



SOUTH CAROLINA

Infant Mental Health Association

SCIMHA “skim-uh”

SCIMHA is a multidisciplinary association of professionals working to **promote nurturing relationships** for South Carolina's infants, young children and their families through resources, policies and practices to **foster healthy social-emotional development and well-being.**


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www.SCIMHA.org



What do you think of
when you hear the term
“infant mental health”?



A close-up photograph of a newborn baby with dark, wavy hair. The baby's head is resting on an adult's arm, and the adult's hands are gently holding the baby's head. The baby's feet are visible, and the background is a soft, out-of-focus white cloth.

There is no such thing as
a baby...if you set out to
describe a baby, you will
find you are describing
a baby and someone."

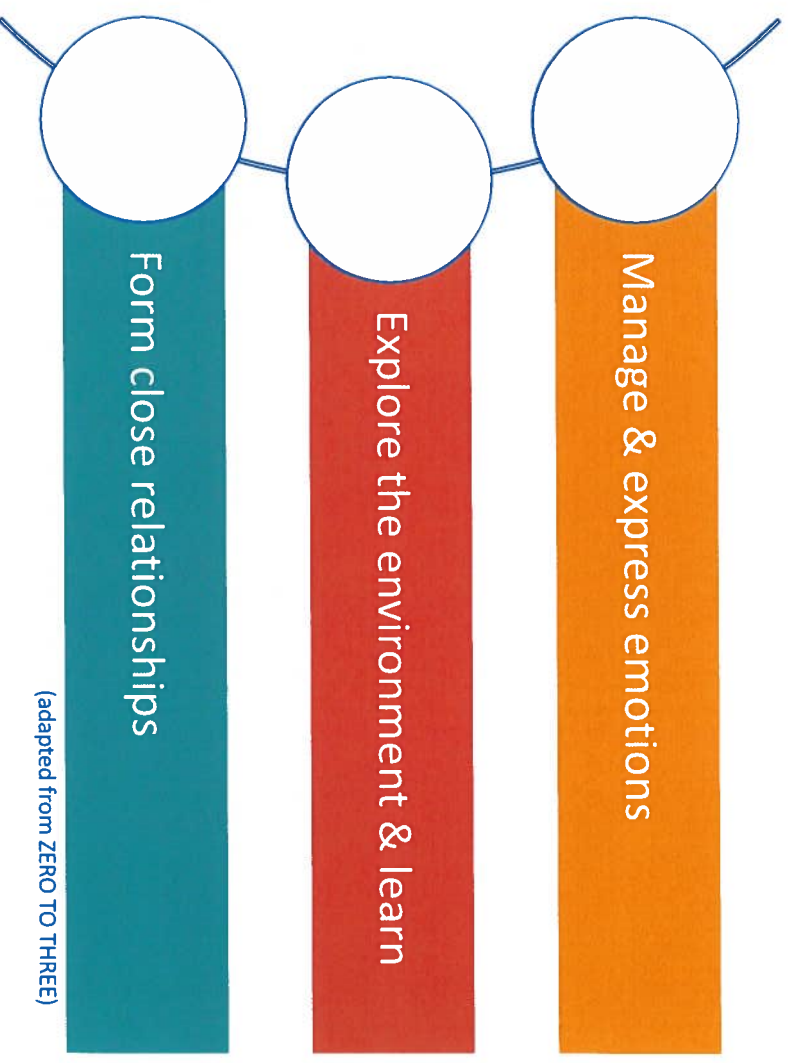
- Donald Woods Winnicott



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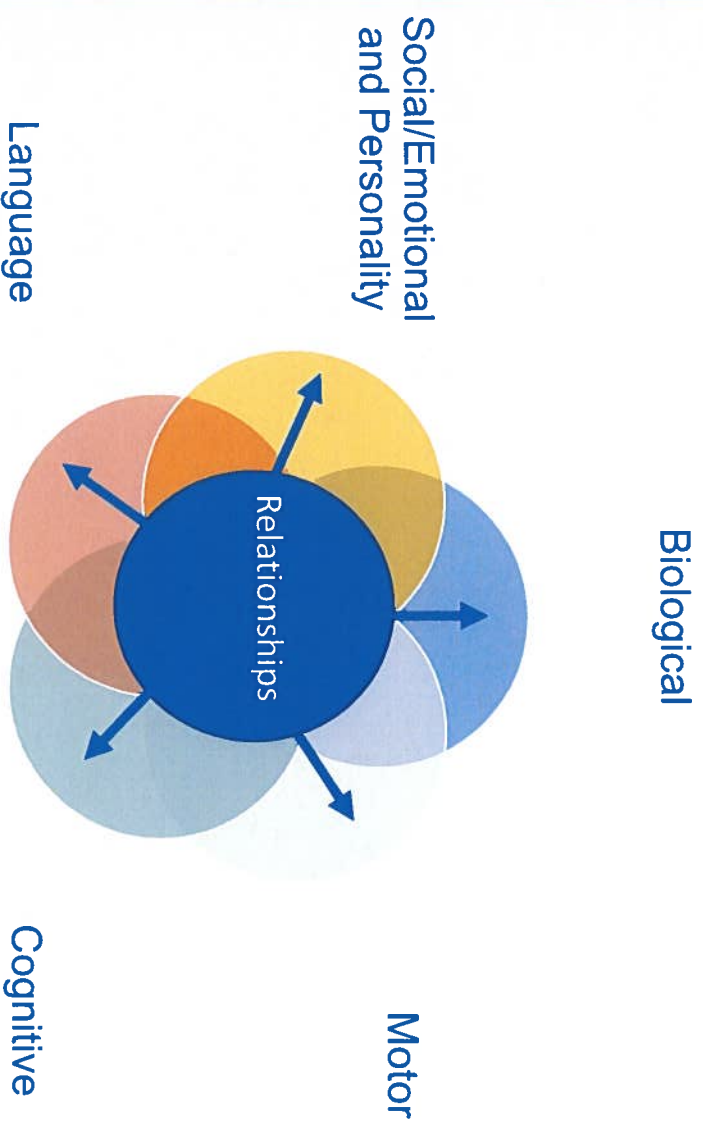
Infant Mental
Health is the social-
emotional and
behavioral well-
being of children
and their families.

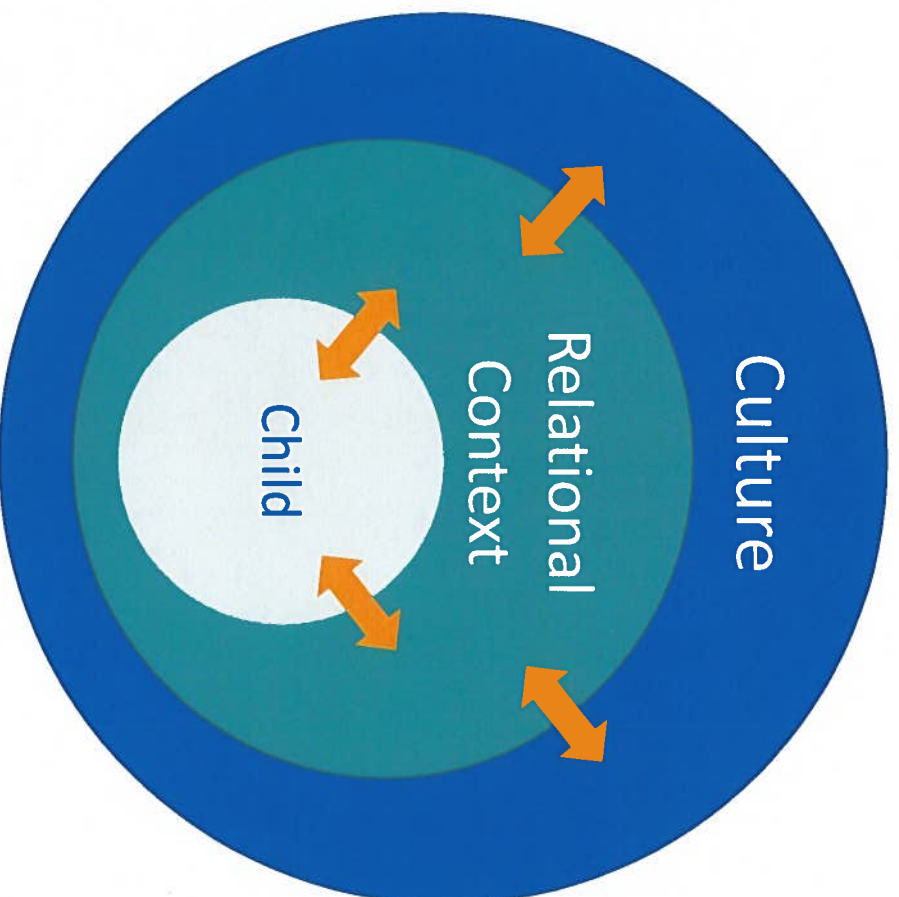
A young child's capacity to...



