


Infant Mental Health: Principles and Practices

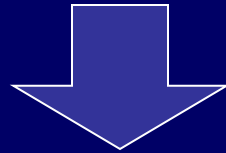
Anne E. Hogan, PhD, FSU CPEIP
for Florida's Statewide Workgroup on
Trauma Informed Care

March 16, 2011

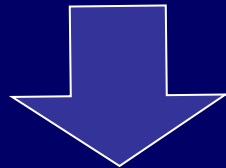


Evolution of Best Practice

Child-Focused

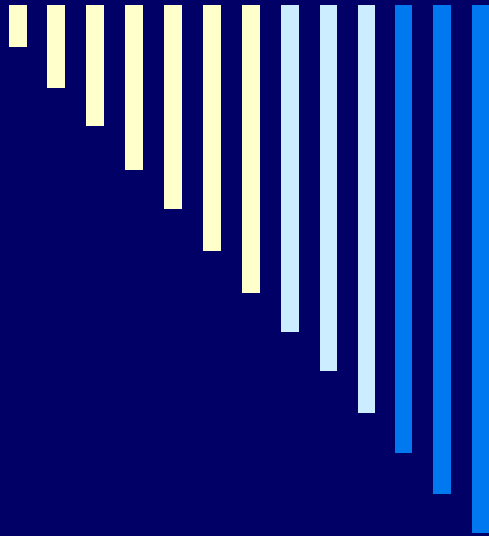


Family-Centered



Relationship-Based

What is Infant Mental Health?



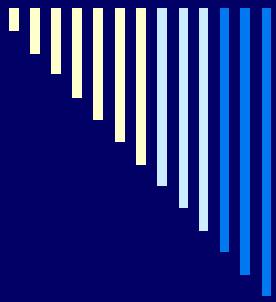


Infant Mental Health is:

The developing capacity from birth to 3 to:

- Experience, regulate, and express emotions
- Form close relationships
- Explore the environment and learn

...all in the context of family, community, and cultural expectations for young children.



Basic Characteristics of Infant Mental Health Approach

- Relationship-Based Framework
 - Multigenerational Perspective
 - Developmental Orientation
 - Multidisciplinary Approach
 - Prevention Emphasis
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FLORIDA'S STRATEGIC PLAN

FOR

INFANT MENTAL HEALTH

Establishing a System of Mental Health Services for Young Children and their Families in Florida



<i>What is the Array of Infant Mental Health Services?</i>	<i>Level 1</i> Strengthening the Caregiver/ Child Relationship, Responsive Caregiving	<i>Level 2</i> Developmental, Relationship-Focused Early Intervention	<i>Level 3</i> Infant Mental Health Treatment
Priority population	Expectant families and families of all children birth to age five	Families of children with delays, disabilities, health problems or multiple risk factors	Families with children or primary caregivers diagnosed with emotional disorders, severe mental health problems, or have
Description of services/interventions	Strengthening the caregiver/child bond by: <ul style="list-style-type: none"> • Helping caregivers to understand and respond appropriately to baby's cues • Incorporating brain development research and attachment theory into all aspects of pregnancy, birthing and child's daily care • Promoting continuity of care • Supporting the child's on-going emotional development within the context and culture of the family • Modeling responsive caregiving • Providing family support and education • Identifying early signs of problems that might impede the parent-child relationship • Referring for further screening/assessment 	Strengthening the caregiver/child bond through: <ul style="list-style-type: none"> • Identifying emotional or attachment concerns • Integrating relationship-based practices into the child's existing services (therapies, medical treatment, foster care) • Providing direct services based on the context, culture, and needs of the child and family • Providing consultation to enhance responsive caregiving • Assisting the family in accessing specific infant mental health treatment if needed 	Strengthening the caregiver/child dyad through: <ul style="list-style-type: none"> • Establishing a nurturing relationship based on trust and respect of family strengths • Providing therapeutic interventions for caregivers and young children with specific mental health needs • Providing ongoing, intensive treatment with parent/child dyad • Serving as a consultant to other service providers who work with infants and families
Professionals responsible for infant mental health services	Front-line caregivers including: <ul style="list-style-type: none"> • Parents • Child Care Providers • Health Care Providers • Home Visitors • Parent Educators • Social Workers • Child Protection Case Workers • Police Officers, Judges, Lawyers 	Developmental Professionals including: <ul style="list-style-type: none"> • Social Workers (MSW), Psychologists, Mental Health Therapists • Child Development Specialists • Early Interventionists • Therapists (Occupational, Physical and Speech) • Maternal and Child Health Nurses • Developmental Pediatricians working in conjunction with child welfare, legal systems, & family service programs	Licensed mental health professionals having additional training in infant mental health including: <ul style="list-style-type: none"> • Child, adolescent, and adult psychopathology • Infant/toddler development • Quality of parent/infant interaction • Assessment and treatment within the parenting relationship • An understanding of context, culture and family systems • Dyadic, infant/parent psychotherapy



