Infant Mental Health and Infant Mental Health Services

An Overview

For

MIHP Home Visit Professionals
What Will Be Covered…

- IMH and IMH SERVICES
- Relevance for MIHP Staff
- IMH during PREGNANCY
- IMH after THE BABY IS BORN
- IMH SERVICES
- Community Mental Health Services Programs
- Resources
Infant Mental Health vs. Infant Mental Health Services

Infant Mental Health:
A body of knowledge about importance of attachment relationship to human development.

IMH Services:
Clinical intervention with parent and infant/toddler at significant risk of poor outcome.
Relevance to MIHP Population

Infants/toddlers are at risk when parents are:

- Stressed by economic deprivation - - 100%
- Experiencing an unwanted pregnancy - 70%
- Depressed - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - 25%
- Single, isolated; adolescent
- Alcoholic or drug abusing
- Experiencing personal conflict
- Un-nurtured and abused during childhood
Relevance to MIHP Practice

Kathryn Barnard:

Relationship approach (enhancing social competence) vs. Information approach resulted in

- more visits, more goals completed,
- lower depression,
- higher social skills,
- more social support,
- higher parent-infant interaction,
- fewer poorly attached children.
Relevance to MIHP Practice

Jeree Pawl:

“Do unto others as you would have others do unto others.”
Infant Mental Health

- Why is it essential to make a commitment to the emotional health of:
  - pregnant women?
  - infants/toddlers?
  - their parents?
Infant Mental Health

“During the first eighteen months of life, a child constructs a lasting internal vision of what…
…human relationships are,
…how they work,
…what to expect from them, and what to offer in return..

What gets set in early life is one’s deepest beliefs about relationships. These determine how a person goes about learning, profiting from experience, and parenting one’s own children.”

---W. Schafer
Infant Mental Health During Pregnancy

- Attachment to infant begins during pregnancy
- Positive feelings toward fetus results in better compliance with health measures

- Acknowledge negative feelings
- Build familial, other support
- Refer
Infant Mental Health
After the Baby is Born

Utilize core components of Infant Mental Health practice:

- **Strengthen relationship between the infant and parent(s) by**
  - Reinforcing positive parent-child interactions that build a healthy relationship
  - Offering empathy and emotional support to resolve crises and challenges in caring for infant/toddler
  - Offering child development information and guidance in a non-threatening way

- Refer
Infant Mental Health Services

- Provides components previously mentioned, and

- Explores the parent’s mental health issues that affect current functioning, make the care of the infant or toddler difficult, and compromise the early developing parent-child relationship, and
Infant Mental Health Services

Additional components of Infant Mental Health Services:

- Assists parents in meeting basic needs (food, clothing, medical care, shelter, etc.)
- Advocates for the infant and for the family with other agencies.
- Strengthens the mother’s and father’s relationships with family, friends, neighbors to reduce stress and provide ongoing support.
- Teaches problem solving.
Infant Mental Health Services

Goals include:

- Mother/father have a positive, nurturing, secure relationship with the infant/toddler.
- Infant, toddler develops normally.
- Risk of abuse/neglect is reduced for the infant, toddler.
- Family is stabilized and has support from family/friends/community.
Infant Mental Health Services

Outcomes*

- Mothers receiving IMH intervention: at one year, scored significantly higher than control group on responsiveness of the mother, sensitivity to cues and cognitive growth fostering. Their scores were like those of low-risk mothers.
- Infants experienced half as many injuries as those in control group.

*Unpublished study, CEI Community Mental Health; random assignment
Where to Obtain Infant Mental Health Services

Community Mental Health Service Programs required to have Home-based Services for 0-3:

- Either infant/toddler or parent must have a mental health diagnosis.
- Staff must be endorsed by MI-AIMH.
Infant Mental Health Services

Obtain IMH Services for pregnant women and parents-infants/toddlers by referral to the CMH access center.
Resources

Zero to Three

- Information for practitioners
- Information for parents

www.zerotothree.org
Resources

Michigan Association for Infant Mental Health (MI-AIMH)

An interdisciplinary association concerned with promotion of infant/toddler mental health through

Workforce development

Provision of information
Michigan Association for Infant Mental Health

MI-AIMH provides...

- **Social - Emotional Wheels** for parents and practitioners, in English and Spanish
- **Video library**
- **Training**
  - Biennial Conference
  - Single topic seminars and Clinical Retreats
  - Reflective Supervision groups
  - Chapter meetings
Michigan Association for Infant Mental Health

MI-AIMH provides

- **Publications**
  - Infant Mental Health Journal
  - Infant Crier (for members)
  - Infant Mental Health Manual
  - Guidelines for assessment in child abuse/neglect, developing a maltreated infant/toddler court, visitation guidelines in divorce, etc.
Michigan Association for Infant Mental Health

MI-AIMH provides:

**Endorsement** to promote a competent workforce

Required for CMH staff

Also used by Early On and Early Head Start staff

Adopted by 11 other states
Michigan Association for Infant Mental Health

Information on publications, training opportunities and Endorsement is available at:

www.mi-aimh.org
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