

# CT-AIMH Member News

- Items of interest from the Connecticut Association for Infant Mental Health -



CONNECTICUT ASSOCIATION  
FOR INFANT MENTAL HEALTH

## Spring Workshop & Meeting

April 29, 2010, 9-12 a.m., the Lyceum in Hartford are the date and place for our spring workshop and meeting. Members will be the first to hear about the agenda and opportunity to register.

## Reflective Supervision Workshop

**Reflective Supervision: Outside the Box, Inside the Mind** was the topic for our fall 2009 conference. **Janet Dean** shared her insightful message with 130 participants using meaningful videos to help us reflect and to increase our sensitivity to families with their babies and the problems they face.

She demonstrated the role a supervisor plays in providing time to be with staff to "watch, wait, and wonder" about their families. "Great ideas for working not only with parents but also staff."

CT-IAMH appreciates the generous support from the Children's Fund and Child Health & Development Institute for sponsoring the speaker. We are also grateful to Zero to Three for providing the DVD, "Taking Care of Babies from the Bench," to all our participants. The DVD donation came through the New Haven Court Teams for Maltreated Infants & Toddlers project sponsored by Zero to Three. **Ebony Miller** is the New Haven Community Coordinator.

## Nominations for Jane C. Bourns Award

At our spring meeting, we will present our fifth **Jane C. Bourns Award**.

This award goes annually to someone who is providing or advocating for infant/early childhood mental health services to young children and their families in CT. Persons may be educators including child care providers, therapists, clinicians, consultants, and physicians. Last year's recipient was **Mary Ann Dayton-Fitzgerald**.

Jane was a tireless advocate for children who devoted most of her career to the development of mental health services for children as director of the Wheeler Clinic for 23 years.

Please send your nomination including a paragraph about why you are nominating the person to **Joanna Bogin** at [jbogin@ccmckids.org](mailto:jbogin@ccmckids.org)

## Training Calendar

Did you know that you can find trainings related to the CT AIMH infant mental health competencies and other infant/early childhood mental health topics by going to this website hosted by Building Blocks, an initiative of the Southeast Mental Health System of Care:

[www.buildingblocksct.org/calendar.htm](http://www.buildingblocksct.org/calendar.htm)

## Recommended Readings on Infant Mental Health

What do we mean by the term, Infant Mental Health? Some believe the term refers to a vague theoretical construct. Our good colleagues in Minnesota have shared a newsletter that constitutes a powerful, succinct, well substantiated overview of the state of our field. We commend this to your attention with the assurance that you will be motivated to heighten your commitment to the important infant mental health work.

<http://www.epi.umn.edu/mch/assets/downloads/HGWINTER10.pdf>

“Early Childhood Mental Health Services: Four State Case Studies,” is another important publication. Published by U.S. Department of Special Education, two of the states described are Connecticut and Michigan. Our Early Childhood Consultation Partnership program is described. And Michigan’s endorsement process is described to illustrate professional development in the field.

This in-depth policy analysis provides a background of the early childhood mental health (ECMH) focus of many organizations and legal elements of why it

is essential that children with disabilities be included in a comprehensive mental health system. Findings from interviews with four state early childhood staff (i.e., the Individuals with Disabilities Education Act, Part B section 619 and Part C staff) were conducted around select components of mental health: Connecticut – consultation; Michigan – preparation and professional development; Ohio – partnerships; and Illinois – finance. Findings include that a variety of staff at a mental health agency and staff for Part B, Section 619 and Part C, share responsibilities related to ECMH.

Data is also collected through a statewide ECMH partnership and some individual programs; however none of the states have developed a uniform or coordinated data system for ECMH. All states indicated a need for changes in Medicaid policy to accept coding from the Diagnostic Classification of Mental Health and Developmental Disorders.

<http://projectforum.org/docs/EarlyChildhoodMentalHealthServices-FourStateCaseStudies.pdf>

## World Association for Infant Mental Health

Connecticut is now a member of the World Association for Infant Mental Health (WAIMH). The affiliate states are forming a consortium to “present a united voice for the purpose of influencing and contributing to WAIMH policies and programs as well as those in the United States.”

Connecticut must maintain at least 10 individual WAIMH members to maintain our WAIMH affiliate status. Members receive the “Signal” publication.

To join WAIMH, go to: [www.waimh.org](http://www.waimh.org)



World Association for  
Infant Mental Health

## CT-IAMH Competencies Lead to Endorsement

We have nine people ready to work with our colleagues in Michigan toward the Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health®.

