



## Promoting Positive Early Experiences and Relationships in Alabama: A Team Based Approach (PPEER)

PPEER provides a framework for holistic mental health access, support and treatment for children ages birth to 12 with identified mental or behavioral health concerns that are also at risk of or currently engaged with child welfare and the family court systems in Alabama. Children and families who enroll in PPEER receive screening by a community coordinator and connection with a local children’s mental health team to provide recommendations and facilitate connection to needed services and supports. Screening and service planning are conducted with the child, caregiver, children’s mental health team, and community partners.

PPEER is currently available in Jackson, Jefferson, and Mobile Counties. Enrollment is voluntary and no cost to participants. Family engagement continues until family care plan is developed and implemented, child reaches 13 years of age, or caregiver chooses to discontinue, whichever comes first.

PPEER staff include professionals who receive ongoing education and training related to children’s mental health, attachment, maternal mental health, trauma, and evidence-based practices. Local Children’s Mental Health Teams are made up of mental health professionals within the county where the child is currently residing. Children’s mental health team members may include physicians, nurses, therapists, social workers, and/or service coordinators.



Alabama Department  
of Mental Health  
connecting mind and wellness

PPEER uses the following evidence-based tools and practices to assess and monitor the needs of the child and family:

PPEER Screening Instruments		
	Parent Stress Scale (PSS)	Strengths & Difficulties Questionnaire (SDQ)
Overview	18-item questionnaire assessing parents' feelings about their parenting role, exploring both positive and negative aspects of parenthood.	25 item behavioral screening questionnaire with impact supplement
Age Range	N/A	2-17
# of Items	18 questions	25 items divided between 5 scales
Sample Item	Caring for my child sometimes takes more time and energy than I have to give.	Nervous or clingy in new situations, easily loses confidence?
Who Completes It	Parents/Caregivers	Parents/Caregivers
Time to Complete It	10 minutes	Minutes
Who Scores It	Professional	Professional
Scores Provided	Numerical, 18-90	Banded scores across range
What the Score Tells You	Higher scores indicate higher levels of parental stress.	Numerical scores indicating overall difficulty, impact, and subscale specific information
Why This Tool	Used as pre and post measure, scores can indicate changes in parental stress and indicate outcomes of PPEER in relation to parenting capacity.	Used as pre and post measure, scores can indicate outcomes of PPEER in relation to child's emotional health

For more information, or to make a request for PPEER support, please contact

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