LEVEL 1

**Strengthening the
Caregiver/Child Relationship**



LEVEL 2

**Developmental,
Relationship-Focused
Early Intervention**



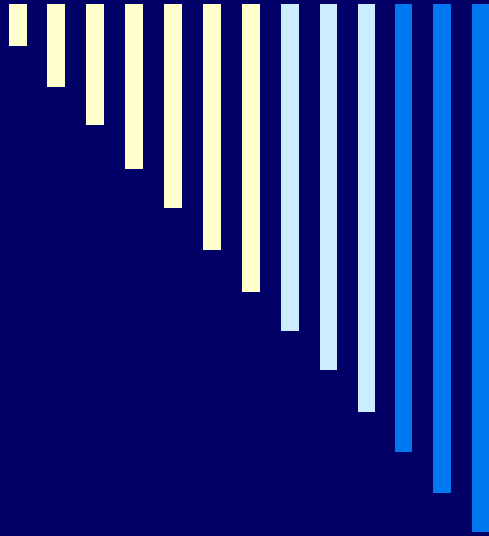
LEVEL 3

Infant Mental Health Treatment

CSEFEL Pyramid Model

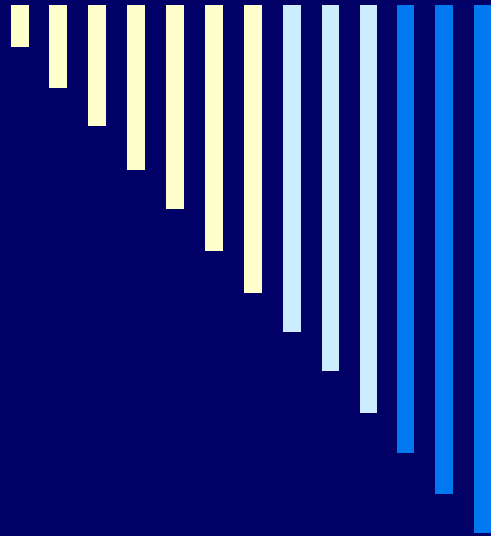


LEVEL 1



Strengthening the Caregiver/Child Relationship

Responsive caregiving



- **Understand child's cues**
 - **Promote continuity of care**
 - **Knowledge of developmental stages**
Environments that support exploration, practice and mastery
 - **Support development within the family**
 - **Provide family support & education**
 - **Refer for further screening/assessment**
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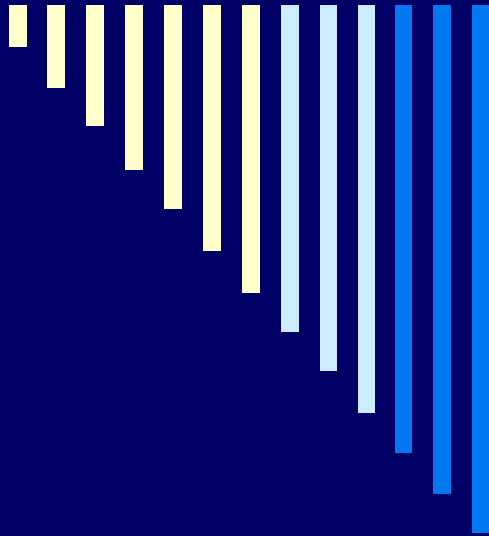


Who provides Level 1 Infant Mental Health services?

