



Welcome to the first edition of our BRIDGES Bulletin, where you can find out what we've been working on and learn about opportunities to connect with our work!

What is BRIDGES?

Our Partners:



CAROLE ROBERTSON CENTER
for Learning



The Encompassing Center
Living Your Best Life with positive mental health outcomes

Erikson Institute



NEW MOMS
HOMES · JOBS · STRONG FAMILIES

NōWPōw



BRIDGES (Building Relationships-Generationally Effective Systems), funded by the Illinois Children's Healthcare Foundation, is a collaborative effort by Rush, Community Organizing and Family Issues (COFI), West Side home visiting and doula agencies, and our infant and early childhood mental health partners to help families heal from trauma and build resilience.

BRIDGES seeks to help families heal from trauma and build resilience by:

- Linking families to services that build supportive relationships
- Seeking and implementing interventions that help families heal
- Connecting families to support for social needs
- Addressing and removing barriers to care

For questions or to connect with BRIDGES, email us at BRIDGES@rush.edu.

DC:0-5™ Training Coming This Spring

We recently learned that [Illinois has legislated](#) the use of DC:0-5™ for diagnosis and treatment planning of children under age 5. This change is slated for providers to start using July 1, 2022.

Given this recent policy development, we're excited to be offering DC:0-5™ Training for BRIDGES providers and partners later this Spring. The training will be hosted by two infant and early childhood mental health experts, Vikki Rompala (Chicago Commons VP of Family Hub) and Marcy Safyer PhD, LCSW and IMH-E IVC (nationally endorsed infant mental health clinical mentor). These trainings are being supported by our BRIDGES system of care work, which is funded by the Illinois Children's Healthcare Foundation.

What is DC:0-5™?

DC:0-5™ is a diagnostic and classification system for infants and young children with behavioral health conditions that is a more accurate and contextual reflection of their behavioral difficulties, guiding treatment

for the child in the context of their family, as well as recognizing additional services that may be needed for the family. In this way, it meaningfully centers families while allowing clinicians and researchers to link knowledge about early childhood disorders to treatment approaches and outcomes. Finally, a DC:0-5™ diagnosis may serve to authorize treatment and reimbursement that can ultimately fuel expansion of necessary services for families with young children.



Interested in learning more about DC:0-5™ training opportunities offered through BRIDGES? Take a look at our [flyer](#) to see upcoming training dates or reach out via email to Avelina Padin (Avelina_C_Padin@rush.edu) and/or Vikki Rompala (rompalav@chicagocommons.org).

Circle of Security in the BRIDGES Community



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children

What is Circle of Security?

Circle of Security (COS) was initially developed as a parent group focused on training parents and caregivers to build supportive, secure relationships with their children. COS has since evolved to include training for providers who work with families, teaching them to carefully



observe and support healthy relationships among parents/caregivers and their very young children. Importantly, COS is grounded in attachment theory and developmental neuroscience and is trauma-informed and culturally responsive.

Circle of Security in the BRIDGES Community (cont'd)

“Feeling secure in the presence of a loving, dependable caregiver is like being offered a second skin that protects during times of stress”

- Raising a Secure Child by Hoffman, Cooper, & Powell

Why train providers in COS?

One critical aim of BRIDGES is to develop a network of providers prepared to meet the unique needs of families of children ages 0-5 who have been impacted by trauma. We understand that **trauma can impact family relationships.**

When we first learned about the COS framework, we worked quickly to incorporate this training into the BRIDGES system, as we believe it creates a powerful shift in how providers understand and work with families.

We're thrilled to announce opportunities for parents and multidisciplinary providers to receive training and support with Circle of Security!

So far, we have supported training for 22 multidisciplinary BRIDGES providers, including pediatricians, clinical psychologists, social workers, and mental health trainees.

Read what one provider had to say about her training experience:



Emily Wolodiger, Ph.D.
Pediatric Psychologist
Building Early Connections Team
Rush University Medical Center

"The Circle of Security training and ongoing consultation have reframed the way I think about young children and their families. As a child and adolescent psychologist predominantly trained in cognitive and behavioral therapies, my background in attachment theory was lacking prior to the CoS training. I am much more attuned now to child-caregiver relationship dynamics and how those may be affecting the behaviors of each player in the family system. This shift in my conceptualization has changed how I intervene with families on a day-to-day basis."



Circle of Security in the BRIDGES Community (cont'd)

We have since expanded COS training to 12 additional individuals, including home visitors and family support specialists from two of our partner agencies: Gads Hill Center and New Moms.



If your agency is interested in receiving COS training for providers, please reach out to [Avelina Padin \(Avelina_C_Padin@rush.edu\)](mailto:Avelina_C_Padin@rush.edu).

Circle of Security Parent Groups at Carole Robertson Center for Learning



CAROLE ROBERTSON CENTER
for Learning



There has been a lot of excitement around the **Circle of Security parenting workshops** that Carole Robertson Center for Learning is offering! Although workshops are currently full, we encourage families and providers to check out the [program flyer](#) to learn more.

Any questions about the program or future workshops can be directed to Candice Washington at cwashington@carolerobertsoncenter.org.

Happy Spring from BRIDGES



For general inquiries related to BRIDGES, please contact us as BRIDGES@rush.edu