



Circle of Security

–Tier 1–

Overview: Circle of Security is a video-guided parent program that helps facilitators support parents/caregivers of children from birth to age 6, focusing on fostering secure attachment during these crucial early years.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Minimum of Eight 90-minute parent group sessions spread out over at least 8 weeks	Parents/ Caregivers of children ages 4 months- 6 years	One certified Circle of Security facilitator	Equipment to play and project videos, and printed parent handouts <i>*The National Center for School Mental Health will provide training manuals to all trainees.</i>

Target Outcomes

- Expand access to high-quality behavioral health and related services for students and families
- Strengthen parent-child attachment by fostering a secure, trusting relationship through responsive parenting
- Improve emotional regulation in children through building secure family attachment
- Increase parental confidence in understanding and meeting their child's emotional needs, leading to more effective parenting

Training Requirements and Important Considerations

Type of Training: Virtual Training across one- or two-weeks including five required 2-hour virtual sessions as well as self-directed learning described below.

Asynchronous Components/Requirements: Approximately 20 hours of self-directed learning within the same one-to-two-week span as the virtual, live training components

The total time commitment is 25-35 hours including the live and asynchronous components, and it is suggested to spread the training over half of your work schedule across two weeks or complete it in a full workweek if choosing the one-week option

Continuing Education Units: Participants can receive up to 2.4 IACET credits

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations:

- While formal licensure is not required, program facilitators need to have relevant experience in a helping profession, such as social work, psychology, counseling, education, or early childhood development. This ensures that facilitators have the knowledge and skills to work with parents in a supportive and informed manner.
- If your organization decides to offer childcare services to boost parent attendance, qualified childcare staff should be available to accommodate the number and age ranges of children that parents are likely to bring for childcare during parent group meetings.

Translated Content: Materials & Videos are available in English, Spanish, and 16 other languages

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
 - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
 - Ensure that providers in your organization attend the selected Evidence Based Practices (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
 - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
 - Ensure staff complete all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

*For more information or questions pertaining to priority EBP training logistics and expectations, please contact the National Center for School Mental Health at BlueprintEBP@som.umaryland.edu. For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at megan.brown@maryland.gov. For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at BlueprintEval@som.umaryland.edu.