

# FLORIDA ASSOCIATION

*for*

# INFANT MENTAL HEALTH

November 2003



## NEW HAPPENINGS IN FLORIDA



## THIRD ANNUAL FAIMH CONFERENCE

National, state and local leaders presented research and best practices in infant mental health to more than 250 attendees. Thanks to Brian McEwen, Program Chairman for the 2003 FAIMH and to Dr. Mickey Segal, Conference Advisor. Thanks to the many sponsors and collaborating organizations! Drs. Gordon Williamson and Rebecca Schmoon Schnook provided terrific plenary sessions and many state leaders and community agencies gave inspiring presentations about their infant mental health initiatives. Hope you'll plan to join next year. Stay tuned for details on FAIMH's 2004 Conference.

### DCF Announces IMH grants

Sue Ross, Chief, Children's Mental Health, invited district DCF offices to work with local community agencies to apply for infant mental health direct services grants. These grants are built upon the work of three pilot IMH projects funded by the legislature to evaluate the effectiveness of dyadic infant mental health treatment for high risk families. Five communities have been chosen to each receive a \$50,000 award: Tallahassee Area, Children's Home Society; Gainesville Area, Foster America, Inc; Fort Myers Area, Children's Home Society; West Palm Beach, Center for Family Enrichment; Ft. Pierce Area, Hibiscus Children's Center

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## Florida's Infant and Young Children's Mental Health Statewide Pilot Project

The pilot project was a three-year effort funded by the Florida Legislature and implemented in Children's Mental Health in the Department of Children and Families (DCF). Three diverse sites were chosen: Miami (a collaborative project between the Juvenile Dependency Court, and the University of Miami's Linda Ray Intervention Center), Sarasota (Child Development Center), and Pensacola (Lakeview Community Mental Health Center). The purpose of the project was to provide a research-based model of dyadic therapy services with a sample of children in foster care or at risk for out-of-home placement due to abuse or neglect.

The evaluation was conducted by FSU Center for Prevention and Early Intervention Policy and LSU Department of Psychiatry. The assessment and treatment strategies used in the infant mental health pilot project were found to be effective in improving parent/child interaction and relationships, eliminating abuse and neglect, and increasing reunification or permanent placements of children in foster care for the 43 parent/child dyads that completed treatment. The pilot also expanded capacity for infant mental health services, especially in the areas of assessment and direct therapeutic interventions. Policy implications and recommendations were made to replicate the project's successful assessment and treatment strategies. To view the full report, visit [www.cpeip.fsu.edu](http://www.cpeip.fsu.edu)

### *Go Digital!*

Please help us keep costs down by sending your current e-mail address to Gerald Greene ([ggreene@fsu.edu](mailto:ggreene@fsu.edu)). You can then receive FAIMH information in an efficient and environmentally friendly way!

The Florida Association for Infant Mental Health Newsletter is published quarterly by The Florida State University Center for Prevention & Early Intervention Policy.

*Editor:* Mimi Graham

Articles for the Newsletter are welcomed and may be submitted to [mgraham@fsu.edu](mailto:mgraham@fsu.edu)

Copies of the newsletter are available in pdf format on the Center for Prevention website: [www.cpeip.fsu.edu](http://www.cpeip.fsu.edu)

Acrobat Reader, needed for viewing & printing pdf files, can be downloaded at: [www.adobe.com](http://www.adobe.com)



## *President's Corner*

The national prevalence of disabilities reported among foster children ranges from 3% to 58%. Newer unpublished Florida data suggest as many as 70% of the children in foster care and protective services are delayed in cognitive, language and social/emotional development. Pioneers like Judge Cindy Lederman have already linked with Part C to ensure that maltreated children receive developmental evaluations.

We are delighted that new congressional legislation will formalize this critical linkage between Protective Services and Part C. The Child Abuse Prevention and Treatment Act was passed in June 25, 2003 (P.L. 108-36) and contains language requiring states to have "provisions and procedures for referral of a child under age three who is involved in a substantiated case of child abuse or neglect to early intervention services funded under Part C of IDEA" for evaluation.

In Florida, Children's Mental Health and Part C are already conferring to see how to implement this mandate in our state. More than 40% of children in foster care in Florida are less than five years old. This is a step in the right direction toward truly "leaving no child behind."

I am honored to follow in Dr. Wil Blechman's footsteps as President of FAIMH. I hope you'll renew your membership for 2004 so that together we can move our IMH agenda forward.

