

Connect Attachment Programs: Summary of Evidence

Implementation

In British Columbia, 1016 Connect groups have run since 2006, reaching over 11,000 caregivers across the province. Attendance rates have consistently remained remarkably high, between 86-88% each year. Over 1500 facilitators have been trained in the province to date. Across Canada, groups are running in Alberta, Ontario, Quebec, Nova Scotia, and Newfoundland. Connect has also been implemented internationally in Sweden, Italy, China, Australia, USA, the Netherlands, South Africa, Kenya, and Mexico, serving tens of thousands of parents worldwide.

Overview

The effectiveness of Connect with birth parents has been demonstrated in a series of randomized and quasi-experimental clinical trials. Studies in both community and clinical settings show significant and lasting reductions in teens' symptoms of depression, anxiety, and serious conduct problems, with treatment effects deepening from post-treatment to 2 years follow-up (Barone et al., 2020; Barone et al., 2021; Högström et al., 2017; Moretti & Obsuth, 2009; Moretti et al., 2015; Osman et al., 2017; Ozturk et al., 2019). Youth with the most severe externalizing behaviours at program entry seem to show the fastest and largest intervention response (Pasalich et al., 2022).

Parents also benefit from Connect, showing significant decreases in stress and depressive symptoms, as well as increases in parental sense of competence and family satisfaction (Barone et al., 2021; Moretti & Obsuth, 2009; Moretti et al., 2015; Osman et al., 2017; Ozturk et al., 2019; Stattin et al., 2015). Qualitative and quantitative analyses indicate that their relationship with their teen moves toward a greater sense of partnership, mutuality, and increased attachment security (Kristen et al., 2023; Moretti & Obsuth, 2009; Moretti et al., 2012).

Evidence for the effectiveness of the online delivery of Connect is just as strong (Bao & Moretti, 2023; Benzi et al., 2023; Kristen, Salari et al., 2023; Kristen, Moretti et al., 2023). Online delivery has been reported to reduce many barriers to access, resulting in remarkably high program attendance (83.3% in Canada, 89.6% in Sweden) and completion rates (84.7% in Canada, 100% in Sweden), high program satisfaction, and extremely positive uptake by eConnect facilitators and host agencies (Bao & Moretti, 2023, Kristen, Salari et al., 2023).

Cultural Diversity

Decreases in youth internalizing and externalizing symptoms and improvements in parental wellbeing have been replicated in studies across different cultural contexts including in Italy with birth parents (Barone et al., 2020; Barone et al., 2021; Giannotta et al., 2013; Ozturk et al., 2019), in Australia with Indigenous kinship parents (Pasalich et al., 2021), and in Sweden with forcibly displaced parents (Kristen et al., 2023; Osman et al., 2017; Stattin et al., 2015), with treatment gains maintained at a 3-year follow-up (Osman et al., 2021).

The more recent implementation and adaptation of Connect in Kenya, Mexico, South Africa, and China has been successful as evidenced by positive parent and facilitator feedback and high program satisfaction, acceptability, and uptake. Attendance rates (e.g., 92.2% in China, >90% in Mexico) and program completion rates (e.g., 97.2% in China, >90% in Mexico) were incredibly high. Preliminary findings from China and Mexico are in line with previous evaluations of Connect, indicating meaningful improvements in youth and parent outcomes (Bao et al., unpublished; Gallegos-Guajardo et al., under review).

To ensure cultural safety and relevance, all translations and adaptations of Connect have been completed in collaboration with community and cultural fit has been continuously assessed throughout program delivery. Feedback from parents and facilitators indicate that the foundations of Connect are universally applicable with modifications in role play content needed to capture the distinct dynamics, day-to-day interactions, and values for families in each cultural context. The structured framework and activities embedded within the program stood out to parents as being helpful.

