



CONNECTICUT ASSOCIATION FOR
Infant Mental Health

Promoting, supporting and
strengthening children's earliest
relationships
prenatal to age six

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2018-2019 Bi-Annual Report



CONNECTICUT ASSOCIATION FOR
Infant Mental Health

CT-AIMH
c/o Yale Child Study Center
Attn. Linda Isakson
230 S. Frontage Road, New Haven, CT 06520
www.ct-amih.org

CT-AIMH Mission & Goals



Mission:

- *CT-AIMH works to promote, support and strengthen nurturing, quality relationships for infants, young children and their caregivers, within the context of family, community and culture, through education, advocacy, and professional development.*

Goals:

- **Share Expertise and Promote Awareness of Issues Relating to Infant/ Early Childhood Mental Health**
- **Increase the Infant and Early Childhood Workforce Capacity and Competency**
- **Engage Visibly and Effectively in Public Policy Advocacy Issues**
- **Build Organizational and Operational Priorities**

Board of Directors



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CT-AIMH Staff



Staff

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- Samantha Shaak

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- Linda Isakson

Yale Support Staff



CT-AIMH Committees



○ Education and Promotion:

Goal Statement: Promote and educate the greater community on the importance of infant mental health and the work of CT-AIMH. Develop educational and promotional materials that will reach members and the greater community. Develop membership communication strategies to support engagement. Respond to opportunities to represent and promote CT-AIMH.



2018-2019 News:

- Launched CT-AIMH Facebook page
- Planned and Implemented two (2) Celebrate Babies Campaigns
- Prepared Quarterly E-newsletter for Members
- Offered a 3-part IMH Film Series: *The Raising of America*
- Developed Spring 2019 Conference program book



Connecticut Association for Infant Mental Health eagerly anticipates our very special *spring conference!*

The Power of Early Childhood Experience in Shaping Risk & Resilience...

Dr. Bruce D. Perry Presents in Connecticut!

Please join us
on Thursday
May 9, 2019
8:30am-4:00pm
The Woodwinds
Branford,
Connecticut

Please register
www.ct-aimh.org

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Infant Mental Health, Inc.
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Experiences of early childhood shape the developing brain by providing a range of social, emotional, motor and cognitive experiences that impact the development and functioning of key neural networks in the infant brain. This presentation will discuss the vital importance of supporting and fostering brain development from infancy throughout early childhood by supporting the caregivers. The importance of designing caregiving strategies and support programs for new parents cannot be underestimated. Dr. Perry's address will focus on the importance of the relational "therapeutic web" in providing the consistent, predictable and nurturing experiences that buffer stressors and build resilience.



Bruce D. Perry, M.D., Ph.D., is the Senior Fellow of The ChildTrauma Academy, a not-for-profit organization based in Houston, TX (www.ChildTrauma.org), and adjunct Professor in the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University in Chicago.

Dr. Perry is the author, with Maia Szalavitz, of *The Boy Who Was Raised As A Dog*, a bestselling book based on his work with maltreated children and *Born For Love: Why Empathy is Essential and Endangered*.

Over the last thirty years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences holding a variety of academic positions.

These events kick-off the **Celebrate Babies** week October 21-25, 2019.

#CelebrateBabies2019



CONNECTICUT ASSOCIATION FOR
Infant Mental Health

The Raising of America: Early Childhood and the Future of Our Nation

<https://raisingofamerica.org/>

This fall, CT-AIMH presents a documentary film event series at the **Connecticut Women's Consortium**. You can participate in each event independently or ideally, join us for all three events. This film contains five episodes however, we will combine episodes to create three events. After attending all three dates, you will have viewed the film in its entirety. We will begin each event with an introduction of the episode(s), acknowledgment of the event sponsors, film viewing and reflections. The events welcome anyone with a passion for infant and early childhood social justice and policy and advocacy for families with infants and young children.

