

Informing Practice, Policy and Research: MI-AIMH as a Change Agent

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 Michigan Association for
Infant Mental Health
Learning and growing together.

Michigan: A Change Agent

- Selma Fraiberg, Betty Tableman, Sheri Falvay: A formidable trio whose commitments to the social and emotional well-being of infants, young children and families has influenced practices and policies around the world
- IMH home visiting, training, reflective supervision and mental health consultation are the hallmarks of Michigan's model
- What began over 35 years ago in a house in Ann Arbor has directed attention to the needs and the capacities of the very youngest and most vulnerable children and families around the world.

Establishing an Infrastructure

- 1978 Michigan Association for Infant Mental Health
- Infant Mental Health Journal
- 1986 Training and Practice Guidelines
- 1992 World Association for Infant Mental Health
- 2009 Consortium of US WAIMH Affiliates

A Framework for Change: Standards

- The Competency Guidelines® provide best practice standards for professionals working with or on behalf of children birth to 3 and their families. The intent of the document is to guide best practice at all levels of service and across disciplines. The Competency Guidelines® provide a framework to promote social and emotional well-being in the early years and assure nurturing relationships for all infants, toddlers and families.
- The Endorsement (IMH-E®) recognizes competency at all levels of service and in multiple domains, emphasizing a birth to 3 and family focus.

2011 - National Partners

- Alaska Association for Infant & Early Childhood Mental Health
- Arizona Infant Toddler Children's Mental Health Association
- Colorado Association for Infant Mental health (competencies)
- Connecticut Association for Infant Mental Health
- Idaho Association for Infant Mental Health
- Indiana Infant and Toddler Mental Health Association
- Kansas Association for Infant Mental
- Michigan Association for Infant Mental Health
- Minnesota Infant and Early Childhood Mental Health Association
- New Mexico Association for Infant Mental Health
- Oklahoma Association for Infant Mental Health
- Texas Association for Infant Mental Health
- Virginia Association for Infant Mental Health
- Wisconsin Affiliate for Infant Mental Health

Notable Changes in Training

- State-wide Annual or Biennial Infant Mental Health Conferences: Arizona, Connecticut, Indiana, Kansas, Michigan, Texas, Wisconsin, Idaho, Colorado with a focus on the core competencies
- States have used the competencies as a framework for developing trainings that address knowledge, skills and reflective practice experiences promoting infant mental health
 - *Intensive training through retreats, half or daylong study: Connecticut, Colorado, Kansas, Michigan, Minnesota & Wisconsin, Arizona
 - *Training Series intended for specific audiences (e.g. new or experienced practitioners, members, non-members): Arizona, Michigan, Texas

Notable Changes in University Programs

Graduate Programs

- Advanced Studies (MA) in Infant and Family Practice at Arizona State University incorporating competencies in new degree in 2008.
- University of Minnesota Certificate in Infant and Early Childhood Mental Health created to reflect competencies.
- University of Texas at Dallas: Human Development & Childhood Disorders Graduate Program
- U of Alaska Anchorage: Children's Behavioral Health Grad. Certificate
- Wayne State U: Graduate Certificate in IMH
- Michigan State U: Interdepartmental Grad Specialization in Infancy & Early Childhood

Notable Changes in University Programs

Certificate/Non-Degree Programs

- Indiana: Purdue and Indiana U – 12 hour certificate in ECMH; Indiana Division of MH & Addiction – 1 yr training program for 10 CMHC workers to earn Level III Endorsement
- UM Post-Graduate Certificate and “mini courses”
- Minnesota: CEED on-line courses- IMH, ECMH consult, inf/par observation
- Wisconsin: U of W Infant, Early Childhood & Family MH Certificate Program with 2 tracks (for Level III and Level II)
- New Mexico: Southwestern College 40 hr. IMH option; Parent-Infant Study Center 10 month course w/ 50 class hrs & 30 RS hours

Notable Changes in RS/C Practice

- The League has adopted *Best Practice Guidelines for Reflection Supervision/Consultation*, written collaboratively by MI & TX
- All league states are offering training in Reflective Supervision/Consultation (RS/C) within their training programs, and for infant-family professionals in the community. May take the form of a series, retreats, focused training sessions for Level III or IV endorsed professionals or in connection with conference as a pre-institute or track.
- Annual League retreats for IMH Leadership, focused on practice, policy and research (55 people in 2010)
- Collaboration with ZERO TO THREE, Washington, D.C.