Foster and Kinship Parents

Connect was adapted specifically for foster and kinship parents to address their unique needs. Feedback from foster parents who completed the tailored program was notably more positive than from those completing the original Connect program (Moretti et al., 2020). Foster parents have reported significant declines in youth externalizing behaviors, affect suppression, and caregiver strain and psychological aggression (Moretti et al., 2020; Pasalich et al., 2021).

In an RCT with Indigenous kinship caregivers in Australia, all participants reported high levels of program satisfaction and had very high attendance (85%) and completion rates (91%; Pasalich et al., 2021). At 6-month follow-up, more youth who received care as usual (15%) vs. Connect (0%) experienced an unplanned placement change. Research funding has been secured from 2023-2026 to conduct a larger-scale multisite RCT of Connect for Kinship Parents and a pilot RCT of eConnect for Foster Parents.

Qualitative analysis with interviews with foster parents revealed that through connection with other caregivers and the facilitators, and increased knowledge with respect to attachment and trauma, they developed an improved understanding of their teen (Ranahan et al., 2023). Caregivers also indicated that online delivery facilitated their participation.

Indigenous Families

In 2014, Reclaiming Connections (RC) emerged as a collaborative initiative to develop a culturally safe parenting program for Indigenous families built on the foundation of Connect and guided by the wisdom of Elders and members of urban and rural Indigenous communities. RC has been implemented in various communities across British Columbia, serving over 200 families with an attendance rate of 82% (Moretti & McComb, 2019). Feedback from many caregivers indicated that applying the concepts and techniques learned in Connect resulted in

immediate and anticipated changes in their relationship with their child, with discussions on attachment and take-home materials being particularly useful.

We are presently working to establish an Advisory Circle made up of Elders, knowledge holders, and practitioners who are actively involved in delivering the program, with the aim of ensuring the programs alignment with cultural values and parenting practices from diverse Indigenous communities.

Engaging Fathers with Connect

Given the significant underrepresentation of fathers in parenting interventions, we are committed to reaching caregivers in fathering roles and support their completion of Connect. Through an intensive review of relevant literature, combined with our ongoing interviews with dads, Connect program facilitators, and other stakeholders who share an interest in father involvement, we have designed strategies for increasing father participation. These engagement strategies are now purposefully integrated into all facilitator training and include: Asking both parents to attend Connect, Acknowledging father-specific barriers to participation, Adjusting the schedule or format of Connect, Aligning session content to fathers' interests and communication styles, and Affirming fathers' role in adolescent mental health and wellbeing. These strategies have already seen increases in father enrolment over the past year.

For more information on Connect, please visit: www.connectattachmentprograms.org/

For videos about our ongoing initiatives, visit: www.connectattachmentprograms.org/videos

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Connect Attachment Programs: Publications**Type of Study: Randomized controlled trials**

Stattin, H., Enebrink, P., Özdemir, M., & Giannotta, F. (2015). A national evaluation of parenting programs in Sweden: The short-term effects using an RCT effectiveness design. *Journal of Consulting and Clinical Psychology, 83*(6), 1069-1084. <https://doi.org/10.1037/a0039328>

Participants: 908 parents

Parents were randomly assigned to one of the following parenting programs or a waitlist condition: Comet, Community Parent Education, Incredible Years, and Connect. Compared to waitlist-control, there were significant decreases in stress ($d=.13$) and depressive symptoms ($d .30$) among the parents who participated in Connect. Attendance was significantly higher for Comet (78.8%) and Connect (85.2%) than for Incredible Years (72.1%) and Cope (69.3%),

Högström, J., Olofsson, V., Özdemir, M., Enebrink, P., & Stattin, H. (2017). Two-year findings from a national effectiveness trial: Effectiveness of behavioral and non-behavioral parenting programs. *Journal of Abnormal Child Psychology, 45*(3), 527–542. <https://doi.org/10.1007/s10802-016-0178-0>

Participants: 749 parents

Evaluated the 2-year effects of 4 programs: Comet, Incredible Years, Community Parent Education, and Connect. At 2-year follow-up, all programs had reduced externalizing behaviors with large effect sizes, and negative parenting practices with moderate to large effect sizes. Connect, however, was the only program where children continued to improve after the intervention.

