

## Behavioral Health Resources for Schools

### Evidence-Based Practice: Child-Parent Psychotherapy (CPP)

Child-Parent Psychotherapy (CPP) is an intervention model for children aged 0-5 who have experienced at least one traumatic event and/or are experiencing mental health, attachment, and/or behavioral problems, including posttraumatic stress disorder.<sup>1</sup> The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a means of restoring the child's sense of safety, attachment, and appropriate affect; and improving the child's cognitive, behavioral, and social functioning.<sup>2</sup> CPP is a Medicaid covered service and is recognized as an evidence-based program by SAMHSA's. See the SAMHSA resource center for evidence-based programs and practices <https://www.samhsa.gov/ebp-resource-center> and the California Evidence-Based Clearinghouse for Child Welfare [www.cebc4cw.org](http://www.cebc4cw.org)



NEBRASKA  
RESOURCE PROJECT  
FOR VULNERABLE  
YOUNG CHILDREN

The Nebraska Resource Project for Vulnerable Young Children (NRPVYC) is a major partner in expanding Child-Parent Psychotherapy (CPP) in Nebraska.

**Resources** provided by NRPVYC include trauma referral tools, guides to trauma therapy and a CPP provider list in Nebraska.

<https://www.nebraskababies.com/cpp>.

**Training:** NRPVYC conducts CPP training for those wishing to become a CPP provider. It begins with a three-day training. Upon completion of the initial training, trainees participate in two consultation calls each month for 18 months and receive two CPP Intensive Sessions (2 days each) at 6 and 12 months. Applications will open September 5, 2018 to apply for the 2019 CPP training cohort. If selected, initial training is January 30 through February 1, 2019. To apply, go to:

<https://www.nebraskababies.com/process-become-cpp-provider>

<sup>1</sup> National Child Traumatic Stress Network

<sup>2</sup> Nebraska Resource Project For Vulnerable Young Children