This endorsement team will be trained to serve as reviewers and mentors for the next group of Connecticut endorsement seekers. During this past year, the Competency Planning Consortium has worked diligently to promote the competencies.

A report of that work will be presented to our stakeholders on February 22, 2010, at the Graustein Memorial Fund in Hamden. To attend this morning meeting please email:

[margaret.holmberg@ct.metrocast.net](mailto:margaret.holmberg@ct.metrocast.net)

We are grateful to the Connecticut Workforce Collaborative for Behavioral Health in the Head Start Collaboration Office for making it possible to begin our endorsement work.

### League of States

The states that are offering endorsements in infant mental health following the Michigan process and make up the League of States are: Arizona, New Mexico, Idaho, Oklahoma, Kansas, Texas, Indiana, Michigan, Minnesota, Wisconsin, Virginia and Connecticut.

The League meeting in Dallas in December 2009, was an opportunity to discuss with other states how they provide and fund reflective supervision for people working to promote infant/early childhood mental health, mentors and supervisors. Individual and group reflective supervision was demonstrated.

Attending from Connecticut were:  
**Tanika Simpson, Kim Watson Shepardson, Catherine O'Brien, and Margaret Holmberg.**

### Baby Caucus

Representative **Rosa DeLauro** and Rep **Denny Rehberg** (MT) have initiated a Baby Caucus in Washington DC. The Congressional Baby Caucus aims to ensure that public policy reflects the latest research in understanding how children's brains are shaped and developed, how positive behaviors can be encouraged, and how investments in early childhood create success in later years, as well as that families are supported with what they need to take advantage of the scientific advances.

CT-AIMH members met with Rep. DeLauro in July to share with her what Connecticut is doing to promote infant/toddler mental health in CT. A paper we shared with her was enhanced by **Janice Gruendel** who presented Connecticut infant/toddler work at the second Baby Caucus this fall. [That paper is included on the next page of this newsletter.](#)

## Connecticut Initiatives That Focus on Infants and Toddlers<sup>1</sup>

### Policy/Planning Initiatives

- The CT Association for Infant Mental Health's is developing a strategic plan for promoting infant/toddler mental health (now in draft form).
- *First Words, First Steps*<sup>2</sup>, a strategic plan for serving infants and toddlers in CT, was adopted by the CT Early Childhood Education Cabinet in early 2009. This report is a part of the *Connecticut Ready by Five, Fine by Nine Early Childhood Systems Framework*,<sup>3</sup> adopted by the Cabinet in June 2006.
- *A Frame Work for Child Health Services*<sup>4</sup> was adopted by the Early Childhood Education Cabinet in 2009 and published by the Child Health and Development Institute of CT.<sup>5</sup>
- *Promoting Early Health and Learning: A Profile of Two Connecticut Communities* (February 2009) published by the Child Health and Development Institute of CT.<sup>6</sup>

### Workforce Development Initiatives

- CT Association for Infant Mental Health (CT-AIMH) is promoting its *Competency Guidelines and Endorsement for Culturally Sensitive, Relationship-Focused Practice that Promote Infant Mental Health*<sup>®</sup>. Endorsement plans are in process.<sup>7</sup>
- The *Certificate in Infant/Toddler Care* through Charter Oak State College is for infant/toddler caregivers with a high school diploma. The *CT Early Childhood Teacher Credential* with infant toddler endorsement is to ensure teachers have the competencies required to teach our youngest children.
- Early Childhood Consultant training includes "Infant Toddler Modules" provided by the CT Head Start Collaboration Office and the National Infant & Toddler Child Care Initiative (Zero to Three) with additional support from Region 1 Child Care and Healthy Child Care New England.<sup>8</sup>
- A workforce initiative through Building Blocks, a SAMHSA funded initiative of the Southeast Mental Health System of Care (SEMSOC). This is the only SAMHSA funded Early Childhood System of Care that has a workforce initiative.<sup>9</sup>

### Service Delivery Initiatives

- *CT Guidelines for the Development of Infant & Toddler Early Learning* to reach, inform and support infant toddler primary caregivers.<sup>10</sup>
- *CT Birth to Three System Guideline #9: Serving Children and Families in Child Care Settings* (in process).<sup>11</sup>
- The CT *Child FIRST*<sup>12</sup> initiative has just received a \$3.195 million grant from the Robert Wood Johnson foundation to replicate in at least four additional communities.
- *Help Me Grow* through Child Development Infoline mails Ages & Stages questionnaires to families for monitoring infant/toddler development.<sup>13</sup>
- The *Nurturing Family Network* provides home visits to first time parents at risk for harmful parenting.<sup>14</sup>