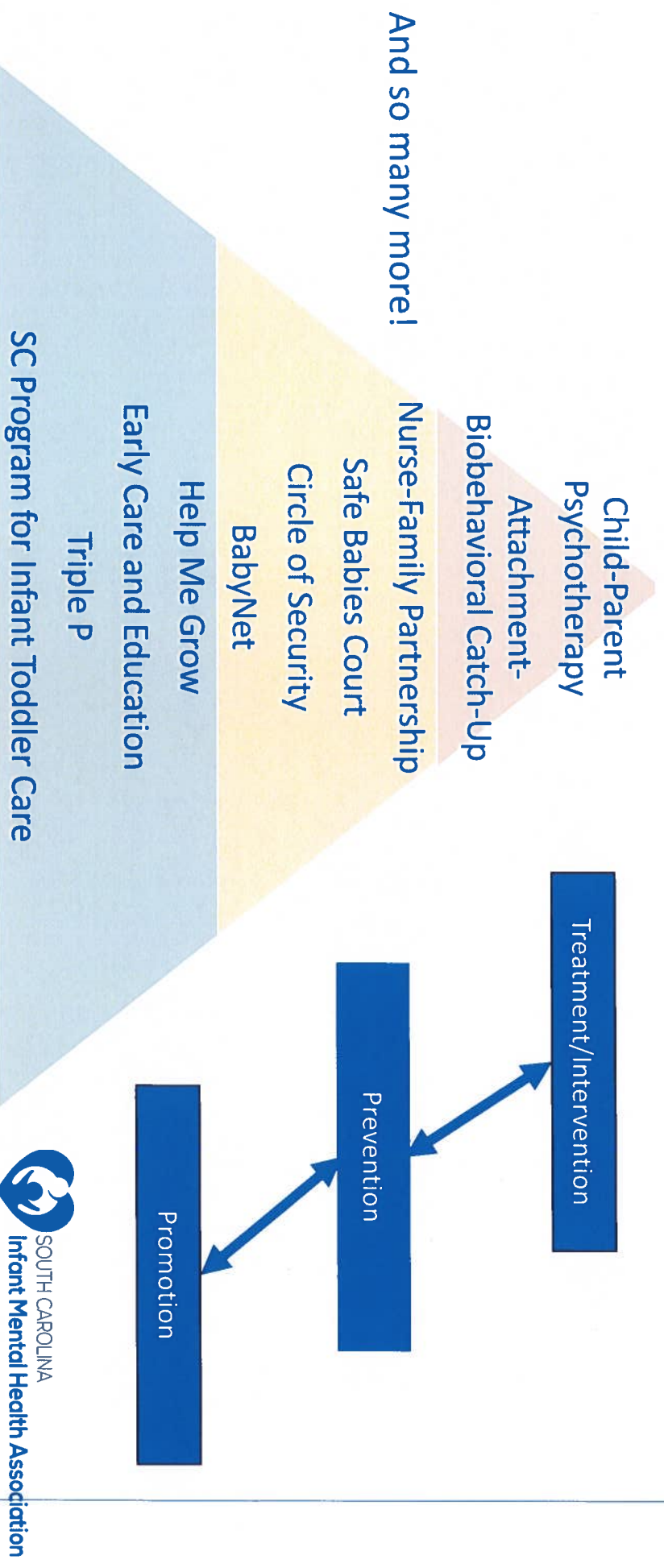
(adapted from ZERO TO THREE)

