


Infant and Early Childhood Mental Health: Taking the Next Step




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Today's Topics

- Seeing the Need
- Seeing the Continuum
- Resourcing Intervention
- Join In the Community of Care
- Local and Regional Resources and Innovative Collaborations
- Keeping Connected in WA
- National Resources



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Seeing the Need

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Maltreated Children in WA

- Cases Accepted for Investigation
 - 0-3 Year Olds: 32% of Victims
- Children in Out-of-Home Care
 - 0-3 Year Olds: 29.8%
 - Nichols, Orme (9/16/09) The Children in Washington's Child Welfare System
 - www.accountabilityinchildwelfare.org

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Foster Care



Infants are the largest group of children to enter, remain in and re-enter foster care and the least likely to reunify with their biological families.

- F. Wulczyn & K.B. Hislop, *Zero to Three*, April/May 2002

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Infants and Toddlers in Foster Care Nationally

- Nearly 80% have prenatal exposure to substances,
- Nearly 40% are born low birth weight and/or premature,
- Approximately half have developmental delays or disabilities.

- F. Wulczyn & K.B. Hislop (2002)
- Leslie et al. (2005)


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Young Children in Child Care

- Colorado 0-5 year olds (low income)
 - 23% of children were identified as having significant emotional behavioral problems

Gould, M. (2000)
- Illinois 0-3 year olds
 - 16%-24% had significant social-emotional problems

Colin et. al. (2003)



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Young Children OUT of Child Care

- Washington 3-5 year olds
 - 1 in 10 pre-K teachers expelled a child
 - Twice the rate of school-age children.

Gilliam, W. (2005)
- Illinois 0-3 year olds
 - 42% of programs had asked families to withdraw their infant or toddler
 - Program was unable to handle the child's social and emotional problems

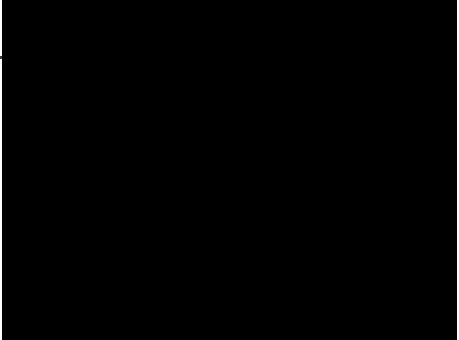
Colin et al. (2003)

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Babies Can Suffer

- Traumatic Stress Responses (PTSD) and Depression have been clearly and repeatedly identified in babies 4-6 months
- ZERO TO THREE: National Center for Infants, Toddlers, and Families. (2005) Diagnostic Classification of Mental Health and Development Disorders of Infancy and Early Childhood, Revised (DC:0-3R)

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Seeing the Continuum

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Mental Health and Well-Being

Healthy Social Emotional Development

- Experience, Regulate and Express Emotions
- Form Close and Secure Interpersonal Relationships
- Explore the Environment and Learn



www.zerotothree.org Slide 12

Continuum of Services

Promotion →
Prevention →
Early Intervention/Treatment

Helping Young Children Succeed


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Prevention → Early Intervention

- Screening <-> Early Identification
- Consultation with Child Serving Programs
 - Part C and Part B
 - Home Visiting Programs
 - Child Care
 - Primary Care
- Addressing Caregiver Needs
 - Parental Depression/Post Partum Depression
- Intervening with At-Risk Groups

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Early Intervention → Treatment



- Diagnosing
 - ZERO TO THREE: National Center for Infants, Toddlers, and Families. (2005) Diagnostic Classification of Mental Health and Development Disorders of Infancy and Early Childhood, Revised (DC:0-3R)
- Intervention/Treatment
 - Evidence Informed Work

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Treatment Summary Briefs

- Clinical Interventions to Enhance Infant Mental Health: A Selective Review – July 2005, Zeanah, Stafford and Zeanah
www.healthychild.ucla.edu/publications/IMH%20Evidence%20Review%20FINAL.pdf
- Improving Maternal and Infant Mental Health: Focus on Maternal Depression
www.healthychild.ucla.edu/publications/Maternal%20Depression%20Report%20FINAL.pdf

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Child Parent Psychotherapy


- A dyadic attachment-based intervention for young children exposed to interpersonal violence and other traumas.
- Empirically validated for children under 6.