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<sup>1</sup> Prepared for the November 18, 2009 Meeting of the Congressional Baby Caucus. Information organized by Margaret C. Holmberg, PhD. President, CT Association for Infant Mental Health (Summer 2009) Updated by Janice Gruendel, Ph.D. (November 2009)

<sup>2</sup> Online at -- [www.ctearlychildhood.org/FileManagerRecursive/customer-Files/infanttoddlerframework.pdf](http://www.ctearlychildhood.org/FileManagerRecursive/customer-Files/infanttoddlerframework.pdf)

<sup>3</sup> Online at -- [www.ctearlychildhood.org/QuickLinks/customer-files/ready5\\_fine9.pdf](http://www.ctearlychildhood.org/QuickLinks/customer-files/ready5_fine9.pdf)

<sup>4</sup> Online at -- [www.ctearlychildhood.org/FileManagerRecursive/customer-Files/Framework\\_Full\\_rpt\\_2.pdf](http://www.ctearlychildhood.org/FileManagerRecursive/customer-Files/Framework_Full_rpt_2.pdf)

<sup>5</sup> Other publications focusing on policy and program evaluations relevant to infants and toddlers can be accessed at -- [www.chdi.org](http://www.chdi.org)

<sup>6</sup> Online at -- [www.chdi.org/admin/uploads/4725525474994a0e5e271a.pdf](http://www.chdi.org/admin/uploads/4725525474994a0e5e271a.pdf)

<sup>7</sup> Online at -- [www.ct-aimh.org](http://www.ct-aimh.org)

<sup>8</sup> Go to -- [www.ctnurses.org](http://www.ctnurses.org)

<sup>9</sup> Online at -- [www.buildingblocksct.org](http://www.buildingblocksct.org)

<sup>10</sup> Contact Peter Palermينو at -- [peter.palermينو@ct.gov](mailto:peter.palermينو@ct.gov). Online at -- <http://www.wheelerclinic.org/children/EGdraft2forweb.pdf>

<sup>11</sup> Go to -- [www.birth23.org](http://www.birth23.org)

<sup>12</sup> Contact Dr. Darcy Lowell at -- [Darcylowell@gmail.com](mailto:Darcylowell@gmail.com).

<sup>13</sup> Online at -- [www.211ct.org/programs/Helpmegrow.asp](http://www.211ct.org/programs/Helpmegrow.asp)

<sup>14</sup> Contact Karen Foley-Schaine at -- [Karen.foley-schaine@ct.gov](mailto:Karen.foley-schaine@ct.gov). Online at -- [www.take5parenting.com](http://www.take5parenting.com)

## Connecticut Association for Infant Mental Health

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**Newsletter Editors:**  
Margaret C. Holmberg & Kevin J. Sullivan



## Membership Update

### ***Renew/Join CT AIMH***

Now is the time to renew or join CT AIMH. Membership is annual, so don't delay and miss out on the opportunity to get in on the 2010 news and activities. Our agency membership was a big success and we again offer reduced rates for individuals when four or more join from an agency.

### ***Who Should Join?***

Infant mental celebrates the many disciplines that contribute to relationship-focused work with infants, young children and their families. We welcome members who may be educators, including child care providers, therapists, clinicians, home visitors, social workers, nurses, psychologists, physicians.

### ***Why Join***

Infants and young children and their givers deserve support and services that encourage nurturing relationships. By joining CT AIMH together we can move forward in creating an infant/early childhood mental health system in CT.

### ***A Special Thank you...***

The Board of Directors of CT-AIMH wishes to express appreciation to the non-voting state agency members who attend our Board meetings:

**Kathy Bradley** from DCF, **Amparo Garcia** from DSS, **Jocelyn Mackey** from SDE and **Kevin Sullivan** from DPH. Their input and expertise is greatly appreciated.

### **For membership information:**

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**T**he Connecticut Association for Infant Mental Health provides statewide opportunities to enhance knowledge and to promote a positive influence on the social-emotional health and development of infants, young children and their families. For the most up-to-date organizational info, visit us at:

[www.ct-aimh.org](http://www.ct-aimh.org)

## Early Childhood Mental Health Day: May 6, 2010

**I**nfant/early childhood mental health will be highlighted in the SAMHSA (Substance Abuse and Mental Health Services Administration) plans to raise awareness about the importance of early intervention to help young children achieve social emotional wellness. Plans to date are described in the PowerPoint below:  
[2010 Early MH Awareness Day Plans](#)