Relationship influence development





IMH: A Full Continuum of Services and Supports



Mental health concerns in young children

Mental Health Problems Can Exist Early On



The prevalence of significant mental health issues in the infant mental health population is higher than predicted by most, most studies estimating rates roughly **equivalent** to those found in older children and adolescents.



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Approximately

9.5%-14.2%

of children birth to 5 years old experience an emotional, relational or behavioral disturbance.

Reactions to trauma, separation, grief, & loss

Repetitive play

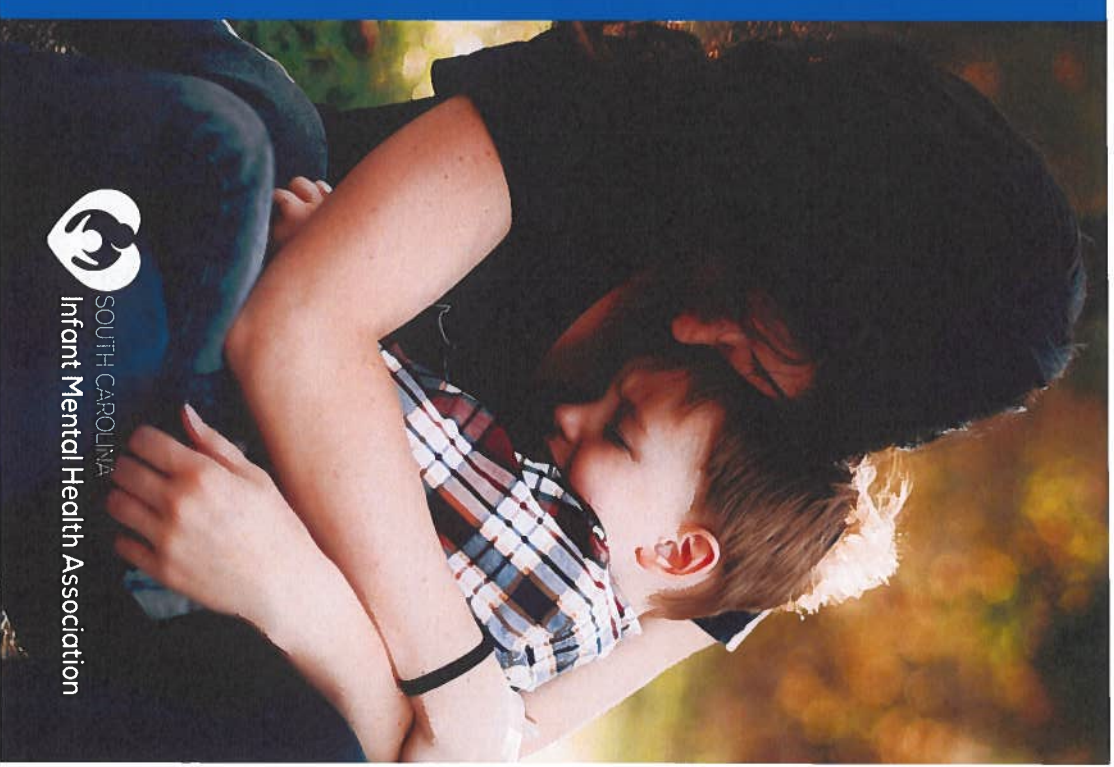
Disruption to development

Difficulty being comforted

May become upset with routine changes

Increase separation anxiety

Nightmare, tantrums, regression



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Treatment Approaches

Coaching Parents

Parent-Child
Interaction Therapy
(PCIT)

