

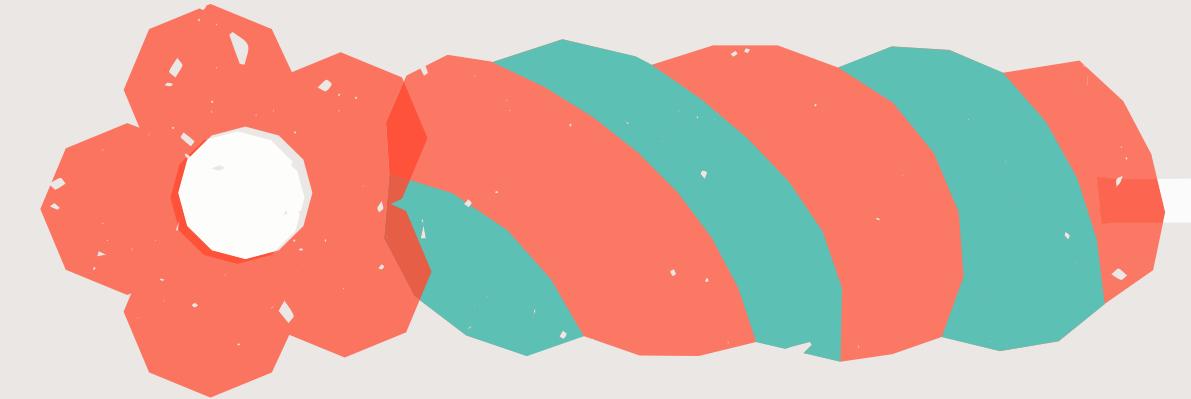


Cradling Minds, Shaping Futures:

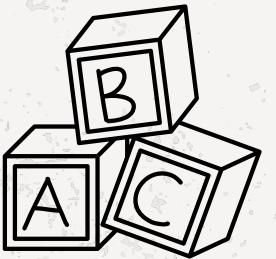
A Journey Into the Heart of Infant and Early Childhood Mental Health

Bre-Ann Slay, PsyD, LP IMH -E[®]
Licensed Clinical Psychologist
Infant Mental Health Specialist
Reflect to Connect Psychology

Objectives



DEFINE



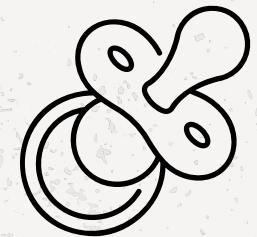
Define Infant Mental Health and its Importance

IDENTIFY



Identify Where, When, and How to Get Involved

INCREASE



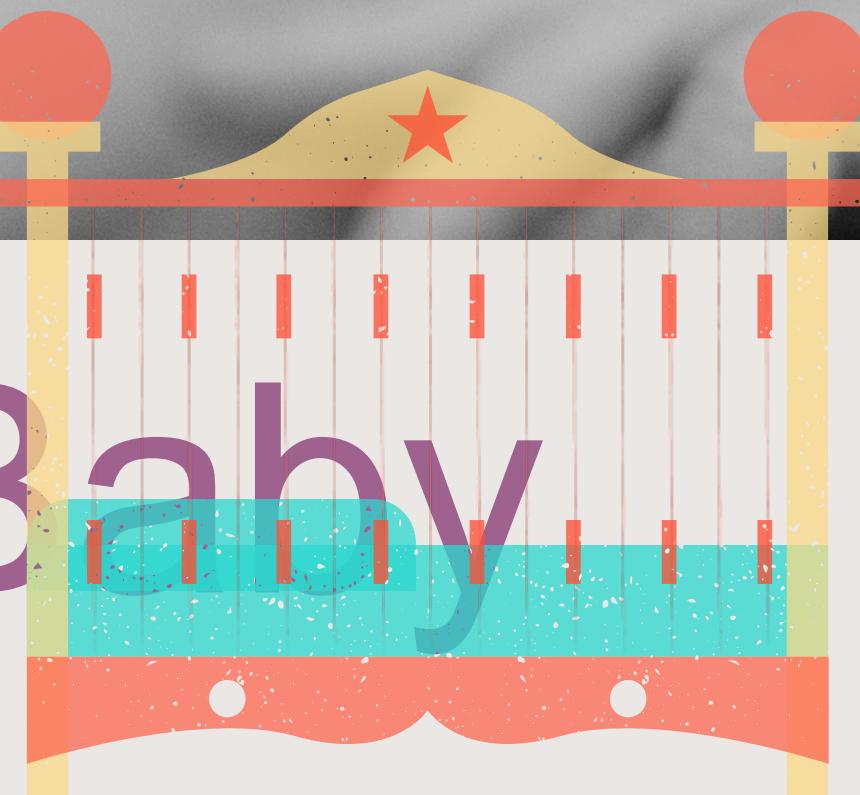
Increase Awareness of Treatment and Assessment



D. W. Winnicott, The maturational process and the facilitating environment.



No Such Thing as a Baby.



Why are we so categorical with care?

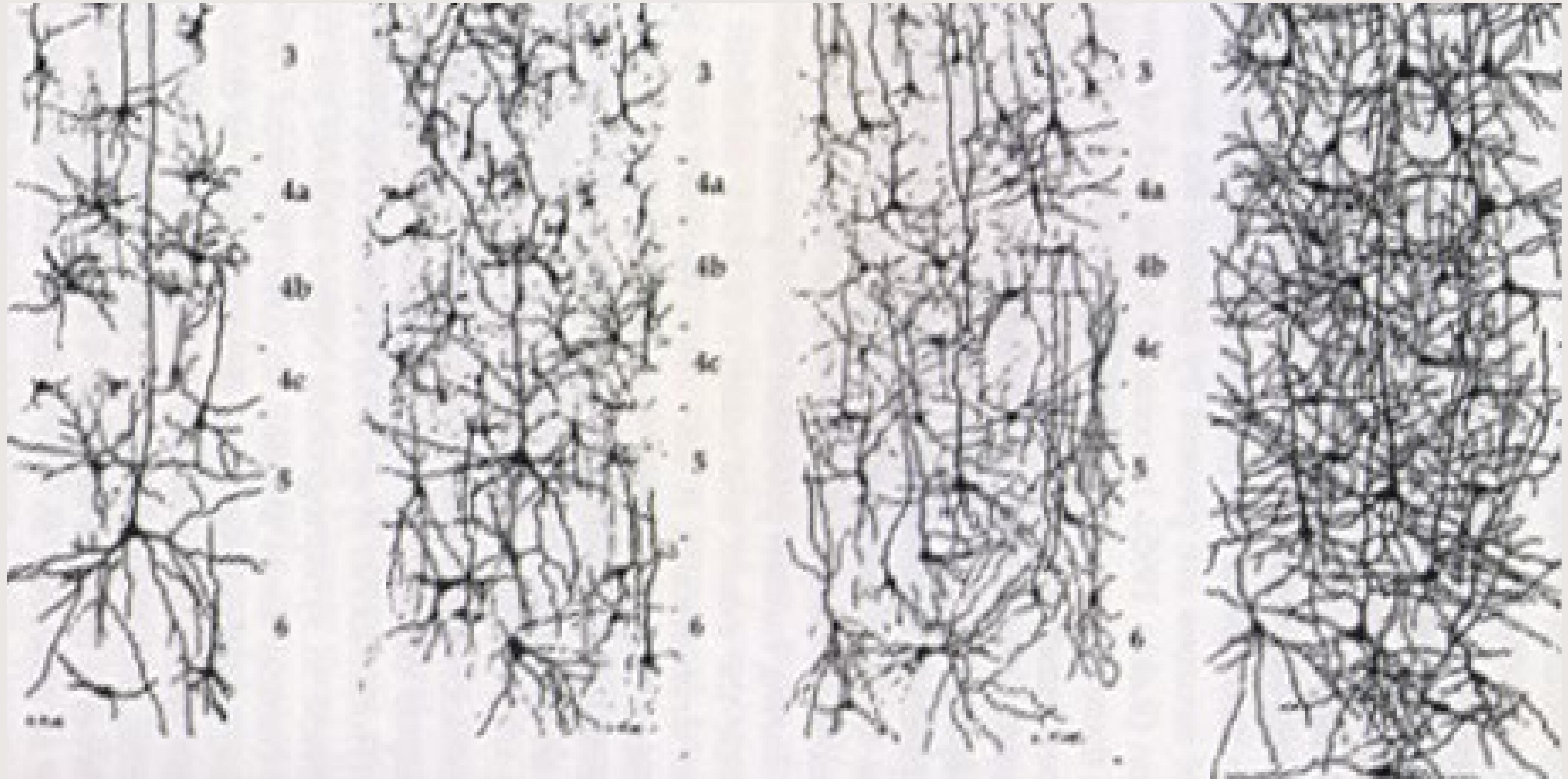


What is Infant (and Early Childhood) Mental Health?

