



## PROVEN RESULTS\*



68%

DECREASE IN CHILD LANGUAGE PROBLEMS

64%



DECREASE IN MATERNAL DEPRESSION OR MENTAL HEALTH PROBLEMS



42%

DECREASE IN CHILD AGGRESSIVE AND DEFIANT BEHAVIORS

40%



REDUCTION IN CHILD WELFARE INVOLVEMENT

*\*Child First was evaluated with a randomized controlled trial (RCT) with strong positive outcomes. (Child Development, January/February 2011)*

States with Child First Affiliate Sites:  
CO, CT, FL, LA, NM, NC, PA

## ABOUT CHILD FIRST

Child First is an evidence-based, mental health home visiting program that partners with families, infants, and young children from pregnancy through age 5, to enhance strong, loving relationships.

### HEALING CHILDREN AND FAMILIES FROM THE EFFECTS OF TRAUMA AND ADVERSITY

Child First succeeds in supporting caregivers and their children process the stresses and traumas in their lives while enhancing healthy patterns of interactions between them. The intervention serves families and children, from birth to age five, experiencing multiple challenges such as extreme poverty, maternal depression, domestic violence, substance use, homelessness, abuse and neglect, incarceration, and isolation. These challenges lead to levels of stress that can be toxic to the young, developing brain and without the buffer of strong, nurturing relationships this can result in long-term emotional/behavioral, learning and health problems.

### A COMPREHENSIVE INFANT/EARLY CHILDHOOD MENTAL HEALTH MODEL

Child First is provided by a team consisting of a mental health clinician and a care coordinator, who support a family through both joint and individual sessions depending on the identified needs. In addressing concerns proactively and early in the family's development, the Child First intervention serves to positively change the ways in which the family system operates, leading to healthier trajectories for the family in the long term.

- **Two-Generation, Mental Health Treatment:**  
Master's level mental health clinician facilitates the development of responsive, nurturing parent-child relationships that can protect the child's developing brain from stress and adversity AND promote behavioral health and cognitive development.
- **Comprehensive Care Coordination:**  
Family resource partner provides hands-on support and connection to community-based services for all family members, leading to family stabilization and a reduction in major family stressors (e.g., homelessness, food insecurity, lack of health care, unemployment).

