



CONNECTICUT ASSOCIATION FOR
Infant Mental Health

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

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2020-2021 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



Officers:

■ Susan Vater, EdM

President

■ Carlita Elias, PsyD, IMH-E®

Vice-President

■ Marianne Barton, PhD, IMH-E®

Secretary

■ Robert Riley

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- Margaret Holmberg, PhD, IMH-E®
- Darcy Lowell, MD, IMH-E®
- Aileen McKenna, PhD, IMH-E®
- Jennifer Vendetti, LMSW, CEIM

Non-Voting State Agency Representatives

- DCF: Stephanie Bozak, PsyD
- DMHAS: Stephanie Zanker-Rivera, MS, LPC
- DPH: Ann Gionet

CT-AIMH Staff



○ Heidi Maderia, MS, IMH-E®
Executive Director

○ Tina Pappalardo
Executive Assistant

Contractual Staff:

○ Heather Bontiz Moore, MS, ATR-BC, LPC, IMH-E®
Endorsement Coordinator

○ Anne Giordano, MA, IMH-E®
Training Coordinator

○ Jolie A. Garfinkel, BA, MA, IMH-E®
Bi-lingual Endorsement Assistant

○ Laura Poquette
Bookkeeper

○ Karen Martinez
Training Assistant

○ Samantha Shaak
Webmaster

○ Linda Isakson
Yale Support Staff

2020 COVID-19 Pandemic

EARLY TIMELINE:

- *March 6-First COVID-19 cases reported in CT*
- *March 15-CT governor cancels classes at all public schools until April 20 (on 4/10/20-extended to May 20)*
- *March 16-CT governor limits gathering sizes to under 50, and places limits on bars and restaurants to off-site only and closed gyms, movie theaters, etc.*
- *March 16-Pres. Trump announced –“15 days to slow the spread”*
- *March 17-20 -worked with training coordinator and venues to postpone and reschedule spring conf, both Spanish evening series and 8-day series*
- *March 18-Pres. Trump signed Families First Coronavirus Response Act*
- *March 20-CT governor declares-“Stay Safe Stay Home” and all non-essential businesses asked to close and offer work from home options if possible*
- *March 20- CT-AIMH sent out letter of hope with COCOVID-19 resources from ED and CT-AIMH BOD*
- *March 24-25-ED connects with grant funders about adjustments to implementation of projects and potential for virtual events*
- *March 26-Secured a PO Box in Noank for checks-as Yale is closed*
- *March 27-Pres Trump signed the Coronavirus Aid Relief and Economic Security Act (CARES)*
- *March 27- Webinar with Rep. Rosa DeLauro about CARES Act and loans available*
- *March 29-Pres Trump approved major disaster declarations from CT*

2020 COVID-19 Pandemic, cont.

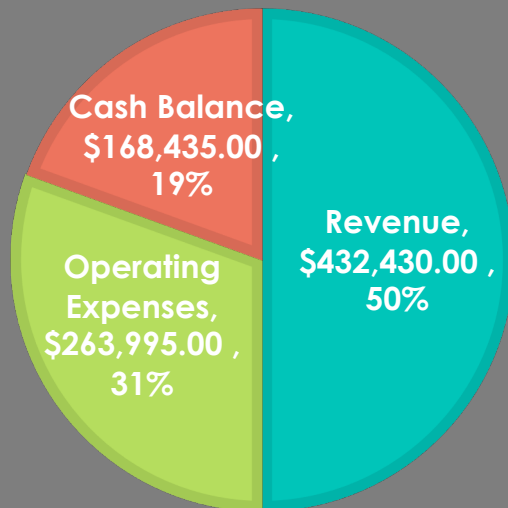
- March 29-Pres Trump approved major disaster declarations from CT
- March 31-ED participates, small business loan call
- March 31-Permission from CT-AIMH Executive Committee to apply and sign for Forgivable Economic Disaster Loan and submitted online (\$1,000)
- April 1-Call with OEC about funding COVID-19 Virtual Professional Dev. opportunities
- April 3-Permission from CT-AIMH BOD to apply and sign for or Paycheck Protection Program (PPP) Loan and submitted with Chelsea Groton Bank (\$18,867)
- April 9-Posted a COVID-19 resources Padlet on CT-AIMH website
- April 13, 2020-Approved for PPP loan (forgivable)
- April 13-17- Zoom Gatherings hosted by CT-AIMH (noon-12:45) begin for the month of April and then again in June
- June 3-Begin Virtual PD: 4-part Michael Trout Audio book series & 4-part Mindfulness Mondays
- June 9-Live Virtual Book Talk with Drs. Ed Tronick, PhD and Claudia M. Gold, MD: The Power of Discord
- June 23-Raising of America Film screening-virtual
- June-WAIMH Conference postponed to 2021.
- July 2-Post CT-AIMH statement of solidarity on website and Facebook
- July 23-First CT-AIMH Diversity, Equity and Inclusion Committee Meeting
- July-Margaret and Heidi begin writing article about CT-AIMH COVID-19 response to support members and WF
- December 15, EIDL and PPP loans forgiven

