



ATTUNEMENT MODEL OF CARE (AMC)

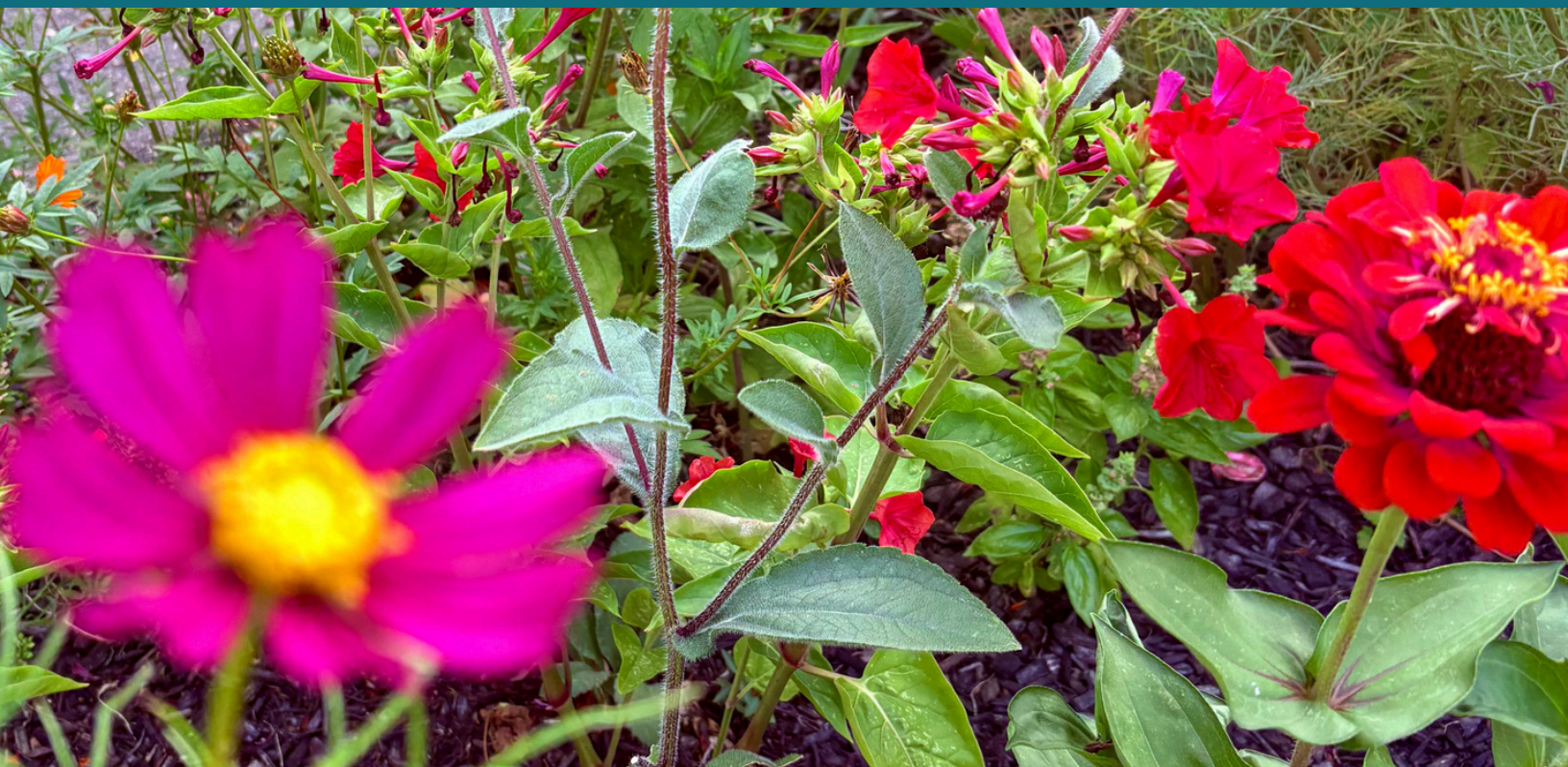
A NEW PARADIGM OF
PSYCHIATRIC TREATMENT AND PREVENTION

DR. ADENA BLICKSTEIN, MD, MPH
CHILD ADOLESCENT PSYCHIATRIST

WHAT IS AMC?