“Infant mental health refers to how well a child develops socially and emotionally from birth to three.” – MI-AIMH

“The developing capacity from birth to 6 ‘to experience, regulate, and express emotions; to form close relationships; and to explore the environment and learn— all in the context of family, community, and cultural expectations for young children.” – ZTT





Newborn

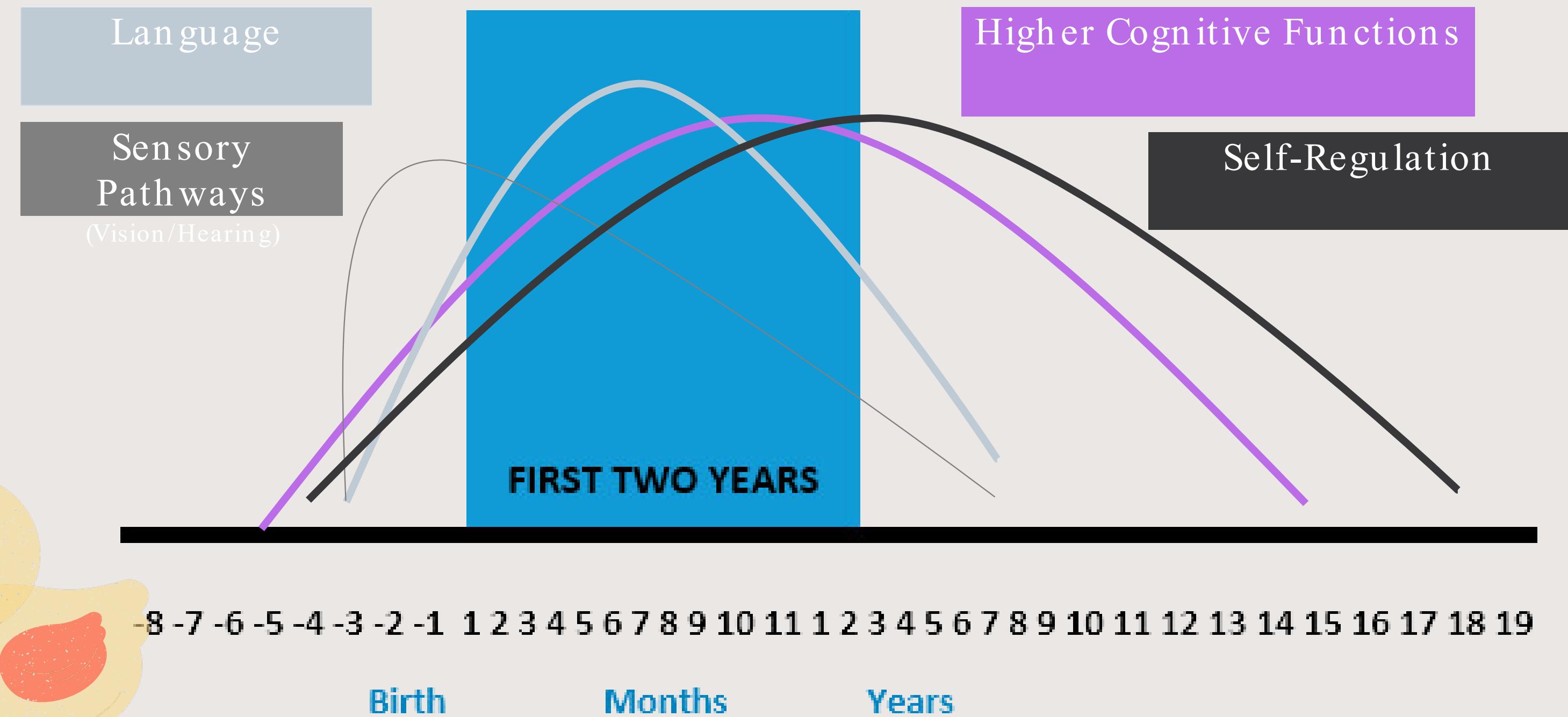
1 month

3 months

6 months

Brain Development

Brain Development in Infants and Toddlers



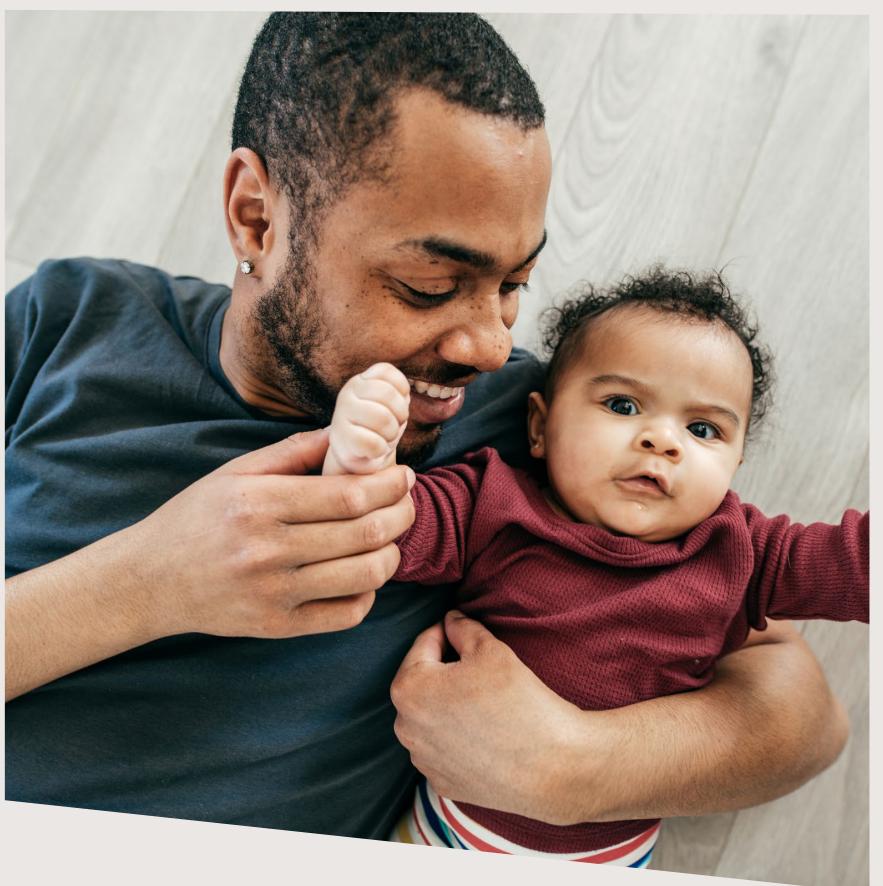


How Can IMH be developed or impacted?