CT-AIMH Finances: Compare 2019 to 2020

- 2019
 - Total Revenue: \$432,430
 - Total Operating Expenses: \$387,438
- 2020 (Covid-19 Pandemic)
 - Total Revenue: \$265,509
 - Total Operating Expenses: \$263,995
- 2021
 - Projected Revenue: \$377,365

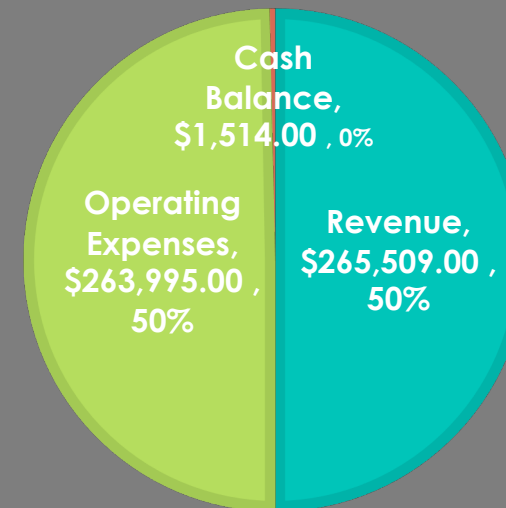
2019 CT-AIMH FINANCIALS

■ Revenue ■ Operating Expenses ■ Cash Balance



2020 CT-AIMH FINANCIALS

■ Revenue ■ Operating Expenses ■ Cash Balance



CT-AIMH Advisory 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:

This committee started in 2020 and has created the initial goal of working to combat discrimination and promote diversity, equity, and inclusion leadership opportunities for CT-AIMH members and the infant and early childhood community. This group worked on two CT-AIMH statements of solidarity.

[Endorsement Brochure](#)

CT-AIMH Advisory 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.

2020-2021 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 rolls out in 2021-2022.
- Further work around Medicaid reimbursement
- Partner with AAP
- Meetings with State Commissioners and legislators concerning creating a line item in their budget for CT-AIMH

CT-AIMH Advisory Committees



○ Professional Development:

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.

2020-2021 News:

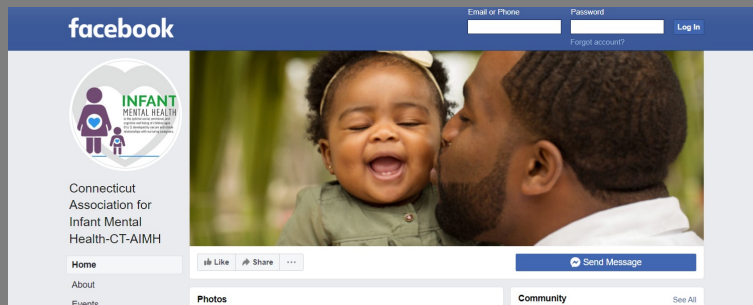
- Responded to COVID-19 with virtual PD offerings in April and June 2020
- Planned three(3) CT-AIMH conferences –No Spring 2020 Conference due to COVID
- Conversation with CAFAF about delivering Foster Parent training series
- Conversations with Doulas and OEC about an IMH series for Doulas
- Developed and delivered virtual childcare training series
- Developed and delivered 8-topic IMH training series virtually
- Purchased IMH Endorsement in Spanish with funding from CHDI
- Trained 3 bi-lingual presenters to deliver the IMH childcare training series
- Sent 2 bi-lingual presenters to a Reflective Supervision training in Boston
- CT-AIMH Membership database merged and then revised

CT-AIMH Advisory Committees



○ Promotion and Education:

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.



