

# TREEHOUSE Quality Improvement Program Curriculum Outline

## **Session 1: TREEHOUSE Overview**

Introduction of participants (Why did you decide to join this group? What would you like to get out of the program?)

Didactic review **(30 min)**:

- TREEHOUSE OVERVIEW content and process
- View TREEHOUSE teaching video
- Differentiating developmental coaching from anticipatory guidance

QI Program Logistics:

- Performing TREEHOUSE EMR documentation
- TREEHOUSE Office Implementation Checklist
- Review criteria for receiving CME MOC 2 and MOC 4
- Review QIDA data input process
- Review use of Dropbox communication process

## **Session 2: Poverty and Child Development**

Didactic review **(30 min)**:

- Toxic Stress and Relational Health AAP 2021 Policy Statement
- Literature review of talking, reading and play effects on child development for children living in poverty
- TREE study results

Presentation of a coaching session and discussion

### **Session 3: Promoting Change**

Didactic review **(30 min)**:

- How do providers currently address child development?
- *Developmental Coaching* and *Motivational Interviewing* approaches to engage parents, foster parental change, and address parental reluctance (fixed vs. growth mindset)
- Explore and share Early Intervention community resources/ set up virtual meetings between pediatric providers and local EI professionals

Presentation of a participant coaching session and discussion

### **Session 4: Art of Observation**

Didactic review **(30 min)**:

- Early Relational Health- identifying secure and insecure attachment patterns
- Teaching parents to recognize baby cues
- Identifying *joint attention* in parent child relationships
- Using telehealth to observe parent child interactions and play
- Using the TREEHOUSE program to perform *developmental surveillance* virtually and during well child visits
- Conveying concerns about developmental delay to parents
- Explore and share Parent Support Community Resources

Presentation of a participant coaching session and discussion

### **Session 5: Difficult Situations**

Didactic review **(30 min)**:

- Taking the room temperature (recognizing and addressing parental depression, anxiety, and anger)
- Making appropriate referrals
- Explore and share Community Mental Health Resources

Presentation of a participant coaching session and discussion

### **Session 6: Resilience**

Didactic review (**30 min**):

- What are the elements of resilience?
- Strength Based approach to promote resilience in primary pediatric care

Presentation of a participant coaching session and discussion

Conclusion, feedback, and next steps