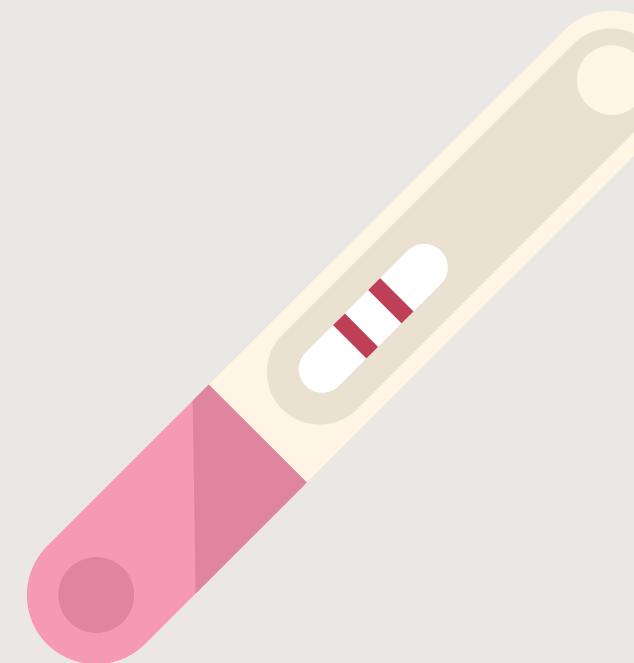


Developmental Trajectory





Conception Pregnancy



Every Conception Story is
Different

Every Pregnancy is Different
Prenatal Care

Maternal* Physical & Mental
Health

Early Attachment
Identifications

Labor and Delivery

Delivery Stories

Birth Plan Unraveling

Difficult Labor

Complications

Injury

Traumatic Birth

Postnatal PTSD

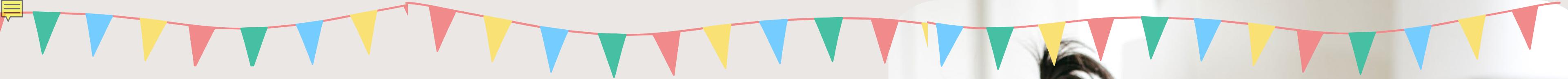
History of Prior Trauma



Infancy

Sleep
Feeding
Elimination
Illness
Colic
Developmental Delays
Return to Work
Postpartum Mental Health
Struggles
Depression
Anxiety
Psychosis





