

# Community of Practice-COSP

Date: 4/28/23 Time: 2:00 pm

## Agenda

Brené Brown on Empathy

<https://www.youtube.com/watch?v=1Ewgu369Jw>

1. Reflections, thoughts, and questions from the last meeting.

2. Topic of discussion -Chapter 1 "Welcome to the Circle of Security Parenting."

-Key Points: (Good Enough Parenting, It's never too late, Going out and coming in on the Circle, the Hands, Top and Bottom of the Circle, Seeing Circles in everyday life.)

-Focusing on application of COSP principles in daycares, on home visits, one to one with families, with colleagues, staff, and during Teaming Meetings.

3. Suggestions of implementation:

-Incorporating Principles with:

- Staff & Families
- Teaming Meetings
- During Visits

3. Resources:

- Website: [circleofsecurityinternational.com](http://circleofsecurityinternational.com)
- Handouts: "Shifts from COSP Parenting"  
"COSP Chapter 1-Key Points"

Next Meeting:

(Recap from last meeting: 2/10/23)

1. Purpose of this CoP-COSP: To be the hands for each other, be supportive to families and provide fidelity in COSP practices for B-3 Programs.

2. DCF Grant for COSP Facilitators Update: There is a hold on DCF funding of Facilitator training until July.

3. COSP participants completion:

\* COSP B-3 facilitators: Estimate of 35-40 Facilitators across the State in 12 B-3 Programs. (20-24 Trained through this project & DCF Grant)

\* 140 Service providers completed the 8 week COSP experience in 15 B-3 Programs

\* 15 B-3 Facilitators completed the COSP Refresher Course.

4. IFSP Documentation:

Individualized Family Outcome-When writing a Family Outcome to support facilitating COSP with a family; think about each family's individual need and how COSP will support them, (ex: Family would like to learn more about helping their child regulate their challenging behaviors.)

- In regard to Documentation of Services on Section 7 (service grid); it is important to document the discipline of the COSP facilitator (e.g., PT, OT, DT, etc.) and NOT document it as "COSP Facilitator".
- Follow the CT Birth23 Procedure "Planning and Documentation of Intervention Services" for further guidance.
- Remote Deliver- PA for remote only (Follow remote procedure)

5. Visit Notes:

Documentation on Visit Note is important!!!

- Follow the CT Birth23 Procedure "Planning and Documentation of Intervention Services" for further guidance.

6. Suggestions of implementation:

- One to One with families
- Incorporating Principles with Staff & Families
  - Teaming Meetings
  - During Visits

9. Resource: DECA- "Building Your Bounce " Booklet for supporting families