**Mimi Graham, FAIMH President**

Hill BK, Lakin KC, Novak AR, White CC. Foster Care for Children and Adults with Handicaps: Child Welfare and Adult Social Services (Report No. 23). Minneapolis: University of Minnesota, Department of Educational Psychology; 1987.



## 10 Local IMH Initiatives

One of the most exciting accomplishments in Florida is the establishment of local IMH groups. We hope that bylaw changes will be approved to include representation of the local groups on FAIMH Board. Below is a list of contacts for each group. If you'd like to start a group in your area, contact one of the other groups to see how they got started.

### **Broward Infant Mental Health Group**

Chair: Marilyn Segal, Ph.D  
 Phone: (954)262-6925  
 Email: segal@nova.edu

### **Capital Area Infant Mental Health Association**

(Tallahassee & surrounding areas)  
 Chair: Cindy Magnum  
 Phone: 850-414-2752  
 Email: Cindy\_Mangum@dcf.state.fl.us

### **Central Florida Infant Mental Health**

(Orange, Osceola, Seminole & Brevard)  
 Chair: Linda Stone, Ph.D.  
 Phone: 407-317-7430 x 2198  
 Email: stonel@orhs.org

### **Early Childhood Mental Health Committee of the Pinellas County School Readiness Coalition**

(St. Petersburg area)  
 Chair: Ann H. Kelley, Ph.D.  
 Phone: 727-547-4566 x135  
 Email: ann.kelley@directionsmh.org

### **Early Childhood Council of Hillsborough County**

(Tampa area)  
 Chair: Maria Negron  
 Phone: 813-980-1299  
 Email: ecnegron@hotmail.com

### **Infant Mental Health Task Force of Manatee County**

Chair: Melanie Teves-Bell  
 Phone: 941-741-3131

### **Miami Infant Mental Health Task Force**

Chair: Dr. Wil Blechman  
 Phone: 305-661-7807  
 Email: WILBLECHMAN@aol.com



### **North Florida Infant Mental Health**

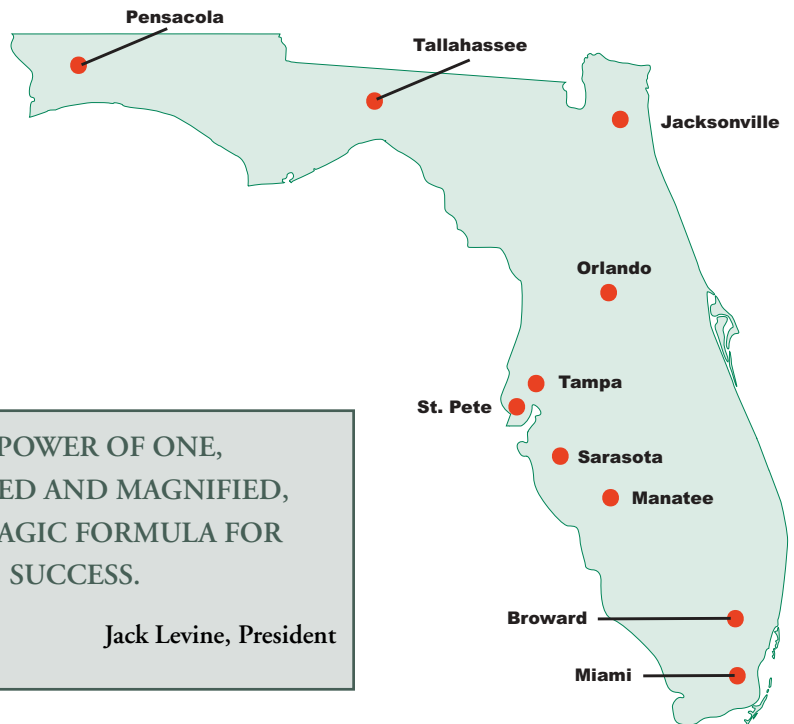
(Jacksonville area)  
 Chair: Leslie Allen  
 Phone: 904-448-4340 x817  
 Email: lallenfsu@aol.com

### **Northwest Florida Task Force**

(Escambia, Santa Rosa, Okaloosa and Walton Counties)  
 Chair: Penny Geiger  
 Email: pgeiger@ecsrc.org  
 Phone: 850-595-0254

### **Suncoast Chapter of the Florida Infant Mental Health Association**

(Sarasota, DeSoto and Charlotte Counties)  
 Chair: Kathryn Shea  
 Phone: 941-371-8820 ext. 16  
 Email: kshea@cdc4kids.org



THE POWER OF ONE,  
 MULTIPLIED AND MAGNIFIED,  
 IS THE MAGIC FORMULA FOR  
 SUCCESS.

