

Overview and Orientation Workshop California Competencies & Foundations of Infant Mental Health-Central Ca. Institute

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Early Childhood Mental Health Program
Early Intervention Services, CHRCO
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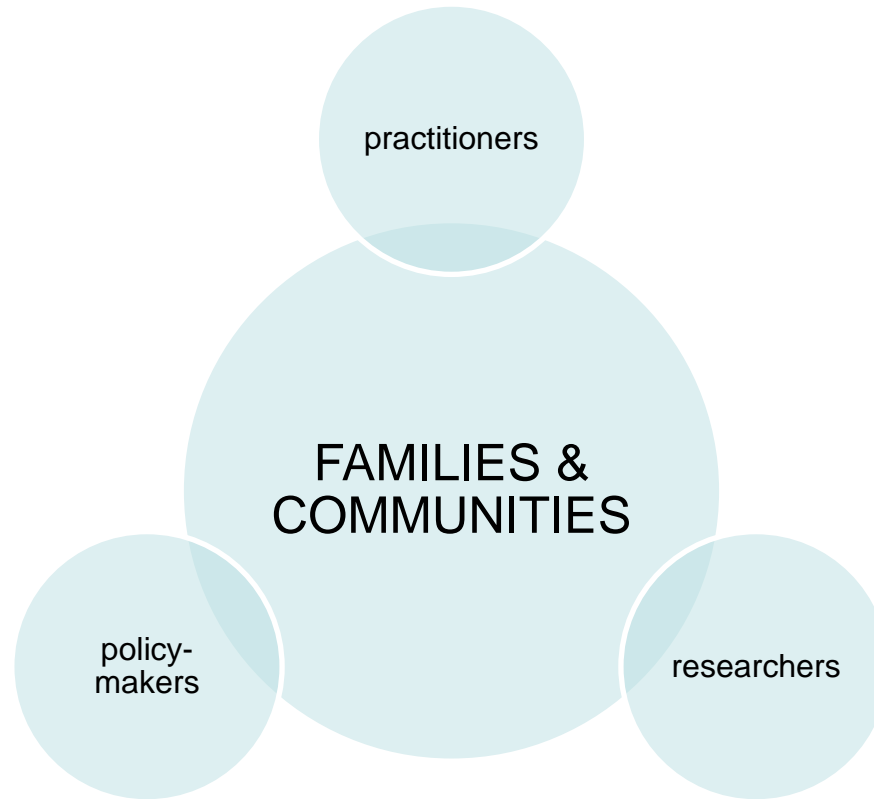
Infant-Family and Early Childhood Mental Health

Infant mental health is defined as “a broad-based, multidisciplinary, and international effort to enhance the social and emotional well-being of young children...which includes the efforts of clinicians, researchers and policymakers.”