Attunement Model of Care

The Attunement Model of Care (AMC) treats the whole family, instead of just the child and replaces behavioral measures with relational measures for well being. This allows children and communities to go beyond symptom management and to experience lasting mental health.



WHY WE NEED A NEW PARADIGM FOR MENTAL HEALTH

Nearly 20% of children and young people ages 3-17 in the United States **have a mental health disorder**. That is 1 in 5 children.

Suicidal behaviors among high school students **increased more than 40%** in the decade before 2019.

Mental health challenges were the leading cause of death and disability in this age group.

These trends were **exacerbated during the COVID-19 pandemic** (according to the [National Library of Medicine](#))



Many children never receive treatment, and there is a lack of preventative mental health care.





WHY ATTUNEMENT? WHY NOW?

Children today face new challenges, including increased caregiver stress and technology addiction.

1. Evidence-based parenting interventions (e.g., ABC, PCIT) are known to improve outcomes
2. Attunement is a protective factor that prevents mental illness
3. Addressing the caregiver-child relationship heals from the root



The Attunement Model of Care offers Hope

Attunement training is faster, meds or no meds we see improvement, less invasive, low recidivism (sustainable - improves over time, efficient and non-invasive)

Saving lives and curing / preventing mental illness
All of mental illness is a stress reaction - it's cumulative trauma with poor resilience and no support

Patients treated with the attunement model experience:

- faster reduction in symptoms
- reduced rates of relapse
- less medication use

Developed by Dr. Adena

Blickstein, AMC centers the principle that behavior is a form of communication and that sustainable change occurs through connection, not control.



OUR MISSION



The Opportunity

- Funding Goal – We are seeking \$450,000 in research funding to expand clinical trials and validate outcomes for **national adoption.**





CORE PRINCIPLES OF ATTUNEMENT

- **Behavior is a communication** of relational distress or regulation.
- **Emotional attunement is the most effective** intervention for long-term change.
- **Children thrive when their nervous systems are co-regulated** by attuned adults.
- **Healing requires safety, presence, and consistency**—not punishment or reward.
- **Relational health can and should be measured**, taught, and practiced as a clinical competency.





TIARA

THE FICO SCORE FOR RELATIONAL HEALTH

THE INTERPERSONAL AWARENESS AND RELATIONAL ATTUNEMENT SCORE

1. 12-week attunement-based parenting program
2. TIARA ATTUNEMENT SCORES measures pre, mid and post intervention
3. Reduces child reactivity, improves caregiver sensitivity
4. Based on ABC, PCIT, and TIARA platform



TIARA

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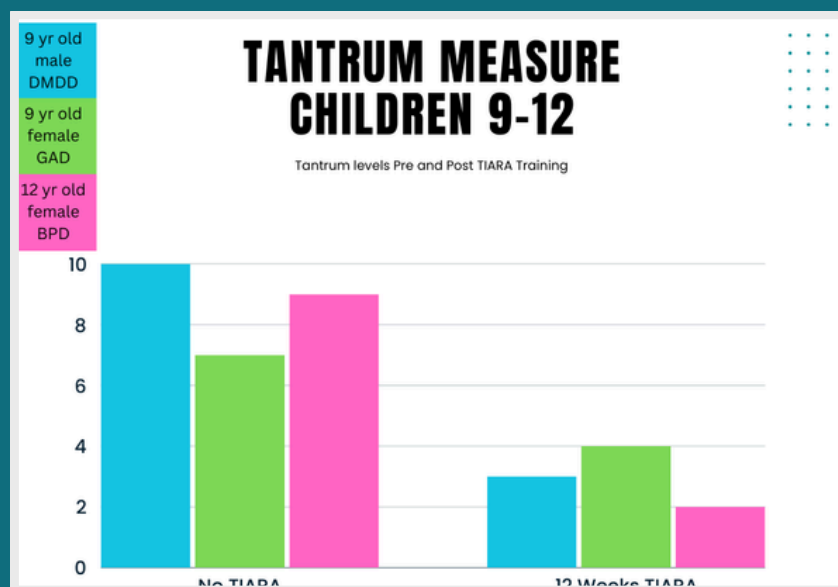
The World's first measure of
Relational Health

1. Attunement Assessments offer Standardized Provider Attunement Assessments based on Relational health measures
2. Standard Measures of Efficacy
3. Improved Interpersonal health within Families and Corporate Sector leading to the eradication and prevention of mental illness



OUTCOMES

1. Strengthen caregiver attunement scores
2. Reduce child behavioral reactivity by 90%
3. Improve parental confidence and mental health
4. 100% caregiver attendance
5. Lasting behavioral gains in children 6 months and one year follow up.



