



Foundations of Infant-Family  
and Early Childhood Mental  
Health Training  
Course: Welcome to the  
Upstream world of Infant-  
Family and Early Childhood  
Mental Health  
Date: September 16, 2017

PRESENTER: MARY CLAIRE HEFFRON PH.D.

EARLY CHILDHOOD MENTAL HEALTH  
PROGRAM, EARLY INTERVENTION SERVICES

MENTAL HEALTH SPECIALIST SERIES



## What we are doing today

Knowledge Area D: Risk and Resilience. 3 hours

Knowledge Area F: Diagnosis and Intervention. 2 hours

### Objectives:

To Introduce or Re-Introduce the California Training Guidelines and Personnel Competencies.

To highlight key theoretical ideas and practices related to infant and early childhood mental health as a subspecialty of mental health treatment.

To outline and demonstrate intervention principles that support relationship based prevention and treatment approaches.

## A Few Words About the Syllabus

Readings September 16, 2017	Optional Readings & Further Exploration	Reflective Question(s)
<p><b>Written Materials:</b></p> <ul style="list-style-type: none"> <li>Communication Guidelines for Multicultural Interactions. (Early Intervention Services—HANDOUT ARTICLE)</li> <li>California Training Guidelines and Personnel Competencies for Infant Family and Early Childhood Mental Health-Compendium</li> </ul> <p><b>Websites/Video Clips/ Podcasts:</b></p> <ul style="list-style-type: none"> <li>Video. Core concepts in Early Development: Serve &amp; Return Interaction Shapes Brain Circuitry. <i>Center on the Developing Child</i>, Harvard University <a href="http://developingchild.harvard.edu/resources/three-core-concepts-in-early-development/">http://developingchild.harvard.edu/resources/three-core-concepts-in-early-development/</a></li> <li>Video Change the First Five Years. <a href="https://www.youtube.com/watch?v=4zaF98H8ENw">https://www.youtube.com/watch?v=4zaF98H8ENw</a></li> <li>Video Brain Builders: <a href="https://www.youtube.com/watch?v=DQTfmnYB7I0&amp;t=54s">https://www.youtube.com/watch?v=DQTfmnYB7I0&amp;t=54s</a></li> </ul>	<p><b>Articles:</b> <a href="https://www.zerotothree.org/resources/114-the-fundamentals-of-infant-early-childhood-mental-health#downloads">https://www.zerotothree.org/resources/114-the-fundamentals-of-infant-early-childhood-mental-health#downloads</a></p> <p><b>Video:</b></p> <ul style="list-style-type: none"> <li>The Carpenter and the Gardener <a href="https://video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_abn1&amp;himp=yhs-adk_abn1&amp;hspart=adk&amp;p=all;pn=gopnik+the+gardener+and">https://video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_abn1&amp;himp=yhs-adk_abn1&amp;hspart=adk&amp;p=all;pn=gopnik+the+gardener+and</a></li> </ul> <p><b>Podcasts:</b></p> <ul style="list-style-type: none"> <li>On Play. <a href="https://soundcloud.com/onbeing/stuart-brown-play-spirit-and-character">https://soundcloud.com/onbeing/stuart-brown-play-spirit-and-character</a></li> <li>On attention <a href="https://soundcloud.com/onbeing/adele-diamond-the-science-of-attention?in=onbeing/sets/adele-diamond-the-science-of-attention">https://soundcloud.com/onbeing/adele-diamond-the-science-of-attention</a></li> </ul>	<p><b>Reflective Question(s):</b></p> <ol style="list-style-type: none"> <li>In what ways do you think or have you experienced infant and early childhood mental health services to be different or alike from other kinds of mental health services?</li> <li>What terms or concepts were new or unclear would you like to talk about more?</li> <li>What thoughts come up for you as you consider the multitude of internal and external factors that can impact a child's development and well-being?</li> <li>What does upstream mean to you? How do we get beyond symptoms and problems to more upstream wellness?</li> </ol>

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## Getting to Know One Another



Find somebody you don't know , share a moment recently when you felt you supported and the meaningful connection between yourself and another individual or between two or more other people. Identify at least 2 things you did to make this happen.

(one visible behavior and one inside feeling or thought)

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## How do these things you did relate to IFECMH?

Awareness of the Other  
 Sensitive and Responsive...  
 Quality of Relationships=Brain Dev.  
 Social Emotional Development & Regulation

Internal Working Model of Relationships  
 Culture and Context are Important Reflective Function

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## Learning In Community-Multicultural Guidelines & The Diversity Tenets

Make your dyad into a quartet. Take a minute to read through the guidelines. Pick one you want to share to the group. Use an example to illustrate.



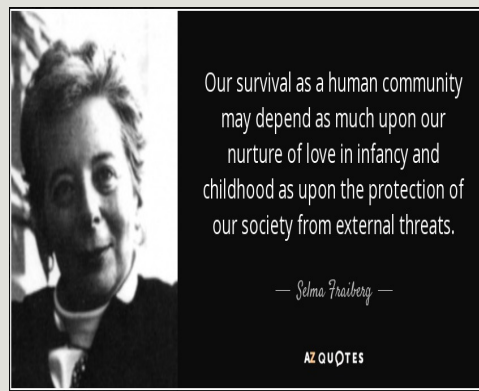
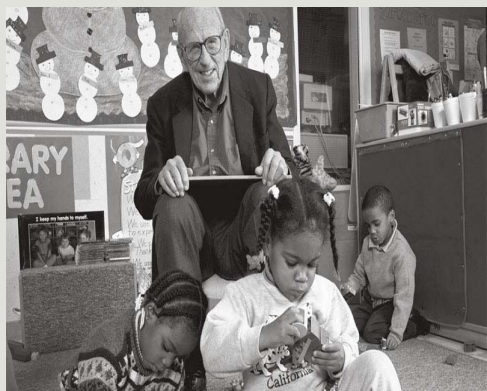
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## Key Principles of IFECMH-What Makes this a Subspecialty Field? Upstream?



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## Fathers and Mothers of Infant Mental Health-A Little Historical Perspective



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WHAT YOU BUILD OR PREVENT IS MORE IMPORTANT THAN WHAT YOU TREAT

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## First Five Years Opening up the World

<https://www.youtube.com/watch?v=Eis-CLs6ds8>



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## Step into the California IFECMH System

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**([cacenter-ecmh.org](http://cacenter-ecmh.org))**

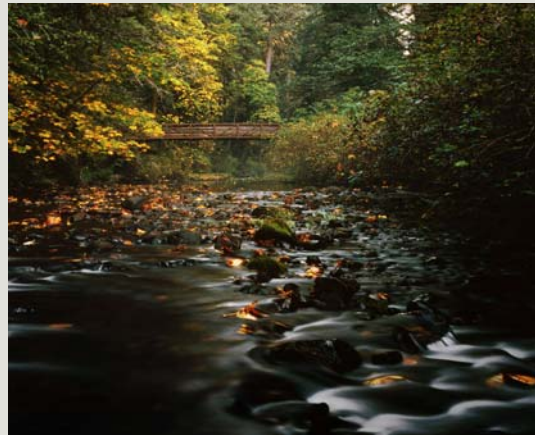
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## Step into the Stream of the IFECMH System

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We will divide into 7 groups. Each group will have a card and copies of 1 of the Knowledge Areas from Domain 1.

1. Take 5 minutes to come up with a 1 sentence summary, and something that makes this area stand out for your group.



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# Transition Into Lunch-P.M. Activities

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