THE RAISING OF AMERICA
The documentary series changing the conversation about early childhood

ABOUT THE DOCUMENTARY SERIES | REGISTER

WATCH | DISCOVER | TAKE ACTION

THE RAISING OF AMERICA
The documentary series changing the conversation about early childhood

OFFICIAL U.S. NATIONAL VIDEO
This series is free, when you grant our permission, under the CC BY-NC-SA license. That is why we're offering it for free. For more information, visit <https://www.raisingofamerica.org/>

Event information is also available at the CT-AIMH website at <https://www.ct-aimh.org/trainings-and-events/ct-aimh-training/>



FREE FILM EVENT SERIES

Fall/Early Winter 2019

- Monday October 21
- Monday November 18
- Monday December 9

9:30am - 11:30am

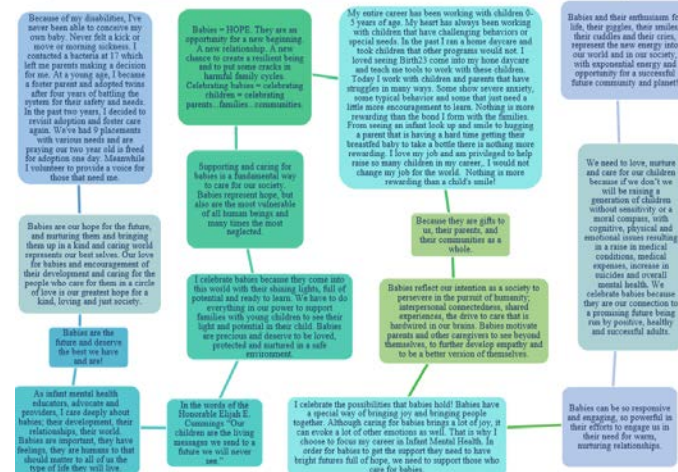
Coffee &
Light Breakfast
Provided!

Registration for Raising of
America Event(s)

Organizations are invited to sponsor
these events. For information, go to
[Sponsorship Form](#)

Event location is...
Connecticut Women's Consortium
Hamden Center II
2321 Whitney Avenue
Suite 401
Hamden, Connecticut
203-999-6888
www.womenconsortium.org

CT-AIMH Celebrate Babies Campaign 2019: Reflections from the Connecticut Workforce



CT-AIMH Committees



○ Endorsement Advisory:

This Committee is composed of the initial people to become endorsed in Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health®. The Endorsement Team plans for the advising and reviewing of portfolios and exams that may lead to Endorsement. Please, contact us if you have questions for this team.

○ Diversity, Equity and Inclusion:

To begin in January 2020!



CT-AIMH Committees



○ Policy and Advocacy:

Goal Statement: Work to identify, monitor and respond to policy and health issues related to the mental health needs of, young children and their families. Establish relationships with community partners, which may include the Connecticut Chapter of the American Academy of Pediatrics, State Legislators, Child Advocate, and other State Leaders. Monitor and advocate for ongoing funding for services for infants, young children and their families, and promote strong policies for infants, children and their families. For example: Earned Family Leave and Medicaid Reimbursement for IMH services, and other relevant issues.

2018-2019 News:

- CT-AIMH supports the ongoing work to ensure that children and families are not separated at the US border
- CT Paid Family and Medical Leave becomes legislation in June 2019 (rolls out in 2021-2022)
- Further work around Medicaid reimbursement
- Partner with AAP
- Meetings with State Commissioners

CT-AIMH Committees



○ Professional Development Advisory:

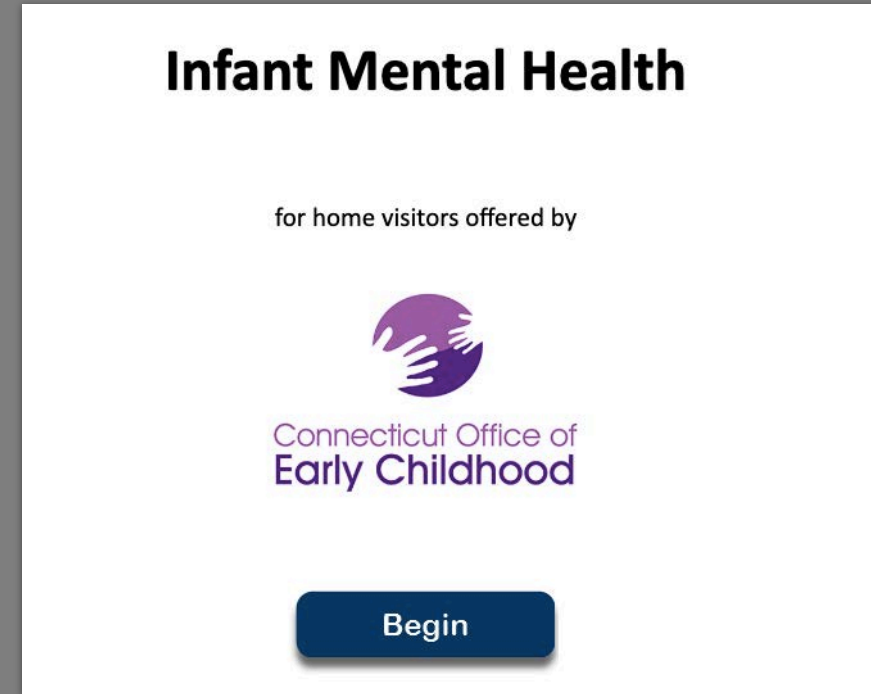
Goal statement: Partner to advance professional development, higher education curricula, and training opportunities, which will increase knowledge, skills, and capacity of the infant and early childhood workforce, while promoting the Competency Guidelines® that are held by the CT-AIMH, which once met can lead to Infant and Early Childhood Endorsement®.

Continue to offer, support, or sponsor high-quality conferences, training series, presentations and forums. Partner with other training providers to integrate competencies into their current trainings. Ensure that higher education curricula and other curricula are cross walked with the competencies.

2018-2019 News:

- Planned four (4) CT-AIMH conferences
- Developed outline for Foster Parent training series
- Created online HV training module on IMH
- Funding from LAUNCH used to offer first IECMH 2-day Faculty Symposium and a second RS/C training series
- Funding from HFPG used to translate childcare series into Spanish
- IMH Course developed for CCSU Bachelor's degree program: Early Childhood Studies and Infant/Toddler Mental Health
- Researched new initiatives in Michigan (Early Relational Health Screen) and Massachusetts (Intersections® Framework)
- CT-AIMH Website relaunched with new look
- CT-AIMH Membership database launched
- Two (2) attended DC:0-5 TOT

Publications



Endorsement Publication with CHDI and IMH Module for Home Visitors with OEC

Endorsement®



IMH and ECMH Endorsement®

- The intent of the CT-AIMH Endorsement® is to recognize and document the development of infant, early childhood and family professionals within an organized system of culturally sensitive, relationship-based, infant and early childhood mental health learning and work experiences.

2018-2019 Endorsement® News:

- As of 2019, there are 65 Infant Mental Health Endorsees (IMH-E®) and 8 Early Childhood Mental Health Endorsees (ECMH-E®).
- Early Childhood Mental Health Endorsement® piloted
- Planning for Spanish version of Endorsement® and supporting documents
- **Spanish Version of Endorsement® Coming in 2020!**

Membership



- Infants and young children and their caregivers 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 Connecticut.
- Increased membership dues in 2018
- New membership database introduced in 2018

2018: 188 members

2019: 193 members

Audience-Specific Trainings



All trainings offered through the CT Association for Infant Mental Health (CT-AIMH) are related to the competency requirements, that when met lead to an Endorsement in Culturally Competent, Relationship-Focused Practice Promoting Infant Mental Health®.

Every series is tailored to the audience and the presenters are instructed to make their examples, case studies, and handouts relevant to the target audience.

Whenever possible, food is served and attention to participant needs is a high priority in order to create an environment that is centered around relationship-building.

Reflective Supervision/Consultation groups may be offered in conjunction with some training series.