Jack Levine, President



## IMH Training Opportunities

**B**uilding a cadre of trained infant mental health therapists is essential to Florida's capacity to provide services for young children and their families. Amazingly, four training programs have begun for mental health providers in Florida.

### West Palm Beach

This was the first intensive IMH therapist training in Florida, and graduated 27 therapists in August, 2003. The 12-month 250-hour training consisted of monthly workshops, readings, outside observations of typically developing young children, and clinical case discussions. The training was conducted by a multidisciplinary faculty from FSU, and Dr. Joy Osofsky supervised the clinical training. Trainees committed to providing community training and serving Medicaid eligible families for two years. An additional six months of follow-up clinical case discussions is now in progress. Funders include: Children's Services Council and United Way of Palm Beach County and the Agency for Health Care Administration.

### Child-Parent Psychotherapy

Dr. Patricia Van Horn, University of California, San Francisco, is the primary trainer for 15 mental health clinicians in the Pinellas County area seeking to improve their therapy skills with children aged 0 – 5. Begun in October 2003, the program seeks to replicate the training model developed by Dr. Van Horn & Dr. Alicia Lieberman as part of the Early Trauma Treatment Network. Facilitators of the project are two local senior clinical social workers who have received advanced training at UC-SF. They meet with the trainees monthly for group and individual consultation. Dr. Van Horn provides on-going case consultation via telephone, review of videotapes, and face-to-face meetings with trainees during the project year. Trainees participate in monthly in-service opportunities to enhance their knowledge of infant mental health issues. Funding is provided by Healing the Hurt, Child Trauma Research Project at UC-SF, Pinellas Safe Start, and local agencies. Contact: Dr. Ann Kelley, 727-547-4566 x135; ann.kelley@directionsmh.org

### New Harris IMH Training at FSU

A new Harris IMH Training Program has begun at FSU Center for Prevention. The purpose is to build a cadre of well-trained infant mental health specialists through both preservice and inservice training. Twelve licensed therapists are participating in the 250-hour training that consists of intensive monthly

workshops, readings, outside observations of typically developing young children, and clinical case discussions. This training includes workshops both at FSU and with Dr. Joy Osofsky's team at LSU Health Sciences Center in New Orleans. FSU's Harris program will work toward infusing infant mental health into coursework in the new FSU School of Medicine, the FSU School of Social Work, and the FSU Department of Special Education. In addition, the FSU program will work toward the establishment of a competency framework for Infant Mental Health Specialists in Florida. Contact Dr. Anne Hogan, Director: ahogan@mailers.fsu.edu or (850-922-1312).

### Broward County

Twenty licensed therapists are enrolled in the year-long, 250-hour intensive training in Ft. Lauderdale. Dr. Joy Osofsky provides the clinical training with infant training from a multidisciplinary NOVA and FSU faculty. The program model is similar to that in Palm Beach County. Training started in September, 2003; the program will be completed in July, 2004. Collaborators include the Broward Children's Services Council, Florida Agency for Health Care Administration, NOVA, and FSU. Contact Dr. Kimberly Shaw at 954-262-6944 or shaw@nova.edu

### Miami/Dade County

Twenty licensed therapists have completed a six-month IMH training in Miami, and are now in a six-month follow-up of clinical case discussions. Coordinated by Dr. Anne Hogan at FSU and Dr. Lynne Katz at the University of Miami's Linda Ray Center, Dr. Joy Osofsky provides the clinical training and consultation. Collaborators include the South Florida Health Foundation, Florida Agency for Health Care Administration, District XI DCF, and FSU. Contact Dr. Anne Hogan at ahogan@mailers.fsu.edu



**2004 On-site DECA-C (Clinical) Training**

Training is available on the Devereux Early Childhood Assessment tool and other IMH topics such as: Planning for children with Low Protective Factors and/or High Behavior Concerns and Forging Partnerships between Mental Health Consultants and Early Childhood Staff. Contact Karen Cairone (kcairone@devereux.org) or 1-866-TRAIN US, or www.devereuxearlychildhood.org

