

Culturally Adapting Evidence-Based Interventions

Did you know that in addition to providing training and technical assistance, CARRE also runs funded pilots of adapted evidence-based mental health interventions with partner organizations? Hopefully you've seen our calls for expressions of interest in the past (and we encourage you to keep an eye out for one more next year), but if you haven't seen them, now you know that one of our main objectives is to ensure that evidence-based interventions are available and meaningfully accessible for children and families who have experienced forced displacement. We are excited to share with you a little more about our adaptation work below.

[Attachment Vitamins](#)

Attachment Vitamins was developed by the University of California San Francisco (UCSF) as a prevention/early intervention program based on the principles of Child-Parent Psychotherapy, an evidence-based intervention, relationship-based treatment for young children exposed to trauma. Attachment Vitamins is designed for caregivers of children under the age of six, aiming to enhance their understanding of child development, the effects of stress and trauma, and the importance of maintaining a positive child-parent relationship through a group-based model.

The CARRE pilot for forcibly displaced caregivers included the usage of culturally and linguistically appropriate resources and supports. Through the work of nine implementing organizations, the pilot project supported the facilitation of sixteen groups in clients' preferred languages including Arabic, Congolese Swahili, Dari, French, Pashto, Spanish, and Ukrainian. Ninety-two parents and caregivers were engaged in Attachment Vitamins, impacting approximately 290 children under the age of 18 years old.

All participants completed a baseline and endline survey to assess whether there were any differences in outcomes before and after the intervention. Baseline and endline standardized measures showed improvement in parenting self-efficacy, and parental stress. There were no significant differences in outcomes by primary language of participants which suggests success of the adaptations and cross-cultural efficacy of the intervention. Participant feedback showed that the pilot was useful, helpful, in line with their culture and values, and provided them with a better sense of connection to themselves and their child(ren). One participant noted "It was in my language, so it helped me understand a lot of things. The group was same culture as me and hence it was easy to exchange experiences." While another explained "My mind was disturbed when I first came here but I've learned how to calm myself and therefore my kids. My blood pressure has dropped and my health has improved." Facilitators also had positive experiences, with all of them expressing a desire to continue offering Attachment Vitamins.

We are deeply grateful to UCSF for their partnership and support in the adaptation and piloting process and to our piloting partners that support children and families who have experienced forced displacement:

- Heartland Alliance, Marjorie Kovler Center, Illinois
- International Rescue Committee in Spokane, Washington
- Jewish Family Services of Western New York, New York
- KY STEPS + University of Louisville (CPRR), Kentucky
- Las Cumbres Community Services, New Mexico
- Mother Africa, Washington
- New Neighbors Partnership, New Jersey
- Northern Virginia Family Service, Virginia
- One World One Love (OWOL) + NJ Refugee Assistance Partners, New Jersey
- Early Trauma Treatment Network, UCSF, California

Parent Child-CARE (PC-CARE)

Parent-Child Care (PC-CARE) is a seven-session treatment program for families that provides support and skill building opportunities to strengthen the caregiver-child relationship, build upon children's strengths, and learn new child behavior management strategies. Developed by the University of California Davis (UC Davis), PC-CARE provides parents and caregivers with the opportunity to learn and practice caregiving skills to support children ages 1 to 10 who may be engaging in challenging behaviors.

PC-CARE was developed for use with children who have a history of traumatic experiences, loss, and disruptive transitions, which can act as a catalyst for behaviors such as difficulty respecting boundaries, frequent emotional outbursts, anger, and/or aggressive behavior. Through the CARRE pilot, it is being adapted for families who have experienced forced displacement, taking into account parents and caregivers who share similar experiences and face significant stress with relocation, resettlement, and adaptation often need additional support and skills to manage such behaviors and restore a sense of safety.

CARRE is thrilled to have begun partnering with UC Davis, Church World Service Orange County (California), and Cornerstone (New Jersey) this year in the piloting of PC-CARE with Dari, Ukrainian and Spanish speaking families who have experienced forced displacement, and we can't wait to share their experiences after the end of the pilot project!

Looking Ahead

CARRE was pleased to provide over \$175,000 in funding to community-based organizations to become trained in and pilot Attachment Vitamins and PC-CARE. Organizations were chosen through a blind selection process after submitting an Expression of Interest (EOI). EOIs are open to all community-based organizations that serve forcibly displaced children and families and are seeking to implement evidence-based, culturally resonant interventions to support families on their healing journey. Be on the look-out for a new EOI which is expected to be released in early 2025.