2020-2021 News:

- Changed name to Promotion and Education Committee
- Hosted the “Resource” day during COVID-19 virtual PD offerings in April
- Planned and Implemented two (2) Virtual Celebrate Babies Campaigns
- Created a Celebrate Babies video for the Virtual Fall 2020 Conference
- Prepared Quarterly E-newsletter for Members
- Offered a first virtual 1-part IMH Film Series: *The Raising of America in 2020*, then 5-part IMH Film Series: *The Raising of America in 2021*
- Managed the CT-AIMH Facebook page

Publications



INFANT MENTAL HEALTH JOURNAL

 **WORLD ASSOCIATION FOR INFANT MENTAL HEALTH**

 **Michigan Association for Infant Mental Health**
Learning and growing together.

RESEARCH ARTICLE

Sparking collaboration and instilling core competencies through training a statewide workforce in Infant Mental Health: Report from the field

Jennifer Dealy✉, JoAnn Robinson, Tanika Eaves, Heidi Maderia

First published: 05 May 2021 | <https://doi.org/10.1002/imhj.21921>

Link to full publication [HERE](https://doi.org/10.1002/imhj.21921)

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Perspectives in Infant Mental Health
The Voices of COVID-19 Professional Publication of the World Association for Infant Mental Health

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Season's Greetings



From Desk of the President of WAIMH

By Campbell Paul, Melbourne, Australia
Associate Professor, President of WAIMH

As we approach the end of the year 2020, it is important to look back and reflect upon what has been an exceptional year of stress and anxiety with the impact of the COVID-19 worldwide pandemic. The pandemic causing severe illness and death of so many has impacted the health, relationships,

Link to full publication [HERE](https://doi.org/10.1002/imhj.21921)

*Sparking collaboration and instilling core competencies through training a statewide workforce in Infant Mental Health: Report from the field

Jennifer Dealy, JoAnn Robinson, Tanika Eaves, Heidi Maderia Published in the Infant Mental Health Journal May 2021

*Helping the Helpers. Relationships During the Pandemic: "Good Morning, Margaret" "Good Morning, Heidi"

Margaret Holmberg, PhD, IMH-E® and Heidi Maderia, MS, IMH-E®, Connecticut Association for Infant Mental Health Published in Perspectives, Fall 2020

Endorsement®



IMH (in Spanish, too) 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.

2020-2021 Endorsement® News:

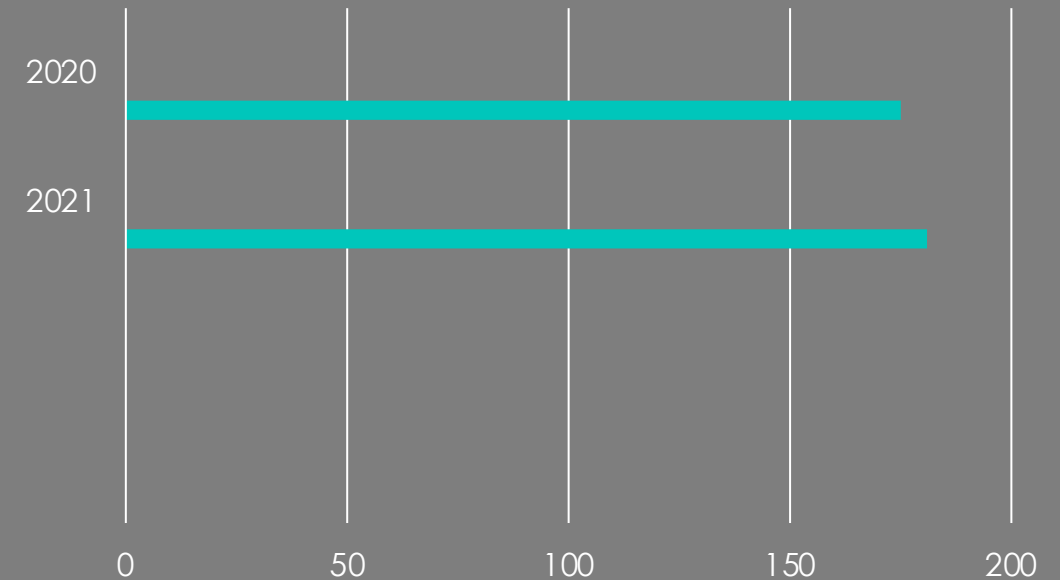
- As of September 2021, there are 100 Infant Mental Health Endorsees (IMH-E®) and 12 Early Childhood Mental Health Endorsees (ECMH-E®).
- Over 100 Endorsed by the end of 2021!
- Spanish Infant Mental Health Endorsement® became available in 2021
- First person was Endorsed using Spanish version of the Endorsement in 2021.

