Building Bridges: An Agency’s Perspective on Implementing an Early Childhood System of Care

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The Charles County Local Management Board (LMB) is the recipient, on behalf of the Southern Maryland counties of Charles, Calvert, and St. Mary’s, of a four-year (9/30/2015 – 9/29/2019) system of care (SOC) grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).
As a collaborative initiative, BRIDGE is led by the Charles County LMB with the University of Maryland School of Social Work (UMD SSW) and is set out to achieve the following:

- Create a tiered model of early childhood services delivered within community and natural settings as well as clinic based services,
- Fund evidence-based direct services to address mental health concerns in children birth to 5 and their families,
- Create a replicable early childhood training and workforce development model,
- Create a social marketing campaign to engage families in services,
- Create a replicable and sustainable financing model for delivering services.
BRIDGE Partnerships & Service Array
Services Provided Under BRIDGE

- Parent Cafes
- Circle Of Security Parenting (COS-P)*
- Enhanced Early Childhood Mental Health Consultation (E-ECMHC)*
- Care Coordination
- Attachment and Bio-Behavioral Catch-Up Program (ABC)
- Parent Child Interaction Therapy (PCIT)
- Child Parent Psychotherapy (CPP)

*Services Provided by The Promise Resource Center
BRIDGE Tiered Targeted Services

In addition to the targeted tiers of EBPs offered, BRIDGE funds support Care Coordination (COMAR – Targeted Case Management) for the birth – 5 population in the tri-county area as well as the development and implementation of an "Enhanced ECMH Consultation" model, adding clinical assessment and in-home supports to families of children served by the model in childcare settings.

Both CCO & E-ECMHC are intended to serve the needs of children and families across the three tiers of service intensity.
The mission of The Promise Resource Center (PRC) is to improve the quality of care that children receive so that they can thrive and be successful, by educating, guiding, and informing all who are involved in children's lives.
Agency History

- PRC evolved out of the Southern Maryland Interagency Consortium for Children and Families, Inc.
- In 1998, PRC (formerly Southern Maryland Child Care Resource Center) became the Child Care Resource Center for the Southern Maryland Region.
- PRC was funded by the Maryland State Department of Education in 2006 to provide Early Childhood Mental Health Consultation to the tri-county area.
- The agency continued to evolve its services to provide family-center programs.
PRC Services before BRIDGE

**Child Care Services**
- ECMHC
- Capacity Building
- Technical Assistance (TA)
- Infant & Toddler TA
- Provider Trainings
- Social Emotional Activities Kit Classroom Edition

**Family Services**
- In-Home Parenting/Behavior
- Community Supervised Visitation
- Co-parenting Class & Coaching
- Women’s Empowerment
- Circle of Security Parenting (COS-P)*
- Family Workshops
- Social Emotional Activities Kit Home Visitor Edition
PRC’s Partnership with BRIDGE

• Previous Executive Director assisted in development of the initial BRIDGE grant proposal

• Joined the Executive Leadership team midway through the first year of the grant

• Awarded the contract for Enhanced Early Childhood Mental Health Consultation and Circle of Security in January 2017

• Developed the E-ECMHC program
Maryland’s ECMHC Project through MSDE

• Pilot program in 2002
• Expanded across state in 2006
• Bachelor’s level providers with backgrounds in early childhood, education, social work/mental health
• Uses Social Emotional Foundations for Early Learning (SEFEL) model as a framework
• 96% of all children served remained in their current care setting or moved to more appropriate setting
ECMHC

• Provided in early care and educational settings (ECE)
• Collaborative approach between consultant, provider, and parent
• Indirect services
• Holistic approach that focuses on prevention and intervention
• Strengths based
<table>
<thead>
<tr>
<th>Project First Choice/ECMHC</th>
<th>E-ECMHC</th>
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<tbody>
<tr>
<td>• Program length: 2-3 months</td>
<td>• Program length: 4-6 months</td>
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<tr>
<td>• Typically 5-6 classroom visits total</td>
<td>• Up to 2-3 classrooms visits/week</td>
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<td>• Child-focused cases only</td>
<td>• Child and/or Classroom-focused</td>
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<td>• Bachelor’s level consultants with knowledge in mental</td>
<td>• Master’s level, licensed counselor/social worker</td>
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<td>health and early childhood education settings</td>
<td>• Increased level of support to providers</td>
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<td>• Support to providers</td>
<td>• Weekly consultation with parents with possibility</td>
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<tr>
<td>• Parent involvement with possible home visit</td>
<td>to complete multiple home visits</td>
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Classroom-Focused

- Up to 2 visits per week for 3 months, reduce frequency as appropriate
- Utilizes the SEFEL pyramid approach as a framework
- Increase the capacity of ECE settings to promote social-emotional development in children
- Help providers maintain children with challenging behaviors in high quality ECE settings
- Beginning to incorporate Practice Based Coaching
Growing Pains

• Identifying potential issues

• Territorial concerns

• Breaking down silos (can’t we all just get along)

• Program crossover

• Increased communication
Circle of Security Parenting: A Relationship Based Parenting Program

- Based on over 50 years of research on attachment
- Designed to enhance the bond and security in the parent-child relationship
- Uses video clips to facilitate discussions about attachment
- Parents reflect on experiences of being parented and how this impacts the relationship with their own child
Rolling Out COS-P

• Initially difficult to get off the ground
• Leaning on existing partnerships
• Bringing the program to the people
Building Capacity

- Increased workforce by two licensed mental health professionals
- Potential to offer a wider array of services
- Possibility of additional revenue through insurance (What services are billable?)
Professional Development

- COS-P
- Early Childhood Service Intensity Instrument (ECSII)
- The Chicago Parenting Program
- DC:0–5 Training (this fall)
- Practice Based Coaching
- Teaching Pyramid Observation Tool (TPOT)
- Fussy Baby
- Strengthening Families Program
Increased Agency Presence at State and Local Levels

• Developed/strengthened local partnerships
• Southern Maryland Consortium of Care for Children
• Maryland Early Childhood Mental Health Steering Committee
• Maryland SEFEL Leadership
• SEFEL Master Cadre
Funding Streams for PRC

- **LMB:** E-ECMHC, COS-P (BRIDGE Services)
- **MSDE:** ECMHC
- **Maryland Family Network:** CCRC, TA, I&T
- **County Governments:** Novo In-Home Parenting, Provider Trainings, Early Learning Back Packs
- **Local Judy Centers:** Provider Trainings, Family Workshops
- **United Way:** Family Workshops, COS-P
- **DSS:** SFP
- **Fee for Service:** CoParenting, Training, Supervised Visitation, Novo In-Home Parenting Program, In-Home Behavior Program
Getting the Most Out of Your SOC Experience

• Look for opportunities
• Build relationships at local and state level
• Be a team player
• Cheerlead for your system of care
• Ask for assistance
More Information:

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PRC Website: www.thepromisecenter.org

BRIDGE Website: www.somdbridge.org

BRIDGE Newsletter (send email to sign up at piec@ssw.umaryland.edu)