

## RIR embraces a systems approach to enhance the social-emotional development of Nebraska's young children.

Rooted in Relationships (RIR) is an initiative that partners with communities to implement evidence-based practices that enhance the social-emotional development of children, birth through age 8. One part of this initiative supports communities as they implement the *Pyramid Model*, a framework of evidence-based practices that promote the social, emotional, and behavioral competence of young children, in selected family childcare homes and childcare centers. In addition, each community establishes a multi-disciplinary stakeholder team charged with developing and implementing a long-range plan to influence the early childhood systems of care in the community and support the healthy social-emotional development of children. RIR is currently supporting six communities (Cohort 1-Dawson, Dakota, and Saline Counties and Cohort 2- Dodge, Hall, and Lancaster Counties) in these efforts.

### Community Early Childhood Systems of Care

Dawson, Dakota, and Saline Counties completed a community mapping process as part of their long-range planning.

Three key strategies emerged across RIR communities as a result of the planning process:

1. Expanding developmental screening, specifically social-emotional screening
2. Enhancing parent engagement through Circle of Security™-Parenting (COS-P)
3. Increasing public awareness

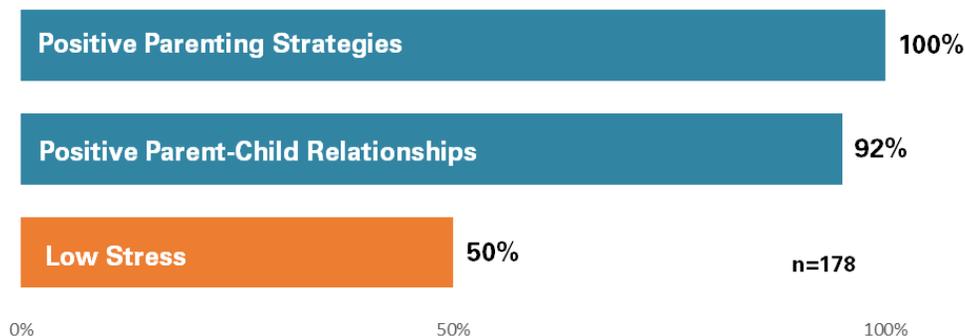


### Participants' parenting skills improved significantly\* after participation in COS-P.

**Circle of Security™-Parenting** is an 8-week parenting program based on years of research about how to build a strong parent-child relationship. It is designed to help parents learn how to respond to their child's needs in a way that enhances the attachment between parent and child. This year there were 190 participants.

Most of the participants met the program goal in adopting positive parenting strategies and positive relationships with their children.

Participants' stress decreased after participation in COS-P.



“This is the best parenting class I have taken and I have taken a few over the years. **It has made a huge difference in ME** and how I handle situations with my children.”

A parent evaluates COS-P

## Pyramid Model Implementation



The **Pyramid Model** is a framework of evidence-based practices that promote social-emotional competence in young children and prevent and address challenging behaviors. The model is designed as a promotion, prevention, and intervention framework built on the foundation of a high quality workforce. The three tiers of the Pyramid Model include:

1. Nurturing and responsive relationships and high quality learning environments;
2. The intentional teaching of social-emotional competencies such as play skills and emotional regulation;
3. Individualized interventions for children who need additional supports such as a positive behavior support plan.

During the first 18 months of the project :

**20 coaches** have supported

**82 center and home-based providers** in

**39 programs** impacting over

**850 children**

The Pyramid Model was implemented in child care settings:

**62%** were **center-based**

**38%** were **home-based**



**Center and home-based providers increased their fidelity to the Pyramid Model in the first year.**

**Centers increased their fidelity to the Pyramid Model, achieving fidelity in one area and approaching fidelity in four additional areas.**

