



# Connecticut Association for Infant Mental Health ~ 2016 Newsletter

Winter 2016



**The mission** of the Connecticut Association for Infant Mental Health is to provide statewide opportunities to enhance knowledge and promote a positive influence on the social emotional health and development of infants, young children and their families/caregivers.

## **New CT Legislation:**

**[SB841-AN ACT CONCERNING THE IMPLEMENTATION OF A COMPREHENSIVE CHILDREN'S MENTAL, EMOTIONAL AND BEHAVIORAL HEALTH PLAN](#)**

**[SB1085-AN ACT CONCERNING](#)**

## ***A New Year's Resolution for the Infant Mental Health Professional***

Do you sometimes worry that issues related to limited resources, lack of time and miscommunication interfere with our ability to create and cultivate the kinds of working relationships we need to succeed in our practice with families, programs, communities and agencies? Does it seem that there is too much tension and conflict in our meetings and other tasking environments? Do you find it difficult to trust in the work environment, to be "authentic", to feel heard and understood? How can we truly practice "parallel process" without acceptance, trust, forgiveness and honesty?

As we begin this New Year, let us celebrate and be reinvigorated by what brings us together as professionals in this work, as a network of colleagues and as friends: the love for infants and their remarkable capacities to feel, to express needs, to communicate, to attach, to become themselves, to become part of a family, to become part of a community. Let us celebrate our collective hope that all families enjoy peace and well-being. Let us celebrate our accomplishments. Let us work toward a more relaxed, intentional and reflective experiences that promote relationship in every interaction we have in our personal and professional lives.

Happy New Year from the Connecticut Association for  
Infant Mental Health!

## ***Save the Date 2016***

### **CT-AIMH Annual Spring Meeting and Seminar**

Coming together to share collective experiences is critical in the parallel process of professional infant mental health practice.

Please, plan to join us on:

**HEALTH INSURANCE  
COVERAGE FOR MENTAL OR  
NERVOUS CONDITIONS**

**Infant Mental Health  
News**

**Zero to Three** just put out a new document to share - **The effects of poverty on the developing brains of babies and toddlers.**

[Click here to view.](#)

UCONN News put out an article titled: Why Pregnant women should be screened for depression. An [interview with Cheryl Beck](#)

**CT-AIMH** offered the following Infant Mental Health Trainings in 2015:

8-day IMH training series for **DCF/EHS and Community Partners** that covered these topics:

- Unresolved trauma and loss
- Attachment
- Cultural Responsiveness
- Successful Visitation
- Development, Screening, Assessment, and Referral
- Observing the caregiver/young child relationship
- Reflective Practice

5-day IMH training series for **Child Care Providers** with topics:

**Thursday April 21, 2016, 8:30am-12noon**

at Woodwinds in Branford to recommit and reinvigorate ourselves in our work with families, programs, communities and policies!

**Featured Presenter will be:  
Arietta Slade, PhD, Yale Child Study Center**

**Please, Remember to Renew your  
CT-AIMH Membership for 2016**

One of the significant ways each of us contributes to the field of infant mental health is by our financial support for the infrastructure of your CT-AIMH organization. As a member of the organization you have access to a unique network of colleagues that increases connection and support. In addition, membership gives you access to training opportunities that expand your knowledge base and skill set in infant mental health practice. Together we can make a greater impact on our mission, our workforce and our micro and macro practice in infant mental health!

[Individual Membership Form](#)

[Agency Membership Form](#)

Renew online with a credit card at [www.ct-aimh.org](http://www.ct-aimh.org)

**34 folks are now IMH-Endorsed® in CT!!!  
[Link to the Endorsement Renewal Letter](#)**

For those who hold CT-AIMH Endorsement® please, be mindful to renew your Endorsement®!

[What is IMH-Endorsement®?](#)

**National Work**

The Alliance for the Advancement of Infant Mental Health (The Alliance) is being formed as a global organization that includes those states, and countries whose infant mental health associations have licensed the use of the Competency Guidelines® and Endorsement for Culturally Sensitive,

- Infant Mental Health
- Attachment and Separation
- Brain Development
- Temperament
- Sensory Integration
- The importance of play
- How environments can support attachment
- Partnering with families
- Reflective Practice

5-day training series for **Home Visitors** with topics:

- IMH skills and strategies
- Attachment
- Brain Development
- Trauma
- Development, Temperament and Sensory Integration
- Cultural Responsiveness
- Reflective Practice

Relationship-Focused Practice Promoting Infant Mental Health® under their associations' names. Connecticut is a founding partner.

[Click here](#) for more information.

[Alliance Map of states](#)  
[2015 Alliance Activity Summary](#)



A Dinner Celebration was held in November 2015 to honor Margaret Holmberg's twelve years as President of the CT-AIMH. She is seen here with three of her four grandchildren that attended the event. The fourth grandchild is hiding behind her.

[Click here](#) for the new slate of CT-AIMH Board Members for 2016.

***Get involved!***

***Join one of our CT-AIMH committees:***

**Professional Development  
Advisory Committee**

**Policy and Advocacy Committee**

**Education and Promotion  
Committee**

**For more information:**  
 Contact Heidi Maderia at [heidi.maderia@yale.edu](mailto:heidi.maderia@yale.edu)  
 or Melissa Mendez at [mmendez@wheelerclinic.org](mailto:mmendez@wheelerclinic.org)

**Upcoming Circle of Security Training!**

*Core Sensitivities Training with Kent Hoffman*

This training can be especially useful for people supervising clinicians, COS P educators, and other helping professionals.

You do not need to have taken any other Circle of Security training in order to take this training.

Chapter 9: Understanding State of Mind and Defensive Processes through Core Sensitivities from The Circle of Security Intervention by the COS developers is a good resource if you'd like to read more on this topic.

**For more articles about**

**March 21-23, 2016**

**Infant Mental Health read  
the [IMH Crier](#)**

**or**

**[Subscribe](#) to IMH Journal**

**or**

**[Join](#) the World Association for Infant  
Mental Health**

**Please do not hesitate to contact us:  
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**Heidi Maderia,  
Executive Director**

**[Join Our Mailing List!](#)**

## New Britain, Connecticut

For more information or to register, please go to

[Circle of Security](#)

or the registration link

[Circle of Security Registration Link](#)

TED Talk by Kent Hoffman on Infinite Worth:



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