CASE STUDY #1

Turning Crisis Into Confidence

from hospitalization to high school graduation

Subject:

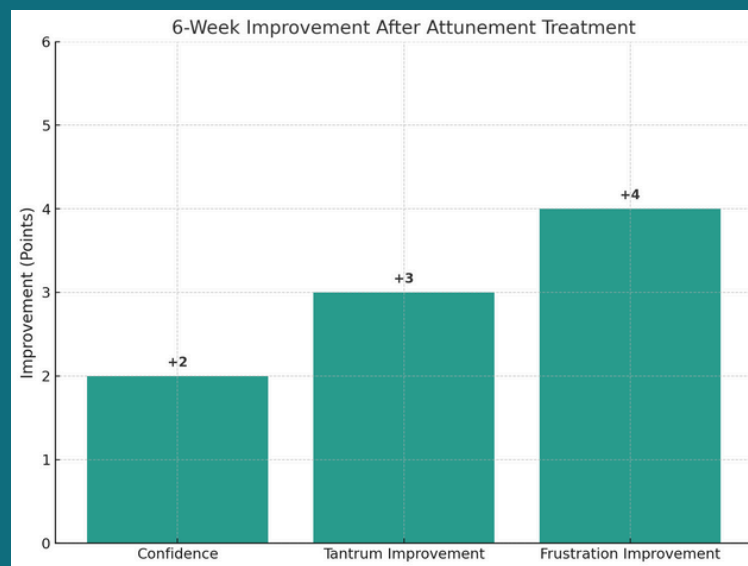
17-year-old male with Conduct Disorder

Background:

Was hospitalized overnight for alcohol overdose. He had over 400 alcohol in his blood. Patient was unaware and unconscious when he woke up. He also had frequent marijuana use and was failing school.

Treatment:

Treated him for ADHD with medication, plus 6 weeks of attunement training for parents.



Outcomes at follow up:

- Now in a therapeutic school / graduated
- Decreased marijuana use
- No alcohol use
- No depression, no anxiety
- No more stealing





CASE STUDY #2

Turning Violence & Chaos Into Calm *from being stuck at home to freedom to go out*

Subject:

9 yo male with Disruptive Mood Dysregulation Disorder

Background:

Mother was close to calling police, as she was scared to be at home with him. He was violent towards himself and others (ie. throwing furniture, hitting himself on the walls) They couldn't go out in public. He had unspecified learning disabilities and ADHD. Drug use in utero from biological mom. Bipolar in biological family. They didn't know how to deal with his anger. Very sensitive nervous system.

Treatment:

12 weeks, small dose of mood stabilizer plus attunement training for parents. Was able to go off of medications after awhile.

(continued...)



