



Strong Families • Thriving Children



Now Enrolling!

CHILD PARENT PSYCHOTHERAPY

What it is:

CPP is an evidence based, trauma informed therapy model for young children from birth to age 5 and their parents or significant caregivers. The service supports addressing children's trauma symptoms, mood and behaviors. Evidence shows that this type of intervention can lead to reduction of stressors and improvement in parent child relationships.

What you can expect:

CPP is a dyadic service which means that we will work with the caregiver and child/ren together, usually meeting once a week for the length of treatment. We will get to know their history and experiences and will work to assess strengths, values, and needs. We help parents/caregivers and children to understand each other better through talk or play about difficult experiences and feelings. By creating a family story or narrative, we will help the family respond to difficult experiences and the feelings or behaviors that have resulted from those.

Where we are located:

CPP is currently being offered in-person and through Telehealth in Northern, Central, Southern, and the Chicago Metropolitan Region of IL. For specific counties served or a request to have CPP in your area please contact our intake coordinator.

Testimonial: "CPP empowers people to live authentically, to not hide from their past or trauma...to embrace it...you helped me understand the trauma of the kids and how to deal with their tantrums not just now but when they grow"

Parenting a young child?

Our program supports parents who have at least one child under the age of 6 and...

- Have an open intact case
- Are a foster parent
- Are a pregnant or parenting teen who are DCFS involved
- Are a family that has adopted youth and case closure had occurred

Is CPP right for you?

CPP can be helpful when:

- Children have been through scary or painful events, such as separation, loss of a loved person, serious medical procedures, abuse or violence in the home or community
- Children show difficult behaviors
- Family members have physical or mental health difficulties

Caregivers would like help with parenting or improving parent-child relationships

Could you really benefit from this?

Yes! Parenting can be difficult, especially when there are traumatic or difficult experiences. Partnering with our CPP therapist will offer treatment, guidance, and support.

**For more
information,
contact**

Enrollment and Intake Services:

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