

FLORIDA'S STRATEGIC PLAN

FOR

INFANT MENTAL HEALTH

Establishing a System of Mental Health Services for Young Children and their Families in Florida



<i>What is the Array of Infant Mental Health Services?</i>	<i>Level 1</i> Strengthening the Caregiver/ Child Relationship, Responsive Caregiving	<i>Level 2</i> Developmental, Relationship-Focused Early Intervention	<i>Level 3</i> Infant Mental Health Treatment
Priority population	Expectant families and families of all children birth to age five	Families of children with delays, disabilities, health problems or multiple risk factors	Families with children or primary caregivers with severe mental health problems, or who have experienced abuse, neglect or violence
Description of services/interventions	Strengthening the caregiver/child bond by: <ul style="list-style-type: none"> • Helping caregivers to understand and respond appropriately to baby's cues • Incorporating brain development research and attachment theory into all aspects of pregnancy, birthing and child's daily care • Promoting continuity of care • Supporting the child's on-going emotional development within the context and culture of the family • Modeling responsive caregiving • Providing family support and education • Identifying early signs of problems that might impede the parent-child relationship • Referring for further screening/assessment 	Strengthening the caregiver/child bond through: <ul style="list-style-type: none"> • Identifying emotional or attachment concerns • Integrating relationship-based practices into the child's existing services (therapies, medical treatment, foster care) • Providing direct services based on the context, culture, and needs of the child and family • Providing consultation to enhance responsive caregiving • Assisting the family in accessing specific infant mental health treatment if needed 	Strengthening the caregiver/child dyad through: <ul style="list-style-type: none"> • Establishing a nurturing relationship based on trust and respect of family strengths • Providing therapeutic interventions for caregivers and young children with specific mental health needs • Providing ongoing, intensive treatment with parent/child dyad • Serving as a consultant to other service providers who work with infants and families
Professionals responsible for infant mental health services	Front-line caregivers including: <ul style="list-style-type: none"> • Parents • Child Care Providers • Health Care Providers • Home Visitors • Parent Educators • Social Workers • Child Protection Case Workers • Police Officers, Judges, Lawyers 	Developmental Professionals including: <ul style="list-style-type: none"> • Social Workers (MSW), Psychologists, Mental Health Therapists • Child Development Specialists • Early Interventionists • Therapists (Occupational, Physical and Speech) • Maternal and Child Health Nurses • Developmental Pediatricians working in conjunction with child welfare, legal systems, & family service programs	Licensed mental health professionals having additional training in infant mental health including: <ul style="list-style-type: none"> • Child, adolescent, and adult psychopathology • Infant/toddler development • Quality of parent/infant interaction • Assessment and treatment within the parenting relationship • An understanding of context, culture and family systems • Dyadic, infant/parent psychotherapy