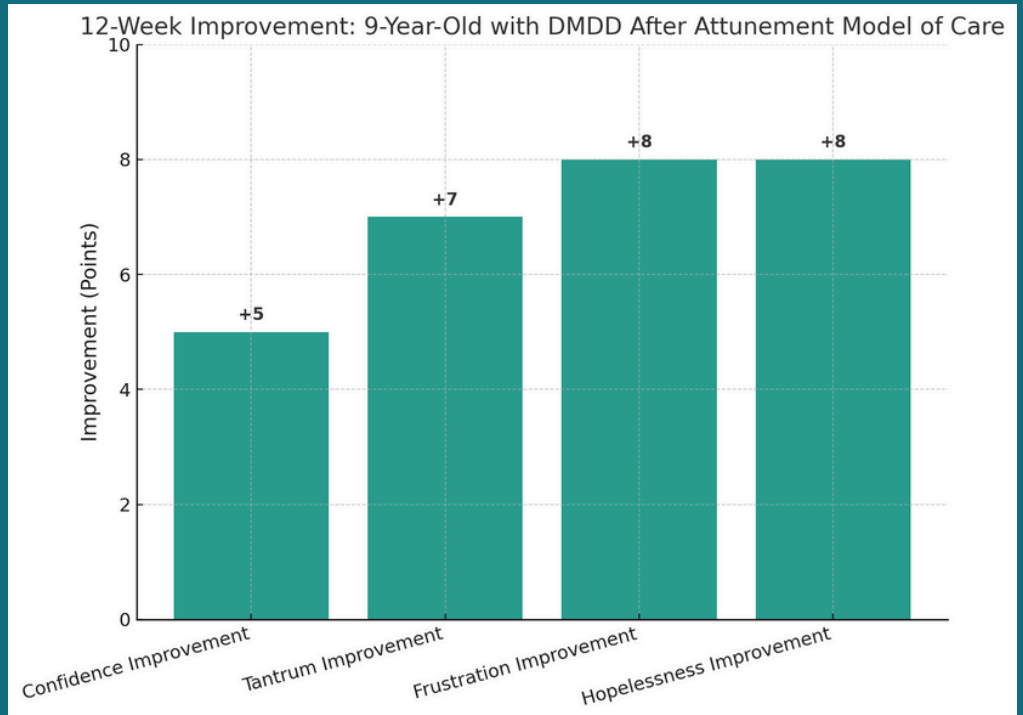
CASE STUDY #2

continued

Turning Violence & Chaos Into Calm
from being stuck at home to freedom to go out

Subject:

9 yo male with Disruptive Mood Dysregulation Disorder



Outcomes at follow up:

- Relaxed, able to do school work
- Able to go outside without getting upset or angry
- Was able to be totally regulated
- Mother was able to de-escalate before he lost control
- Was able to go off of medication



CASE STUDY #3

Turning Panic to Tranquility

from obsessive worry to calm, adaptable Living

Subject:

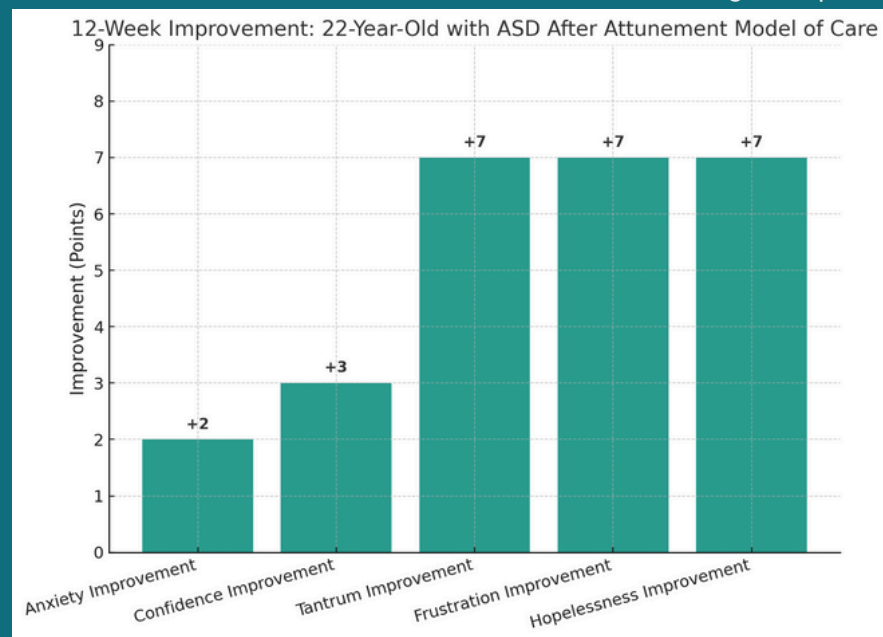
22 year old male with Autism Spectrum Disorder

Background:

Major OCD, obsessive thoughts, couldn't function - slow getting dressed etc because of obsessive worry. He was hospitalized at one point for severe 3 hour panic attack.