Audience-Specific Trainings



Child Care Audience

- 4-6 partial day or evening sessions focused on working with groups of infants and toddlers. Sessions are tailored to each community and often include additional evening sessions for family home childcare providers. In 2019, series was offered in Spanish.
- 75 trained in 2018-19
- YTD 202 trained

Child Welfare and Head Start Audience

- 8 full days of training focused on unresolved trauma, loss and grief.
- 209 trained in 2018-19
- YTD 843 trained

Clinician Audience

- 18-month training in Trauma-Informed Child Parent Psychotherapy (CPP), 7 or 8 in-person full days, and 18 months of consultation calls (2 calls/1 hour each/month).
- 13 trained in 2018-19
- YTD 27 trained

CT-AIMH Seminars, Workshops, Trainings and Conferences

- Offered at least twice a year to all professionals/disciplines working with infants and toddlers and their families.
- 814 trained in 2018-19
- YTD 2,631 trained

Audience-Specific Trainings



Higher Ed - Faculty Audience

- 2-day symposium titled: *The Faculty Symposium on Embedding Infant and Early Childhood Mental Health Principles into Curricula* created in Minn. 3 presenters from Minn. presented 4 topics of the 10 created with 2 in-state keynote presenters that spoke to 2 of the 4 topics.
- 24 trained in 2019

Home Visitor Audience

- 6 -day series focused on the unique aspects of home visiting and promoting the attachment relationship between a caregiver and their infant or young child.
- 67 trained in 2018-19
- YTD 127 trained

Pediatrician Audience

- 4- minute presentation during lunch hour (lunch provided) focused on Infant Mental Health (developed in partnership with CHDI, and now can be accessed through CHDI: contact www.chdi.org).
- YTD 14 offices trained

Reflective Supervision for Supervisors

- Began as a 5-day training series, with both in-state and out-of-state presenters. It also had a 2-day follow-up and ½ day follow-up. There was a focus on embedding the newly developed RIOS. The series was then trimmed to 4.5 days.
- 30 trained in 2019
- YTD 96 trained

Reflective Supervision



As in relationship-focused practice with families, reflective supervision/consultation (RS/C) is most effective when it occurs in the context of a relationship that has an opportunity to develop by meeting regularly with the same supervisor/consultant over a period of time.

- CT-AIMH values Reflective Supervision/ Consultation (RS/C) and promotes inclusion of RS/C within each grant.
- RS/C is currently being offered to staff across many agencies/disciplines, including: Birth23, Department of Children Families, Family Based Recovery, Higher Education Faculty, Office of Early Childhood Home Visitors, and more.

2018-2019 Reflective Supervision News:

- Offered 4.5- day RS/C Training Series in 2019.
- 4 participated in Alliance 2018 RS Summit in Colorado.
- 5 participated in Alliance 2019 RS Summit in Pennsylvania.
- OEC provided funding for B23 and HV supervisors to attend 3 RS groups-16 attended in 2018, 23 attended in 2019.
- DCF funds 2 RS groups/year for multiple disciplines. 19 attended in 2018 and 17 attended in 2019.
- HHSCO funds RS groups each year and 17 attended in 2018 and 3 attended in 2019.

2018 CT-AIMH Conferences



Spring 2018

Infant Mental Health: Early Relationships in the context of family, community and culture, with a focus on implicit bias

Presenters:

- Walter Gilliam, PhD
- Melissa Mendez, LCSW, IMH-E®
- Maria Penedo Warren
- Jeremiah Haruna

2018 Jane C. Bourns Award Recipient:

- Lois Davis, PhD, IMH-E®



Fall 2018

Promoting Racial Equity and Disrupting Bias: What Does Infant Mental Health Have To Do With It?

Presenter:

- Eva Marie Shivers, JD, PhD



2019 CT-AIMH Conferences



Spring 2019

The Power of Early Childhood Experience in Shaping Risk and Resilience

Presenter:

- Dr. Bruce D. Perry, MD, PhD



2019 Jane C. Bourns Award Recipient:

- Grace Whitney, PhD, IMH-E®



Fall 2019

Embedding the Diversity-Informed Tenets in Your Work with Infants, Children, and Families: Increase Your Self-Awareness, Reflection and Respect About Diversity, and Discover how to Become a Champion for Infants and Children

Presenters:

- Carmen Rosa Noroña, LCSW, MS. Ed., CEIS
- Kandace Thomas, Ph.D., M.P.P.,
- Dr. Rebecca Shahmoon-Shanok



Alliance for IMH



The Alliance for the Advancement of Infant Mental Health® is the global organization that includes infant mental health associations who offer the credential: Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®.