Osman, F., Flacking, R., Schön, U., & Klingberg-Allvin, M. (2017). A support program for Somali-born parents on children's behavioral problems. *Pediatrics, 139*(3), Article e20162764. <https://doi.org/10.1542/peds.2016-2764>

Participants: 120 Somali-born parents with children aged 11 to 16 years.

Parents were randomly allocated either to an intervention group or a wait-list control group. Significant improvement in the children of parents who attended Connect for behavioral problems after a 2-month follow-up. The largest effect sizes were in aggressive behavior, social problems, and externalizing problems. 70% of the parents attended ≥ 8 sessions.

Osman, F., Salari, R., Klingberg-Allvin, M., Schön, U. K., & Flacking, R. (2017). Effects of a culturally tailored parenting support programme in Somali-born parents' mental health and sense of competence in parenting: A randomised controlled trial. *BMJ Open*, 7(12), Article e017600. <https://doi.org/10.1136/bmjopen-2017-017600>

Participants: 120 Somali-born parents with children aged 11 to 16 years. Using the same sample as Osman et al. (2017), parents in the **Connect** group showed significant improvement in mental health compared with the parents in the control group at a 2-month follow-up. These improvements were both statistically significant and clinically meaningful. Further, significant improvement was found for efficacy and satisfaction for parents in the **Connect** group.

Ozturk, Y., Moretti, M., & Barone, L. (2019). Addressing parental stress and adolescents' behavioral problems through an attachment-based program: An intervention study. *International Journal of Psychology & Psychological Therapy*, 19(1), 89–100.

Participants: 44 parents (33 mothers and 11 fathers; Mage = 50.4, SD = 4.9) of adolescents (Mage = 15 years, SD = 1.4) Compared to the control group, parents completing *Connect* reported significant reductions in their adolescents' externalizing behavior problems at treatment completion. Reductions in teen problem behaviour led to reductions in parents' stress, specifically related to the quality of interactions they have with their children. All parents attended at least 90% of the program.

Barone, L., Carone, N., Costantino, A., Genschow, J., Merelli, S., Milone, A., Polidori, L., Ruglioni, L., & Moretti, M. (2020). Training parents to adolescents' challenges: The CONNECT parent program. *Quaderni di Psicoterapia Cognitiva*, 46. <https://doi.org/10.3280/qpc46-2020oa10160>

Participants: 118 parents of adolescents (M_{age} = 15.26 years, SD = 1.49; 64% boys) The present study is part of a longitudinal research involving three Italian centres (Pavia, Milan, Pisa). Parents attending the *Connect* program reported significant reductions in their adolescents' externalizing symptoms, and slightly significant reductions in their adolescents' internalizing symptoms by a reduction of anxiety and avoidance attachment strategies.

Barone, L., Carone, N., Costantino, A., Genschow, J., Merelli, S., Milone, A., Polidori, L., Ruglioni, L., & Moretti, M. (2021). Effect of a parenting intervention in decreasing adolescents' behavioral problems via reductions in attachment insecurity: A longitudinal, multicenter, randomized controlled trial. *Journal of Adolescence*, 91, 82–96. <https://doi.org/10.1016/j.adolescence.2021.07.008>

Participants:

Study 1: n = 100 mothers of adolescents, 60% boys, $M_{\text{age}} = 14.89$, $SD = 1.58$

Study 2: n = 40 mothers and 40 adolescents, 60% boys, $M_{\text{age}} = 14.90$, $SD = 1.91$

Participants were recruited from three sites (two mental health facilities and one university mental health centre) and randomized to the Connect or waitlist-control group. Mothers who attended *Connect* reported a significant reduction in their adolescents' behavioral problems and attachment insecurity, compared to mothers in the wait-list group, both at postintervention and 4 months follow-up (Study 1). These findings were confirmed on a separate sample in Study 2 that included both mothers' and adolescents' reports. In addition, both studies indicate that participating in *Connect* reduces adolescents' internalizing and externalizing problem 4 months after the intervention via postintervention decrease in attachment anxiety and attachment avoidance, respectively. All mothers attended at least 7 of the 10 sessions and the average participation rate was 91%.