**Minnesota Infants and Early Childhood Network**

**Successful Kids Training Sessions**

A series of four training sessions will be offered via Interactive Television (ITV): Using Functional Behavioral Assessment in Early Childhood Programs; Designing Interventions Using Functional Behavioral Assessment; Translating Attachment Theory into Practice; and Observation of Infants. Contact Lillian Duran, Project Assistant, at 612-626-9528 or dura0061@umn.edu

**Parent-Child Interaction Therapy Training**

Participants will learn about the impact of stress and trauma on parent/caregiver-child interactions and apply the specific interventions of Parent-Child Interaction Therapy (PCIT) for traumatized children. The goals are to enhance attachment, increase positive parenting and decrease children's behavioral problems. Trainees must complete all 5 days of training: Child Directed Interaction on January 8, 9, & 23, 2004; Parent Directed Interaction on February 17 & 18, 2004. Trainees will receive 30 hours of CEUs. The cost of this training is partially supported by the National Child Traumatic Stress Network and Healing the Hurt. The fee per participant is \$225. Please contact Ann Kelley, Ph.D. at 727-547-4566 x135 or email ann.kelley@directionsmh.org for more information or to request an application.

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**National Training Institutes on Effective Practices: Supporting Young Children's Social and Emotional Development and Addressing Challenges.** Clearwater, Florida March 31 to April 3, 2004.

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The 17th annual national conference, **A System of Care for Children's Mental Health: Expanding the Research Base**, will be held February 29-March 3, 2004 at the Tampa Marriott Waterside in Tampa, Florida. Call 813-974-5468 or visit <http://rtckids.fmhi.usf.edu/rtcconference/rtcconf.htm>



**XIV. IFTA World Family Therapy Congress**, organized by The International Family Therapy Association (IFTA) and The Marital & Family Therapy Association (Istanbul, Turkey) and scheduled to take place in Istanbul, Turkey, on 24 - 27 March 2004. Visit [www.ifta2004.org](http://www.ifta2004.org)

**Enhancing Sensory Integration and Self-Regulation in Children: Helping Young Children Interact with Their Environment** will be held Wednesday, December 3, 2003 at the LSUHSC Department of Psychiatry & Harris Center for Mental Health in New Orleans. Gordon Williamson, PhD, OTR and Sandra Adams, PhD will be facilitating. The workshop fee is \$25.00. Mail registration to Kelly Wiltz, Department of Psychiatry, 1542 Tulane Avenue, New Orleans, LA, 70112.

**Yale Child Study Center's Parents First Leader's Training Institute**

This training is based on a curriculum which focuses on enhancing reflective functioning and the attachment relationship as described in the May 2002 issue of *Zero to Three*. The training will be held at Yale in New Haven, Connecticut on January 14-16, 2004 with Dr. Arietta Slade. It will be limited to 16 mental health professionals. For more information visit <http://www.parentsfirst.net>

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**World Association for Infant Mental Health 9th World Congress**, January 14-17, 2004 Melbourne, Australia [http://waimh.org/Information\\_2004.htm](http://waimh.org/Information_2004.htm)

**Our Community, Our Children, Our Future CD**

Penny Geiger delivered this powerful presentation at the recent FAIMH conference. Great to use for public awareness with local agencies. Created by the Infant Mental Health Initiative of Northwest Florida. Cost is \$45.00. To order, contact Penny at (850) 595-5400 or [pgeiger@ecsrc.org](mailto:pgeiger@ecsrc.org)

**USF Center on Challenging Behaviors**

- Research Synthesis on Effective Intervention Practices (Dunlap et al)
- Pathways to Service Utilization: A Synthesis of Evidence Relevant to Young Children with Challenging Behavior (Powell, Fixsen, & Dunlap)
- Systems of Service Delivery: A Synthesis of Evidence Relevant to Young Children at Risk of or Who Have Challenging Behavior (Smith & Fox).

All available at [www.challengingbehavior.org](http://www.challengingbehavior.org)

**Social and Emotional Needs of Young Children and their Families in Hillsborough County** by Dr. Diane Powell on behalf of the Children's Board of Hillsborough County, April, 2002.

**An Examination of Medicaid and Part C Service Funding Mechanisms to Support Interventions for Young Children.**

The Florida Mental Health Institute at USF examined the policy and funding issues that impact behavioral health services provided to children 0-3 and linkages between Medicaid and Part C funded services. This report details findings based on stakeholder interviews and Medicaid claims data from 2000-2001. For further information, contact Ilene Berson, Ph.D., at [berson@fmhi.usf.edu](mailto:berson@fmhi.usf.edu) or (813)974-7698.

