



ATTACH™ (Attachment and Child Health Program) was developed and evaluated as an effective intervention program for parents of preschoolers at risk of experiencing early adversity (i.e. family violence, parental depression, or poverty). The quality of parent-child relationships is negatively affected by family violence, depression, and low income. These factors can affect children's mental health and development throughout their lifespan. Parental reflective function (RF), defined as the ability to understand one's own and a child's thoughts, feelings, and mental states, promotes strong parent-child relationships and buffers the adverse effects of early adversity. It supports positive parent-child relationships, by strengthening the social and emotional competence of parents in their interactions with their children.

Our research with 90 families revealed a significant improvement in reflective functioning, parent-child relationship quality, and children's mental health and development. Due to high demand of the in-person ATTACH™ program during COVID-19 pandemic, we developed an Online Program and pilot-tested it with community partners and parents. ATTACH™ Online Program addresses a gap in services focused on reflective functions when used in conjunction with agencies providing broader services such as housing and counseling.

We are pleased to inform you that we have received funds to implement and evaluate the ATTACH™ Online Program with 100 more families with children aged 0-36 months! The Attachment and Child Health (ATTACH™) Program is currently training new facilitators to deliver it online via Zoom.

Most of our agency partners are women's shelters that serve children and mothers who have been victims of intimate partner violence. Our principle partner agency, the Alberta Council of Women's Shelters, includes Brenda Strafford Centre (Calgary), Catholic Social Services, Children, Families, and Community Services (Edmonton), Central Alberta Women's Emergency Shelter (Red Deer), Discovery House Family Violence Prevention Society (Calgary), Home Next Door (operated by WINGS; Edmonton), Julietta's Place (Red Deer), LaSalle Second Stage Shelter (Edmonton), and WINGS (Women in Need Growing Stronger) of Providence (Edmonton). Highbanks and Hull Social Services are also partner agencies, serving parents and children suffering from mental illness.

For more information, please visit <https://attach.teachable.com/>.