Pasalich, D. S., Moretti, M. M., Hassall, A., & Curcio, A. (2021). Pilot randomized controlled trial of an attachment-and trauma-focused intervention for kinship caregivers. *Child Abuse & Neglect*, 120, Article 105178. <https://doi.org/10.1016/j.chiabu.2021.105178>

Participants: 26 kinship caregivers ($M_{\text{age}} = 55.00$ years; 54% grandparents) with youth ($M_{\text{age}} = 10.58$ years; 38% female; 33% Indigenous), and 19 practitioners

Participants were randomized to Connect for Kinship Parents (Connect-KP) or care-as-usual (CAU). Practitioners rated the training highly and demonstrated excellent fidelity to program content and process. Results supported the research feasibility and all kinship caregivers reported high levels of program satisfaction and had very high attendance (85%) and completion rates (91%). Direction of effects favored Connect-KP vs. CAU for all nine caregiver and youth outcomes, with the largest effects observed for significant reductions in caregiver strain, caregiver psychological aggression, and youth affect suppression following intervention. At 6-month follow-up, more youth from CAU (15%) vs. Connect-KP (0%) experienced an unplanned placement change.

Type of Study: Non-Randomized Trials

Moretti, M. M., Obsuth, I., Mayseless, O., & Scharf, M. (2012). Shifting Internal Parent—Child Representations among Caregivers of Teens with Serious Behavior Problems: An Attachment-Based Approach. *Journal of Child & Adolescent Trauma*, 5(3), 191–204.

<https://doi.org/10.1080/19361521.2012.697104>

Participants: 39 parents of 31 youth (15 girls & 16 boys; ages 11-16; $M=14.78$; $SD=1.4$)

Significant reductions in teens' problem behavior and changes in parental representations of the parent, teen, and parent-teen relationship. Shifts in parenting representation were significantly related to reductions in teen problem behavior, consistent with the view that changing attachment representations underlies therapeutic effects. Parents reported high levels of satisfaction and felt better equipped to understand their child (93%) and themselves (97%). 97% of caregivers reported feeling more confident in parenting their child and noted positive changes in their relationship with their child as a result of applying the skills they developed.

Moretti, M. M., Obsuth, I., Craig, S. G., & Bartolo, T. (2015). An attachment-based intervention for parents of adolescents at risk: mechanisms of change. *Attachment & Human Development*, 17(2), 119–135. <https://doi.org/10.1080/14616734.2015.1006383>

Participants: 540 parents (83% female; $M_{age} = 44.01$, $SD_{age} = 8.29$) of 540 adolescents (261 girls, $M_{age} = 14.05$, $SD_{age} = 2.33$ and 279 boys, $M_{age} = 13.87$, $SD_{age} = 2.82$).

Significant decreases in parents' reports of teens' externalizing and internalizing symptoms, replicating prior evaluations of this program. Reductions in parents' reports of teen attachment avoidance were associated with decreases in externalizing symptoms, while reductions in parents' reports of teen attachment anxiety were associated with decreases in internalizing symptoms. Parents' reports of improved teen affect regulation were also associated with decreases in both internalizing and externalizing symptoms.

Osman, F., Vixner, L., Flacking, R., Klingberg-Allvin, M., Schön, U. K., & Salari, R. (2021). Impact of a culturally tailored parenting programme on the mental health of Somali parents and children living in Sweden: a longitudinal cohort study. *BMJ open*, 11(8), e045067.