Parent Training Programs

- Circle of Security
- Incredible Years
- Triple P

Relationship Building

Child Parent
Psychotherapy (CPP)

Attachment
Biobehavioral Catch-
Up (ABC)

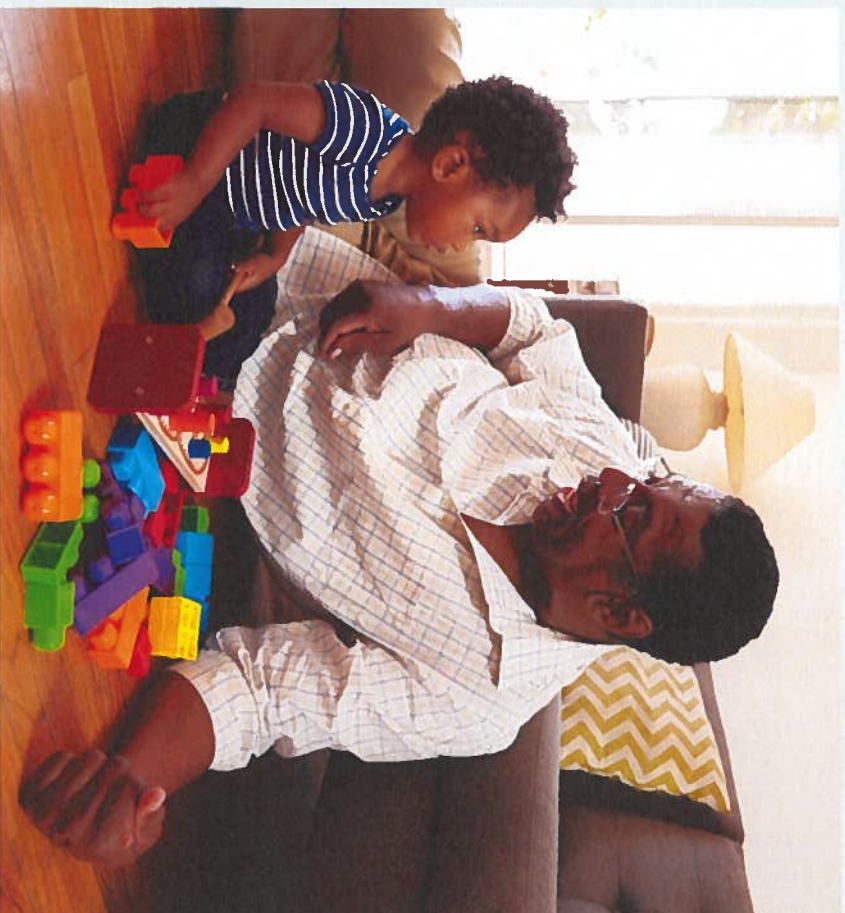
Child Skills

TF-CBT

PPT



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Attachment Biobehavioral Catch-Up (ABC)

Addresses three primary issues:

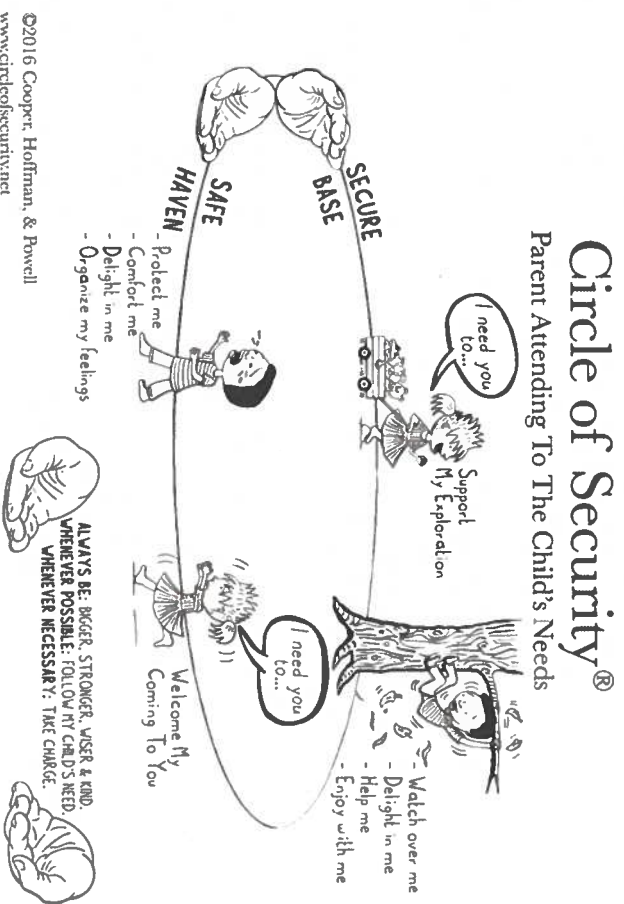
1. Young children who have experienced early adversity are especially in need of nurturance.
2. Young children who have experienced hardship need parents who follow the lead and delight in them.
3. When parents behave in frightening ways, it is difficult for children to look to them for reassurance when distressed.

