

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



## SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

### Main Facility

500 Hancock, Saginaw, Michigan 48602

### Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

### 24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

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

CS Approved— June 2020



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Child-Parent Psychotherapy (CPP)

An Evidence-Based Practice

## What is Child-Parent Psychotherapy (CPP)?

Child-Parent Psychotherapy (CPP) is trauma-treatment specific therapy for young children from birth through age 5 and their parents or caregivers who have experienced a traumatic event. CPP:

- Supports family strengths and relationships
- Helps families heal and grow after very stressful or traumatic experiences
- Respects family and cultural values



## What Does CPP Help?

For children who have been through traumatic, scary or painful events such as loss of a loved person, separation, serious medical procedures, abuse, or violence at home or in the community, CPP may help when:

- Children show difficult behaviors
- Children have emotional struggles
- Children have a change in placement or caregivers
- Family members have physical health or mental health difficulties
- Caregivers would like help with parenting and improving parent-child relationships

## For More Information

Discuss CPP eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

## What Happens During CPP?

We work together in three stages:

### 1. Getting to know the child

We spend time meeting alone with parents/caregivers to understand the family's:

- Needs and challenges
- Strengths and values
- History and experiences

If needed, we connect families to resources and services. We make a plan for how CPP will help your family.

### 2. Addressing Families' Needs

We usually meet once a week with the parent/caregiver and child.

If old enough, we first help children understand:

- Who we are
- Why they are coming
- What we will do together

We often use toys because young children show feelings and thoughts through play and we may meet alone as adults.

We help parents/caregivers and children to:

- Understand each other
- Talk and play about difficult experiences
- Respond to difficult feelings and behaviors
- Create a family story that leads to healing

### 3. Wrapping Up & Planning for the Future

- We celebrate changes families have made
- We talk about how parents/caregivers made changes happen
- We consider how endings and goodbyes may bring up different feelings
- We talk about what will be needed in the future