Birth to 5: Watch Me Thrive! is a coordinated federal effort to encourage healthy child development, universal developmental and behavioral screening for children, and support for the families and providers who care for them.

Administration for Children and Families (ACF)

Child Care and Development Fund (CCDF) is a partnership between the federal government and states, tribes, and territories to promote family economic self-sufficiency and to help children succeed in school and life through affordable, high-quality early care and afterschool programs. CCDF improves the quality of care to support children’s healthy development and learning by supporting child care licensing, quality improvements systems to help programs meet higher standards and support for child care workers to attain more training and education.

Early Head Start Child Care Partnerships allow new or existing Early Head Start programs to partner with local child care centers and family child care providers serving infants and toddlers from low-income families. Partnerships support working families by providing a full-day, full-year program so that children have the healthy and enriching early experiences they need to realize their full potential. Comprehensive services are provided that benefit children, families, and teachers, including health, developmental and behavioral screenings; higher health, safety and nutrition standards; increased professional development opportunities for teachers; and increased parent engagement opportunities.

Early Head Start/Head Start is a federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social and emotional development. Over a million children are served by Head Start programs every year, including children in every U.S. state and territory and in American Indian and Alaskan Native communities. Since 1965, nearly 30 million low-income children and their families have received these comprehensive services to increase their school readiness. Head Start programs offer a variety of service models, depending on the needs of the local community.

National Center for Early Childhood Health and Wellness is administered in partnership with the Maternal and Child Health Bureau and advances best practices for linking health and early childhood education systems. The Center’s work includes, but is not limited to, providing support on topics such as medical and dental home access; health promotion and disease prevention; emergency preparedness and environmental safety; trauma and toxic stress; developmental, behavioral, vision and hearing screening; and nutrition.

National Center for Early Childhood Development, Teaching, and Learning supports family well-being, effective family and community engagement, and children’s school readiness, including transitions to kindergarten. The Center’s work will include, but is not limited to, providing T/TA on staff-family relationship building practices that are culturally and linguistically responsive; integrated and systemic family engagement strategies that are outcomes-based; consumer education, family leadership, family economic stability, and individualized support for families facing adversity.

National Center for Parent, Family, and Community Engagement advances best practices in the identification, development, and promotion of the implementation of evidence-based child development, teaching and learning practices that are culturally and linguistically responsive and lead to
positive child outcomes. Its emphasis is across early childhood programs and supports strong professional development systems. The Center’s work will include, but is not limited to, professional development for the infant/toddler and preschool workforce; evidence-based curriculum; early learning standards; effective transitions; screening and assessment; culturally and linguistically age appropriate practices; enhancing teacher/child interactions; supporting networks of infant/toddler practitioners; supporting children with disabilities (part C and part B); and using data to improve practice.

**National Center on Tribal Child Care Implementation and Innovation** assists AI/AN Tribes and tribal organizations in their efforts to implement and administer the Child Care and Development Fund as well as increase the quality, affordability, and availability of child care. Targeted activities include a toll-free information and referral line; development and dissemination of materials; a peer learning and leadership network; national and regional webinars; and other on-site and distance learning events.

**Roadmap for Collaborative and Effective Evaluation in Tribal Communities** is a resource that can be used to create a shared vision for the future of Tribal child welfare evaluation and provide a common language for Tribal communities and evaluators as they improve evaluation practice. An overarching idea in the Roadmap is the concept of “growing our own,” with an emphasis on supporting the training and career development of Tribal members who are working to become evaluators and researchers.

**Tribal Early Learning Initiative** supports tribes in effectively coordinating and leveraging the Child Care and Development Fund, Head Start/Early Head Start, and Tribal MIECHV programs to enhance quality of services while targeting the needs of communities, children, and families. Grantees work to create and support seamless quality early childhood systems comprised of programs across the prenatal to kindergarten entry continuum.

**Tribal Maternal Infant and Early Childhood Home Visiting** provides grants to tribal organizations to develop, implement, and evaluate home visiting programs in AI/AN communities. The Tribal Home Visiting program is designed to develop and strengthen tribal capacity to support and promote the health and well-being of AI/AN families; expand the evidence-base around home visiting in tribal communities; and support and strengthen cooperation and linkages between programs that service AI/AN children and their families.