First Reports Evaluating the Effectiveness of Strategies for Preventing Violence: Early Childhood Home Visitation Source: Morbidity and Mortality Weekly Report - October 3, 2003.

The Task Force on Community Preventive Services reviewed scientific evidence on the effectiveness of early childhood home visitation for preventing violence and maltreatment. It is available at <http://www.cdc.gov/mmwr/PDF/RR/RR5214.pdf>

**New Publication: Mental Health Services at the NIMH**

<http://www.nimh.nih.gov/publicat/mhservices.cfm>

**National Mental Health Advisory Council Report**

Mental Health for a Lifetime: Research on the Mental Health Needs of Older Americans <http://www.nimh.nih.gov/council/agingreport.cfm>

**Postpartum Depression Linked to Later Violence in Children.**

<http://www.thecommunityguide.org/violence/viol-int-homevisit.pdf>

**Mutant Gene Linked to Obsessive Compulsive Disorder.**

<http://www.nimh.nih.gov/events/prmutationa.cfm>

**Psychopharmacology of Mood Disorders: A New Golden Era in the Making.**

<http://www.nimh.nih.gov/videos/goldenera.cfm>

**Medscape's New Depression Resource Center**

This site has news, a journal watch, and CME programs. It has a large organized library of peer-reviewed articles, many of which are full text. This site is updated on a weekly basis. <http://www.medscape.com/pages/editorial/resourcecenters/public/depression/rc-depression.ov>

**Depression Advances**

This website has information for health professionals including expert video lectures and power point. <https://www.depressionadvances.com>



**Depression Among Working Women Number One Barrier to Success: Fear of Stigma, Lack of Support Keep Women From Seeking Help**

A survey just released by the National Mental Health Association found that 83 percent of working women with depression found it to be the number one barrier to success in the workplace. Depression affects about five million employed American women each year. Although an array of successful treatments exists for depression, less than half of working women with depression who received treatment sought it immediately. These women stated that they did not know where to go for help, feared the stigma, felt pressure from work-related time constraints, feared their insurance would not cover the costs, and worried that they could lose their jobs. Untreated depression is estimated to cost more than \$44 billion annually, mostly due to lost productivity. To view key findings, visit <http://www.nmha.org/newsroom/surveys.cfm>



NIMH Frequently Asked Questions About Grant Applications and Related Issues <http://www.nimh.nih.gov/grants/grantfaqs.cfm>

**Child Welfare: States Face Challenges in Developing Information Systems and Reporting Reliable Child Welfare Data**, by Cornelia M. Ashby and released by The General Accounting Office.

Full text - <http://www.gao.gov/cgi-bin/getrpt?GAO-04-267T>  
Highlights - <http://www.gao.gov/highlights/d04267thigh.pdf>

**Children's Mental Health Resource Kit: Promoting Children's Mental Health Screens and Assessments**

The Children's Defense Fund has produced a new resource kit on children's mental health screens and assessments. To read a description and summary of the resource kit go to: <http://www.childrensdefense.org/pdf/mentalhealthresourcekit/flier.pdf>

To download the full resource kit go to: <http://www.childrensdefense.org/pdf/mentalhealthresourcekit/full.pdf>

**Economic Benefits of Early Childhood Development**

<http://minneapolisfed.org/research/studies/earlychild/>

**Social-Emotional Learning in Early Childhood: What We Know and Where to Go From Here**

A new book chapter by Susanne Denham and Roger Weissberg, Executive Director of the Collaborative for Academic, Social and Emotional Learning, is available online at <http://www.casel.org/SELearlychildhood.pdf>.

