



A BRIEF SNAPSHOT OF THE WASHINGTON INNOVATION CLUSTER

Project Sites

Children's Home Society of Washington: statewide non-profit serving over 40,000 children and parents in a variety of center-based and home-based models

- Seattle – King County, WA
- Vancouver, WA
- Walla Walla, WA

Childhaven: non-profit, therapeutic, child care organization for vulnerable children

- Seattle, WA
- Auburn, WA

Educational Service District 112: program delivery for school districts in southwest Washington

- Vancouver, WA

Centralia College: two-year, post-secondary institution serving over 4,000 students

- Centralia, WA

Hope for the Future Childcare: provider of home-based child care and preschool

- Richland, WA

Pilot Interventions

Game Playing

Researcher: Silvia Bunge, UC Berkeley

- A 20-week, cognitive, gameplay program targeting children's executive function skills (i.e., cognitive flexibility, working memory, impulse control). This intervention also incorporates mindfulness techniques for improving attention and response inhibition.
 - Childhaven

Dyadic Game Playing

Researcher: Silvia Bunge, UC Berkeley

- A two-generation, cognitive, gameplay program targeting both child and caregiver executive functioning in order to increase key parenting skills, improve child behavior and promote caregiver-child interaction. Caregivers are coached in skill-building games to build their own skills and learn how to engage in collaborative play with their children; children play cognitive games with the caregiver and in the classroom.
 - Centralia College
 - Childhaven

SEACAP: Social-emotional and Academic Success for Children and Parents

Researcher: Liliana Lengua, University of Washington

- A 6-week, parenting program designed to promote young children's developing executive function by engendering effective parenting strategies known to contribute to the development of executive function and by supporting those parenting strategies by building parent self-regulation through mindfulness and emotion regulation practices.
 - Educational Service District 112
 - Children's Home Society of Washington

Attachment Vitamins

Researcher: Alicia Lieberman and Annmarie Hulette, UC San Francisco

- A 9-session, 15-minute per session, informational, psycho-education component targeting attachment and toxic stress in the parent-child relationship.
 - Children’s Home Society of Washington
 - Centralia College

FIND: Filming Interactions to Nurture Development

Researcher: Phil Fisher, University of Oregon

- A 10-week, strengths-based, video coaching program targeting parent-child interaction by reinforcing naturally occurring supportive parent behaviors, drawing on the concept of “serve and return” to promote healthy brain development.
 - Children’s Home Society of Washington
 - Hope for the Future Childcare

Play For Success

Researcher: Melissa Clearfield, Whitman College

- A 2-week, 15-minute per day, focused play intervention designed to help boost object exploration in low-income infants in order to strengthen focus of attention and problem solving skills in the infants.
 - Children’s Home Society of Washington

Attention Bias Modification Treatment

Researcher: Nathan Fox, University of Maryland

- An 8-session, computer-based intervention to reduce anxious symptoms and/or anxiety disorders in youth and parents of children birth to five years old by changing the target mechanism (reducing attention bias to threat) that may underlie and cause anxiety symptoms in children, adolescents and adults.
 - Children’s Home Society of Washington

Domains in which Core Measures are Being Employed

Parent and Child Maltreatment History

Parenting Behavior

- Parenting attitudes
- Parental reflective functioning
- Parenting sense of competency
- Video-coding of parent-child play

Adult Stress

- Parenting stress
- Teacher stress

Executive Function

- Emotional regulation
- Cognitive flexibility
- Inhibitory control/sustained attention

Child Development

- Social-emotional development
- School achievement
- Temperament
- Language
- Problem behaviors and risk-taking
- Sensitivity

Preliminary Findings

Game Playing

Childhaven-Round 1: After 10 weeks of game playing, children demonstrated significant improvements in cognitive flexibility, on average, and those who were rated as less emotional prior to the intervention showed larger improvements after the training. This suggests that basic emotion regulation skills, such as those targeted by other FOI interventions, could contribute to improvements in training other executive function abilities.

Childhaven-Round 2: After 20 weeks of game playing, children demonstrated significant improvements in inhibitory control. However, the data implied that children need a solid foundation of sustained attention and inhibitory control skills prior to training their cognitive flexibility, a higher-level ability that was tapped in Round 1. Future work will build on these findings to scaffold the gameplay program accordingly, and will incorporate ecological measures of children's behavior change.

Dyadic Game Playing

Centralia College. Children showed marginal improvements in cognitive flexibility but attendance at game-play sessions was correlated with the amount of improvement, suggesting that increased attendance predicts increased improvement in cognitive skills.

Childhaven. Visual analysis of preliminary findings demonstrated decreased parental negativity and increased warmth and scaffolding behaviors.

SEACAP: Social-emotional and Academic Success for Children and Parents

Educational Service District 112. Preliminary findings are limited due to the small number of participants, but parents did demonstrate substantial improvements in warmth and scaffolding behaviors and decreases in negativity. Parents also provided useful feedback on suggested alterations to the program, such as activities to incorporate younger children.

Children's Home Society of Washington. Initial data analysis is in progress

Attachment Vitamins

Centralia College. Initial data analysis is in progress

Children's Home Society of Washington. Limited data were collected due to difficulties with implementation and attrition however useful feedback was obtained from parents who did not like the individualized format for delivering the intervention. The next round will test the potential benefits of a group setting for parents.

FIND: Filming Interactions to Nurture Development

Children's Home Society of Washington and Hope for the Future Childcare. Children demonstrated significant increases in both self-regulation and in their total level of protective factors which encourage positive child outcomes despite risk factors such as poverty or maltreatment. The next round will focus on improving parenting skills in fathers.

Play For Success

Children's Home Society of Washington. Initial implementation being conducted

Attention Bias Modification Treatment

Children's Home Society of Washington. Initial implementation being conducted