Foundations of Infant Mental Health
Infant-Family and Early Childhood Mental Health Training Series 16/17

*First 5 Monterey County (F5MC)* is sponsoring Foundations of Infant Mental Health, a series of *Infant-Family and Early Childhood Mental Health* (IFECMH) trainings, between October 2016 and April 2017. WestEd Center for Prevention and Early Intervention (CPEI), in collaboration with Early Intervention Services of Children’s Hospital & Research Center Oakland dba UCSF Benioff Children’s Hospital Oakland, will implement training designed to strengthen the knowledge and skill base of infant-family mental health and other professionals working with children ages 0 - 5 and their families in Monterey County. The series is free for selected qualifying applicants. Spaces are limited.

This training will provide a family-centered, culturally and trauma-informed, developmentally appropriate and relationship-based framework for serving young children across the continuum of infant-family and early childhood mental health services. Trainings focus on the application of knowledge and skills to a diverse population served in many different kinds of programs and settings and is aligned with the *IFECHM Training Guidelines* and recommended infant-family early childhood knowledge domains. These training guidelines and competencies are part of an endorsement system in the state of California that helps interested professionals develop a strong foundation in infant-family and early childhood mental health and develop specialty knowledge and skills in this area. WestEd CPEI tracks each Monterey County trainee’s earned hours of training, knowledge domain areas, completed reading response papers, reflective facilitation experience, CEU’s and remaining hours needed for endorsement. For a copy of the *IFECHM Training Guidelines* and recommended competencies see [www.cacenter-ecmh.org](http://www.cacenter-ecmh.org) Click on Training Guidelines located on the home page.

**Who Should Participate?**

Two cohorts are aligned with the endorsement categories developed by the California Center for Infant-Family and Early Childhood Mental Health: Transdisciplinary Mental Health Practitioners and Mental Health Specialists.

**Transdisciplinary Mental Health Practitioners (TMHP)** are professionals from multiple human development and education disciplines who work with pregnant women, infants, toddlers and preschoolers and their families. Disciplines include: early education; early intervention; home visitors; playgroup facilitators; nursing; occupational therapy; physical therapy; speech and language pathology; drug counselors working in parent-child programs, special education; human development; social work; child welfare and pediatrics. Applicants are those professionals who are interested in infusing infant mental health knowledge, skills, and approaches into their own work in settings serving infants, young children and families. Trainees in this category can be endorsed as Transdisciplinary Mental Health Practitioners.

**Mental Health Specialists (MHS)** are professionals who hold, or are seeking licensure as a mental health professional. These professionals provide prenatal, infant-family, and early childhood mental health services within their scope of practice in the areas of promotion, preventive intervention and treatment. Trainees in this category can be endorsed as Infant Mental Health Specialists. Applicants should have experience working with infants, young children and families and be interested in developing this specialty.

**Why Should I Participate?**

This is a rare opportunity to receive local training specialized for professionals working with infants and young children and their families. Participants will be able to learn about current research and best practice approaches with local colleagues and strengthen opportunities for transdisciplinary collaboration. Participants have the opportunity to apply for Infant-Family Early Mental Health Specialist Endorsement. See [www.cacenter-ecmh.org](http://www.cacenter-ecmh.org) for more information about this endorsement.

**About the Training:**

There will be six training sessions. All training sessions are held on Saturdays. Training is free. Breakfast refreshments and lunch are included.

**Training dates for Fiscal Year (FY) 2016/17:** Saturdays: October 15 and December 3, 2016, January 21, February 25, March 18, and April 29, 2017. Time is from 9:00 a.m. - 2:30 p.m. Location of the trainings will be Hartnell College Alisal Campus. Applicants may also be invited to participate in limited spaces available for reflective facilitation practice groups that meet Friday evenings, and on Saturday afternoons following the regular training. **Access to the internet and an email account are required during the course of the training.** Training will be conducted in English.
IFECMH Training will be organized across three multidisciplinary training groups. Selected applicants will be notified of their group placement:

- **Group A**: focus on fundamental concepts of relationship based intervention in early childhood systems of care as outlined in the California Competencies. See [www.cacenter-ecmh.org](http://www.cacenter-ecmh.org) for more information.
- **Group B**: focus on deepening and extending knowledge, intervention skills, and ability to use reflective practice to strengthen impact of their work.
- **Group C**: focus on leadership and professional development for those trainees who are ready to apply for endorsement, hold current endorsement, or are working on mentorship level of endorsement. This working group will be designed to deepen areas of current knowledge, skill, and work experience. Participants will be involved in self assessment, reflection, identification of professional goals, and relational leadership skills and activities. Participants may be invited to co-teach a training session or co-facilitate a reflective supervision session. Leadership projects supporting mentor level endorsement will align with and support collaboration and relationships within Monterey County systems of care.

Continuing Education Units (CEUs) will be offered for licensed registered nurses, licensed MFT’s and LCSW’s. Contact LOWatts@mail.cho.org for psychologist mandatory education credits. An application is being submitted for registered nursing continuing education units.

**About the Trainers:** Three trainers are from UCSF Benioff Children’s Hospital Oakland and all are California Center endorsed as mentors in the California IFECMH system. All trainers are California Center endorsed reflective practice mentors.

- Mary Claire Heffron, PhD, is the former Clinical Director of Early Childhood Mental Health Training Programs, Early Intervention Services at UCSF Benioff Children’s Hospital Oakland. Dr. Heffron is a current staff mentor and consultant.
- Tala Ghantous LCSW, LCSW, is a clinician and a consultant for alternative response programs and has extensive experience in providing training to varied audiences.
- Vivette Catipon, MFT, has extensive consultation and training experience with Head Start Programs and is also an experienced infant family therapist and parent educator.

**About the Selection Process:** Qualified applicants will be selected for participation with the intent to create diverse, cross-disciplinary participants from Monterey County. Spaces are limited.

**Selection Criteria for training applicants:**

1. Working in a First 5 Monterey County (F5MC) funded program serving children ages 0 - 5 and their families. 
2. Working in Monterey County in a program serving children ages 0 - 5 and their families (includes direct service providers as well as supervisors/trainers of staff responsible for direct services to children ages 0 - 5).
3. Current/active participant in F5MC IFECMH Mental Health Training Series.
4. Currently licensed or seeking licensure as an MFT, LCSW, PhD, PsyD, Psychiatric Nurse, or school psychologist OR currently pursing or holding an AA or BA, MA, MS, or PhD degree in human development, child development, early education, social services, nursing, or related field.
5. History of work experience with children ages 0 - 5 and their families.
6. Statement of interest in the training and how it will relate to current work with children and families
7. Understanding of commitment to participate in training including readings and reflection/response papers.

**Applications are due via email to Lisa@first5monterey.org by**

**Wednesday, August 24, 2016**

Applications are not accepted via fax.

Applications will be reviewed after this deadline on a space available basis.

You will be notified of acceptance via email or if you have been added to the wait list.

For information about continuing medical education credits, contact LOWatts@mail.cho.org.