



SOUTHERN MARYLAND BRIDGE PROJECT
Building Resiliency for Infancy
through Development, Growth, and Empowerment

WHAT IS THE BRIDGE PROJECT?

BETTER TOGETHER.

The Southern Maryland BRIDGE project is a collaborative effort to build upon the strengths of parents, caregivers, and service providers to better serve young children in Calvert, Charles, and St. Mary's Counties. When we all work together we create an opportunity for discussion, collaboration, and an exchange of ideas and resources related to young children who have behavioral health and other challenges.

Together we will improve outcomes for young children with behavioral health needs and their families through strategic and sustainable financing of an enhanced service delivery system. This includes high-quality, culturally and linguistically sensitive, developmentally appropriate and evidence-informed services and supports.

CARE COORDINATION

Care Coordination is built upon an intensive family-driven, strengths-based planning approach that engages the family, natural supports, and providers to create a comprehensive plan of care to meet the individualized needs of the child and family. The program is open to children and youth between ages two and 18 who are currently involved in the public behavioral health system. Services are offered in the home to accommodate the family.

For Information or Referrals

Center for Children
301.609.9887 center-for-children.org

PARENT CAFÉS

Strengthening Families Maryland Parent Cafés are structured opportunities for parents of young children to come together for reflective conversations on topics which can help to keep their families strong. The strengths-based Parent Cafés help parents to build the Strengthening Families Protective Factors through a welcoming peer-to-peer learning process which also promotes parent leadership and collaboration in a nonthreatening setting. A universal approach to supporting parents of young children, Parent Cafés have been shown to reduce stress and feelings of isolation, increase parenting knowledge and skills, encourage parents to reach out for help when needed, facilitate meaningful relationships, and provide opportunities for parent engagement and leadership.

For Information or Referrals

Maryland Family Network
410.659.7701 marylandfamilynetwork.org

CIRCLE OF SECURITY

Circle of Security (COS) is an early intervention program for parents or caregivers of children from birth through age five. Trained COS facilitators work with caregivers to help them understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and honor the innate wisdom and desire for their child to be secure.

For Information or Referrals

The Promise Resource Center
301.290.0040 thepromisecenter.org

Southern Maryland BRIDGE Project
Building a System of Care



ENHANCED EARLY CHILDHOOD MENTAL HEALTH CONSULTATION

The Enhanced Early Childhood Mental Health Consultation program is a relationship-based, family-centered service that addresses the social and emotional well-being of infants, toddlers, and preschoolers along with the Early Childhood Educators and families who care for them. It builds upon the expertise, perspectives, and resiliencies of Early Childhood Educators and family members while nurturing inherent child strengths and emerging competencies. The services are offered to all children in Southern Maryland who participate in early childhood education settings.

For Information or Referrals

The Promise Resource Center
301.290.0040 thepromisecenter.org

ATTACHMENT AND BIO-BEHAVIORAL CATCH-UP PROGRAM (ABC)

The Attachment and Bio-behavioral Catch-up Program (ABC) is an in-home program to enhance parenting skills and the bond between parent and child. ABC serves infants and toddlers (six to 24 months) who are residents of Charles, Calvert, or St. Mary's Counties, have experienced early adversity, or are foster children. After completing the one hour per week, ten week program, families will have a stronger parent-child bond, and be able to read, identify, and respond to their baby's signals. Children will develop greater trust and reliance upon their caregiver.

For Information or Referrals

Charles County Health Department
301.609.6839 or 301.609.6855

PARENT CHILD INTERACTION THERAPY

Parent Child Interaction Therapy (PCIT) is an evidence-based, family-oriented treatment designed to improve parent-child relationships through child-directed interaction. In PCIT caregivers are coached in the application of specific skills. PCIT is often effective for young children who have experienced abuse or neglect and those who have behavioral concerns.

For Information or Referrals

Center for Children
Calvert County 410.535.3047 Charles County 301.609.9887 St. Mary's County 301.475.8860
center-for-children.org

CHILD PARENT PSYCHOTHERAPY

Child Parent Psychotherapy addresses the ways trauma has affected a parent-child relationship and the family's connection to their culture, cultural beliefs, spirituality, intergenerational transmission of trauma, historical trauma, immigration experiences, parenting practices, and traditional cultural values. This psychotherapy approach is suitable for children up to age six.

For Information or Referrals

Center for Children
301.609.9887 center-for-children.org

BRIDGING THE GAPS FOR YOUNG CHILDREN AND THEIR FAMILIES

Thank you to our partners:

Charles County Government

Charles County Department of Health

Calvert County Government

Calvert County Health Department

St. Mary's County Government

Substance Abuse and Mental Health

Services Administration

Center for Children

Maryland Family Network

Maryland Coalition of Families

The Promise Resource Center

The Institute for Innovation & Implementation,

University of Maryland School of Social

Work

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