



INVEST IN KIDS works alongside Colorado communities to adopt, implement, and successfully scale proven programs that have the greatest long-term impact on young children and families experiencing poverty.

HOW WE WORK

Trusted Relationships + Evidence-Based Programs + IIK Expert Implementation Supports =

Better futures for Colorado's kids.

PROGRAM APPROACH

Child First is an evidence-based, intensive, early childhood model that works with the most challenged young children and their families, helping them heal from the damaging effects of stress and trauma. Our two generation approach builds strong, nurturing, caregiver-child relationships, promotes adult capacity, and connects families with needed services. This home-based intervention increases emotional health and learning success and prevents child abuse and neglect.

Child First works with young children (prenatal through age five) and their families in the home and via telehealth. Referrals come from both families and providers throughout the community system of care, including early care, education, pediatrics, early intervention, and child welfare.

The Child First model uses a team-based approach to support families, with a Master's level Mental Health/Developmental Clinician and a Family Support Partner providing these key components:

- Psychotherapeutic, two-generation intervention, which helps build a nurturing, responsive, parent-child relationship. This protects the child's developing brain from the damage of chronic stress, heals the effects of trauma and adversity for both child and parent/caregiver, and promotes strong emotional health, cognitive growth, and resilience.
- Provides hands-on connection to broad community-based services and supports for all family members, leading to family stabilization, decreased stress, and utilization of growth-enhancing community resources.
- Executive functioning and the capacity for self-regulation are promoted for both caregiver and child, including memory, attention, planning, organization, and reflection.

OUTCOMES*

- 68% decrease in child language problems.
- 42% decrease in child aggressive and defiant behaviors.
- 64% decrease in maternal depression or mental health problems.

*Child First was evaluated with a randomized controlled trial (RCT) with strong positive outcomes. (Child Development, January/February 2011). Colorado specific outcomes will be available in 2022.

LEARN MORE & CONTACT US

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