www.childwitnessstoviolence.org

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Child Parent Psychotherapy (CPP)



- Attachment, Psychoanalytic and Trauma Theories
- Cognitive-Behavioral and Social Learning Therapies
- Attention to Family Cultural Values

www.nctsn.org/nctsn_assets/pdfs/promising_practices/cpp_cultural.pdf


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Lieberman & Van Horn (2008)

Child Parent Psychotherapy

- Lieberman, A. & Van Horn, P. (2005) **Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence.** Washington, D.C.: ZERO TO THREE Press.
- Lieberman, A. & Van Horn, P. (2008) **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment.** New York, NY: Guilford Press.

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CPP Treatment Goal



“to enhance the capacity of the child and primary caregivers to create and maintain a growth promoting partnership in the context of the other relationships in their lives.”

Lieberman & Van Horn (2008) p.8

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CPP Therapeutic Objectives

- Affect Regulation
- Normalization of traumatic response
- Trust in bodily sensations
- Reciprocity in relationships
- Differentiate remembering and reliving
- Engagement in learning

(Lieberman & Van Horn, NTI 2008)

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Improvements with CPP

| | |
|-----------------------------|-------------------------|
| ■ Dyad | ■ Child |
| ■ Relationship Interactions | ■ Behavior |
| ■ Attachment Security | ■ PTSD Symptoms |
| ■ Parent (Typ. Mother) | ■ Attributions |
| ■ Mood | ■ Cognitive Functioning |
| ■ PTSD symptoms | |

Lieberman & Van Horn (2008)

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[Miami-Dade CPP](#)

CPP Fact Sheets and Good Summary Article

Lieberman, AF (2007) Ghosts and Angels: Intergenerational patterns in the transmission and treatment of the traumatic sequelae of domestic violence. [Infant Mental Health Journal, 28 \(4\) 442-439.](#)

www.nctsn.org/nctsn_assets/pdfs/promising_practices/Child_Parent_Psychotherapy_CPP_fact_sheet_3-20-07.pdf

www.nctsn.org/nctsn_assets/pdfs/promising_practices/cpp_general.pdf

www.cachildwelfareclearinghouse.org/program/49/detailed

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Reaching Out to Find Providers



- [California Center for Infant-Family and Early Childhood Mental Health](#)
www.ecmhtraining-ca.org
- [Michigan Endorsements](#)
www.mi-aimh.org/endorsements_overview.php

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Resourcing Intervention

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Places to Partner in Federal Funding Streams

- Medicaid
- Early and Periodic Screening, Diagnosis, and Treatment (EPSDT)
- Head Start and Early Head Start
- Part C of IDEA: Early Intervention
- Part B of IDEA: Preschool Special Education Program
- Child Care and Development Fund (CCDF)
- Title V Maternal and Child Health Services Block Grant
 - NCSL Helping Young Children Succeed p 7

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Tax Policy – E2SSB-5763


- 1/10th of 1% sales tax
- Mental health, chemical dependency, therapeutic court services
- 13 Counties Passed
- 6 Working on Issue (April 2009 Report)

<http://mhtransformation.wa.gov/MHTG/reports.shtml>

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Diagnosing for Access to Care

- Developmentally Appropriate Diagnostic Structures
- Cross-walking from the DC:0-3R to the DSM



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Mental Health Division, DBHR

“The Mental Health Division approved the use of the crosswalk in 2007 and continues to acknowledge it as a valid tool to appropriately categorize young children’s emotional and behavioral issues, approve and plan appropriate treatment.”

Email Communication: 8/24/10 Robin McIlvaine, LICSW
Division of Behavioral Health and Recovery Supervisor
Children’s Mental Health Programs

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State Access to Care Thinking

“CGAS is generally not considered valid for children under the age of six. The DC0-3 may be substituted. Children under six are exempted from Axis V scoring. Very young children in need of mental health care may not readily fit diagnostic criteria. The degree of functional impairment* related to the symptoms of an emotional disorder or mental illness should determine eligibility.”