Circle of Security (COS)

Parent Training Program

Based on principles of attachment

"Simplicity on the other side of complexity"—translating the complicated nature of attachment for parents

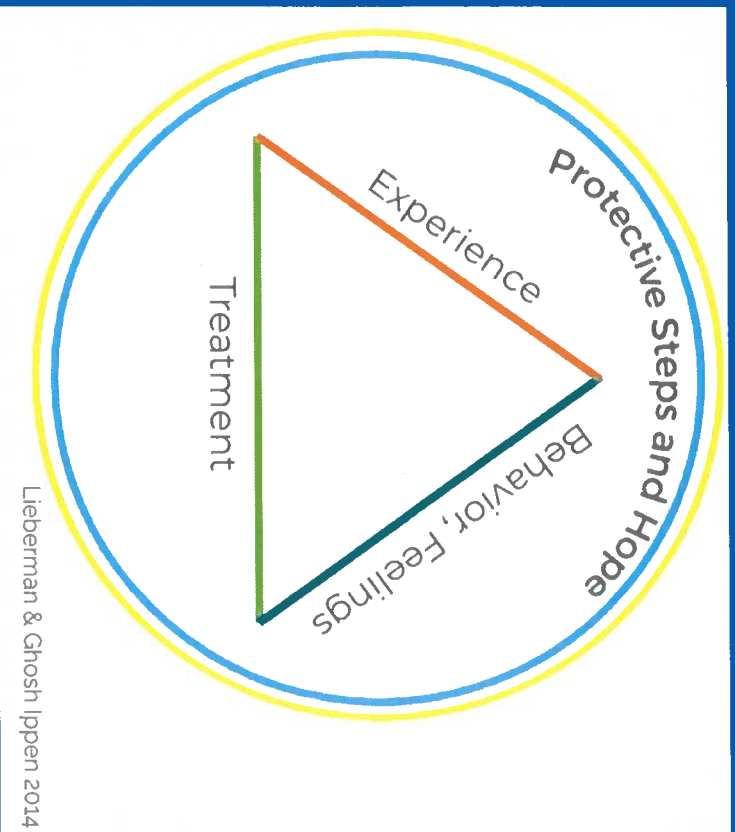


The Circle of Security: A Visual "Map" of Caregiver-Child Attachment

Child-Parent Psychotherapy

Goal: Help parent create
physical and emotional safety for
the child and family

Co-creation and exposure to
trauma narrative



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Professional Development

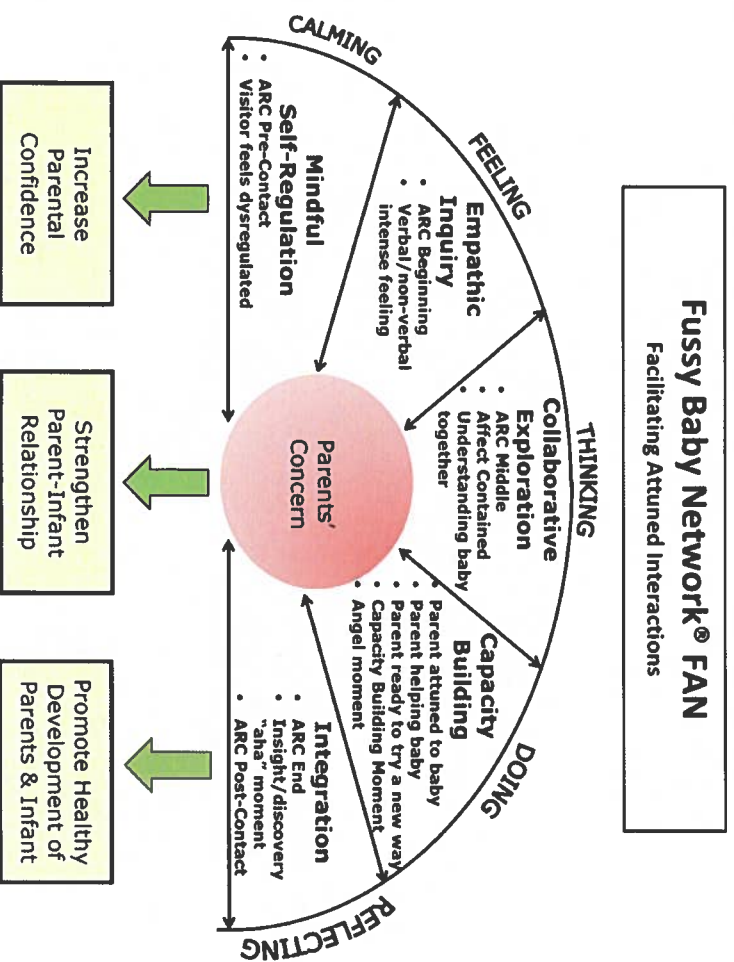
Diversity, equity and inclusion

Evidence-based practices

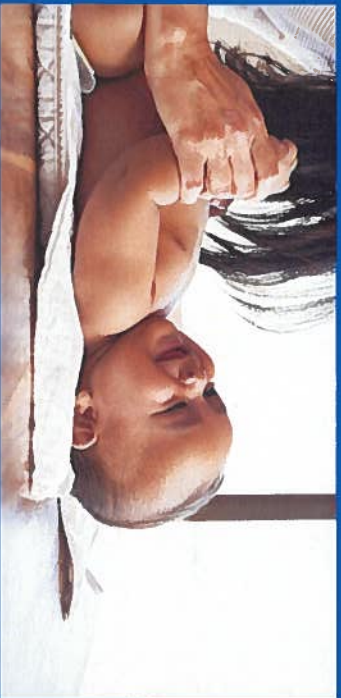
Infant and Early Childhood
Certificate



FAN (Facilitating Attuned Interactions) Approach



Framework for parent engagement and reflective practice
 Focuses on relationship building, rupture and repair
 Recognize and regulate emotions



PEAR Network

Partners for Early Attuned Relationships

Infant and early childhood mental health
consultation

Supports caregivers and professionals who
work with infants & young children

www.scimha.org/PEAR-Network



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SCIMHA is home to the Help Me Grow SC State Office.

Help Me Grow SC promotes the healthy development of all infants and young children.

- Provides information and support for parents on all aspects of child development
- Free universal developmental and behavioral health screening
- Connection to community resources and services to support healthy development
- Follow up with child's medical home to ensure accurate records





Help Me Grow SC welcomes referrals from community agencies, early childhood education providers, and healthcare providers.

- To make a referral, click the link below and complete the referral form in its entirety (with the family's permission).
- After submitting the referral, a Help Me Grow SC care coordinator will contact the family within 3 – 5 business days.
- If you have any questions about making a referral, please give us a call at 855-476-9211 or email us at referrals@helpmegrowsc.org.

 Click Here
to submit a
Referral

Early Relationships Matter



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“It is easier to build strong children than to repair broken men.”
Frederick Douglas