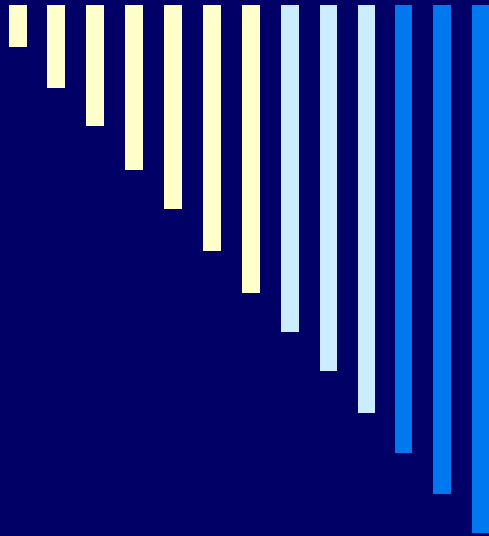
Front-line caregivers including:

- Parents
 - Childcare Providers
 - Health Care Providers
 - Home Visitors
 - Parent Educators
 - Social Workers
 - Child Protection Case Workers
 - Police Officers, Judges, Lawyers
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LEVEL 2



Developmental, Relationship-Focused Early Intervention



Identify emotional or attachment concerns
in children or parent-child relationships

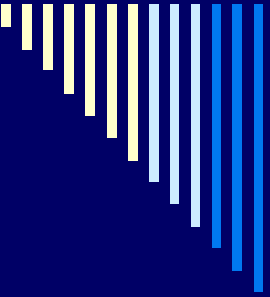
Integrate relationship-based practices
into
child's therapies, medical treatment,
foster care

Consultation to enhance relationships



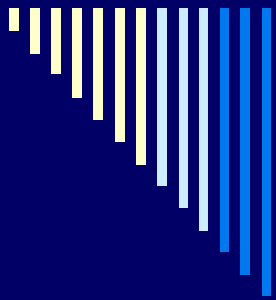
Maltreated Children Have More Delays in Development

38-65%+ of maltreated children have delays compared with 10-12% in the general population.



Maltreatment at early age is related to poor developmental outcomes:

- cognitive problems (23-65%)
 - speech delays (14-64%)
 - health problems (22-80%)
 - motor delays (4-47%)
 - mental problems (10-61%)
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CAPTA: 108-36

(Child Abuse Prevention & Treatment & Adoption Reform) 2003

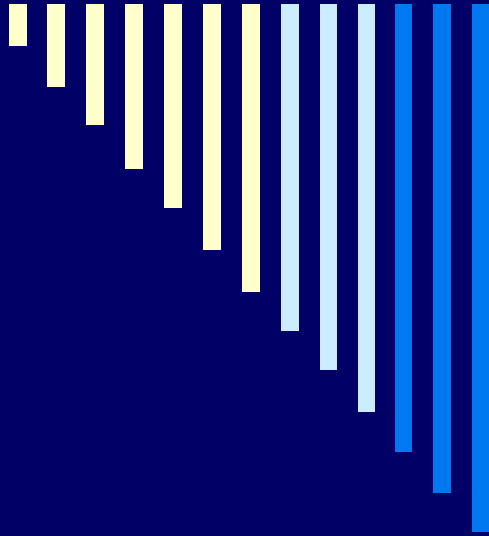
- Requires states to have procedures for referral to Part C for screening for children under 3 involved in substantiated case of child abuse or neglect



Who provides Level 2 Infant Mental Health Services?

