

What is Infant/Early Childhood Mental Health?

Infant and early childhood mental health encompasses young children's developing capacity to experience, manage, and express emotions; form close, secure relationships; and actively explore and learn- all in the context of a care giving environment that includes family, community and culture.

The capabilities that underlie resilience can be strengthened at any age.

HARVARD CENTER FOR THE DEVELOPING CHILD

Resources

Resources listed in this brochure promote early childhood mental health and should not be considered as an exhaustive list.

Some other great programs include:

Parents Interacting With Infants (PIWI):

www.rootedinrelationships.org/piwi

Cultivating Healthy Intentional Mindful Educators (CHIME): child.unl.edu/chime



Nebraska Association
for Infant Mental Health

About NAIMH

What we do

The Nebraska Association for Infant Mental Health (NAIMH) works to:

- Promote and support nurturing relationships for all infants;
- Provide a forum for interaction and study among professionals, students, and parents;
- Advocate for application of infant mental health principles for services to infants and young children and their families;
- Distribute educational materials that promote increased understanding of infant mental health issues.

Membership

The Nebraska Association for Infant Mental Health is currently made up of members from across the state and is co-led by Dr. Holly Hatton-Bowers and Sami Bradley.

Contact Holly at hattonb@unl.edu.

Contact Sami at sbradley@nebraskachildren.org.