Zeanah & Zeanah

Handbook of Infant Mental Health, 3rd Edition, 2009

Family-Centered



Centrality of Caregiving Relationships, Family and Culture

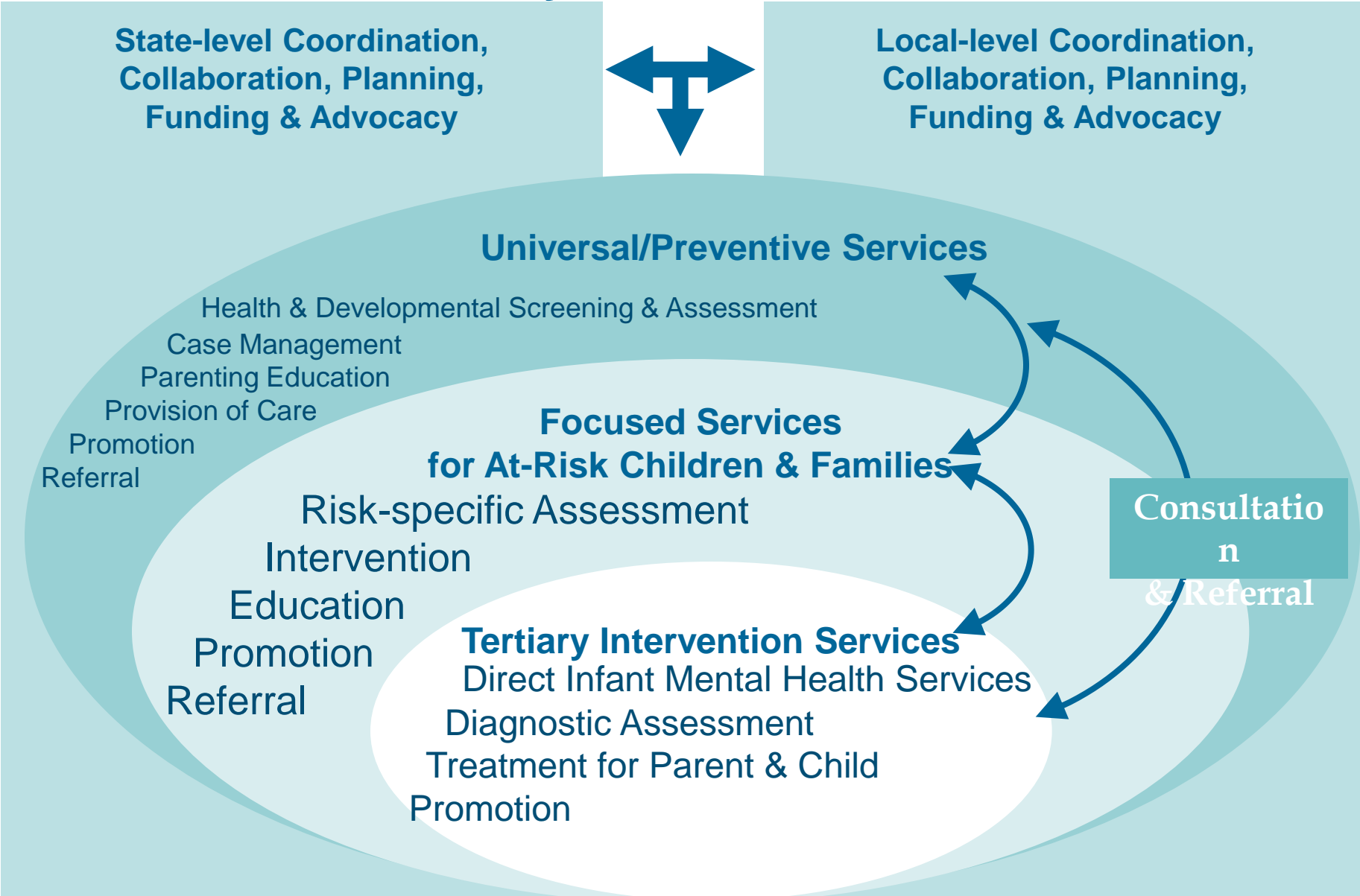


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Continuum of IFECMH Efforts

- Promotion
- Prevention
- Early Intervention
- Treatment

Levels of Infant & Early Childhood Mental Health Care



Definition of Promotion

- Promotion

Definition of Prevention

- Prevention

Definition of Early Intervention

- Early Intervention

Definition of Treatment

- Treatment

International Effort

- World Association of Infant Mental Health:
www.waimh.org
- Zero to Three: National Center for Infants,
Toddlers & Families: www.zerotothree.org
- Infant Development Association of California:
www.idaofca.org
- California Center for Infant-Family and Early
Childhood Mental Health. Cacenter-ecmh.org

Need for Workforce Development

- IFECMH-informed systems of care
- Peopled by IFECMH-trained individuals
- Supported by on-going commitment at all levels to promoting the well-being of infants, small children & their families via best practice & policy
- Working with children 0-5 and their families is a specialty area

Need for Training and Training Guidelines

- Many states have developed approaches to organizing this
- Draw on local traditions, institutions, knowledge, practice and teaching systems
- Appropriately diverse and responsive to endogenous needs and resources

