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### Breakthrough Series Collaborative to Support Trauma-Informed Practice in Early Care & Education

Anne Douglass

University of Massachusetts Boston, [anne.douglass@umb.edu](mailto:anne.douglass@umb.edu)

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## Purpose of the Study

This study investigated the use of a Breakthrough Series Collaborative (BSC) to promote the adoption of trauma-informed practices in urban early care & education (ECE) programs. Through this BSC, ECE programs implement new practices to promote safe, stable, and nurturing relationships and prevent trauma exposure; protect children exposed to trauma, help children heal, and support family protective factors that help children thrive.

The purpose of the study is to learn:

1. How the BSC model was implemented in the ECE context
2. How ECE programs improved and sustained trauma-informed practices as a result of the BSC
3. How these changes impacted children, families, staff, and ECE programs and systems

## Background: Young Children & Trauma

An extraordinary number of young children are exposed to trauma that can impact their health, development, and readiness for school. A study of children enrolled in Boston's WIC program found that 23% of children experienced or witnessed a potentially traumatic event before the age of five.

ECE programs can play an important role in reducing the impact and prevalence of trauma in young children's lives, yet professional training and technical assistance are needed to support this role.

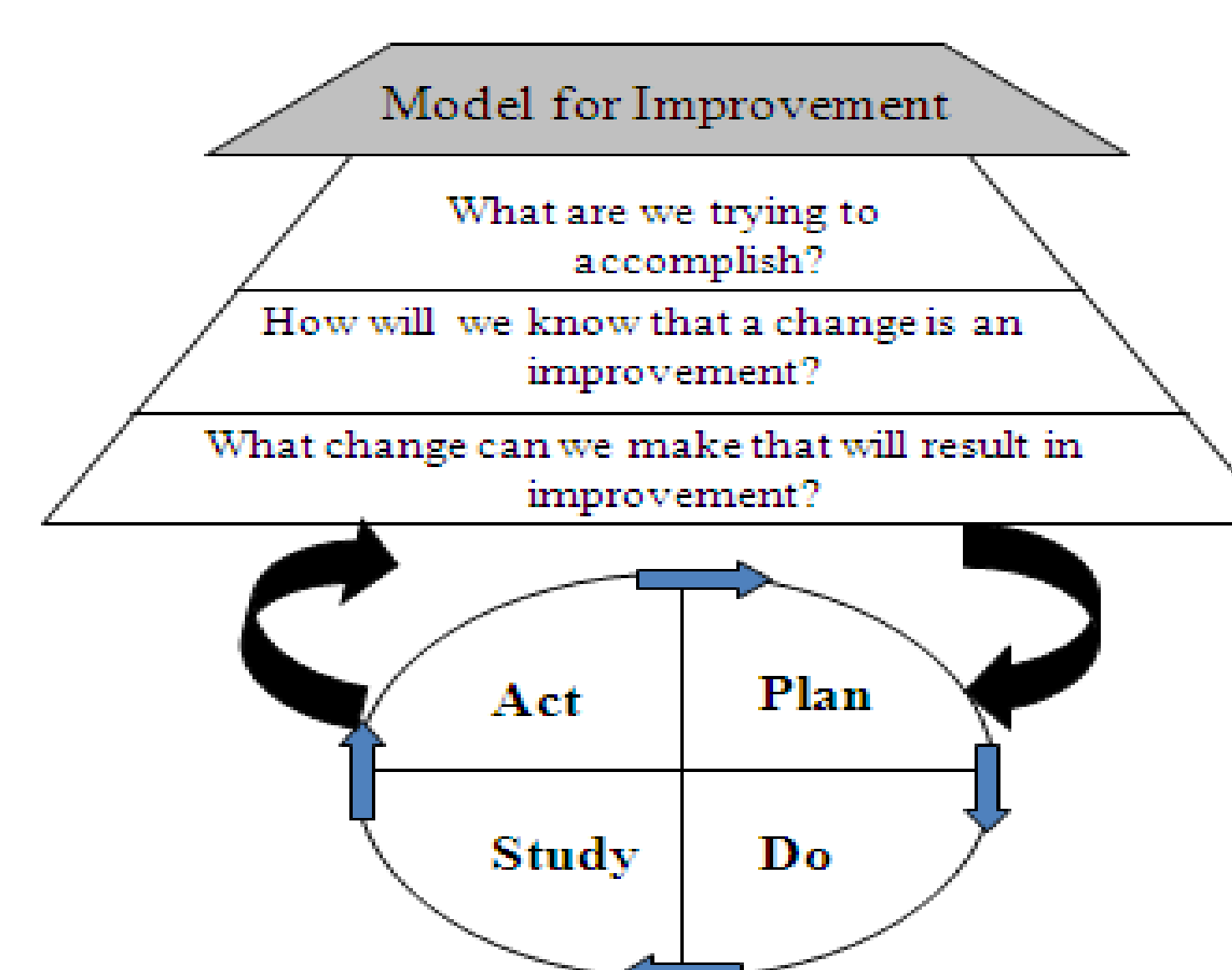
## Early Care and Education Partners

- ❑ Six urban early education and child care programs participated in the BSC
  1. Bridge Boston Charter School (Dorchester)
  2. Children's Services of Roxbury (Roxbury)
  3. Nazareth Child Care Center, Catholic Charities (Jamaica Plain)
  4. Ellis Memorial & Eldredge House, Inc.(South End)
  5. Wesley Childcare Center (Dorchester)
  6. Sunnyside Early Care and Education, Associated (Roxbury)

## The BSC Methodology

What is the Breakthrough Series Collaborative (BSC) Methodology?

- A continuous quality improvement model
- To close the gap between what we know and what we do
- Uses data to determine the best strategies to achieve targeted outcomes in a local context
- Promotes spread & sustainability of improvements



## Key Contributions of this Study

This study will:

- Identify specific examples of trauma-informed practice and its impact in the urban ECE context
- Increase understanding of ECE's role in trauma response and prevention
- Highlight how relational dynamics (shared goals, shared knowledge, mutual respect) and psychological safety influence organizational change outcomes
- Show how the BSC worked and can be adapted for the ECE context to advance quality improvement and trauma-informed practice

## Contact and Funding Information

**Contact Information:** Anne Douglass, Ph.D., [Anne.douglass@umb.edu](mailto:Anne.douglass@umb.edu) or 617-287-7675.

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