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.
- Membership database merges with Endorsement EASy system in October 2020.

CT –AIMH Membership 2020-2021



2020: 175 current members

2021: 181 current 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.

To promote access, Endorsement and Membership Fees have been included in training series contracts to cover those costs.

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. Series was offered in Spanish 3 times. Offered virtually.
- 147 trained in 2020-21
- 369 trained YTD

Child Welfare and Head Start Audience & Home Visitors

- 8 topics of training focused on unresolved trauma, loss and grief. Virtual in 2020-21
- 207 trained in 2020-21
- 956 trained YTD

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).
- 0 trained in 2020-21
- 27 trained YTD

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. Offered Virtually.
- 307 trained in 2020-21 (Fall 2020, Spring 2021)
- 3,098 trained YTD

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.
- 0 trained in 2020-21
- 24 trained YTD

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.
- 0 trained in 2020-21
- 127 trained YTD

Pediatrician Audience

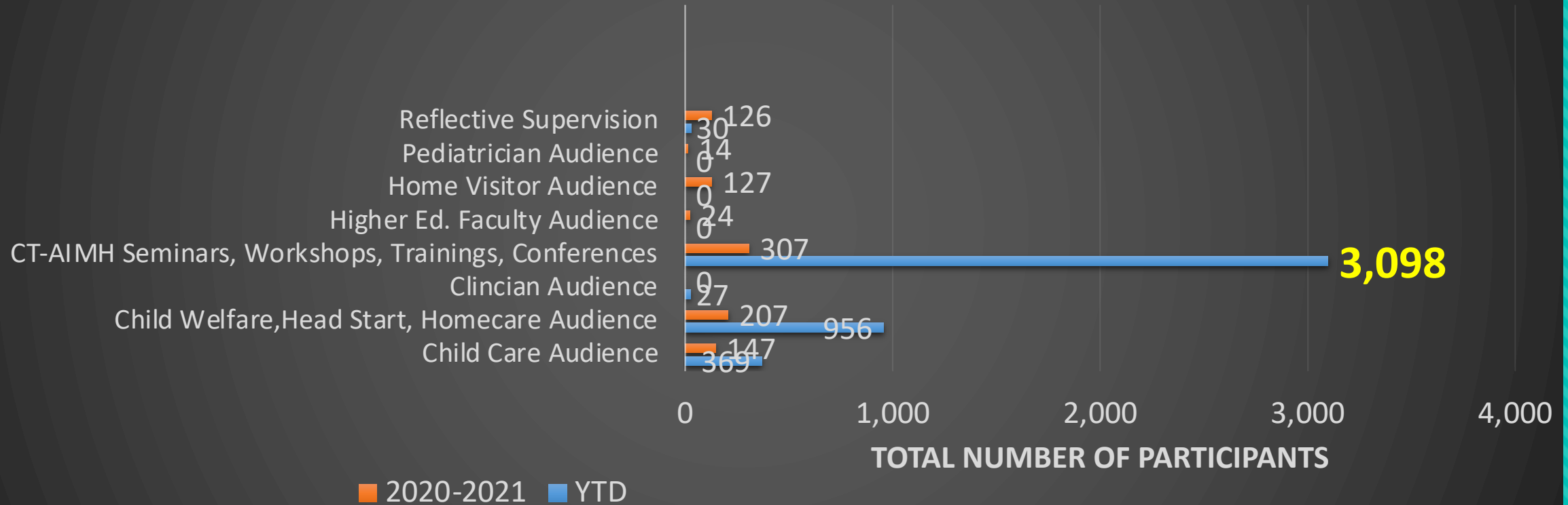
- 4- minute presentation during lunch hour (lunch provided) focused on Infant Mental Health (developed in partnership with CHDI, and now can be accessed through CHDI)
- 0 trained in 2020-21
- 14 offices trained YTD