**Fetal Brains Suffer Badly from Effects of Alcohol**, article by Linda Carroll, New York Times

[www.theledger.com/apps/pbcs.dll?article?AID=2003311040404](http://www.theledger.com/apps/pbcs.dll?article?AID=2003311040404)

**Early Head Start Infant Mental Health Task Force.** Results of a two-year examination of infant mental health needs across the nation are being complied with a list of resources and training opportunities. <http://www.ehsnrc.org/AboutUs/imhi.htm>

**Five Ways a Child Grows, a timeline for typical development.**

The Talaris website offers simple, but research-based, concise descriptions of early childhood issues. This piece provides a very nice overview of typical development. <http://www.talaris.org/timeline.htm>

**Child Development Specialists in Pediatric Practices**

A new evaluation, “Developmental Specialists in Pediatric Practices: Perspectives of Clinicians and Staff” (*Ambulatory Pediatrics*, Nov./Dec. 2003), finds that the child development specialists have become well integrated into 15 pilot pediatric practices and are being consulted for a variety of developmental concerns. This report is found at (<http://www.cmwf.org/>). Other publications from The Commonwealth Fund include:

- Building a Bridge from Birth to School: Improving Developmental and Behavioral Health Services for Young Children. Neal Halfon, et al., May 2003.
- Primary Care Services: Promoting Optimal Child Development from Birth to Three Years. Michael Regalado and Neal Halfon, September 2002.
- The North Carolina ABCD Project: A New Approach for Providing Development Services in Primary Care Practice. Helen Pelletier and Melinda Abrams, August 2002.

**From Early Child Development to Human Development: Investing in Our Children’s Future**

In 2000, the World Bank hosted a global conference which addressed the benefits and challenges of investing in early child development. This compilation of presentations contains excellent research summaries, as well as discussions, of the global political challenges in bringing prominence to early childhood issues. <http://www1.worldbank.org/publications/pdfs/15050intro.pdf>



**A Child Becomes a Reader**

Scientifically based research suggests how parents can help young children become strong readers. A Child Becomes a Reader: Proven Ideas for Parents from Research — Birth to Preschool. [http://www.nifl.gov/partnershipforreading/publications/pdf/low\\_res\\_child\\_reader\\_BPreK.pdf](http://www.nifl.gov/partnershipforreading/publications/pdf/low_res_child_reader_BPreK.pdf)

**Study Examines Nonattendance in Child and Family Mental Health Clinics**

Benway, C.B., Hamrin, V., McMahon, T.J. (2003). Initial appointment nonattendance in child and family mental health clinics. *American Journal of Orthopsychiatry* 73(4):419-428.

Improving the mental/psychosocial health of US children and adolescents: Outcomes and implementation strategies from the national Keep Your Children/Yourself Safe and Secure Summit.

Melnyk, B.M, Brown, H.E., Jones, D.C., et al. (2003). *Journal of Pediatric Health Care* 17(6):S1-S24.

Inclusion of Children with Emotional and Behavioral Challenges in Child Care: A List of Resources <http://www.rtc.pdx.edu/pgProjInclusionRes.php>

Models of Inclusion in Child Care project web page <http://www.rtc.pdx.edu/pgProjInclusion.php>

NAEYC, a collaborative partner with the Division of Early Childhood, is pleased to announce a special training opportunity to our members in Florida. DEC will be hosting a National Training Institute entitled “Addressing Challenging Behavior” in Clearwater Beach, FL on March 31-April 4. For specific program and registration information please go to <http://www.dec-sped.org/conference/>

PLEASE PRINT CLEARLY OR TYPE

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Degree(s) \_\_\_\_\_ Profession/Occupation \_\_\_\_\_  
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 Fax \_\_\_\_\_ E-Mail\* \_\_\_\_\_

\*Would you like your e-mail address registered with the FAIMH listserve?  Yes  No

DO NOT PUBLISH THE FOLLOWING INFORMATION IN THE 2003 FAIMH DIRECTORY

Address  Home Phone  Work Phone  FAX  E-mail

**Please Check the Appropriate Membership Category:**

- \$ 25.00 Florida Association for Infant Mental Health Individual Membership — *FAIMH only* (Excludes *Infant Mental Health Journal* & World Ass'n. membership)
- Free Full-time Students w/ copy of student ID & email address
- \$ 95.00 FAIMH plus World Association for Infant Mental Health (WAIMH) Individual Membership (Excludes *Infant Mental Health Journal*)
- \$140.00 FAIMH plus World Association for Infant Mental Health (WAIMH) Individual Membership (Includes *Infant Mental Health Journal*)
- \$ 85.00 FAIMH plus WAIMH Student Membership (Includes *Infant Mental Health Journal*) Please include copy of student ID to verify full-time status.

