

Philly SPROUT

Strengthening infant and early childhood mental health, with support for children and caregivers and training for providers

WHAT IS PHILLY SPROUT?

- Philly SPROUT (Philadelphia Supporting Parenting Relationships through Outreach, Understanding, and Training) is designed to enhance and support child development and improve infant and early childhood mental health.
- The program will also enhance the capacity of child and family service providers through infant and early childhood mental health training and learning collaboratives.

WHO DOES PHILLY SPROUT HELP?

CHILDREN, FAMILIES, AND THEIR CAREGIVERS

- Children ages 0-5 who may face a higher likelihood of developing social-emotional difficulties.
- Caregivers who may benefit from support to foster positive parent-child interactions.

PROVIDERS

- Child- and family-serving providers looking to build on their strengths in child development.
- Philly SPROUT focuses on providers in four sectors: child welfare, early intervention, early childhood education, and home visiting.

WHAT DOES PHILLY SPROUT LOOK LIKE?

EVIDENCE-BASED INTERVENTIONS

- **Parent-Child Care (PC-CARE):** Designed to help improve the caregiver-child relationship and reduce the likelihood of future emotional or behavioral problems. PC-CARE tools can help with everyday parenting struggles and with more intense emotions related to life changes or trauma.
- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):** Helps individuals heal from trauma. TF-CBT builds on the strengths of the child or adolescent and their caregiver. Counseling and learning, among other approaches, help to reduce symptoms related to trauma.

Philly SPROUT's interventions serve children and families involved in the National Nurse-Led Care Consortium's home visiting programs.

PROVIDER TRAINING OPPORTUNITIES:

- Open to providers in the four sectors
- Empower providers to build on their strengths to learn additional high-quality parenting and life skills that will support optimal child development
- Provide tools to recognize and address mental health needs, discuss topics and interventions that benefit children and their support systems, and strengthen the common language across sectors.

SAVE THE DATE: 5.17.2025
PHILLY SPROUT SUMMIT - IECMH
INTERDISCIPLINARY COLLABORATION

*Keep an eye on
NNCC's Upcoming Trainings.*



FOR MORE INFORMATION:



Erin Graham, Deputy Executive Director:
egraham@phmc.org

Christine Simon, Director of Workforce
Development: csimon@phmc.org

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Philly SPROUT is a partnership between Public Health Management Corporation subsidiaries Joseph J. Peters Institute (JJPI) and National Nurse-Led Care Consortium (NNCC).