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State Access to Care Thinking

- * Functional impairment:
- * Child is under six years of age and there is a severe emotional abnormality in the child's overall functioning as indicated by one of the following:

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State Access to Care Thinking

1. Atypical behavioral patterns as a result of an emotional disorder or mental illness (odd disruptive or dangerous behavior which is aggressive, self injurious, or hypersexual; display of indiscriminate sociability/excessive familiarity with strangers)

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State Access to Care Thinking

2. Atypical emotional response patterns as a result of an emotional disorder or mental illness which interferes with the child's functioning (e.g. inability to communicate emotional needs; inability to tolerate age-appropriate frustrations; lack of positive interest in adults and peers or a failure to initiate or respond to most social interaction; fearfulness or other distress that doesn't respond to comfort from caregivers).

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Policies and Procedures Matter

Descriptions ↔ Reimbursement

- 3. Past behavior pattern shows a chronic, high level of danger to self or others, property damage, disruption, oppositionality, or conduct difficulties.
 - King County RSN PNP's

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Suggested Explanatory Text

- a. For children under age 3, criterion 3 will be interpreted to include prolonged states of dysregulation and distress that are interfering with developmental progression, growth, and/or the establishment of a healthy, functional relationship with a primary caregiver. These episodes of significant dysregulation cannot be explained by a medical problem on pediatric evaluation.

Behaviors may include:

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Suggested Explanatory Text

- ... disrupted patterns of feeding, inadequate or fitful sleep, or inconsolable crying that is frequently non-responsive to physiological and emotional calming by caregivers. In the child under six months, such behavior should go beyond usual expectations for episodes of colic.
- Colic is commonly defined as crying in an otherwise healthy infant that lasts more than 3 hours per day, more than 3 days a week, for more than 3 weeks. Colic typically peaks at 6-8 weeks and resolves itself between 3 and 6 months of age.

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Suggested Explanatory Text

- ... the child avoiding/resisting/refusing interaction with primary caregivers (for example, being shut down and withdrawn, demonstrating little ability or motivation to interact).
- ... self-abusive behaviors, such as biting, scratching, hitting, or pinching self, or banging head, or pinching self; inconsolable tantrums; or destructive behavior or aggression that does not respond to appropriate intervention.

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CMH Legislation

- Improving Delivery of Children's Mental Health Services
 - 2007 - HB1088
- Values early identification, intervention, and prevention

<http://apps.leg.wa.gov/billinfo/summary.aspx?year=2008&bill=1088>



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1088 Core Vision

- Treats each child in the context of his or her family, and provides services and supports needed to maintain a child with his or her family and community
 - Rep. Dickerson's Children's MH Stakeholders
 - Request to be on list:
Dickerson.MaryLou@leg.wa.gov

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2009 HB1373 (1st Version)

(b) For children under five years of age, a nationally accepted assessment tool must be used for assessment and diagnosis. The tool must be specifically designed for children of that age, such as the diagnostic classification of mental health and development disorders of infancy and early childhood.

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1373 (1st Version) Access to Care Standards <5

(i) Accommodate the features of the assessment tool adopted under subsection (1)(b) of this section that are specific to infants, toddlers, and young children, recognizing that behaviors that are assessed and demonstrated in such young children may differ significantly from those assessed and demonstrated in school-age children; and

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1373 (1st Version) Access to Care Standards <5

(ii) Acknowledge the critical importance of the parent-child dyad, both with respect to the impact of a parent's emotional difficulties, such as postpartum or maternal depression or substance abuse, upon a young child and the need to jointly treat both the parent and the young child in order to effectively treat the child;

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1373 as Passed

- Evidence Based Practice Institute
 - The DSHS and the EBP Institute must collaborate to encourage and create incentives for the use of prescribing practices and evidence-based and research-based practices by licensed mental health professionals serving
- Remove Sunset – Any Licensed MHP

<http://apps.leg.wa.gov/billinfo/summary.aspx?bill=1373>

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Parallel Health Insurance Shifts

Apple Health for Kids

- Free or Low Cost up to 300% FPL
- Includes 20 Outpatient with Licensed MHP
- Allows for Family Therapy



<http://fortress.wa.gov/dshs/maa/AppleHealth/>

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Partnership Access Line

- Mental Health Consultation Outreach for Children
- 866.599.PALS (7257)
- www.PALforkids.org
- 12 Counties in SW WA
- Primary Care Providers reimbursed for call



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Join-In the Community of Care

