

Child-Adult Relationship Enhancement (CARE)

Target Population

CARE is used with children from ages 2-7 who have a history of trauma and display problem behaviors as a result. This treatment can be used by clinical and non-clinical staff individuals who come into contact with children.

Treatment Setting

This treatment was created to be implemented in varying settings.

Length/Frequency of Treatment

CARE consists of 6, 90-minute sessions.

Referral Process

Outpatient providers delivering CARE can be accessed by calling the providers in the provider directory.

Website:

<https://www.cincinnatichildrens.org/research/divisions/m/mayerson/ttc/schedule>

Overview

Child-Adult Relationship Enhancement (CARE) is a training model used to help develop positive parenting skills to assist caregivers of children with disruptive behavior or experiences of trauma in improving the adult-child relationship. These skills can be used by non-clinical adults to assist children as well as their caregivers within multiple settings. CARE skills are **not** crisis management skills but provide a foundation of skills for parent-child relationship improvement and compliance.

Core Components

CARE is comprised of **two main parts**:

- 1) Part I** involves developing a series of skills which help build a strong relationship between a child and caregiver.
- 2) Part II** involves learning skills which improve compliance utilizing giving good, effective instructions that increase the likelihood of child compliance.

Trainers utilize skills training, role playing, and psychoeducation to teach CARE skills to caregivers.

CARE in the DBHIDS Network

DBHIDS established the Philadelphia Alliance for Trauma Services (PACTS), to serve you with traumatic stress and behavioral disturbances. Providers participating in PACTS receive training and ongoing implementation support for delivering CARE by expert trainers. Performance assessment and evaluation is conducted by the University of Pennsylvania.

For more information visit:

<http://www.philadelphiapacts.org>