**0-5 Thrive**

A Program of Metrowest Behavioral Health Center at JRI

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### Program Overview

Any parent knows how important and exciting, and yet how challenging, their children’s early years are. Having the support of family, friends, and a community of parents can help ease families through the busy early years as children experience a period of rapid growth and development. As a parent you are the most important person in your child’s life during this time, serving as teacher, comforter, mediator, and playmate. As a result, many demands are placed on parents that can test a parent’s strength and resources.

Metrowest Behavioral Health Center wants to be a part of your family’s larger support network. Our newest program, **0-5 Thrive**, offers parents a variety of services to help support your family through these early years.

### Services

The services offered through **0-5 Thrive** are designed to meet the needs of all families raising a young child. Services vary from group-based support to individual consultation.

### Parent Groups

**Circle of Security Parenting (COS-P)** is an 8-week group for parents of children 18 months - 5 years old. The group is designed to enhance the bond and sense of security for both parent and child in their relationship by:
- Building greater attunement between parent and child by helping parents better understand their children's needs
- Inviting parents to reflect on their own experiences of being parented and how it impacts parenting their own child(ren)
- Providing a supportive environment in which parents can focus on their strengths and struggles and benefit from the experience of sharing with other parents

Includes videos, handouts and group discussion facilitated by a registered Circle of Security Parent Educator.

Parenting Your Toddler is a 6-week group for parents of children 2 – 4 years old. Using techniques from Parent-Child Interaction Therapy, a proven parent training intervention, this group provides strategies for managing a range of behavioral challenges from the every day to the more extreme. Group leaders provide education about development, attachment, and temperament and work with parents to understand the strategies that will be most effective for their child. Group members are encouraged to build connections as a way of sharing ideas and providing support to each other within the group.

Includes handouts and group discussion facilitated by trained and experienced clinicians/parent educators.

Parent-Child Interventions

Parent-Child Interaction Therapy – Adaptations (PCIT-A) is a proven parent training intervention that teaches parents of 2 - 6 year olds specific behavior management techniques as they play with their child. PCIT-A focuses on improving the parent-child relationship and increasing children’s positive behaviors. PCIT-A is unique from other kinds of parent training in that the parent and child practice skills through play while the parent is actively coached by a clinician.

Infant Parent Psychotherapy (IPP) allows for parents and their infants/toddlers (ages 0 - 3) to form a relationship with a developmentally-focused clinician who supports the family in developing a positive and mutually satisfying relationship. Sessions involve meeting with a clinician with the child present. Through shared observation and positive play interactions, caregivers' attunement with and understanding of their child's development grows, supporting healthy attachment between parent and child. Challenges such as fussiness, soothing, predicting developmental change, and adults’ feelings about parenting are addressed in the context of this focused relationship support intervention.
Sensory Motor Arousal Regulation Treatment (SMART) is a treatment designed for children with complex trauma and their caregivers. Developed in collaboration with sensory integration occupational therapists this treatment intervention uses equipment such as big pillows, weighted blankets, gym mats, and big balls to better help children calm themselves and become more organized, playful and expressive in their every day lives. Caregivers learn new ways to co-regulate their children, and to help them heal and grow, facilitating strengthening of bonding and attachment. As caregivers gain new tools, SMART therapists guide them in how to bring new learning home.

Individual Parent/Family Interventions

Individual Consultation is the most versatile and diverse service offered as it is specifically designed to meet the unique needs of each family. Topics that can be addressed within the context of consultation may include:

- Developing strategies to manage difficult/challenging child behavior
- Understanding child development and attachment
- Parenting a child with a history of trauma
- Enhancing bonding and attachment after adoption
- Providing guidance to families considering adoption
- Supporting families who are struggling with their infant's crying, sleeping, or feeding during the first year utilizing the Fussy Baby Network (FBN) intervention.

Adult Therapy includes specialized adult therapeutic services available to address issues related to:

- Infertility
- Loss and grief related to miscarriage or loss of infant
- Postpartum depression

Contact Kristina Konnath at 978-264-3500 x3510 for more information about 0 - 5 Thrive or to make a referral.
Clinician Bios

**Dawna Gabowitz, Ph.D.** is the Clinical Director at Metrowest Behavioral Health Center (MBHC). Dr. Gabowitz is a licensed psychologist who specializes in assessment and treatment of children and families and provides a range of clinical services including caregiver consultation and training, and individual, dyadic and family therapy. As the Director at MBHC, Dr. Gabowitz is dedicated to community outreach and ensuring that the Center is fulfilling the needs of the various populations we serve. As the mother of young twins, she is personally aware of the joys and challenges that parenting brings.

**Kristina Konnath, MSW, LICSW**, is the Co-Director of the Pathways to Permanency Program (P2P) at MBHC, a program focused on providing support to foster and adoptive families. Ms. Konnath received her Master’s degree in Social Work from Boston College in 2001. Ms. Konnath has served families impacted by complex and unique challenges for over 12 years as a therapist, consultant, trainer, and evaluator. As a mother to three young children, she has been humbled by the daily challenges of raising healthy and happy children.

**Debbi Shamon, MSW, LICSW**, is a child and family clinician at MBHC. Ms. Shamon received her Masters’ degree in Social Work from Smith College in 2001. Ms. Shamon has worked with families coping with varied challenges for over 12 years in a variety of settings, including residential treatment, outpatient substance abuse treatment, therapeutic preschools, and family support programs. Ms. Shamon completed an advanced certificate in infant maternal mental health, providing her with specialized training on attachment and parenting for very young children. She is also a registered Circle of Security Parent Educator. She finds that her most impactful and intense training has come from being the mother of three children.