Toddlerhood

Development
Speech?
Motor?
Sensory Reactivities

1st Steps of Individuation





(Pre)Kindergarten



Learning Difficulties

1^{s t} Time Away from
Home

Inattention / Hyperactivity

Identification of Troubles at Home

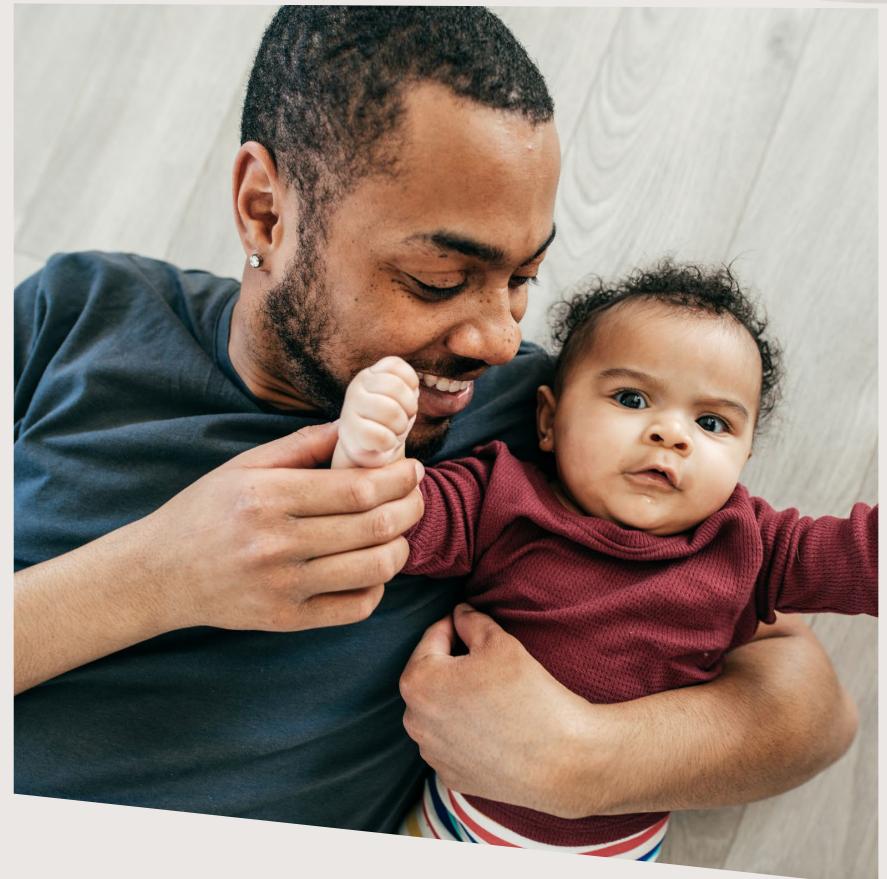
Social Skill Deficits

Dysregulation

Where, When, and How Get Involved



Touchpoint

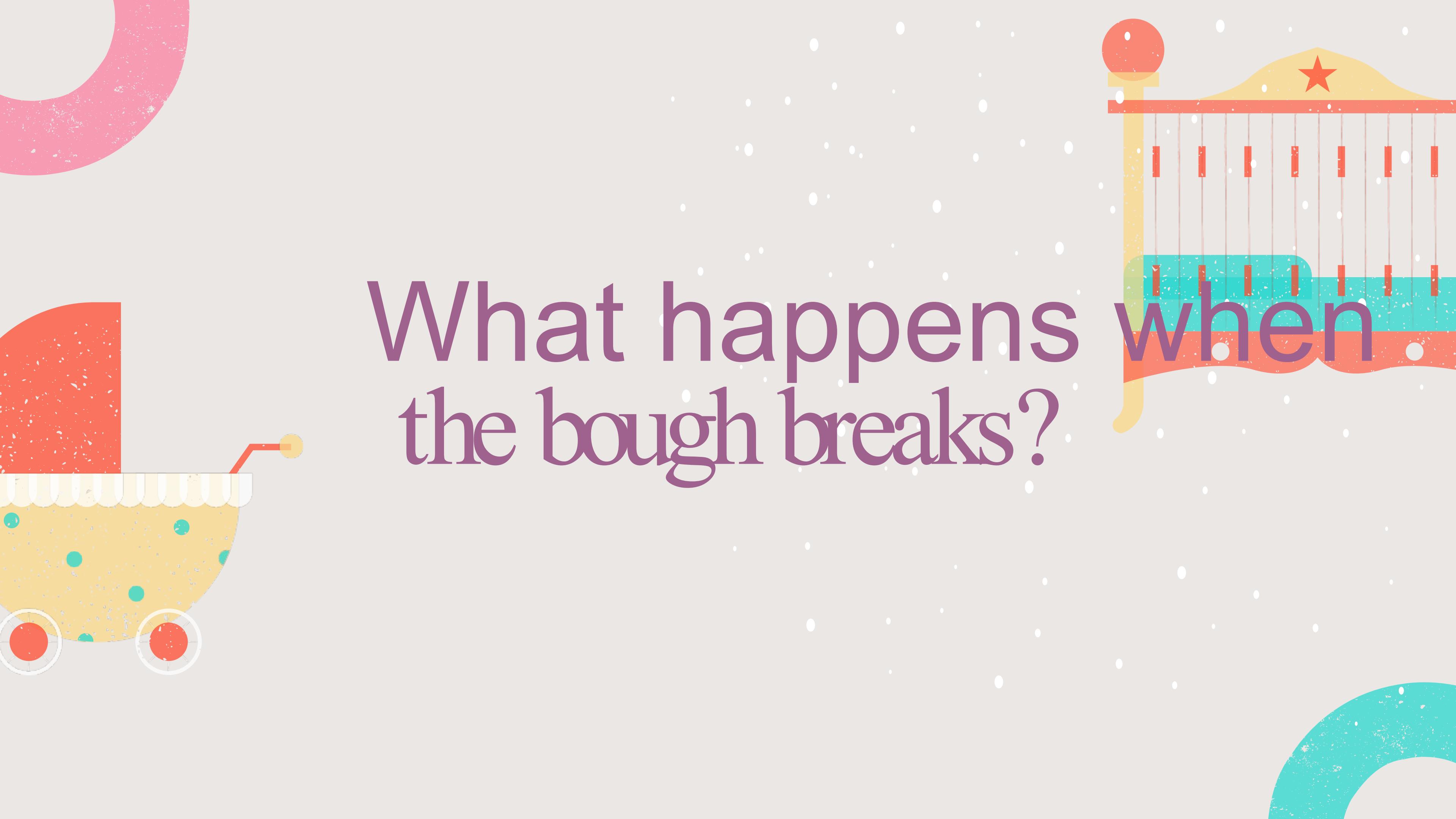




Jace and Brandy

Entry points to impact IMH

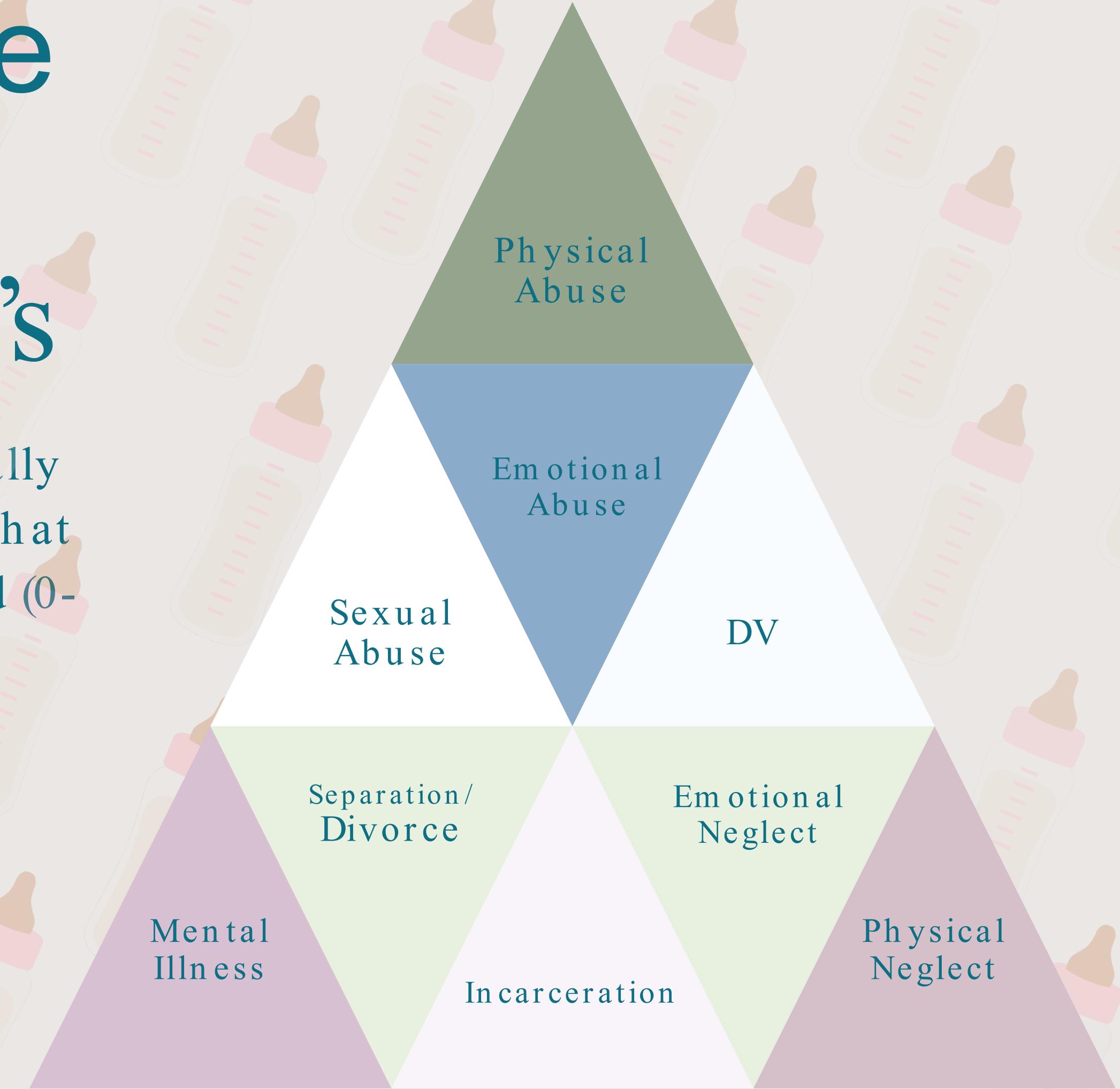




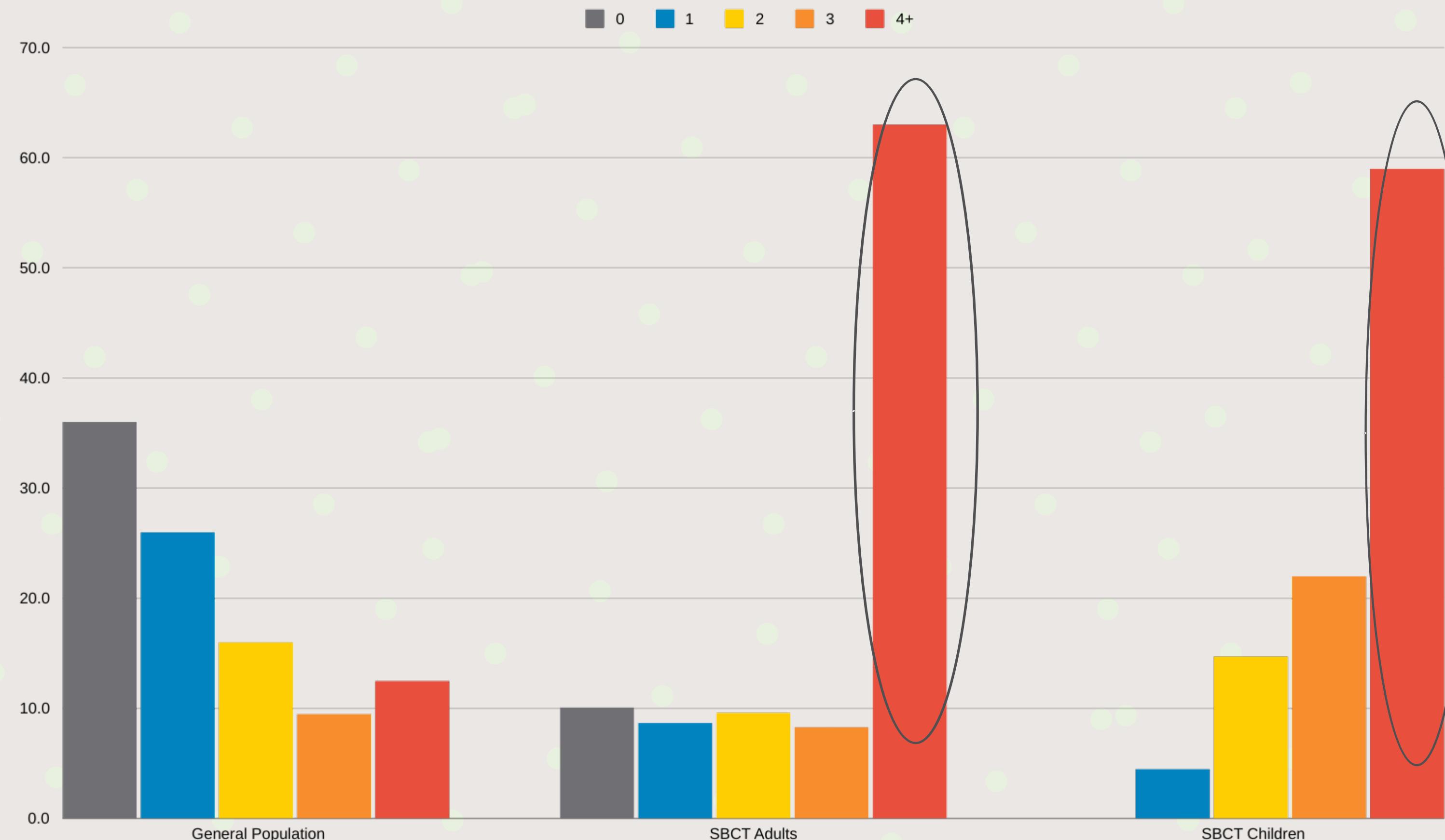
What happens when
the bough breaks?