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Early Learning Plan

- Legislature: 2007 – DEL (Dept of Early Learning) and ELAC (Early Learning Advisory Council)
- Governor: 2009 – DEL and OSPI (Office of Superintendent of Public Instruction)
- DEL, OSPI and Thrive by Five WA
 - Draft Plan and Legislative Proposal – Gov 12/1/09
 - Comprehensive Plan – 9/1/10

www.del.wa.gov/partnerships/elac/elp.aspx

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Mental Health in the ELP

Ready and Successful

- Children
- Parents, Families and Caregivers
- Early Learning Professionals
- Schools
- Systems and Communities



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Ready & Successful Children

- # 8 -- Access to Mental Health Services – Access to Care
 - Increase availability of developmentally appropriate access to care standards for mental health and Apple Health providers.
- # 9 -- Access to Mental Health Services – Increase Availability of Assessment, Diagnosis and Treatment
 - Increase availability of developmentally appropriate mental health assessment and treatment, birth–6 years.

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Ready & Successful Children

- # 4 – Build Continuum of Infant and Toddler Services and Programs
 - Build comprehensive services to promote health development, B-3 ys, support for families, and an infant-toddler credential.
- # 6 – Ensure Developmental Screening
 - Make available universal developmental and social-emotional/mental health screening and referral for children, birth-third grade.

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Ready & Successful Children

- # 7 – Add at Risk Children to Early Intervention Services (Part C)
 - Amend policy to serve children, birth-3 years, identified as at-risk of developmental delay; include in Medicaid payments.
- # 5 – Make Home Visiting Available to At-Risk Families
 - Make evidence-based/promising prenatal and child home visitation services more widely available to at-risk families and caregivers.

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Evidence Based Home Visiting in Washington

- Strong movement
- 2007 - Dedicated state \$\$
- Strong foundation support
- Inclusive of early learning, health, child welfare, economic services (TANF) Medicaid, behavioral health



Council for Children and Families

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Home Visiting in Washington

- Substantial Federal \$\$
 - Maternal, Infant and Early Childhood Home Visiting Program
- Home Visiting Partnership
 - DOH, CCF, DSHS, DEL
 - Needs Assessment (DOH)
 - Planning Process (DEL)



www.doh.wa.gov/cfh/hvna/default.htm

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Ready & Successful Early Learning Professionals

- # 25 – Provide Health, Mental Health and Social-Emotional Consultation in Early Learning Settings
 - Provide coordinated local-state health, mental health and social emotional consultation, screening and referral, and support, in partnership with coordinated school health services, to early learning professionals, in order to optimize child health and development. Consultation services impact a child's health, safety, development, and mental health.

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Ready & Successful Parents, Families and Caregivers

- #14 – Create Statewide System of Access to Information and Resources
- # 16 – Ensure Social-Emotional Learning Opportunities
 - Ensure that parents, families, caregivers, and early learning professionals, have access to opportunities for deepening personal knowledge and understanding of social and emotional development, social and emotional learning skills, nurturing early relationships, and mental health.

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Ready & Successful Parents, Families and Caregivers



- #19 – Mental Health Screening and Services for New Parents
 - Increase the number of new parents who are screened for postpartum mood disorders, and improve access and increase referral pathways between primary care and allied mental health services for mothers, fathers and their families experiencing postpartum mood disorders.

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Speak Up When You're Down!

- www.speakup.wa.gov
- 1-888-404-7763
- A statewide public post partum depression awareness campaign
- Great info
- Local and national resources



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Local and Regional Resources and Innovative Collaborations

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Regional Public Health Activity

- Northwest Bulletin
 - Serving MCH professionals in AK, ID, OR, and WA
 - <http://depts.washington.edu/nwbfch/>
- Issues of Interest
 - Military Families – Summer 2010
 - Domestic Violence – Winter 2009
 - Off to a Good Start: Mental Health Promotion for Young Children -- Winter 08
 - Preventing Perinatal Depression -- Summer 07

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Supporting Early Connections Project Goals


- Provide early intervention mental health services (CPP) for infants, toddlers and their biological parents who are involved in dependency court.
- Support family/parent engagement.
- Improve systems' knowledge of how to meet the needs of young children and their families.
- Develop and model an effective, multi-system partnership that is sustainable and can be replicated.