<https://doi.org/10.1136/bmjopen-2020-045067>

Participants: 51 parents out of the 60 parents who were originally offered the intervention.

Positive changes in the mental health of Somali-born parents and their children were maintained 3 years after they had participated in a culturally tailored version of Connect.

Pasalich, D. S., Craig, S. G., Goulter, N., O'Donnell, K. A., Sierra Hernandez, C., & Moretti, M. M. (2022). Patterns and Predictors of Different Youth Responses to Attachment-Based Parent Intervention. *Journal of Clinical Child and Adolescent Psychology, 51*(5), 796–809. <https://doi.org/10.1080/15374416.2021.1923022>

Participants: 682 parents ($M_{age} = 42.83$, 86% mothers) and 487 youth ($M_{age} = 13.95$, 53% female, 28.1% ethnic minority)

Assessments were conducted at pre-group, mid-group, post-group, and at 6-, 12-, and 18-months follow-up. Youth with the most severe externalizing behaviours showed the fastest and largest intervention response and were characterized by high levels of callous-unemotional traits and risk-taking at program entry. Identification of these *rapid improvers* in both the parent and youth models provides initial evidence that youth presenting with severe externalizing concerns may actually benefit the most from Connect.

Benzi, I. M. A., Carone, N., Moretti, M., Ruglioni, L., Tracchegiani, J., & Barone, L. (2023). eCONNECT Parent Group: An Online Attachment-Based Intervention to Reduce Attachment Insecurity, Behavioral Problems, and Emotional Dysregulation in Adolescence. *International Journal of Environmental Research and Public Health, 20*(4), 3532. <https://doi.org/10.3390/ijerph20043532>

Participants: 24 parents (20 mothers, 4 fathers; $M_{age} = 49.33$, $SD = 5.32$) of adolescents ($M_{age} = 13.83$ years, $SD = 1.76$, 45.8% girls)

Reduction in adolescents' internalizing problems ($d = 0.11$), externalizing problems ($d = 0.29$), and attachment avoidance ($d = 0.26$) after the intervention. The reduction in externalizing problems and attachment avoidance remained stable at 2 month follow-up. Additionally, our findings highlighted a reduction in parent-child affect dysregulation.

Type of Study: Implementation Studies

Moretti, M., Holland, R., Moore, K., & McKay, S. (2004). An Attachment-Based Parenting Program For Caregivers of Severely Conduct-Disordered Adolescents. *Journal of Child and Youth Care Work*, 19, 170–178. Retrieved from <https://acypjournal.pitt.edu/ojs/jcycw/article/view/382>

Participants: 16 adolescents (8 male; 8 female), between the ages of 13 to 16 years ($M=14.80$, $SD=1.03$), and their caregivers (13 biological mothers, 1 stepmother, 2 foster mothers, 5 biological fathers, 3 foster fathers).

Youth were included in the program via their referral Maples Adolescent Treatment Centre, a provincial facility that serves the needs of severely conduct-disordered youth. Preliminary findings show significant reductions in parental reports of externalizing and total behaviour problems, and high parental acceptance of the intervention. 87.5% of parents attended 50% or more of the parent group sessions.

Moretti, M. M., & Obsuth, I. (2009). Effectiveness of an attachment-focused manualized intervention for parents of teens at risk for aggressive behaviour: The Connect Program. *Journal of Adolescence*, 32(6), 1347–1357. <https://doi.org/10.1016/j.adolescence.2009.07.013>

Participants:

Study 1: 20 parents (11 biological, 3 adoptive and 2 foster mothers, 1 grandmother; 1 stepfather, and 2 foster fathers) representing 20 adolescents (13 boys and 7 girls; ages 12–16)

Study 2: 309 parents (240 biological, adoptive or step mothers, 35 foster mothers, 30 biological, adoptive or step fathers, and 4 foster fathers) representing 309 adolescents (174 boys and 135 girls).