Adverse Childhood Experience's

“ACEs are potentially traumatic events that occur in childhood (0-17 years)”



ACE's in Child Welfare



Osofsky, et al. (2018). The Adverse Childhood Experiences of Very Young Children and Their Parents Involved in Infant–Toddler Court Teams.

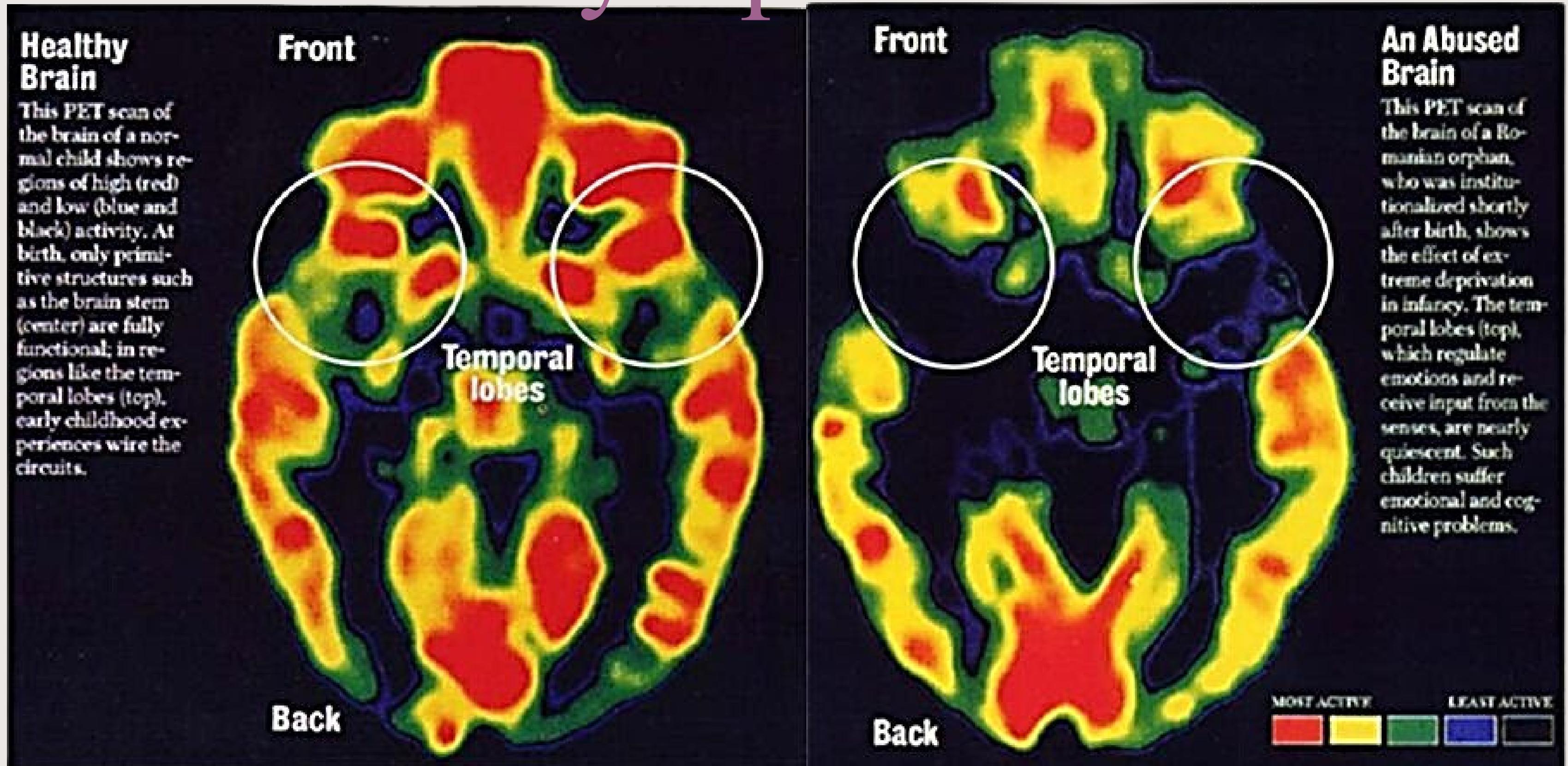
Quality Improvement Center for Infant-Toddler Court Teams.