Notable Changes in Services

- Judges request IMH trained and endorsed professionals to assess infants and toddlers who become involved in child protective proceedings and to provide IMH services in Genessee-Flint and Detroit-Wayne County, Michigan
- EHS & Healthy Families America infuses IMH principles and practices into their programs through training and reflective supervision, incorporating endorsement into their work plans
- New Mexico funds IMH home-based services, promoting IMH principles and reflective practices, through the behavioral health system with expectation that practitioners earn endorsement

Notable Changes in Policy

STATE & LOCAL POLICIES LEAD TO SIGNIFICANT CHANGE

ARIZONA

- Healthy Families protocols include Endorsement in work force development plans
- Behavioral Health System requests Endorsement of at least 1 behavioral health provider in each service delivery network that works with birth to five

KANSAS

- KAIMH collaborates with state departments to fund training, RS/C and endorsement of early childhood mental health consultants

Notable Changes in Policy

MICHIGAN *Medicaid requires home based service providers or infant mental health providers for the Michigan Department of Community Health to be endorsed at level II, minimum, level III preferred, in order to receive reimbursement.

MINNESOTA *State Health Department promoted the competencies and created two state health department reflective supervision consultants, as well as an IMH curricula for training public health and community partners using federal grant funds

NEW MEXICO *IMH Treatment Service definition requires endorsement at level III or IV for independently licensed mental health professionals to bill to provide service to non-MCD eligible seriously emotionally disturbed or at-risk infants/toddlers

Notable Changes in Policy

OKLAHOMA

*Department of Health created position of Infant & Early Childhood Mental Health Coordinator and required endorsement

WISCONSIN

*State child care agency in process of implementing a quality rating system with social-emotional professional competence as part of the rating scale, reflecting the competencies

IDAHO & VIRGINIA

*State departments used federal stimulus funds to purchase & promote Competency Guidelines® and Endorsement (IMH-E®)

Notable Research Efforts

- The following have engaged in research specific to the competencies and related to reflective practice promoting infant mental health:
- A. Tomlin, L. Sturm & S.Koch
- T. Pavkov, A. Tomlin & D. Weatherston
- Endorsement League of States Sub-Committee on Research, C. Watson (Minn) and P. Spicer (OK), Co-Chairs
- 2010 Retreat – study of essential components of reflective supervision, 55 participants, IRB U of Minnesota, pilot for larger study, NIH grant

World Association for IMH

- Established in 1992 and housed at MSU under Hiram Fitzgerald's leadership for 25 years
- Headquarters is now in Finland at the University of Tampere
- Over 900 members
- Over 40 Affiliates around the world
- An extraordinary way to learn what is happening around the world and to engage in cross-cultural work

Ireland and Finland

- Ireland is integrating IMH into Health Centres as policies embrace attention to 0-5 and families, focusing on the youngest and most vulnerable
- *youngballymun*
- IMH principles and practices informing policies at the national level through efforts of those in Cork and Dublin
- Finland – Pre-Institute International Conference for Psychiatrists specific to IMH in June to bring babies into view
- WAIMH Conference, 2012, Capetown, South Africa

A New Initiative

- Infant Mental Health (IMH) Home Visiting
- A national organization to create standards for IMH Home visiting
- Impetus: call for home visiting services across states
- Need: to assure quality of service to infants, toddlers and families who are at highest risk and in need of both developmental and clinical intervention services
- Three documents: organizational by-laws, set of standards, manual for IMH Home Visiting
- It is linked to the endorsement through work force requirements