**The Tribal Evaluation Institute’s** mission is to help Tribal Home Visiting grantees gather and use information to improve the health and well-being of children and families. It provides technical assistance in program evaluation, performance measurement, continuous quality improvement, and dissemination. Their community-engaged approach builds capacity while honoring local and cultural strengths and practices. Together, they develop knowledge about home visiting in tribal communities and beyond.

**Relationships-Based Competencies**: This resource outlines the knowledge, skills, and actions for staff and supervisors who work with families. It can assist programs in implementing strong family and community engagement. This resource can be used to understand the current knowledge and skills of staff and supervisors, develop staff orientation and professional development, create job descriptions, and develop partnerships with local community colleges and universities to support related academic opportunities for staff.

**Parent Connections to Peers and Communities**: This resource is a research-practice brief focused on family connections to peers and the community. Programs can use this brief to learn more about family connections and implement promising practices and proven interventions.
Centers for Disease Control and Prevention (CDC)

**Behavioral and Education Therapies** can be important parts of treatment for children with FASDs. Although there are many different types of therapy for children with developmental disabilities, only a few have been scientifically tested specifically for children with FASDs.

**CHOICES: Preventing Alcohol Exposed Pregnancies** is an evidence-based intervention (i.e., based on activities that research has shown to be valid and effective) that helps women to reduce or stop drinking, use contraception (birth control) effectively, or both. CHOICES uses motivational interviewing to increase a woman’s motivation and commitment to change. Participants in CHOICES decide which behavior to focus on to reduce their risk of an alcohol-exposed pregnancy. It includes two to four counseling sessions plus a contraceptive counseling session.

**Fetal Alcohol Syndrome Disorders (FASDs)**

- Free FASD Brochures, Posters, Fact Sheets, and Training Guides
- FASD Information for Educators
- FASD Intervention Strategies
- FASD Training and Education

**Learn the Signs, Act Early** program aims to improve early identification of children with autism and other developmental disabilities so children and families can get the services and support they need.

**Parenting Essentials** is a free online resource designed for parents of two to four year olds and addresses common parenting challenges, like tantrums and whining. The resource provides on things you can do to build a positive, healthy relationship. Skills focus on encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences.

Health Resources and Services Administration (HRSA)

**Bright Futures** provides recommendations for the top 10 areas of child development. Along with presenting the most up-to-date information on preventive screenings and services by visit, **Bright Futures** provides visit-by-visit guidance for health care providers. Through a collaborative of federal and state partners, the initiative develops curricula, training, guidance, and research; and produces **Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents**.

**Federal Home Visiting Program (Maternal, Infant, and Early Childhood Home Visiting)**, administered in partnership with the **ACF**, gives pregnant women and families, particularly those considered at-risk, necessary resources and skills to raise children who are physically, socially, and emotionally healthy and ready to learn.

**National Organization on Fetal Alcohol Syndrome (NOFAS) National and State Resource Directory**

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9 Originally compiled by the Fetal Alcohol Education Program at the Boston University School of Medicine through a cooperative agreement with the Maternal and Child Health Bureau, HRSA, HHS.
Title V Maternal and Child Health Block Grant aims to improve the health and well-being of women (particularly mothers) and children. It funds 59 states and jurisdictions to provide children:

- Access to quality care, especially for those with low-incomes or limited availability of care
- An increase in health assessments and follow-up diagnostic and treatment services
- Access to preventive and child care services

Indian Health Services (IHS)

Telebehavioral Health Center of Excellence was developed through support from the IHS Division of Behavioral Health and a partnership with the University of New Mexico Center for Rural and Community Behavioral Health. TBHCE mission is to provide, promote, and support the delivery of high quality, culturally competent telebehavioral health services to AI/AN when they are needed. To accomplish this mission, TBHCE focuses on three areas: Clinical Services; Provider Education; and, Telehealth Support.

