



The Center for
Great Expectations

Embracing change. Empowering futures.

TELEHEALTH AT THE CENTER FOR GREAT EXPECTATIONS

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Foundation and Platform

Relational approach goes beyond platform

Being With

Who we are and what we do

Intentionality to bridge gaps:

Grounding together

How can I support you right now?

How does this feel in your body?

Developing new routines and rituals





Parallel Process

Creating warmth and connection for clients with begins with leaders to providers

Reflective supervision and creating a place for staff to fall apart

Incorporate movement and co regulation

Staff processing and self care groups

Collective decision-making and treatment planning

Meeting routines: Inspiration, Acknowledgements, Fun



Groups

Mommy and Me:

- ∞ Family Dance Party
- ∞ Create your Own Sensory Bottle
- ∞ Green Eggs and Ham
- ∞ Client-led crochet

Psychoeducation:

- ∞ Challenging Toddler Behaviors
- ∞ Nighttime Parenting and Safe Sleep Routines
- ∞ Infant Soothing
- ∞ Setting Boundaries with Fathers and Grandparents

IOP process groups

Peer Specialist Groups



CTARI Institute Webinars

Body-Based Strategies for Surviving COVID-19

Vulnerable Connections: Navigating the Challenges of Relational Trauma

The Good Enough Parent

Parenting During Quarantine as a Spiritual Practice

Nurtured Heart Approach

Engaging the Hard to Engage Adolescent

Mindfulness and Meditation to Shift Our Perspective and Powerfully Move Forward in our New World

Nurtured Heart Approach

The Trauma of Social Isolation: Managing Mental Health and Substance Use Issues

Creating Genograms

Dyadic Work

Parallel Process: Holding the Parent's Emotions so Parent can hold child's emotions

Affect matching

Co-Regulating Challenging Child Behaviors

Reading Books/Video Books

Child Parent Psychotherapy: Don't let perfect get in the way of possible

Creating opportunities for pleasurable moments

Micro interventions: cards, mother's day gifts

Reflective Functioning

Using play to understand and communicate re: COVID-19



Doula Support

Virtual Childbirth Education

Virtual Breastfeeding Support

Being in the Background

Diaper, Formula, Food drop off

Plans of Safe Care



Barriers Overcome and Works in Progress

Consents and intake paperwork: drop off and E-signatures

Toxicology Screens: oral swabs via mail and doorstep

Crisis and co-regulation

Confidentiality: Code words, walk and talk, Group Agreements, Camera off option

Safety: Location Checks, E-Safety Plans



Emerging Benefits

Increased progress for some clients

Flexibility in timing of sessions/family team meetings

Increased Engagement

Two-way communication for IOP: Support in difficult moments

Inclusion of other family members

Relatability of providers-both ways

Daily Check Ins

Lack of bond in IOP groups: possible avoidance of relapse chain

Keeping the client in mind