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Partnering with the Courts and Child Welfare

- Supporting Early Connections
 - King County Infant Mental Health Dependency Court Project
- Center for Children & Youth Justice
 - Kelly Warner-King, Mental Health Projects Coordinator
 - kwarners-king@ccyj.org ; 206.696.7503 x 19
 - For presentations on SEC:
 - www.earlychildhoodpolicy.com/courttrain.html
- Inspired by work highlighted in the following brief:

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"It's about the kids. People talk about parents getting their children back. But really, this is about the children getting their parents back."
Judge Douglas F. Johnson of Omaha
*Healing the Youngest Children:
Model Court-Community Partnerships*

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Available At:

- ZERO TO THREE Court Teams for Maltreated Infants & Toddlers
 - Video: "Helping Babies from the Bench."
www.zerotothree.org/maltreatment/court-teams/
- American Bar Association – Improving Understanding of Maternal and Child Health
www.abanet.org/child/baby-health.shtml

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EI & IMH Partnering with Child Welfare

- **CH**ildren **E**ncouraged by **R**elationships in **S**ecure **H**omes -- CHERISH
- Kindering Center (neurodevelopmental center)
- For King County foster children ages 0-3 and their foster parents or relative caregivers
- They have a guide if you are interested in bringing this to your community
www.kindering.org/743.html

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Partnering with Pediatric Care

- Healthy Steps – www.healthysteps.org
- A discussion of this project and other successful collaborations can be found in the "Enhancing Pediatric Care" ZTT Journal Issue (January 2007)
- Some findings from the Seattle site (Group Health) Participant families ---
 - More likely to continue breast feeding
 - Increased satisfaction and lower disengagement
 - Fewer maternal depressive symptoms
 - Increased parental role satisfaction
 - Kaplan-Sanoff (2007)

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Keeping Connected in Washington

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Get In On The Action!

Children's Alliance
www.childrensalliance.org

- Action Hub
www.childrenshub.org/calliance/join.html
- Early Learning Action Alliance
www.childrensalliance.org/our-current-work/early-learning-now/early-learning-action-alliance

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Networking Opportunities

- Foundation for Early Learning Social Networking Site
www.earlylearningcommunity.org
- Fight Crime Invest in Kids (National Entity – local office)
www.fightcrime.org/state/washington

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Council for Children and Families

- Post Partum Depression Newsletter (Q)
- Resource Update (M)
- Strengthening Families Newsletter (Q)
- Legislative Update (Weekly in Session)

www.ccf.wa.gov

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Keep Updated on Session

- Children's Home Society of Washington
 - Great updates on a variety of bills
 - Laurie Lippold at lippoldlau@aol.com
- Legislative News & Views for Advocates
 - Mental Health and Related Human Services
 - Contact Seth Dawson sethdawson@att.net
- Watch or Attend a Hearing or Session
 - www.wa.leg.gov or www.tvw.org

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National Resources

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National Scientific Council on the Developing Child

- Collaboration - neuroscience, early childhood development, pediatrics, and economics.
- Info on stress and brain development
- Using science to inform public policy
- www.developingchild.net
 - *Mental Health Problems in Early Childhood Can Impair Learning and Behavior for Life (Paper No. 6)*
 - *Maternal Depression Can Undermine the Development of Young Children (Paper No. 8)*

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Linking Early Experiences and Adult Health Outcomes

- *Adverse Childhood Experiences & Population Health in Washington: The Face of a Chronic Public Health Disaster*. Family Policy Council July 2010 - A look at ACE's in Washington State via the 2009 Behavioral Risk Factor Surveillance Survey (BRFSS). www.fpc.wa.gov
 - Adverse Childhood Experiences Study www.acestudy.org
 - *The Health and Social Impact of Growing Up With Adverse Childhood Experiences: The Human and Economic Costs of the Status Quo*
 - *The affects of childhood stress across the lifespan*.
- Slide 73 www.cdc.gov/ncipc/pub-res/effects_of_childhood_stress.htm

ZERO TO THREE – National Center for Infants, Toddlers and Families

www.zerotothree.org

- Get on their Policy Network!
 - Early Experiences Matter: A Guide to Improved Policies For Infants and Toddlers

www.zerotothree.org/public-policy/policy-toolkit/

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Early Childhood Policy Websites