National Institutes of Health, National Institute on Drug Abuse (NIDA)

Principles of Substance Abuse Prevention for Early Childhood: A Research-Based Guide provides principles addressing the ways in which early interventions can have positive effects on development; these principles reflect findings on the influence of intervening early with vulnerable populations on the course of child development and on common elements of successful early childhood programs. An overview of child development from the prenatal period through age 8 and the various factors that either place a child at risk for later substance use or offer protection against that risk is also detailed. The Guide also includes common elements of early childhood interventions that target individual, family, school, and community precursors of drug use, abuse, and addiction as well as information on specific early childhood interventions for which NIDA has provided research support.

Substance Abuse and Mental Health Services Administration (SAMHSA)

AI/AN Culture Card: A Guide to Build Cultural Awareness intends to enhance cultural competence when serving American Indian and Alaska Native communities. Covers regional differences; cultural customs; spirituality; communications styles; the role of veterans and the elderly, and health disparities, such as suicide.

Behavioral Health Treatment Services Locator is a directory of mental health and substance abuse treatment facilities in the United States and U.S. territories

Center of Excellence in Infant and Early Childhood Mental Health Consultation helps communities support the success of the next generation by increasing access to evidence-based IECMHC.

Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders: Practice and Policy Considerations for Child Welfare, Collaborating Medical, and Service Providers provides an overview of the extent of opioid use by pregnant women and the effects on the infant; evidence-based recommendations for treatment approaches from leading professional organizations; an in-depth case study, including ideas that can be adopted and adapted by other jurisdictions; and a guide for collaborative planning, including needs and gaps analysis tools for priority setting and action planning.
**Fetal Alcohol Spectrum Disorders Center for Excellence** is intended to assist people affected by FASD and their families, state and local agency administrators, and service providers. The website is designed to provide resources and information, to improve knowledge about FASDs, and to promote best practices. It also offers information to individuals, families, and communities affected by FASDs in an effort to improve quality of life. SAMHSA also has a **Substance Abuse Treatment Facility Locator**. This locator helps people find drug and alcohol treatment programs in their area.

**National Center on Substance Abuse and Child Welfare** (NCSACW) provides technical assistance on substance abuse issues in the child welfare population. Assistance is available to national, state, tribal, and local agencies and individuals. A key feature of NCSACW’s efforts is assistance in developing the cross-system partnerships and practice changes needed to address the issues of substance use disorders among families in the child welfare system. These services are free. NCSACW is an HHS initiative and jointly funded by the SAMHSA Center for Substance Abuse Treatment and the Office on Child Abuse and Neglect within the Administration for Children & Families’ Children’s Bureau.

- **Substance Exposed Infants In-Depth Technical Assistance Program**. NCSACW provides in-depth technical assistance to strengthen the capacity of states and local jurisdictions to improve the safety, health, and well-being of substance exposed infants, and the recovery of pregnant and parenting women and their families. The 18-month initiative supports six state efforts to strengthen collaboration and linkages across child welfare, addiction treatment, medical providers, early child care and education systems. Connecticut, Kentucky, Minnesota - with a focus on Tribal communities, New Jersey, Virginia, and West Virginia participate in this initiative.

**National Resource Center for Mental Health Promotion and Youth Violence Prevention** offers resources and technical assistance to states, tribes, territories, and local communities to come together to prevent youth violence. Resources from Project LAUNCH and Safe Schools/Healthy Students are featured.

**National Child Traumatic Stress Network** (NCTSN) brings a singular and comprehensive focus to childhood trauma. NCTSN’s collaboration of frontline providers, researchers, and families is committed to raising the standard of care while increasing access to services. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and dedication to evidence-based practices, the NCTSN changes the course of children’s lives by changing the course of their care.

**Tribal Training and Technical Assistance Center** provides comprehensive, focused, and intensive training and technical assistance to federally recognized tribes and other AI/AN communities. It seeks to promote mental health and address and prevent suicide and mental and substance use disorders. The Tribal TTA Center’s goal is to use a culturally relevant, evidence-based, holistic approach to support native communities in their self-determination efforts through infrastructure development, capacity building, and program planning and implementation.
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