

TRANSFORM RESEARCH CENTER



Resources for Parents & Caregivers

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Using Evidence Based Research to Reduce Teen Pregnancy

The episode explores research on child maltreatment as a risk factor for teen pregnancy. Dr. Russotti highlights substance use and pregnancy desire as key indicators, stressing the need for comprehensive interventions that support young parents and address socioeconomic challenges.

PODCAST EPISODES

Support Over Silence

The episode discusses the *Support Over Silence for KIDS* program, which trains community members to support parents in stressful situations, reducing conflict and promoting positive parenting through empathy and communication strategies. Program website: <https://www.supportoversilence.com/>

FACTSHEETS

Child Maltreatment and Relationships in Childhood

How does child maltreatment disrupts attachment, leading to lifelong relational and psychological challenges? We emphasize interventions like Child-Parent Psychotherapy (CPP) and Interpersonal Psychotherapy for Adolescents (IPT-A) to improve mental health and relationships, while noting the protective role of supportive friendships.

Child Maltreatment and Suicide: For Caregivers

What is the link between child maltreatment and suicide risk, while emphasizing the role of burdensomeness, psychological pain, and social isolation? Caregivers can help by validating emotions, fostering supportive connections, and encouraging meaningful activities.

Ghosts & Angels in the Nursery: How Does Child Maltreatment Influence Caregiving in the Next Generation?

We highlight how childhood maltreatment impacts parenting across generations. Negative experiences ("ghosts") increase risk, while positive memories ("angels") offer protection. Breaking the cycle requires support, community, and trauma-informed care.

Parenting Interventions to Help Maltreated Children Succeed

Here we highlight CPP and Psychoeducational Parenting Interventions as effective therapies for maltreated children, improving attachment, stress regulation, and overall well-being.

Promoting Positive Parenting: Perinatal Child-Parent Psychotherapy and its Impact

Perinatal Child-Parent Psychotherapy (P-CPP) is a trauma-informed treatment that helps expectant parents and young children build secure attachments by addressing parental experiences and cultural backgrounds. The TRANSFORM Center's Project PROMISE evaluates integrating P-CPP with home visitation to strengthen parenting and prevent child abuse.

Support Over Silence

We discuss Support Over Silence for KIDS, a program that trains bystanders to use empathetic, non-judgmental communication to support caregivers in public and help deescalate tense situations, promoting positive parenting and moderating childhood abuse and neglect. Program website: <https://www.supportoversilence.com/>

WEBINAR EPISODES

Early Life Adversity and Adolescent Development: A Focus on Brain Development and Substance Use

We explore research on how childhood maltreatment and caregiving deprivation impact adolescent brain and behavioral development in multiple ways, including substance use risk, and adolescents being at risk for both violence victimization and perpetration.