- Birth to Five Policy Alliance
 - www.birthtofivepolicy.org
- Ounce of Prevention Fund, Publications:
 - www.ounceofprevention.org/aboutus.php
- First Five Years Fund
 - www.ffyf.org

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National Conference of State Legislatures

www.ncsl.org

- **Helping Young Children Succeed:** Strategies to Promote Early Childhood Social and Emotional Development
 - *By Julie Cohen, ZERO TO THREE; Ngozi Onunaku, ZERO TO THREE; Steffanie Clothier, NCSSL; and Julie Poppe, NCSSL (September 2005)*

www.zerotothree.org/site/DocServer/helping_young_children_succeed_final.pdf?docID=1725

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IECMH Systems Some Recent Examples

- **State Case Studies of Infant and Early Childhood Mental Health Systems: Strategies for Change (July 2010)**
- A new report from the Commonwealth Fund looks at mental health systems of care for children aged birth to age 5 in four states: CO, IN, MA and RI.

www.commonwealthfund.org/Content/Publications/Fund-Reports/2010/Jul/State-Case-Studies-of-Infant-and-Early-Childhood-Mental-Health-Systems-Strategies-for-Change.aspx

Maternal Depression Briefs

- Reducing Maternal Depression
www.nccp.org/publications/pub_791.html
- Maternal Depression-Making a Difference Through Community Action: A Planning Guide
www.mentalhealthamerica.net/go/maternal-depression
- Infants of Depressed Mothers Living in Poverty: Opportunities to Identify and Serve
www.urban.org/publications/412199.html

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Mental Health Consultation Resources and Briefs

- Georgetown University Center for Child and Human Development - Mental Health Consultation
<http://gucchd.georgetown.edu/67637.html>
- Center for Prevention and Early Intervention Policy
www.cpeip.fsu.edu
- Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI)
www.challengingbehavior.org

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National Child Traumatic Stress Network

www.nctsn.org

Mission: To raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

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Early Trauma Treatment Network

[Funding periods: 2009 - 2012, 2005 - 2009 and 2001 - 2005]

The Early Trauma Treatment Network (ETTN) at the University of California, San Francisco (UCSF), is a collaborative of four national programs that pioneered early trauma treatment, training, and dissemination. Continuing their work in this grant period, ETTN will better equip systems serving children aged 0-5 exposed to abuse, domestic violence, and traumatic loss, and their families, to meet their needs. A new focus will be on young children of military families at risk due to deployment, parental injury, and parental death.

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Early Trauma Treatment Network

ETTN will address the training and service gaps by promoting workforce development; creating culturally competent products, resources, and training protocols; and building mechanisms for intersystem collaboration across the mental health, pediatric care, child welfare, judicial, and military systems. ETTN sites will serve approximately 100 children per year—assessing the effectiveness of Child-Parent Psychotherapy (CPP) with multiple populations and monitoring the effectiveness of modifications to the model.

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Learning Network

<http://learn.nctsn.org/>

- Signing up for this Learning Network is completely free of charge and there are lots of great trainings both specific to IECMH and broader trainings. All webinars are archived. 2010 Sample-Consultation in:
 - Child Care and Head Start Systems
 - Judicial Systems
 - Pediatric Settings
 - Military Settings
 - Child Protective Services

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NCTSN: Child Welfare Trauma Training Toolkit

- www.nctsn.org/nctsn_assets/pdfs/cwt3_sho_referral.pdf
 - Mostly downloadable!
 - Full hard copy w/CD only \$50 at the moment
 - *Trainer's Guide* and *Comprehensive Guide*.
- Sample trauma history profile instrument
 - www.nctsn.org/nctsn_assets/pdfs/cwt3_sho_referral.pdf

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NCTSN Other Goodies

- Child Traumatic Stress: What every policy maker should know.
www.nctsn.org/nctsn_assets/pdfs/PolicyGuide_CTS2008.pdf
- Finding Funding
www.nctsn.org/nctsn_assets/pdfs/Addendum_to_Finding_Funding.pdf
- Trauma-Informed Interventions: Clinical and Research Evidence and Culture-Specific Information Project
www.nctsn.org/nctsn_assets/pdfs/CCG_Book.pdf
- Video of American Psychological Association Briefing to Congress
www.nctsn.org/nctsn_assets/video/apa/apa_files/intro.htm

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