

Child Adult Relationship Enhancement (TeleCARE)

What is TeleCARE?

Telehealth delivered - Child Adult Relationship Enhancement

TeleCARE is a public health approach to preventing disruptive behaviors in children:

- A trauma-informed **prevention program** for anyone who works with children
- Two 2-hour online workshops that can be tailored to individual settings' needs
- CARE is based on principles of the well-known and effective intervention program of Parent Child Intervention Therapy (PCIT)
- CARE strategies are based on decades of research in child development and behavior management

Our goal is for EVERYONE to use good behavior management and relationship building skills, so this is modeled for children and families across settings.

- CARE uses the **3 P skills (Praise, Paraphrase, Point Out Behavior)** to connect with children.
- Strategies are taught for **giving directions** in a way that children are most likely to follow through.
- We also cover a set of ignoring techniques to redirect problematic behaviors.
- CARE can also include a trauma or developmental disability education component to contextualize the use of these skills with these populations.

Who is TeleCARE training for?



Mental health providers, such as psychiatrists, licensed therapy providers, case managers, attendant care, and respite workers

Education professionals, such as teachers, head start or daycare providers, paraprofessionals

Medical providers, such as pediatricians/family medicine doctors, nurses, OT, PT, SLP

Foster care caseworkers, foster parents, child victim advocates

Receptionists and other support staff who come in contact with children

Anyone who wants to interact with children in a positive and meaningful way!

Recruitment audience:

If you are 18 years or older, speak English, and work with children in a community mental health center, child care center, school, or similar setting.

Why choose TeleCARE?

TeleCARE is a new iteration of the CARE program that is under study- to better understand how to apply the principles of this interactive workshop in a virtual setting.

Research shows attending CARE workshops leads to...

For **children** of attendees:

- Fewer behavior problems
- Less anxiety

For **parents** attending:

- Greater sense of empathy for their children
- Greater value for child autonomy
- Less use of ineffective discipline

For **providers**

(including behavior specialists) attending:

- High quality, would recommend to colleagues
- Useful for those with and without behavior training/expertise
- Provides novel ways of teaching parents skills