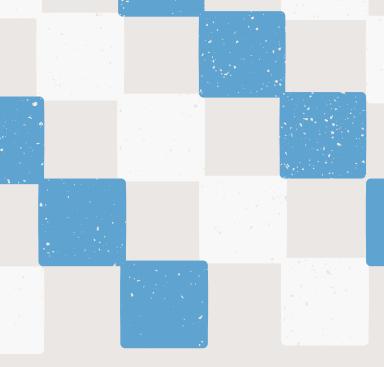
3 year old child

normal

extreme neglect

Structural Changes due to Early Experiences





Impacts of Adverse Early Expe

Lack of emotional regulation

Expressive and receptive language delays

Repetitive self soothing behavior

Unusual social interaction

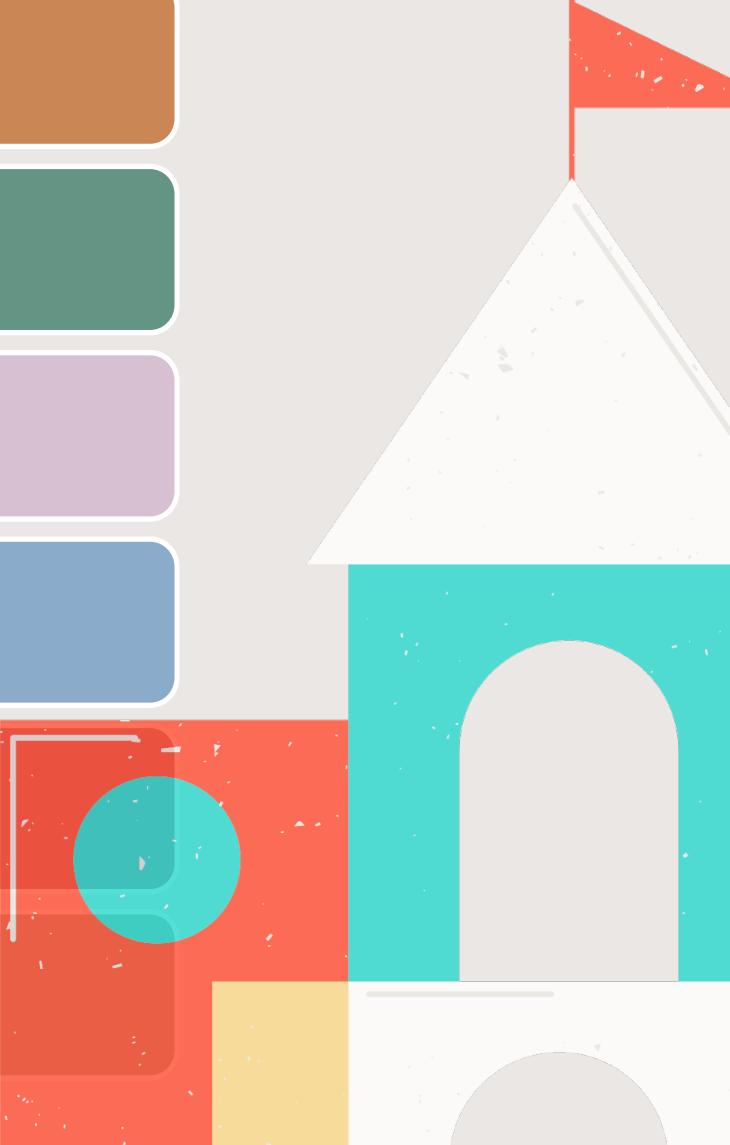
Difficulty regulating emotions

Lack of cognitive flexibility

Repetitive play

Sleep difficulties

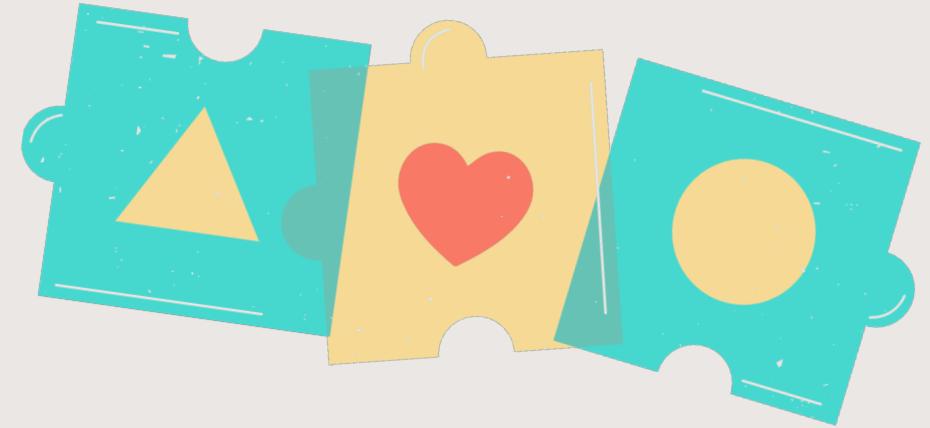
Excessive energy or blunted affect and lethargy





Attachment
is the **HEART** of
Infant Mental Health

Attachment Effects...



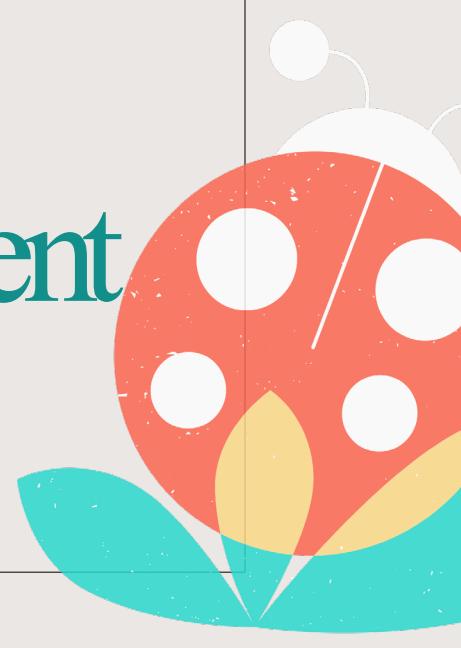
Emotion Regulation Felt Safety

Resilience

Social Relationships

Coping Mechanisms

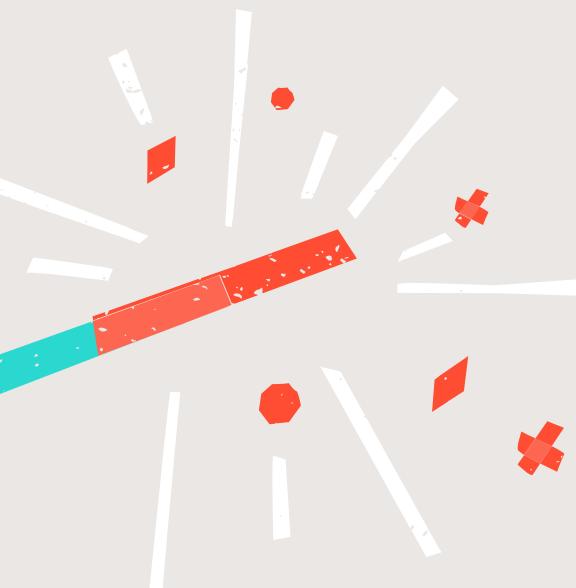
Brain Development



THERAPY



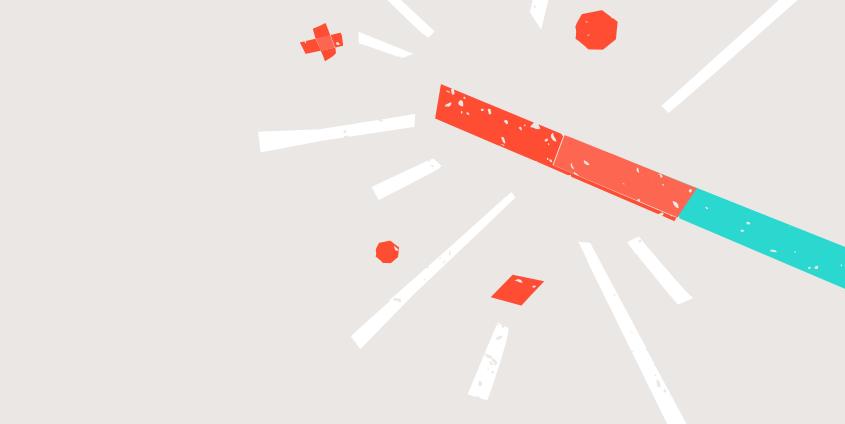
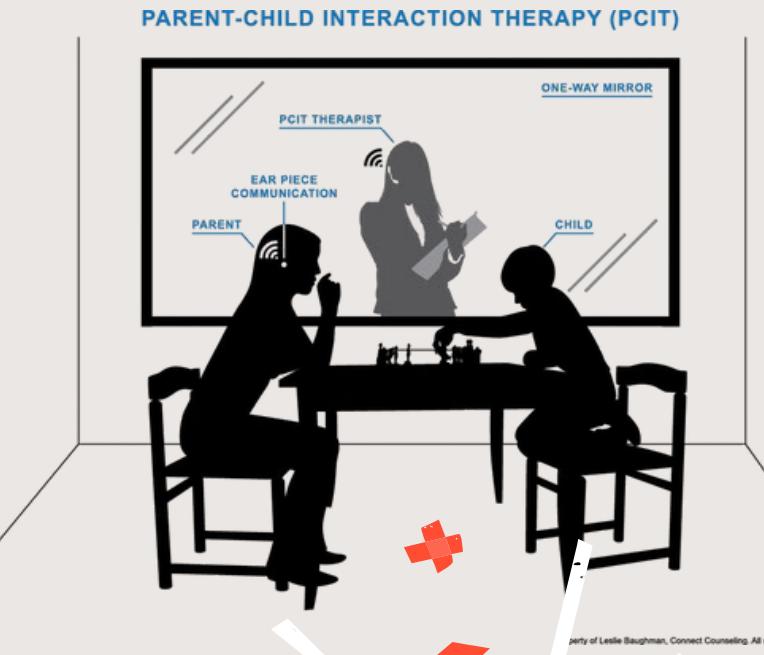
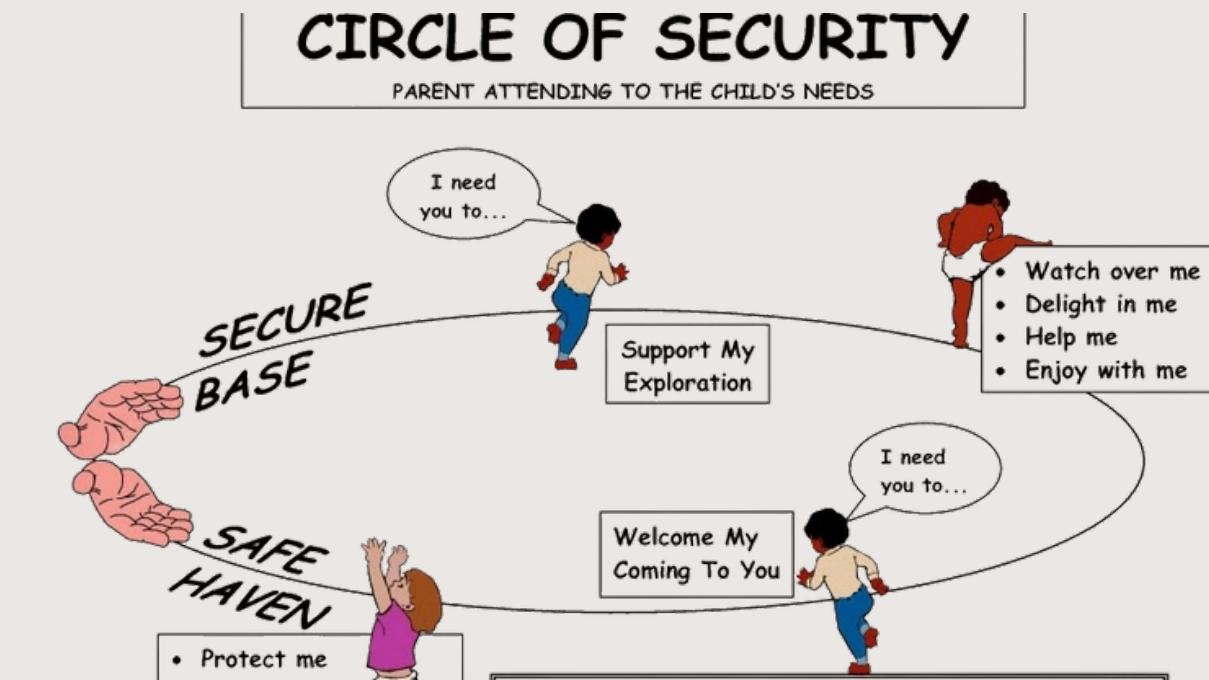
dyadic WO