Treatment:

Medications + 12 weeks attunement training for parents



Outcomes at follow up:

- Higher functioning, no more panic
- Moved up in grades
- Mom + child both had anxiety go down
- Much more resilient to changes in schedule - adaptable to change without freaking out





CASE STUDY #4

Turning Drama to Honesty

from opposition and manipulation to healthy, trusting relationships

Subject:

12 year old female with ADHD, ODD, and budding borderline personality disorder.

Background:

Exhibiting lots of opposition and manipulative behavior with parents. She was isolative, door slamming, not talking to Mom, constant fighting and arguing. Couldn't connect to her emotions. Lots of drama. Mother was overwhelmed and unsure of what to do but knew she didn't want to argue all the time. Developing into personality disorder - she was insulted easily with spontaneous unpredictable mood swings and argumentative, oppositional behavior. This is usually a precursor to eating disorder behaviors and other dissociative behaviors.

Treatment:

12 weeks attunement training

(continued...)



CASE STUDY #4 continued

PARENTAL ATTUNEMENT SCORE OF 12 YEAR OLD FEMALE WITH BPD

Parental Attunement Score Pre and Post TIARA Training



Outcomes at follow up:

- She was able to be vulnerable and cry with her Mom instead of acting out.
- Mother learned how to stop projecting her anxiety, and became proficient in emotional de-coding and listening.
- Mother relationship significantly improved, no more fighting and arguing.





HOW IS ATTUNEMENT DIFFERENT?

1. Simplified vs. Complex
2. Humane vs. Alienating
3. Relational vs. Behavioral

Other Models Vs. Attunement

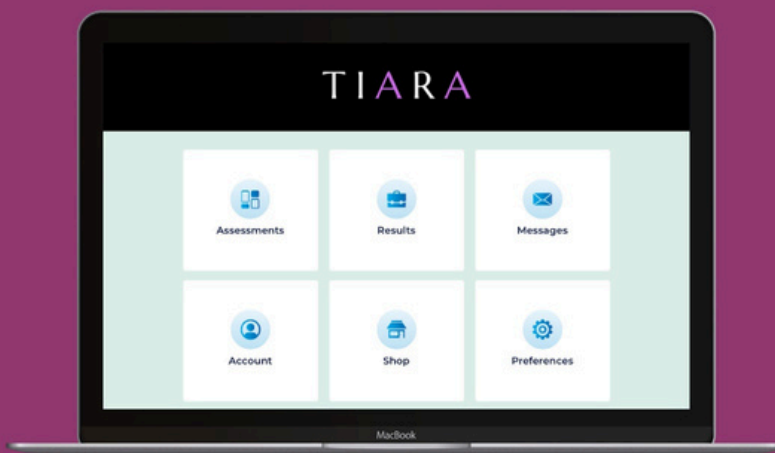
CHILD	ENTITY C
BEHAVIORAL	ENERGETIC/VIBRATIONAL
MEDICATION	RELATIONAL COHERENCE
SYMPTOMS	PARENTAL NARCISSISM
RECIDIVISM	CURATIVE
UNPREDICTABLE	PREDICTABLE



TIARA RELATIONAL ASSESSMENT PLATFORM

1. Seamless Integration into EHR
2. Developed for Innovative Mental Health Clinics Invested in improving relational health
3. Customized relational assessments + staff training

KEY FEATURES AND BENEFITS



- **Web-Based and Mobile App**
 - Accessible from anywhere through website and mobile app, providing convenience and flexibility for parents.
- **Data Driven with Attunement Score**
 - Uses data-driven algorithms to provide an Attunement Score, which measures the quality of parent-child connection and engagement.
- **Efficient - decrease symptoms in 12 weeks with Attunement Model Interventions**
 - Proven to efficiently decrease mental health symptoms in children within a 12-week timeframe.
- **Non-Invasive - no medications**
 - Provides a natural, non-invasive approach to improving mental health without the use of medications.
- **Scalable and Measurable**
 - Highly scalable solution with measurable outcomes, enabling parents to track progress and see the impact of their efforts.



