

CPP IN WA

ECC Counties



What is Child Parent Psychotherapy

- An attachment and trauma-focused treatment for children aged 0-5 and all their caregiver(s).
- Strengthens child-caregiver relationships to restore children's cognitive, behavioral, and social functioning.
- CPP helps break the cycle of intergenerational abusive parenting.

Key Features



- **Settings:** Delivered in outpatient, in-home, residential, biological, adoptive, and foster environments.
- **Billing:** Covered by Medicaid or private insurance.
- **Concurrent Treatment:** Supports multiple caregivers involved in a child's life.
- **Developmental Stage:** Appropriate whether children are verbal or non-verbal.



Outcomes

- **Reduced** foster care placement disruptions.
- **Improved** cognitive ability and attachment security.
- **Decreased** symptoms of PTSD and depression in both parents and children.

Cost Effectiveness

Lifetime costs of childhood maltreatment are **\$210,012** per case.



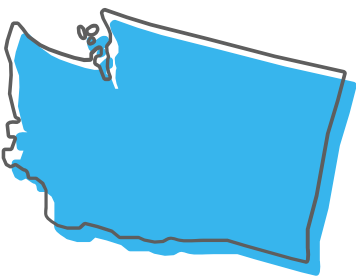
- **\$15.96** ROI per \$1 spent.
- **\$75,095** savings per case.

CPP Clinician Role in ECC Context



- **Supportive, Not Investigative:** Focuses on healing, not fact-finding or reporting.
- **Empowering Parents:** Helps parents overcome past trauma ("ghosts in the nursery") to become the best caregivers for their children.
- **Child-Centered Goals:** Prioritizes safety and improving challenging child behaviors.

CPP Providers in WA



- Most HCA Regions have CPP Providers.
- Deserts exist in 3 HCA Regions affecting 2 of 5 ECC Counties. (*Kitsap & Thurston*)
- 60% ECC County Coverage.

60%



RESOURCES

CPP WEBSITE: <https://childparentpsychotherapy.com>

[CPP Symptom Screener PDF](#)

For more information contact [Family & Youth Justice Programs](#) - Collaborative Courts