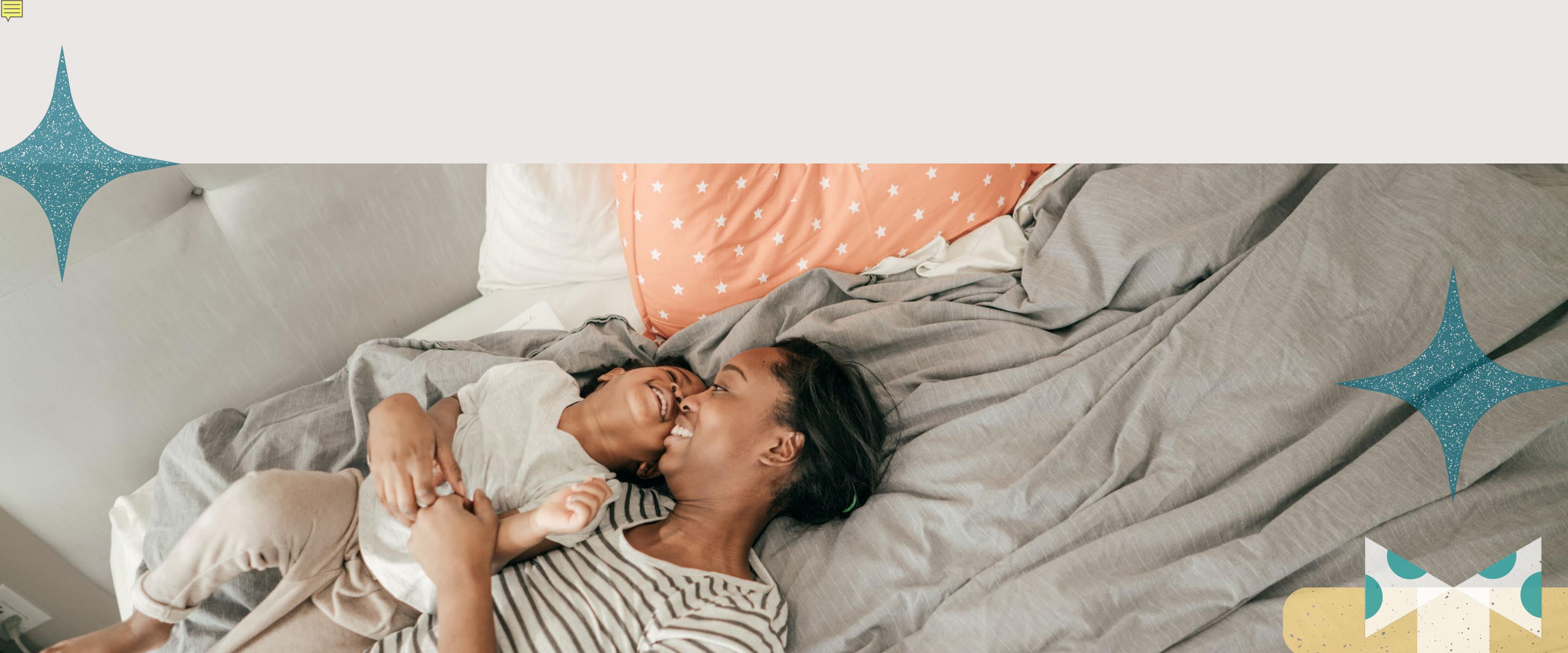
ChildParent
Psychotherapy



Iowa-PCIT
Integration of Working Models of Attachment
into Parent Child Interaction Therapy.



Attachment &
Biobehavioral
Catch-up



Therapy with Jace & Brandy



How to Get Involved

- Know the signs!
 - Educate and Refer
- Read, Listen, and Learn more about Early Childhood Development
 - CE's, trainings, conferences
 - Podcasts: Little Kids Big Questions, NATAL, Mom & Mind
- Local and National Organizations
- IECMH Endorsement