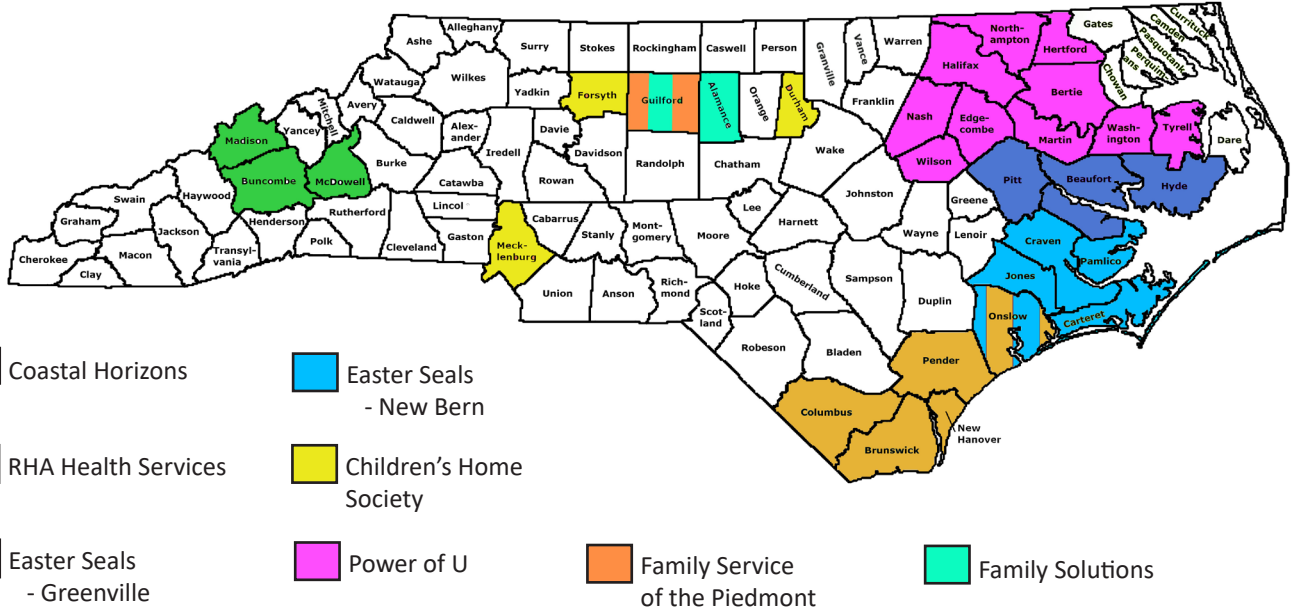
## WORKING TOGETHER

### Mental Health Clinicians & Care Coordinator:

- Two perspectives adding to the understanding of the family
- Family engagement built on trust and respect
- Family stabilization through service connection
- Comprehensive assessments to develop plan of care
- Mental health consultation in school or daycare settings
- Relationship based psychotherapeutic intervention for both child and caregiver



## North Carolina Affiliate Sites



| Child First Affiliate Site Address  | Primary Contact - Email Address<br>Phone Number  | Counties Served   |
|---|--|---|
| <b>Power of U</b><br><br>2317 B Executive Circle<br>Greenville, NC 27858                | Tameika Gay, MSW, LCSW, LCASA<br>Trevor Blue<br>tgay@upliftnc.org,<br>tblue@upliftnc.org<br>(252) 551-5544 (Office)<br>(252) 751-0661 (Fax)  | Edgecombe, Halifax, Washington, Tyrrell, Bertie, Martin, Hertford, Northampton, Nash, Wilson Counties |
| <b>Easter Seals – Greenville</b><br>600 Lynndale Court, Suite D<br>Greenville, NC 27858 | Earlisha Leach<br>earlisha.s.leach@eastersealsucp.com<br>(252) 689-6024  | Beaufort, Pitt, Hyde Counties   |
| <b>Easter Seals – New Bern</b><br><br>281 Neuse Blvd.<br>New Bern, NC 28562             | Christine Perrotto<br>Courtney Barrett<br>christine.perrotto@eastersealsucp.com<br>courtney.barrett@eastersealsucp.com<br>(252) 636-6007 x1362   | Carteret, Craven, Onslow, Pamlico, Jones Counties   |
| <b>Coastal Horizons</b><br><br>330 Shipyard Blvd<br>Wilmington, NC                      | Tiffany Salter, Katie Muzyk<br>Suzanne Nardozi, Jessica Stone<br>tsalter@coastalhorizons.org, kmuzyk@coastalhorizons.org<br>snardozi@coastalhorizons.org, jstone@coastalhorizons.org<br>(910) 202-3155 | Columbus, Pender, Brunswick, New Hanover, Onslow counties   |
| <b>Children's Home Society</b><br><br>604 Meadow Street<br>Charlotte, NC                | Katie Robinson, Elizabeth McLaughlin, James Turner<br>Krobison@chsnc.org, Edehostos-mclaughlin@chsnc.org, jturner@chsnc.org<br>(800) 632-1400  | Mecklenburg, Forsyth, Durham Counties   |
| <b>Family Solutions</b><br><br>231 N. Spring St.<br>Greensboro, NC 27401                | Markela Batts<br>markela@famsolutions.org<br>(336) 899-8800 x22  | Alamance, Guilford & adjacent surrounding areas   |
| <b>Family Service of the Piedmont</b><br><br>902 Bonner Drive<br>Jamestown, NC 27282    | Abriana Trower<br>abrianna.trower@fspcares.org<br>(743) 837-0065   | Guilford County & adjacent surrounding counties   |
| <b>RHA Health Services</b><br><br>356 Biltmore Avenue<br>Asheville, NC 28801            | Lelia Allen<br>leila.allen@rhanet.org<br>childandfamilyreferrals@rhanet.org<br>(828) 254-2700<br>(828) 713-1749  | Buncombe, Madison, McDowell counties  |