TIARA RELATIONAL ASSESSMENT PLATFORM

1. Trackable Dashboard for Intervention Efficacy.
2. Attunement vs. Reactivity Tracking
3. Overall Family Relational Health Measurements for sustainable outcome measures



TESTIMONIALS

I genuinely believe that your vision and work is the kind of change that can potentially move humanity forward. It ventures to shift the consciousness of populations. I liken the vision to a "Great Awakening" project.

Dr. Bryan Sykes Impact Investor



TESTIMONIALS: ATTUNEMENT TRAINING

Dr. Blickstein teaches parents incredibly powerful strategies that are easy to understand and implement. These strategies have a profound impact on both the parent-child relationship and on the child's mood and behavior. I can't recommend her highly enough!

*-Dr. Donna Kirchoff Integrative
Pediatrician*



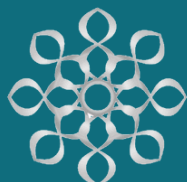
TESTIMONIALS: ATTUNEMENT TRAINING



Adena's program has changed my life so much! My relationship with my daughter went from a constant fight to us being able to collaborate and understand each other.

She even wants to spend time with me! The perspectives and tools made this possible and I will be forever grateful!

Kelly Viera Mom and Women's Life Coach, Founder of My Happy Place



TESTIMONIALS: ATTUNEMENT TRAINING



Teal Dragon's attunement training has completely transformed my relationship...

What I learned through attunement training showed me how to be the kind of mother I want to be.

By learning how to attune to him, we have so much more fun together, and I feel so much less anxious and worried about him.

Kayla Yoder, Mom, Authentic Relating Specialist, Sacred Space Ceremonial Leader



TEAL DRAGON HEALING

Conscious Psychiatry & Attuned Parenting for Lifelong Family Wellbeing

Holistic care for families ready to move beyond symptom relief into deep healing and connection.

500+ Families healed and
reunified



Get in touch with us
Welcome@tealdragonhealing.org



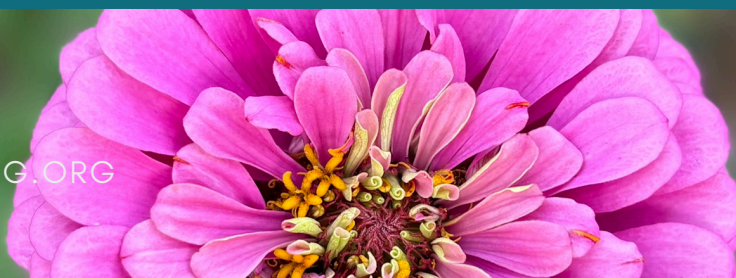
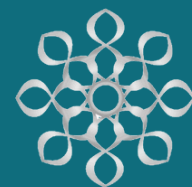
ABOUT DR. BLICKSTEIN

Child & Adolescent Psychiatrist with dual training in medicine and public health, and the founder of Teal Dragon Healing, LLC. passionate about children's mental health, systemic reform, and family empowerment. A Columbia University graduate with over a decade of leadership in integrative psychiatry, public health research, and community-based healing. Founder of the Attunement Model of Care, a holistic, trauma-informed, and culturally sensitive framework designed to optimize family and child mental wellness through collaborative care.

She is the creator of the Attunement Score, a groundbreaking tool that measures the relational health between parent and child. Her research has shown significant correlations between highly attuned parenting and the prevention and mitigation of mental illness in children.

As a mother of two children, one of whom has special needs, Dr. Blickstein has used and refined her attunement techniques to effectively mitigate escalations and behavior issues. She is dedicated to advancing this work and training professionals in attunement training to help families and children heal from mental illness. Dr. Blickstein currently resides in Stamford, Connecticut, and enjoys salsa dancing, acrylic art, fashion, and music.

To hear more about her work visit tealdragon.org and follow her on the Teal Dragon podcast, Resilience.



JOIN THE ATTUNED MOVEMENT

AN ENGAGED COMMUNITY
INVESTED IN CREATING AN
ATTUNED WORLD



1. **Partner in Attunement Study** Using TIARA
2. **Bring Attunement Training** to your organization
3. **Become a Community Member** of TDH
4. **Become a Certified Attunement Specialist** to share Attunement Teaching with your clinic or community

Get in touch with us
Tealdragon.org

