

The ATTACH™ (Attachment and Child Health) Program is an intervention that has been effectively developed and evaluated for at-risk parents and children experiencing toxic stressors (i.e. family violence, parental depression, substance abuse, poverty) [1-6]. Quality of parent-child relationships is negatively affected by family violence, depression, and low income. These factors can affect children's mental health and development throughout their lifespan. Parental reflective function (PRF), defined as the ability to understand one's own thoughts and feeling and those of one's child, promotes strong parent-child relationships and buffers the adverse effects of early adversity. Increased PRF supports positive parent-child relationships by strengthening the social and emotional competence of parents in their interactions with their children.

Our research with 90 families revealed a significant improvement in PRF, parent-child relationship quality, and children's mental health and development [1-5]. Our ATTACH™ study protocol has been published [7] with significant global interest in adapting, implementing, and evaluating the ATTACH™ Program in other countries. The ATTACH™ team recently travelled to Brazil (featured in the 2023 RESOLVE Fall Newsletter) where we successfully trained a group of Portuguese speaking university researchers in ATTACH™ via translators. The ATTACH™ team is now adapting the program in other non-English languages, including Danish, where ATTACH™ will be soon implemented in four Danish municipalities.

Current parenting interventions used in Denmark often lack an evidence-based approach and fall short in addressing the complex needs of families facing early adversity [8]. A Danish nationwide register-based cohort study demonstrated that children of parents with mental illness have higher risk of somatic diagnoses, infections, and endocrine diseases, with the highest risk for children aged 0-7 years [9]. While approximately 8% of children in Denmark are diagnosed with a mental illness before age 9, the prevalence for children with poor socioeconomic situations is almost twice as high [10]. Therefore, despite equal access to health and social services in the Danish welfare system, significant inequalities in health still exists, with early and effective interventions needed. Effects of adversities in early childhood compromise socioemotional development, cognitive development, and motor development [11-14]. ATTACH™ offers promising results and will evaluate these developmental domains with some of Denmark's most vulnerable families. To recap, ATTACH™ has the potential to improve the health of parents and children and will provide capacity building in four local family intervention units in Denmark, with the ATTACH™ program tailored for Danish context. Doing so will allow us to continue building a strong foundation to scale and test the efficacy of the ATTACH™ Program for future nation-wide projects.

We are excited to share information on ATTACH™ so please [visit our website](#); review ATTACH™ publications, or contact Dr. Nicole Letourneau at nicole.letourneau@ucalgary.ca or Dr. Martha Hart at mhart@ucalgary.ca.

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