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 2020-21 (only held 2020)
- 126 trained YTD

Audience-Specific Training & Conference Participants

AUDIENCE AFFILIATIONS



Audience-Specific Trainings & Conference Participants
2020-2021 / YTD

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.

2020-2021 Reflective Supervision News:

- Offered 4.5- day RS/C Training Series in 2020.
- OEC provided funding for B23 and HV supervisors to attend 3 RS groups- 33 attended in 2020, 41 attended in 2021.
- 12 Higher Ed faculty attended RS in 2020-2021.
- For the first time, in 2021, we offered RS/C to childcare providers in English and Spanish.
- DCF funds 2 RS groups/year for multiple disciplines. 11 attended in 2020 and 5 attended in 2021.

2020 CT-AIMH Conferences



Spring 2020

Due to COVID-19 no Spring Conference was held.

Fall 2020

Topic: The Impact of Homelessness on Infants, Young Children and their Families: Programs that promote infant/caregiver relationships

Presenters: Roslyn Edwards, Joe Willard and JJ Cutuli (PA)

CT Panel Discussion: Anne Giordano, Early Childhood Specialist, @ EdAdvance & Training Coordinator, CT-AIMH

- Michelle Anderson, Director of Early Childhood & Family Programs, and McKinney-Vento Liaison @ EdAdvance
- Rebecca Litz, Family Services Manager, Head Start: Prenatal to Five @ EdAdvance
- Deirdre Houlihan DiCara, Executive Director, @ FISH (Friends in Service to Humanity of NW CT)

2020 Jane C. Bourns Award Recipient: Doug Edwards

2021 CT-AIMH Conferences



Spring 2021

- **Topic:** Neonatal Abstinence Syndrome (NAS) and how to promote connections while working with families and their babies who have been/are being affected by substance use.
- **Presenters:** Dr. Matthew Grossman and Dr. Ruth Paris
- **CT Panel:** DMHAS, DCF, B23, FBR, EHS, Mothering from the Inside Out, and other CT programs

2021 Jane C. Bourns Award Recipient:
Nancy Suchman, PhD

Fall 2021

- **Topic:** Diversity Informed Tenets
- **Presenter:** Dr. Marva Lewis



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.

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

3,715 professionals held Endorsement® as of 2020.

Margaret Holmberg remains on the Alliance BOD.

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



**Alliance for the Advancement of
Infant Mental Health**

World Association for IMH



CT-AIMH Executive Director presented virtually at the WAIMH Conference in Australia in 2021, representing CT-AIMH as follows:

- Video Panel presentation (title: Educating Future Parents and Teachers about Infant Mental Health with Robert Margolies, PhD, Heidi Maderia, MS, IMH-E, and Ros Kane, BA)



WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH

Next Steps for CT-AIMH



- DCF will continue to fund 8-topic IMH training series and RS/C groups
- OEC will continue to fund RS/c groups for HV and B23 supervisors, existing IMH8-topic training series, a 4.5-day RS training series, as well as limited funds for Endorsement
- OEC will continue to fund the IMH childcare series in English and Spanish, Endorsement, and Reflective Supervision/Consultation
- Continue to roll out the Spanish version of EASY
- Create a line item in the OEC and/or DCF budget for CT-AIMH-sustainability
- Increased focus on DEIA efforts first through BOD and then DEIA Advisory Committee, then in all committees
- 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 finish the 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!