California's Story

- 1996: initial set of recommendations & personnel competencies generated through a leadership training grant awarded by Department of Health and Human Services
- 2001: statewide work group convened in association with California's Infant, Preschool & Family Mental Health Initiative: Developed Training Guidelines
- 2007-2009: a new state-wide interdisciplinary work group was convened to review and revise the guidelines and make recommendations about implementation
- Resulting revised Guidelines were endorsed in 2009 by First 5 CA and the Infant Development Association of California
- 2009: an endorsement process was instituted through WestEd CPEI. This group is called the California Center for Infant-Family and Early Childhood Mental Health. Cacenter-ecmh.org

Key Characteristics of CA Competencies & Training Guidelines

- Family (inclusively defined) and Culture Focused
- Supporting Relationship-Based Intervention
- Supporting Reflective Practice
- Multidisciplinary
- Multiple Pathways
- Self-Guided/Professional Community Supported
- Endorsement rather than Certification

Benefits of Endorsement

- Consumers
 - Provide coherence & consistency to the use of the terms
 - Quality assurance
- Individuals
 - Offer recognition of expertise
 - Provide a roadmap to training
 - Networking/Professional Community Membership
- Service Agencies
 - Guide to planning for workforce development including continuing professional development in the IFECMH field
 - Set/justify standards of best practice
 - Provide support for fund-raising efforts

Benefits (Cont'd.)

- Training/Educational Institutions
 - Provides standards and guidelines for curricular development in keeping with recognized best practice in the field
 - Enables alignment/articulation across different training settings (e.g., independent workshops with university-based coursework)
- Systems of Care
 - Supports collaboration and consistency in upholding standards of best practice across systems
- Infant-Family and Early Childhood Mental Health Field
 - Grounds the interdisciplinary field in a solid base of mutually shared principles and understandings of universal best practice in the context of culturally-attuned and context-specific work
 - Sets standards for breadth and depth while celebrating disciplinary diversity

Categories of Endorsement:

- Transdisciplinary Infant-family/Early Childhood Mental Health Practitioner (0-36 months; 36-60 months; 0-60 months). Some applicants will qualify as Advanced Transdisciplinary Providers because of experience or training
 - BA (or qualifying experience with waiver) MA, MS
 - IFECMH work is an important part of what you do or you specialize in IFECMH work
 - Occupational therapist
 - Home visitors/case managers in programs like Early Head Start or Healthy Families, other community-based programs
 - Speech therapist
 - Physical therapist
 - Psychiatric or community mental health RN
 - MD with a relevant specialization

Endorsement Categories (Cont'd.)

- Infant Mental Health Specialist (0-35months; 36-60 months; 0-60 months)
 - MA etc. (or higher degree)
 - License:
 - MFT
 - LCSW
 - Psychologist
 - RN with specific mental health training
 - Certificate as a school psychologist

Endorsement Categories (Cont'd.)

- Reflective Practice Facilitator I or II or Mentor
 - You are a Transdisciplinary Infant-family/Early Childhood Mental Health Practitioner or a Specialist and you provide reflective practice facilitation or consult to/supervise those who do.

Knowledge Domains:

- Parenting, Caregiving, Family Functioning, and Parent-Child Relationships
- Infant, Toddler, and Preschool Development
- Biological and Psychosocial Factors Impacting Outcomes
- Risk and Resilience
- Observations, Screening, and Assessment
- Diagnosis and Intervention
- Interdisciplinary/Multidisciplinary Collaboration
- Ethics

Experience Domains:

- Clinical experience with families and children prenatal to age 3 and/or clinical experience with children 3-5 and their families
- Reflective Practice Facilitation to support experience

Reflective Practice Facilitation

- Review Self-Assessment
- Engage in dialogue with First 5 about how this works with service delivery in your experience
- Initiate conversations at your workplace
- Engage the CA Center for Infant-Family and Early Childhood Mental Health in thinking through your questions with you & colleagues

Pursue endorsement because...

The future's in our hands!

