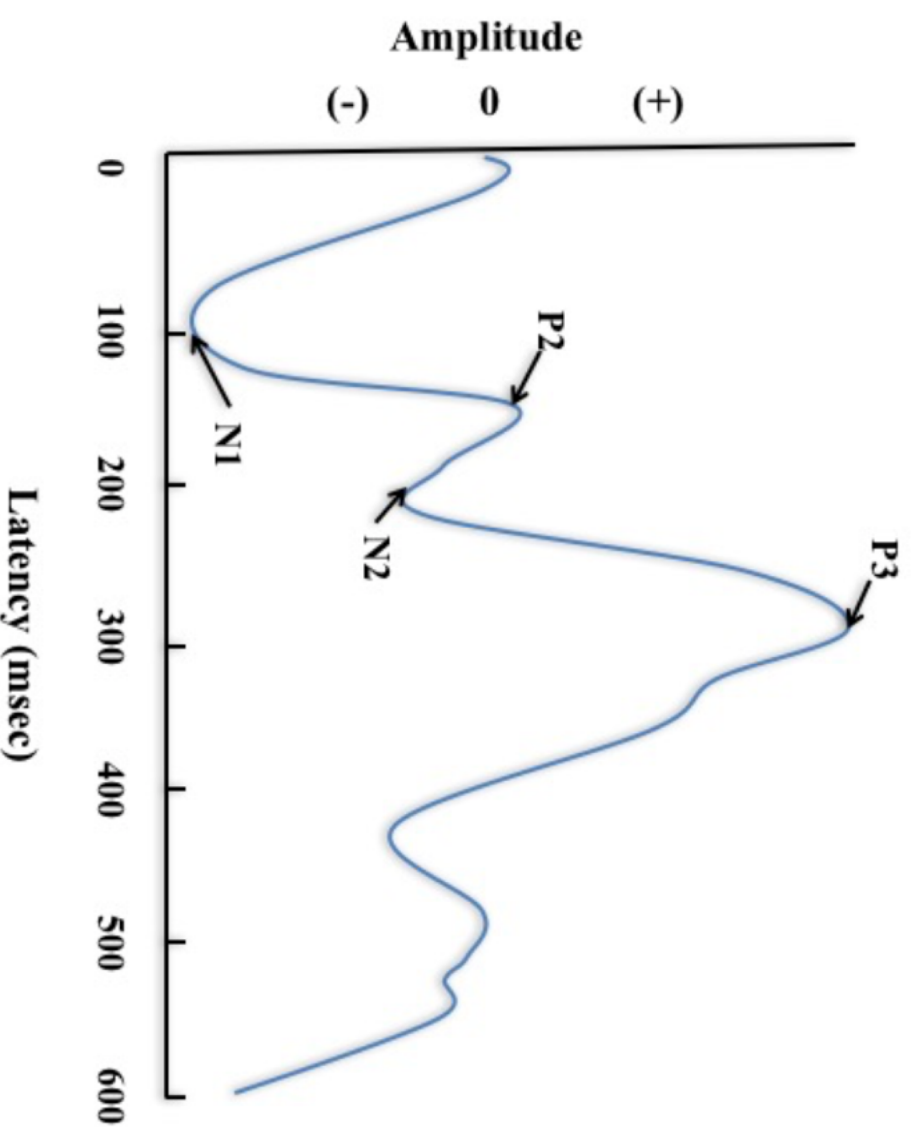
Strategy

- Keep ABC targets central
 - (still about nurturing and following lead while supporting these additional components)
- Make comments in the moment even in prenatal visits

Clinical trial now under way

- Maternal
 - Sensitivity
 - DNA methylation
 - Autonomic nervous system regulation
 - Brain response to substance vs. baby cues

Can we change P300 in response to baby relative to drugs?



Clinical trial

- Child

- DNA methylation
- Autonomic nervous system regulation
- Brain structure and function
- Cortisol production
- Attachment

Enhancing visitation between birth parent and child in foster care

- The problems?
- **Child**
- Birth mother
- Foster carer

Visitation

- The problems?
- Child
- **Birth mother**
- Foster carer

Targets for Fostering Relationships

- For child
 - Make visit less traumatic
- For birth parent
 - Help birth parent not feel rejected
 - Enhance birth parent behavior during visit
- For foster parent
 - Help foster parent support birth parent (enhance relationship)
- For all
 - Ensure continuity
 - Decrease time to reunification

How implemented

- Train mentor to work with birth parent
 - Anticipate feeling of rejection, re-interpret
 - Follow the child's lead
- Train foster parent to make comments that support birth parent

Fostering Relationships

- Support birth parent
 - Help her anticipate feeling pushed away
 - Give her tools to engage child
- Support foster parent
 - Help her know how to support birth parent
- Support child
 - Foster mother available
 - Birth mother more engaging