In Study 1, parents reported significant increases in perceived parenting satisfaction and efficacy and reductions in adolescents' aggression, antisocial behaviour and other mental health problems following completion of Connect as compared to a waitlist control period. These effects were sustained and additional small effects were noted in decreases in conduct problems, depression and anxiety at a 12-month follow-up. In Study 2, the program was then transported to 17 communities serving 309 parents through standardized training and supervision of group leaders. There were significant pre- to post-treatment reductions in teen externalizing and internalizing problems; enhanced social functioning; and improvements in affect regulation. Parents also reported significant increases in parenting satisfaction and perceived efficacy and reductions in caregiver burden. Attendance in the program was high: 84% attended at least 70% of Connect sessions.

Giannotta, F., Ortega, E. & Stattin, H. (2013). An Attachment Parenting Intervention to Prevent Adolescents' Problem Behaviors: A Pilot Study in Italy. *Child Youth Care Forum*, 42, 71–85. <https://doi.org/10.1007/s10566-012-9189-3>

Participants: 147 mothers and 147 youths, aged 11–14 ($M = 12.46$, $SD = .72$)

The program was feasible and quite well received by Italian mothers. All of them attended at least 70 % of the program. Results showed that the Connect program affected both parents' and children's behaviors in the short run. Specifically, mothers in the treatment group showed a tendency toward reduction of their reactions of coldness and rejection compared to mothers in the control group at completion of the program. Youths in the treatment group decreased their frequency of beer and wine consumption more than youths in the control group.

Moretti, M. M., O'Donnell, K. A., & Kelly, V. (2020). Connect: An Attachment-Based and Trauma-Informed Program for Foster Parents of Teens. *Child Welfare*, 97(5), 159–178.

Participants: 34 foster parents (88% female), who ranged in age from 30 to 72 ($M = 51.7$ years, $SD = 11.31$) of 34 youth ages 8 to 19 (56% female; $M = 12.72$ years, $SD = 3.28$)

Foster parents reported significant declines in externalizing behaviors. They also reported significant increases in family satisfaction; as well as significant decreases in caregiver strain. Feedback from foster parents who completed the tailored program was notably more positive than from those completing the original Connect program. Learning about trauma in relation to their teen's expression of attachment needs and learning about the concept of an "attachment suitcase" and reflecting on how this influences their teen's responses in new relationships was particularly helpful for parents. 14% of parents who completed the original Connect program felt their relationship with their teen changed a great deal as a result of the skills they learned in the program compared to 48% of foster parents who completed the revised program. Further, attendance rates were significantly higher in the revised program than in the original (94% vs. 84%). Foster parents enthusiastically expressed the view that all foster parents would benefit from the Connect for Foster Parents Program.

Dangaltcheva, A., Booth, C., & Moretti, M. M. (2021). Transforming Connections: A trauma-informed and attachment-based program to promote sensitive parenting of trans and gender nonconforming youth. *Frontiers in Psychology*, 12, Article 643823. <https://doi.org/10.3389/fpsyg.2021.643823>

Participants: 20 parents of 16 gender diverse youth (ages 12-18).

This research entailed the adaptation of Connect to address the needs of parents of trans and gender non-conforming youth. All parents completed the full program, attending on average 9 of 10 sessions. Common themes in group discussions related to gender included: coming out, connecting with peers, affirming pronouns/names, medical transition, parental reactions (e.g., confusion, isolation, grief, acceptance), and concerns about safety and mental health. Caregivers indicated that learning about attachment enhanced their understanding of their teen and their gender journey as well as themselves as a parent. The majority indicated that their relationship with their teen had improved somewhat (65%) or a great deal (20%).

