Infant Mental Health: Principles and Practices

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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.

(Zero To Three Infant Mental Health Task Force, 2001)
Basic Characteristics of Infant Mental Health Approach

- Relationship-Based Framework
- Multigenerational Perspective
- Developmental Orientation
- Multidisciplinary Approach
- Prevention Emphasis
# Florida's Strategic Plan for Infant Mental Health

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

<table>
<thead>
<tr>
<th>What is the Array of Infant Mental Health Services?</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Priority population</td>
<td>Strengthening the Caregiver/Child Relationship, Responsive Caregiving</td>
<td>Developmental, Relationship-Focused Early Intervention</td>
<td>Infant Mental Health Treatment</td>
</tr>
<tr>
<td>Description of services/interventions</td>
<td>Strengthening the caregiver/child bond through:</td>
<td>Strengthening the caregiver/child dyad through:</td>
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<tr>
<td></td>
<td>• Identifying emotional or attachment concerns</td>
<td>• Establishing a nurturing relationship based on trust and respect of family strengths</td>
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<td></td>
<td>• Integrating relationship-based practices into the child's existing services (therapies, medical treatment, foster care)</td>
<td>• Providing therapeutic interventions for caregivers and young children with specific mental health needs</td>
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<td></td>
<td>• Providing direct services based on the context, culture, and needs of the child and family</td>
<td>• Providing ongoing, intensive treatment with parent/child dyad</td>
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<td></td>
<td>• Providing consultation to enhance responsive caregiving</td>
<td>• Serving as a consultant to other service providers who work with infants and families</td>
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<td>• Assisting the family in accessing specific infant mental health treatment if needed</td>
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<td>Professionals responsible for infant mental health services</td>
<td>Front-line caregivers including:</td>
<td>Developmental Professionals including:</td>
<td>Licensed mental health professionals having additional training in infant mental health including:</td>
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<tr>
<td></td>
<td>• Parents</td>
<td>• Social Workers (MSW), Psychologists, Mental Health Therapists</td>
<td>• Child, adolescent, and adult psychopathology</td>
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<td></td>
<td>• Child Care Providers</td>
<td>• Child Development Specialists</td>
<td>• Infant/toddler development</td>
</tr>
<tr>
<td></td>
<td>• Health Care Providers</td>
<td>• Early Interventionists</td>
<td>• Quality of parent/infant interaction</td>
</tr>
<tr>
<td></td>
<td>• Home Visitors</td>
<td>• Therapists (Occupational, Physical and Speech)</td>
<td>• Assessment and treatment within the parenting relationship</td>
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<td>• Parent Educators</td>
<td>• Maternal and Child Health Nurses</td>
<td>• An understanding of context, culture and family systems</td>
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<td>• Social Workers</td>
<td>• Developmental Pediatricians</td>
<td>• Dyadic, infant/parent psychotherapy</td>
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<td></td>
<td>• Child Protection Case Workers</td>
<td>working in conjunction with child welfare, legal systems, &amp; family service programs</td>
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</tbody>
</table>
LEVEL 1
Strengthening the Caregiver/Child Relationship

LEVEL 2
Developmental, Relationship-Focused Early Intervention

LEVEL 3
Infant Mental Health Treatment
CSEFEL Pyramid Model

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
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
Developmental, Relationship-Focused Early Intervention
Consultation to enhance relationships

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%)
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
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
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
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
The Intervention Relationship

Development Depends on Relationships

- Security & Acceptance Support Development
- Mutuality & Dialogue support Development
- Too much Anxiety Impedes Development
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/
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!