**Programs are meeting the fidelity benchmark in the area of "All classrooms adopting Pyramid practices."**



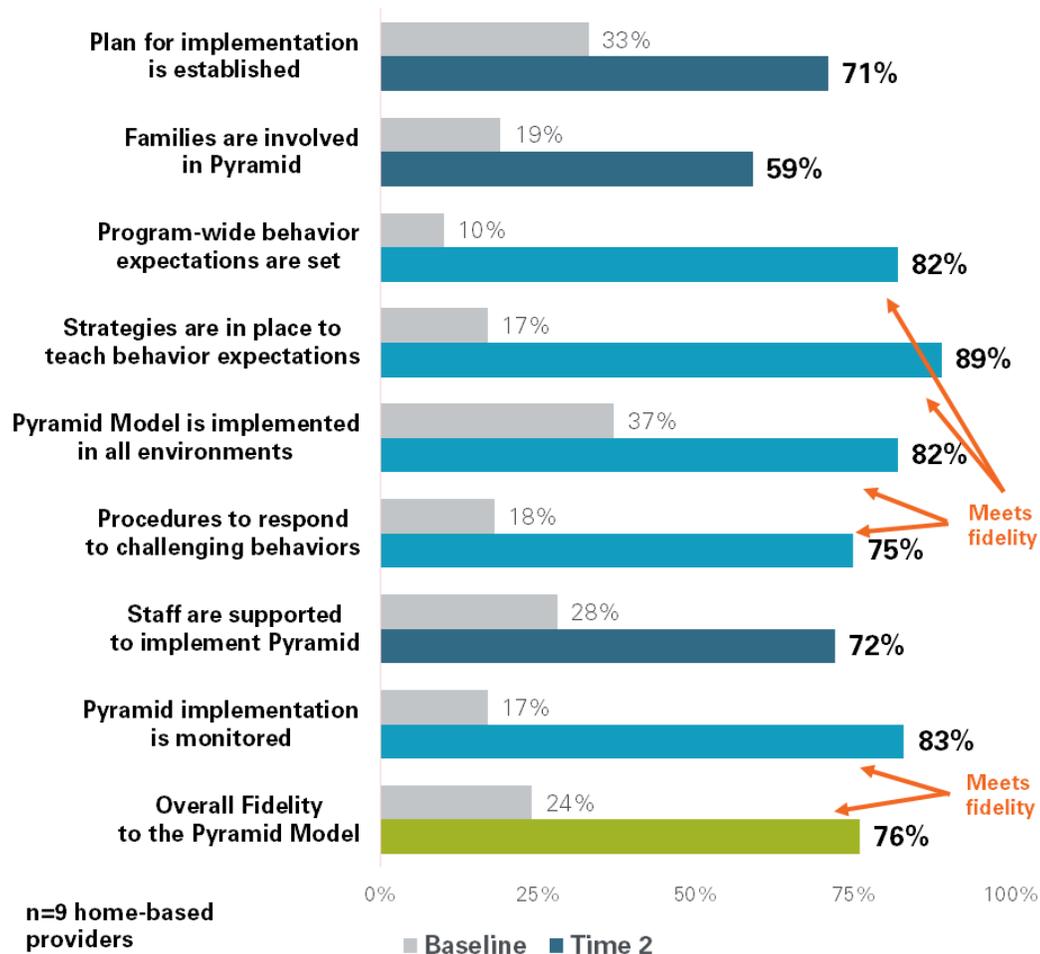
Collaborate

Evaluate

Improve

## Pyramid Model Implementation

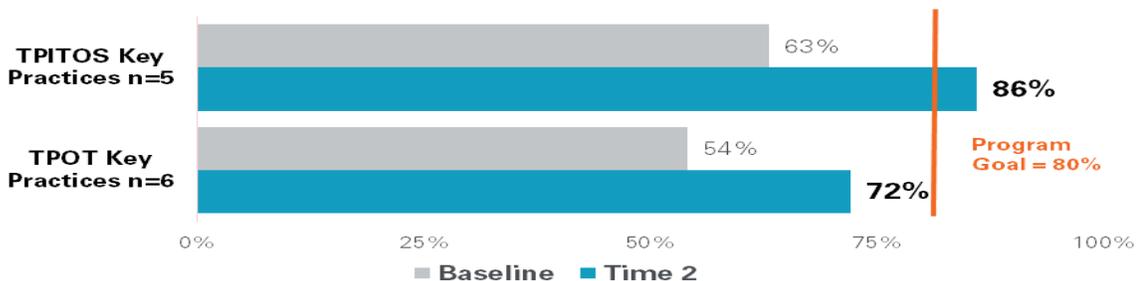
**Home-based providers increased their fidelity to the Pyramid Model in the first year, achieving fidelity in 6 areas.**



### Coaching made a difference.

**Classroom Pyramid practices improved in the first year.**

**On average, infant-toddler classrooms met the quality indicator goal by the second observation, but preschool classrooms did not.**



**Providers reported a significant\* increase in their skills as a result of participation in Rooted in Relationships .**

\*Significance at the <.001 level, two-tailed test

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## Statewide System of Care Efforts

### RIR is building statewide capacity to support early childhood systems of care

- RIR, through cross agency collaboration, has helped to align activities across statewide initiatives.
- RIR and partners continue to standardize processes for coach training, methods of communication among coaches, strategies for reducing coaching overload, and alignment of coaching processes and practices across initiatives.
- RIR has supported the inclusion of social-emotional strategies within the Step Up to Quality menu of options.
- RIR sponsored training and doubled the number of approved Child-Parent Psychotherapy (CPP) certified mental health providers.
- RIR has developed infrastructure supports, reflective consultation, marketing materials, facilitator networking, and evaluation to support statewide implementation of Circle of Security™-Parenting.

RIR collaboration with statewide partners has resulted in **common processes** across initiatives and has **promoted alignment** of cross-agency activities.



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[www.rootedinrelationships.org](http://www.rootedinrelationships.org)

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