



Mental Health Indicators

Infants are:

- Alert and responsive to their environment,
- Easy to engage in smooth reciprocal interactions,
- Able to regulate their mood and state.

Toddlers can:

- Explore their environment and persist at challenging tasks, Maintain interactions with adults and peers,
- Learn to respond to limit-setting,
- Look to their caregivers for comfort and support as their emotional co-regulating partners.

Preschoolers can:

- Seek out adults for help,
- Comply with requires,
- Regulate emotions,
- Cooperate with peers.

CT-AIMH Goals

- Promote Awareness of infant/early childhood mental health.
- Increase the capacity of the infant/early childhood workforce to meet the social and emotional needs of young children with their caregivers.
- Promote the use of relationship-based practices throughout the infant/early childhood communities.
- Expand and optimize funding for treatment of social-emotional and relationship-focused needs of young children and their families.
- Develop a system to evaluate the impact of infant/early childhood mental health services.



CT-AIMH 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.

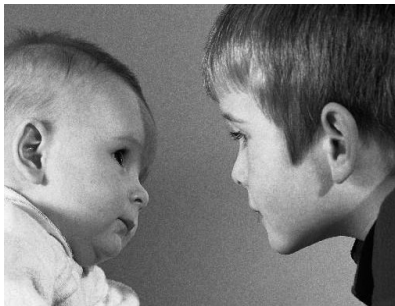


CONNECTICUT ASSOCIATION
FOR INFANT MENTAL HEALTH

Concern for the early attachment relationships and emotional development of infants and young children with their primary adult caregivers

History

The Connecticut Association for Infant Mental Health, Inc. was formed by a workgroup out of the Child Health and Development Institute Early Childhood Task Force. The inaugural workshop and membership meeting was held in the spring of 2004. CT- AIMH received its 501c3 non-profit designation in 2008. Members include professionals from various disciplines, students, caregivers, and families.



The 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.

Member Benefits Include:

- Exchange of information about the importance of healthy, responsive, sensitive relationships for very young children and their families.
- Advocacy with others on behalf of infants, toddlers, and their families locally, state-wide, and nationally.
- Opportunities to influence the infant mental health network and to work towards the optimal development of infants and young children and their families through committee membership and board meeting attendance.
- Discounted registration rates at CT-AIMH events.



Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health®

As of 2023, CT-AIMH is one of 35 state Infant Mental Health Associations to offer a set of competencies that when met can lead to an endorsement in infant and/or early childhood mental health. Also, now available in Spanish.

Endorsement® is offered for:

- Infant/EC Family Associate
- Infant/EC Family Specialist

*Infant/EC Family Reflective Supervisor

- Infant/EC Mental Health Specialist
- Infant/EC Mental Health Mentor

Information on the Competencies and Endorsement® can be found on our website at: www.ct-aimh.org

CT-AIMH Annual Individual and Agency Membership

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