

Infant & Early Childhood Mental
Health and systems of care in
New Mexico
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New Mexico's History and Progress
in the
Development of infant and Early
Childhood mental Health
Services

A Strategic Plan for Infant Mental Health in New Mexico –Creating the Roadmap

- State-agency collaboration, grass-roots coalition focused on infant mental health in New Mexico
- Development of A Strategic Plan for Infant Mental Health in New Mexico
- Georgetown Academy
- New Mexico Association for Infant Mental Health
- Competencies and Endorsement
- IMH Treatment Service Definition

A Strategic Plan for Infant Mental Health

**In
New
Mexico**

2003



- State wide needs assessment; development of *Love and Learn*
- Transformation grant for system change, started with early childhood mental health
- NMAIMH purchases the MI competencies and compares to what exists in state programs (Part C, EHS, Behavioral Health,...)
- Next year purchases the endorsement system
- Figuring the “goodness of fit” for New Mexico

- **Infant Mental Health Competencies.**

An essential component of a system of care is a qualified and competent workforce. One of the initiatives of the **NM Association for Infant Mental Health** that contributes to the development of an effective system of care is the endorsement process.

- The competencies reflect specialized knowledge acquired through education, reflective supervision and relevant work experiences with infants, toddlers and their families.

Considerations for the MI Endorsement in NM

- The “goodness of fit” for New Mexico
- History
- Culture
- Geography
- Education
- Politics
- funding

The Endorsement Process: An On-going Work in Progress

LEAGUE discussions address issues as;

- Focus on infants 0-3, not preschool
- Defining Reflective Supervision
- Qualifications
- Clarification regarding language defining levels
- Approaches to work force development
- Availability of RS, mentors, training opportunities
- State level of System alignment (or not..)

continued

- State policies and priorities
- Acknowledging differences in respective League states regarding resources, approaches, needs, etc.
- Who supports the endorsement system
 - a. State and system wide level
 - b. Community Level
 - c. Provider Level
- Priorities for “The League”

Endorsement issues in New Mexico

- Need to move from volunteer to paid staff
- Need a paid Endorsement Coordinator
- Need financial support to sustain the NMAIMH and Endorsement system (does not pay for itself through fees, etc.)
- Need to promote the competencies and endorsement system across disciplines
- Need to continue to clarify for ourselves (endorsement committee and NMAIMH) parameters, limitations of system.

How the competencies and endorsement have been used;

- Competencies in RFPs
- Home visiting requirements
- Reimbursement
- Focus for NMAIMH
- Inclusion of imh in behavioral health language

- Summits on early childhood mental health systems of care
- Work force development
- Silos to Circles
- IMH Treatment Service Definition

Work Force Development

- What does this look like?
- Shared Philosophy and Principles about ECMH
- Multi-disciplinary
- Every level of service; child care to treatment
- Every level of training; from in- service to higher education
- Competency-based

All Staff Working with Babies, Young Children and Families Must be Able to Strengthen Relationship Capacities

- ✓ Coherent understanding of children's relationship needs
- ✓ Observational skills
- ✓ Possess an understanding of reflective functioning
- ✓ Understand ways to promote positive emotion regulation
- ✓ Generate empathy for children and FAMILIES
- ✓ Have access to reflective consultation or supervision

New Mexico I & ECMH Services in Silos

Promotion/Universal

Home Visiting
(CYFD funded)

Child Development Centers
(CYFD/EHS/Privately funded)

Prevention & Intervention /Targeted

Part C FIT for 0-3 disabilities, delays and environmental risk
(DOH funded)
T1027 IMH funded through Medicaid Enhanced Services and CYFD)

Child Abuse Prevention programs, parenting programs and groups
(CTF, private and publicly funded)

Treatment/Specific

Infant mental Health Treatment
SD not funded currently
Medicaid funded family or individual
CIP in Santa Fe

IMH treatment Work force development
(NMAIMH, CYFD, private
No higher ed)

I& ECMH services continued...

Developmental assessment

- EPSDT
- Part C
- Home Visiting
- Preschool
- ECEP

Social emotional/mental health

- Part C
- ECEP

High risk and relational assessment

- IMH Team
- ?

promotion
Prevention



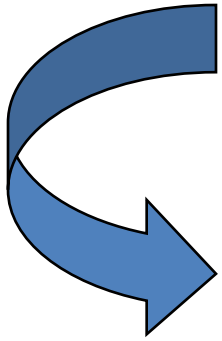
treatment

Infant programs and
The continuum of Infant Mental Health



Intervention

From Silos



T^o Circles of Caring

Preventive

intervention

promotion



treatment

intervention

How to provide circles of caring in infant and early childhood mental health?



From Silos to Circles of Caring

- Changes in service delivery require enhanced collaboration and reduced territorialism
- Changes require collaborative work within and across agencies, as well as better aligned funding mechanisms

What will it take to move services and programs from Silos



TO

Circles and
continuums?



Keys to opening silo doors

- Communication (honest)
- Collaboration (genuine)
- Commitment (to a shared vision)
- Perspective taking
- Transparency
- Reflection
- Relationship-building and taking the necessary time it takes to build them solidly



Next Steps for New Mexico

- Invest in and articulate an infant and early childhood mental health system of care
- Implement findings and recommendations from Summit evaluations
- Implement infant mental health treatment service definition
- Invest in work forces development to build a cadre of competent and endorsed infant mental health specialists

Sustained funding for the endorsement process

- Provide early childhood mental health consultants to state agencies and the programs they fund.

CREATE the CIRCLES!