

# ICDP IN USA

## **2025 update by Rachel Fuentes, from the Lutheran Child and Family Services of Illinois (LCFS):**

In 2025, the Lutheran Child and Family Services (LCFS) implemented the ICDP-informed programming across parenting, youth development, and professional training initiatives. Services were delivered through both in-person and virtual formats to increase accessibility for families. Main activities included:

- Successful delivery of 19 structured parenting education groups grounded in ICDP principles
- Successful delivery of over 130 individual parent coaching and family support sessions
- Implementation of 5 All About YOUth (AAY) programs to youth across northern Illinois
- Use of evaluation tools including TOPSE, ICDP Guidelines, SDQ, and JEDI-ER
- Best Start Ace Interface through Resilience & Hope professional development workshops: February 2025, March 2025, June 2025
- Facilitator Workshops: January 2025, April 2025, May 2025
- All About YOUth Coach Workshops: January 2025, April 2025, June 2025
- Collaboration with partners for academic support and youth enrichment

### **The numbers trained:**

- Caregivers trained (unduplicated): 323
- Youth participants (unduplicated): 97
- Facilitators trained: 42
- Trainers certified: 0
- Beneficiaries: Children and youth ages 6–17, parents and caregivers, families facing economic hardship and system involvement

A total of 420 individuals were directly served. The broader impact extended to family systems and communities.

### **Perceived impact on beneficiaries**

- Significant improvements in parenting self-efficacy
- Increased use of ICDP communication strategies
- Improved parent-child relationships
- Reduction in child behavioural challenges and increase in prosocial behaviours
- Youth growth in empathy, communication, and leadership

- Improved emotional regulation and decision-making

### **A story**

*When a mother first joined our ICDP - Best Start Families parent group, she was quiet and guarded. Parenting had always been something she did, not something she reflected on. She grew up in a home where discipline was physical and warmth was limited. As a result, she carried a similar approach into her own parenting—strict, reactive, and focused on control rather than connection. Through the ICDP group and one-on-one parent coaching, she was introduced to a different way of understanding children’s behaviour—one centred on emotional attunement and empathy. At first, she struggled to relate, questioning whether warmth alone could be effective. A key shift came when she began reflecting on specific moments with her children in coaching sessions. Instead of reacting automatically, she was encouraged to consider what her child might be feeling. This perspective gradually changed how she responded at home. Over time, she began pausing before reacting, naming emotions, and engaging in more calm, intentional communication. Her children also began seeking her out more for comfort and connection, not just direction. By the end of the program, she described herself as a “learning parent.” While she still set boundaries, her approach became more patient and emotionally aware. The most meaningful change was not just in behavior management, but in the relationship itself—shifting from distance and correction toward connection, warmth, and empathy.*

### **Highlights**

- 420 participants served
- Measurable improvements in parenting and child outcomes
- Integration of ICDP across parenting and youth programs
- Successful trauma-informed ACE workshops
- Strong multi-partner youth program model
- Progress toward ICDP training capacity

### **Difficulties**

- Participant retention challenges
- Transportation and scheduling barriers
- Limited staff capacity

### **Links/partnerships**

- Talented Tenth Social Services Inc. – youth leadership and community service
- Creating Space Educational Services – academic tutoring and support
- Dunham Foundation
- Made Wright – non-profit agency in Springfield, IL
- School District 131: Aurora, Illinois

- Illinois Department of Child & Family Services

### Future goals

- Expand ICDP programming
- Complete ICDP trainer certification
- Revise session format to better reflect participant's needs
- Enhance curriculum materials
- Strengthen engagement and evaluation systems

**2025 report by Kimberly Svevo**, the ICDP trainer and founder of ICDP in USA, with activities developing under the organization called Changing Children's Worlds/ICDP-USA:

Feedback from caregivers continues to reflect their wonderment in the change of the quality of confidence and joy they find in parenting. Youth are an important focus for ICDP-USA, and we are exploring exciting new opportunities for 2026! The need to combine the benefits of supporting caregivers, and their children / youth, are just beginning to be understood. We will work to strengthen this with all our ICDP partners in 2026!

Note: our CCW/ICDP-USA Web Site is in progress!



We share highlights below.

Key areas for "Changing Children's Worlds/ICDP-USA" include Professional/Community Education/Training, as well as Caregiver/Family, Youth and Children's programs:

- A). Caregiver Support with specialized or marginalized populations.
  - A1) Populations speaking languages other than English (examples below);
  - A2) Communities with special needs;
  - A3) New Communities with high needs for support.



## B). ICDP Education and Training

B1) Within the ICDP-International and ICDP-USA communities;

B2) Expanding within Educational Institutions

B3). ICDP-USA based "ACE Interface: Transforming from Trauma to Resilience & Hope"

\* The "ACE Interface" training was offered to over 100 professionals/community leaders statewide in 2025.

\* November and December 2025 ICDP-International training conversations on Regulation

### Examples:

#### **A1- Youth/Adults with Special Needs.**

Name of ICDP Project: **"All About YOU"**

Contact person: Kimberly Svevo, Ph.D.

A pilot program based on ICDP-USA Best Start for Families "All About YOUth" program took place in November/December 2025 with 25 adults with disabilities. The program focused on Social/Emotional skills, recognizing and reaffirming positive communications and pro-social attitudes and behaviours.

**Vision 2026:** As a result of the positive feedback, the full "All About YOU" program will be offered in 2026!

#### **A2- Virtual Russian Language Programs within and beyond the USA.**

**ICDP Five o'Clock:** Mindful Tea / ICDP online for Russian-speaking Families all over the world.

Contact person: Xenia Kozlov

**Main activities in 2025:** In 2025, the project focused on programme development and cultural adaptation for Russian-speaking families. ICDP materials were revised using accessible language, culturally relevant examples, and practical exercises. Additional perspectives from humanistic psychology, emotional literacy, communication theory, and classical ethics were integrated while preserving core ICDP principles. Preparatory work was also completed for future parent groups and outreach. Intended beneficiaries are parents and caregivers from Russian-speaking and migrant communities.

**Highlights:** A strong culturally responsive version of the ICDP approach was developed for future implementation.

**Difficulties:** Limited time and capacity to run groups while balancing other responsibilities.

**Future goals:** Launch new ICDP parent groups, expand outreach, and continue building supportive parent communities based on empathy and respect.

These are expanded from original 4 ICDP-related webinars in 2024 (ACEs, Playing and Trauma, Parental Burnout, Social-Emotional Learning) - in Ukrainian for Anna & Sergey group (specialists-15 people each), as well as building on the 2023 Ukrainian group of support for parents, 11 people, approximately 15 children impacted.

**Vision 2026:** On February, a new group of 7 people with 5 kids will begin ICDP Five O'Clock.