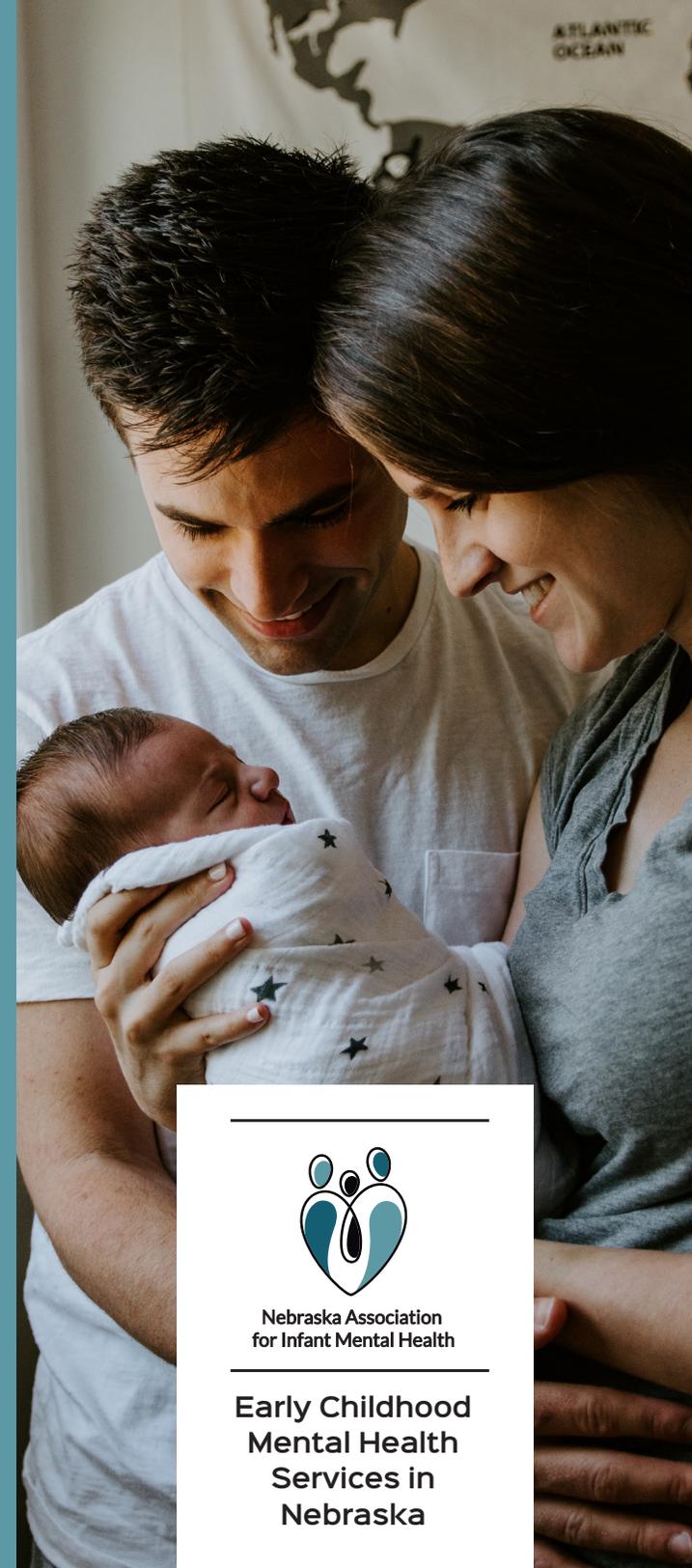
www.NEinfantmentalhealth.org



Nebraska Association
for Infant Mental Health



NEBRASKA
RESOURCE PROJECT
FOR VULNERABLE
YOUNG CHILDREN



Nebraska Association
for Infant Mental Health

Early Childhood
Mental Health
Services in
Nebraska

Circle of Security- Parenting™

COS-P

Who is it for?

All parents/caregivers that want to:

- Increase security of attachment of the child to the parent
- Increase parent's confidence to read child's cues
- Increase empathy in the parent for the child
- Increase parent's capacity to self-reflect
- Increase parent's capacity to pause, reflect, and choose security-promoting caregiving behaviors
- Increase parent's capacity to regulate stressful emotional states

How does it work?

COS-P is designed to help parents learn how to respond to their child's needs in a way that enhances the attachment between parent and child. It helps parents give their children a feeling of security and confidence so they can explore, learn, grow and build positive relationships; all essential skills for life-long success.

To make a referral or for more info:

Go to www.necosp.org. You can use the "Find a Facilitator" to locate a class near you.

Program Delivery:

- Completed via small group or individually (4-8 participants)
- 1.5-to-2 hours each week for 8 weeks

Child-Parent Psychotherapy

CPP

Who is it for?

CPP is a therapeutic model for caregivers and their children 0-5 who have:

- Experienced traumatic events such as neglect and maltreatment
- Witnessed domestic violence
- Experienced traumatic loss of a caregiver
- Had disruptions of caregiving
- Suffered serious accident or injury
- Experienced mental health, attachment, or behavioral challenges

How does it work?

The therapist meets with the child and his or her primary caregiver typically in a play therapy context to address the family's unique needs. The goals of CPP are to strengthen or repair the parent-child relationship and attachment connection, to promote the child's social and emotional development, and to minimize harmful developmental consequences resulting from earlier trauma.

To make a referral or for more info:

Find a therapist at www.nebraskababies.com by clicking on "Early Childhood Mental Health" to find the CPP Provider List. You can search by service area or therapist name.

Program Delivery:

Weekly 1-to-1.5 hour sessions usually involving both parent and child for a range of 6-12 months depending on family needs and circumstances.

Covered by most insurance plans

Parent-Child Interaction Therapy

PCIT

Who is it for?

PCIT is a therapeutic model for caregivers and their children ages 2-7:

- Behavioral challenges
 - Defiance to directives
 - Excessive tantrums
 - Attention seeking behaviors
 - ADHD, ODD
- Attachment issues
- History of trauma and/or physical abuse

How does it work?

PCIT works by strengthening the parent-child relationship and increasing attachment, parental skill and confidence. It also helps decrease challenging behaviors and increases child compliance and respect. PCIT can help parents as well with managing behaviors and caregiver stress.

To make a referral or for more info:

Find a therapist at www.nebraskababies.com and hover on "Early Childhood Mental Health" to find the PCIT Provider Contact List.

Program Delivery:

Weekly sessions involving the parent and child that may be completed within 20 sessions, or until parent masters the skill and the child's behavior improves.

Covered by most insurance plans