POSTPARTUM SUPPORT
INTERNATIONAL



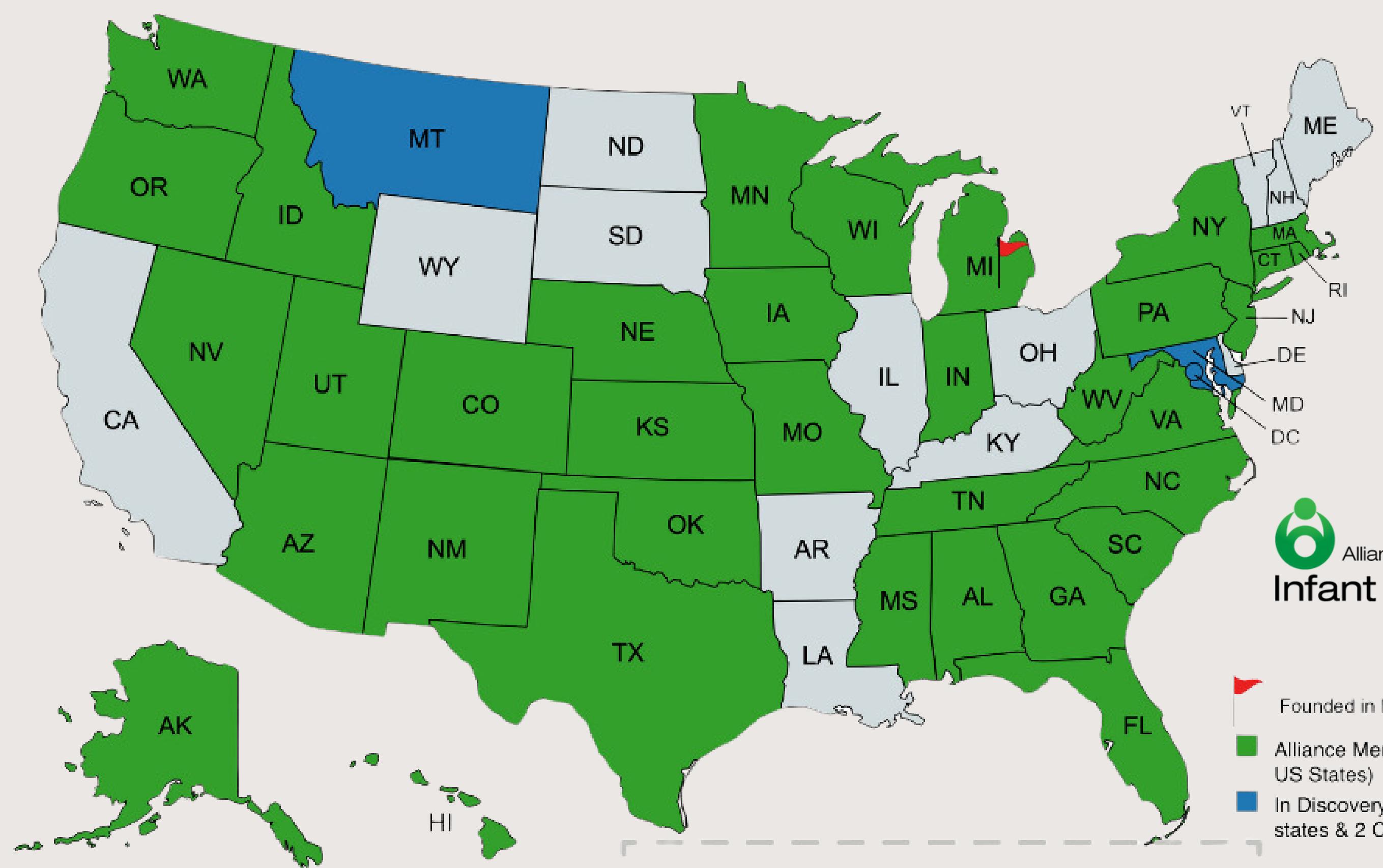
ZERO TO THREE
Early connections last a lifetime



May 21-23, 2024 & June 11-13, 2024

July 29 -30, 2024 @ LEARN Long Beach

DC:0-5I Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood

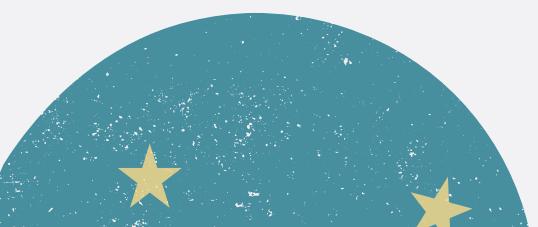


- Founded in Michigan
- Alliance Member (35 US States)
- In Discovery (2 US states & 2 Countries)

Alliance Members



WHO IS INVOLVED



Childhood **Early** **Health** **Specialists** **Pediatric**
Family **Child** **Health** **Pediatric**
Child **Child** **Health** **Pediatric**
Education **Child** **Health** **Pediatric**
Community **Child** **Health** **Pediatric**
Consultants **Child** **Health** **Pediatric**
Mental **Child** **Health** **Pediatric**
Pathologists **Child** **Health** **Pediatric**
Nutritionists **Child** **Health** **Pediatric**
Advocates **Child** **Health** **Pediatric**
Developmental **Child** **Health** **Pediatric**
Occupational **Child** **Health** **Pediatric**
Program **Child** **Health** **Pediatric**
Administrators **Child** **Health** **Pediatric**
Practitioners **Child** **Health** **Pediatric**
Psychotherapists **Child** **Health** **Pediatric**
Trainers **Child** **Health** **Pediatric**
Specializing **Child** **Health** **Pediatric**
Maternal **Child** **Health** **Pediatric**
Massage **Child** **Health** **Pediatric**
Yoga **Child** **Health** **Pediatric**
Primary **Child** **Health** **Pediatric**
Legal **Child** **Health** **Pediatric**
Clinical **Child** **Health** **Pediatric**
Sleep **Child** **Health** **Pediatric**
NICU **Child** **Health** **Pediatric**
Delivery **Child** **Health** **Pediatric**
Birth **Child** **Health** **Pediatric**
Court **Child** **Health** **Pediatric**
Doula **Child** **Health** **Pediatric**
Planning **Child** **Health** **Pediatric**
Child-Family **Child** **Health** **Pediatric**
Psychiatrists **Child** **Health** **Pediatric**
Advisors **Child** **Health** **Pediatric**
Neurologists **Child** **Health** **Pediatric**
Welfare **Child** **Health** **Pediatric**
Social **Child** **Health** **Pediatric**
Grant **Child** **Health** **Pediatric**
Law **Child** **Health** **Pediatric**
Life **Child** **Health** **Pediatric**
Music **Child** **Health** **Pediatric**
Certified **Child** **Health** **Pediatric**
(CNSs) **Child** **Health** **Pediatric**
Programs **Child** **Health** **Pediatric**
Doulas **Child** **Health** **Pediatric**
Parent-Infant **Child** **Health** **Pediatric**
Ward **Child** **Health** **Pediatric**
Analysts **Child** **Health** **Pediatric**
Judges **Child** **Health** **Pediatric**
Officials **Child** **Health** **Pediatric**
Volunteers **Child** **Health** **Pediatric**
Neonatologists **Child** **Health** **Pediatric**
Breastfeeding **Child** **Health** **Pediatric**
Evaluators **Child** **Health** **Pediatric**
Attorneys **Child** **Health** **Pediatric**
Perinatal **Child** **Health** **Pediatric**
Advocacy **Child** **Health** **Pediatric**
Group **Child** **Health** **Pediatric**
Special **Child** **Health** **Pediatric**
Parent **Child** **Health** **Pediatric**
Art **Child** **Health** **Pediatric**
Substance **Child** **Health** **Pediatric**
Labor **Child** **Health** **Pediatric**
(LCSWs) **Child** **Health** **Pediatric**
(SLPs) **Child** **Health** **Pediatric**
(OTs) **Child** **Health** **Pediatric**
Play **Child** **Health** **Pediatric**
Care **Child** **Health** **Pediatric**
Aid **Child** **Health** **Pediatric**
Neonatal **Child** **Health** **Pediatric**
Lactation **Child** **Health** **Pediatric**
Abuse **Child** **Health** **Pediatric**
Infant **Child** **Health** **Pediatric**
Dentists **Child** **Health** **Pediatric**
Midwives **Child** **Health** **Pediatric**
Instructors **Child** **Health** **Pediatric**
Surgeons **Child** **Health** **Pediatric**
Protection **Child** **Health** **Pediatric**
Managers **Child** **Health** **Pediatric**
Maternity **Child** **Health** **Pediatric**
Psychologists **Child** **Health** **Pediatric**
Lawyers **Child** **Health** **Pediatric**
Curriculum **Child** **Health** **Pediatric**
Speech-Language **Child** **Health** **Pediatric**
Coordinators **Child** **Health** **Pediatric**
Support **Child** **Health** **Pediatric**
Developers **Child** **Health** **Pediatric**
Physicians **Child** **Health** **Pediatric**
Custody **Child** **Health** **Pediatric**
Development **Child** **Health** **Pediatric**
Nurses **Child** **Health** **Pediatric**
Counselors **Child** **Health** **Pediatric**
Researchers **Child** **Health** **Pediatric**
Physical **Child** **Health** **Pediatric**
Prenatal **Child** **Health** **Pediatric**
Public **Child** **Health** **Pediatric**
Facilitators **Child** **Health** **Pediatric**
Childbirth **Child** **Health** **Pediatric**
Policy **Child** **Health** **Pediatric**



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Thank you!



Contact Me!

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