Bao, L., & Moretti, M. M. (2023). eConnect: implementation and preliminary evaluation of a virtually delivered attachment-based parenting intervention during COVID-19. *Attachment & Human Development*, 25(2), 272–288. <https://doi.org/10.1080/14616734.2023.2179574>

Participants: 190 parents, 62 group facilitators, 24 tech facilitators

Consistent with research evaluating in-person Connect, parents reported significant reductions in youth internalizing and externalizing problems, attachment anxiety and avoidance, and aggression toward parents. Parents also reported significant reductions in caregiver strain and aggression toward their child. Unlike prior research, parent depressed mood did not decline, perhaps due to pandemic stressors. Program attendance (on average, parents attended 7.5 out of 9 sessions) and completion was remarkably high (84.7%), and parents reported high program satisfaction. Uptake by eConnect program facilitators and host agencies was extremely positive, suggesting good potential for sustainability and broadened program accessibility.

Kristen, A., Salari, R., Moretti, M., & Osman, F. (2023). Attachment and trauma-informed programme to support forcibly displaced parents of youth in Sweden: feasibility and preliminary outcomes of the eConnect Online programme. *BMJ Open*, 13(8), e072368–e072368. <https://doi.org/10.1136/bmjopen-2023-072368>

Participants: 23 forcibly displaced parents (47.8% maternal figures) of youth (n=23; 8–17 years old; 26.1% female) from Syria, Afghanistan and Somalia

eConnect was highly feasible in terms of overall enrolment (100%), attendance (89.6%) and retention rates (100%). The online platform was acceptable, with mixed feedback primarily related to the access and usage of technology. Cultural fit of the program was acceptable. Youth mental health problems ($\eta^2=0.29$) and family functioning significantly improved ($\eta^2=0.18$). The findings suggest that the online delivery of Connect was a promising way to reduce barriers to service access.

Type of Study: Qualitative Studies

Ranahan, P., Pascuzzo, K., Bao, L., & M. Moretti, M. (2023). Foster Parents' Experiences of Learning within a Supportive and Accessible Program: Connect for Kinship and Foster Parents. *Child & Youth Services*, 1–35. <https://doi.org/10.1080/0145935X.2023.2261363>

Participants: 22 foster parents (Mage = 49.05, SD = 10.42; 90.9% female) of 22 youth (Mage = 13.14, SD = 3.12; 50% female). 22 group facilitators and 4 tech facilitators.

This exploratory study evaluated the implementation and pandemic-inspired pivot to virtual delivery of Connect for Kinship and Foster Parents (CKFP) across four sites within Canada. Data analysis with interviews with parents identified three themes: 1. Experiencing community and connection, 2. Interactive, integrated, and informed learning, and 3. Accessibility and feasibility. While participating in CKFP, foster parents experienced connection with other caregivers and the facilitators and developed knowledge with respect to attachment and trauma, which aided in improved understanding of their teen. Caregivers also indicated that online delivery facilitated their participation – it was deemed “convenient, doable, easily accessible”.

Kristen, A., Moretti, M. M., & Osman, F. (2023). "It opened a new door for me": A qualitative study of forcibly displaced parents' experiences of an attachment-based parenting program. *Clinical Child Psychology and Psychiatry*, 13591045231202875. <https://doi.org/10.1177/13591045231202875>

Participants: 28 forcibly displaced parents (50% mothers) of adolescents aged 8–18 years old.

Four eConnect groups were completed between June and December 2021: two Somali-speaking groups (n = 5, n = 8), one Dari speaking group (n = 10), and one Arabic-speaking group (n = 5). All parents attended between 7 and 10 (M = 8.86, SD = .97) sessions of the eConnect program. Overall, parents expressed that participation in the eConnect program strengthened their relationship with their teenagers. This was related to enhanced knowledge about attachment, adolescent development, and the parenting role in a new context, which served as the foundation for increased self-efficacy in parenting, developing capacity for emotional attunement and dyadic affect regulation. Ultimately, this promoted greater mutuality and partnership in the parent-teen relationship.