

Executive Summary

In FY24, IRC's Center for Adjustment Resilience and Recovery (CARRE) launched a pilot initiative, PC-CARE, adapting the University of California, Davis (UC-Davis) evidence-based program for families with children between the ages of one and ten who have experienced forced displacement. PC-CARE aims to enhance caregiver understanding of child development, the effects of stress and trauma, and the importance of maintaining a positive child-parent relationship. The pilot involved trained Afghan and Ukrainian facilitators from two organizations who implemented four or six PC-CARE sessions with thirty caregivers and children from Afghanistan and Ukraine. Facilitators coached caregivers in the activities of PC-CARE. Data was collected at baseline, endline, and weekly, along with qualitative feedback from both facilitators and caregivers at endline.

The results showed significant improvements in caregiver and child relationships:

- Parent-Child Interaction Quality Index (PCIQI) results indicated significant decreases in child behaviors needing to be addressed (full sample ($p < .001$)).
- Caregiver PRIDE statements (positive parenting skills; Praise, Reflection, Imitation, Description, and Enjoyment) significantly increased (full sample ($p < .001$)).
- Caregiver AVOID statements (**parenting techniques to be avoided; Questions, Commands and Negative Talk**) significantly decreased (full sample ($p = .015$)).
- Child and Adolescent Trauma Screen (CATS) severity scores (for children ages 7-17) scores significantly decreased ($p = .001$) over time.

Although Early Childhood Traumatic Stress Screen (ECTSS) ($p = .28$), Kessler Psychological Distress Scales (K10) ($p = .08$), and Pictorial Pediatric Symptom Checklist (PPSC) ($p = .09$) measures were not statistically significant, mean scores suggest reductions in posttraumatic stress symptoms for children, stress symptoms for caregivers, and certain emotional and behavioral problems in children.

Weekly Measurement of Child Behavior (WACB-N) scores indicated that children developed better emotional regulation skills (full sample ($p < .05$)). Furthermore, 100% of caregivers reported improvements in their children's problem behaviors.

Caregiver and facilitator feedback was overwhelmingly positive. All caregivers reported that PC-CARE fits with their religious and/or cultural values. Caregivers appreciated the skills learned, the facilitators sharing their culture, and the improved relationships with their children. The main feedback was the limited availability of the program. Facilitators found the program transformative but recommended more resources for referrals, extended consultation calls, and access to data for funding applications.

Overall, the program was well-received, with organizations seeking additional funding to continue the initiative. Read the full report [here](#).