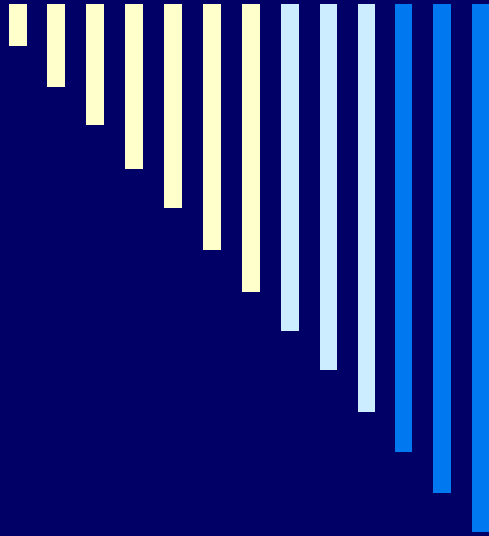
- ❑ Social Workers (MSW), Psychologists, Mental Health Therapists
 - ❑ Child Development Specialists
 - ❑ Early Interventionists
 - ❑ Therapists (Occupational, Physical and Speech)
 - ❑ Public Health Nurses
 - ❑ Developmental Pediatricians
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LEVEL 3



IMH Assessment & Treatment

IMH Specialists with clinical competencies & expertise in young children

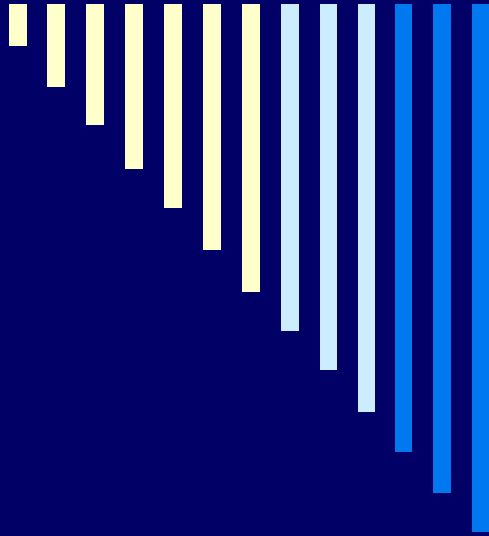


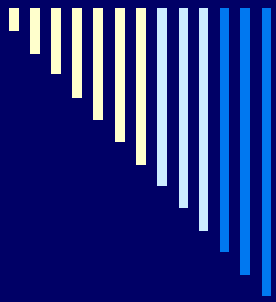


Comprehensive Assessments

- For children under 6, must include assessment of baby, baby's interactions, and baby's relationships
 - Serves as guide for placement, need for further services, and permanency planning
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Treatment





Sample Intervention/ Treatment Models

- Infant/Toddler/Child – Parent Psychotherapy
 - Watch, Wait and Wonder
 - Interaction Guidance
 - Circle of Security
 - ABC/ Attachment and Biobehavioral Catch-up
 - PCIT/ Parent-Child Interaction Therapy
 - Triple P/ Positive Parenting Program
 - NFP/ Nurse-Family Partnership
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Who provides Level 3 Infant Mental Health Services?

- Licensed mental health professionals with advanced training, including:
 - Child, Adolescent, & Adult psychopathology
 - Development in infants/toddlers, and early parent-child interactions & relationships
 - Assessment & Treatment within parent-child relationship, including dyadic psychotherapy
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The Intervention Relationship

Development Depends on Relationships

- ❑ Security & Acceptance Support Development
 - ❑ Mutuality & Dialogue support Development
 - ❑ Too much Anxiety Impedes Development
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The Intervention Relationship

- Regardless of the interventionist's discipline, the Working Alliance matters
 - Keys to Working Alliance
 - Communication
 - Tolerance
 - Attention
 - Mutual Influence
 - Empathy
-



Resources for EBPs

- California Evidence Based Clearinghouse
 - <http://www.cachildwelfareclearinghouse.org/>

 - National Registry of Evidence-based Programs and Practices
 - www.nrepp.samhsa.gov/
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Relevant DCF – Sponsored Training

- Trauma, Attachment and Reactive Attachment Disorder
 - Duke's Center for Child and Family Health faculty
 - Upcoming dates
 - Orlando – 3/16-17
 - Ft. Myers - 9/13-14
 - Gainesville - 11/16-17 AND MORE in 2012!
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