CT-AIMH has been a member of the Alliance since its inception in 2016. CT was a part of the prior group, the "League of States," starting in 2009.



30 US states, W. Australia and Ireland are members of the Alliance.

2,640 professionals held Endorsement® as of December 2018.

Margaret Holmberg's term as Alliance President ended in 2018 but she remains on the BOD

BOD made a commitment to equity and inclusion in all work of the Alliance.

Staff revised and released "Best Practice Guidelines for Reflective Supervision/Consultation"

Staff and members wrote position papers on babies and the opioid crisis and babies and safety at the US/Mexico Border.

Staff is seeking funds to determine members' needs to meet increased Endorsement® numbers.

Alliance Symposium for Alliance leaders was held in AZ in 2019.

World Association for IMH



CT-AIMH ED attended WAIMH in Rome in May/June 2018, representing CT-AIMH as follows:

- Poster presentation (Title: KNOWLEDGE GAINS, TRAINING NEEDS, AND FUTURE DIRECTIONS FOR THE IMH WORKFORCE: INSIGHT FROM A HEAD START AND CHILD WELFARE COLLABORATIVE TRAINING SERIES) and
- Panel presentation (title: REFLECTIVE SUPERVISION: BUILDING INTERDISCIPLINARY CAPACITY THROUGH DIVERSE TRAINING MODELS)



Next Steps for CT-AIMH



- HSSCO will fund 2 RS groups for Higher Ed Faculty
- OEC will continue to fund RS groups for HV and B23 supervisors, as well as fund existing IMH training efforts and a RS training series
- Interest in IMH childcare series in Spanish, contract in Danbury and one with OEC in Hartford
- Purchase Spanish version of EASy
- Partner with state agencies to offer an IMH and Behavioral Health Symposium
- Continue to support Medicaid Reimbursement
- Develop CT-AIMH 101 PPT
- BOD continue to support fundraising and sponsorships
- BOD develop policy and staff handbook

CT-AIMH Partners



Alliance for the Advancement of
Infant Mental Health



ZERO TO THREE
Early connections last a lifetime



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH



**FOR OUR
BABIES**
A CALL FOR BETTER BEGINNINGS

CT-AIMH Sponsors



The Connecticut Association for Infant Mental Health is grateful to the programs and agencies that have supported our work over the years. Our longest supporter has been the Children's Fund through the Child Health and Development Institute. We are very appreciative of the collaboration that has been forged with the Yale Child Study Center in providing us administrative space and assistance. CT-AIMH gratefully acknowledges the financial as well as consultative resources that our friends and sponsors have offered.

- Bouvier Insurance
- Building Blocks
- Casey Family Programs
- Child First
- Children's Fund of CT and the Child Health and Development Institute
- Connecticut Birth to Three System
- Connecticut Coalition for Child Development Education
- Elm City Project LAUNCH, Healthy From Day One

CT-AIMH Sponsors Cont.



- Hartford Foundation for Public Giving, Early Childhood Investments
- Infant-Toddler Developmental Assessment Institute
- Peace at Home Parenting Solutions
- Postpartum Support International, Connecticut Chapter
- The Connecticut Early Childhood Funder Collaborative, a project of the Connecticut Council for Philanthropy
- The Connecticut Head Start State Collaboration Office
- The Connecticut Women's Consortium
- The Connecticut Workforce Collaborative for Behavioral Health
- The Department of Social Services Infant/Toddler Quality Improvement Initiative
- The Early Childhood Mental Health Consultation Partnership
- The State of Connecticut Department of Children and Families
- The State of Connecticut Department of Public Health
- The State of Connecticut Office of Early Childhood
- The Village for Families and Children
- William Casper Graustein Memorial Fund
- Yale Child Study Center

Thank you!!