**Return completed form with check payable to FAIMH to:  
 Florida State University Center for Prevention &  
 Early Intervention Policy (FSU CPEIP) Attention: FAIMH  
 1339 East Lafayette Street, Tallahassee, FL 32301**

**COMMITTEE PARTICIPATION**

I am interested in working on one or two of the following FAIMH committees: (*Indicate preference with number 1 or 2 in box*)

- Annual Conference Planning & Assistance at Conference
- Children with Disabilities
- Development and Implementation of Best Practices
- Funding of Infant Mental Health Services in Florida
- Membership
- Networking Seminars/Study Groups
- Newsletter (submitting articles, editing, dissemination)
- Prevention
- Public Awareness
- Public Policy
- Regional Group Formation
- Research Projects
- Screening and Assessment
- Training
- Video Assessment/Development
- Other

**SPEAKERS & CONSULTANTS RESOURCE ROSTER**

- I would like to be included on a FAIMH Speakers Bureau Roster
- I would like to be included on a FAIMH Consultant Resource Roster
- I have expertise in the following Interest Areas: \_\_\_\_\_

*Please list no more than FIVE Interest Areas (by 2-digit number) on the line above.*

- |  |  |  |
|--|--|--|
| 01 Adolescent pregnancy                  | 18 Family processes  | 34 Pediatric psychotherapy                                 |
| 02 Adoption issues                       | 19 Fathers   | 35 Perinatal loss  |
| 03 Affective development                 | 20 Feeding disorders                                       | 36 Pregnancy & perinatal period                            |
| 04 Anxiety/inhibition                    | 21 Foster care   | 37 Prenatal development                                    |
| 05 Attachment theory & issues            | 22 Infants – disabled, special needs, developmental delays | 38 Prevention & early intervention                         |
| 06 Autism                                | 23 Infants – at risk medically, socially, etc.             | 39 Professional development, treatment issues, supervision |
| 07 Child abuse                           | 24 Infant & toddler day care                               | 40 Public policy   |
| 08 Child with chronic illness            | 25 Infants with mentally ill mothers                       | 41 Sex role development, sex differences                   |
| 09 Childhood psychosis                   | 26 Infant mental health services                           | 42 Sibling relationships                                   |
| 10 Cognitive development                 | 27 Infant-parent interaction                               | 43 Sleep disorders   |
| 11 Cross-cultural studies                | 28 Infant observation & experimental research              | 44 Socialization & discipline                              |
| 12 Depression                            | 29 Infant/Mother/Therapist interaction                     | 45 Temperament   |
| 13 Developmental & behavioral pediatrics | 30 Mental retardation & learning disabilities              | 46 Transition to parenthood                                |
| 14 Developmental psychopathology         | 31 Normal & abnormal preschool development                 | 47 Triadic interventions                                   |
| 15 Divorce & remarriage                  | 32 Nutrition   | 48 Violence  |
| 16 Early childhood programs              | 33 Pediatric care  | 49 War children  |
| 17 Failure to thrive                     |  | 50 Other _____   |

For questions about membership contact: WILBLECHMAN@aol.com or 800-714-0697 • Additional copies of this form are available at www.cpeip.fsu.edu Rev. 9/2/03

# WHEN BABIES GET THE BLUES

by Randy Dotinga, HealthDay

Excerpts from USA TODAY Friday, December 5, 2003

To a greater degree than ever before, psychologists and family therapists are focusing on the emotional well-being of babies. The reason: Even infants can experience physical and emotional stress just like adults, but they lack the coping mechanisms years of living bring. It may seem strange to worry about the mental health of little children. "This conjures up the image of babies sitting on a psychiatrist's couch," says Dr. Jeffrey Brosco, a pediatrician and medical historian at the University of Miami. "But that's not it at all."

Children under the age of 3 can suffer from such classic signs of depression as disruptions in eating and sleeping patterns. Researchers have even discovered that babies can struggle with post-traumatic stress disorder. "We now recognize that zero to 3 is an age where children learn and grow at rapid rates and can be touched by traumatic circumstances," says Robin Gurwitch, an associate professor of pediatrics at the University of Oklahoma. "Recognizing that it's a vulnerable period allows us to pay more attention and intervene."

Interest in the inner world of babies is nothing new. "In some ways, people have been talking about infants and their development for centuries," Brosco says. In the past five to 10 years, however, "lots of medical research has shown that some really spectacular things are happening in babies' brains," Brosco says. "What we know is that [the brains] are physically changing every day, depending on what their environment is."



FLORIDA ASSOCIATION

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INFANT MENTAL HEALTH

Florida State University

Center for Prevention & Early Intervention Policy

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