We know: Exposure to trauma can derail a child’s development.

Traumatic events that lead to out-of-home placement can hinder children’s development into healthy, caring and productive adults.

We know: The right services at the right time matters.

If children receive immediate access to high-quality, developmentally-focused interventions, they will be better equipped to recover from adverse childhood experiences.

We know: Caregivers with the right tools can change things.

If caregivers, including parents, are specifically equipped with knowledge and strategies to manage traumatic reactions, they can intervene in a supportive, therapeutic manner that is essential to achieving permanency and improving the well-being of children.

How will IB3 support you and the families you serve?

You have just received a case for a young child under the age of four. You understand that time is of the essence and getting that child and the important people in his or her life into quality services is crucial to achieving permanence. IB3 will support you by:

- linking the family to high-quality services in a timely manner;
- clarifying recommendations in the IA; and
- helping you develop strategies to engage the family in IB3 services.

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**What is IB3?**

DCFS is conducting a five-year Title IV-E Waiver Demonstration project through the Children’s Bureau of the Administration for Children and Families. The demonstration project, titled the *Illinois Birth through Three Waiver: Child and Family Intervention* or “IB3” will provide therapeutic and psycho-educational services to children aged birth through three, their parents and their caregivers. The demonstration will serve children entering care in Cook County who are under the age of four. The official implementation will take place from July 1, 2013 through June 30, 2017.

Families from nine agencies and two DCFS offices in Cook County will be able to participate in the waiver. Two developmentally-focused parent training and support intervention programs, the *Nurturing Parenting Program* and the *Child-Parent Psychotherapy Program*, will be implemented with targeted cases to address the developmental effects of maltreatment and trauma and to promote attachment with permanent caregivers. The programs are administered by the DCFS Office of Child Well Being.

**How are children identified?**

Trying to understand how trauma may affect an infant or toddler is a challenge. A very young child can’t talk about his feelings like older children or adults do, but he can express himself through his behavior, how he interacts with others and through his play. In Cook County, new tools have been built into the Integrated Assessment to assist in the screening of infants and young children exposed to traumatic experiences.

**What are these interventions?**

**Child Parent Psychotherapy (CPP):**

Infants and toddlers who are assessed to be at the highest level of risk and their caregivers will receive Child Parent Psychotherapy (CPP) as the primary treatment model. This model may be used with any caregiver; therefore the therapist can target the intervention to foster caregivers, birth parents or both.

The primary goal of CPP is to support and strengthen the relationship between a child and his or her parent (caregiver) as a means of restoring the child’s sense of safety, attachment and social/emotional development.

**Nurturing Parenting Program (NPP):**

Infants and toddlers who are assessed to be at a moderate-low level of risk and their birth parents and/or caregivers will receive NPP: a competency-based group intervention with home coaching. IB3 offers a version for parents (16 weeks) and foster caregivers (8 weeks). The model focuses on:

- nurturing;
- empathy;
- learning new skills for discipline; and
- appropriate expectations for their child’s developmental needs.