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ILAIMH News

Newsletter of the Illinois Association for Infant Mental Health - Spring 2015

ILLINOIS ASSOCIATION FOR
Infant Mental Health 

Supporting the healthy social and emotional development of infants, toddlers and their families.

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Illinois in the Spotlight

By Karen Freel, PhD & Linda Delimata, LCPC,
Consultation Coordinator, Illinois Children's Mental Health Partnership

Illinois will be in the spotlight soon as a series of videos featuring mental health consultation in Illinois home visiting programs will be released around December by the Georgetown University, Center for Child and Human Development and funded by the Office of Head Start. Illinois' home visiting mental health consultation will be part of professional development continuum for mental health consultants.

As background, Linda Delimata, Consultation Coordinator at the Illinois Children's Mental Health Partnership, was invited to attend a fall 2014 meeting in Washington D.C. convened by staff at the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Georgetown University Center for Child and Human Development. The meeting, composed of a diverse mix of mental health consultation experts across the country, had two goals: first to move the field of early child mental health consultation (ECMHC) forward by establishing key aspects of the practice and second, to share those key aspects with federal leaders and policy makers to inform policy and program direction.

In the two-day meeting, Linda along with other experts such as Kadija Johnson, Walter Gilliam, Deborah Perry and Roxanne Kaufman discussed the definition of ECMHC, pathways for professional development, the importance of ECMHC and why it should be funded as part of programs that serve infants and young children. On the second day, Linda assisted in making

the case for ECMHC by presenting how consultation can be integrated into or utilized in early childhood education and home visiting programs. The federal leaders and policy makers invited to attend the second day included representatives from the Administration for Children and Families, the Maternal and Child Health Bureau, the Department of Health and Human Services, and the Office of Child Care.

The Infant/Early Childhood Mental Health Consultation Professional Development Continuum is one outcome of that two day meeting and proposes to increase the competency and professionalization of infant and early childhood mental health consultants (I/ECMHC). The professional development continuum will include a variety of components including:

- A self-assessment of current knowledge, skills, attitudes and practices to assist the consultant in navigating the online modules
- Online learning modules covering many levels of consultation including:
 - Child and family consultation
 - Classroom focused consultation
 - Program focused consultation
 - Reflective process and practice
 - Culture and ecology
- Interactive activities designed to allow users to "practice" new skills
- Prompts for reflection provided throughout

- Knowledge centers in each module for additional resources and information

The continuum is intended for experienced mental health professionals wanting to improve their practice and learn more about supervision, new mental health consultants with little experience in the field, and mental health professionals with early childhood experience who want more information on consultation.

The videotaping of Illinois home visiting programs will feature two aspects of consultation: 1) consultation to a director of a home visiting program; 2) consultation with a supervisor and a team of home visitors and doulas. Each video will record the consultation session with commentary by the consultant and the other participants - director, supervisor and home visitors and doulas.

Both consultants, credentialed by Illinois' own Infant/Early Childhood Mental Health process, have been consulting to home visiting programs in Illinois for a number of years and are experienced professionals. Illinois can be proud of their consultants and the work they do on behalf of young children, their families and the programs that serve them. The consultants that will be featured in the videos are:

- Lauren Wiley, providing consultation to the Director of the Family Focus Lawndale home visiting program
- Sinane Goulet, providing consultation to a supervisor, home visitors, and doulas at the Advocate Illinois Masonic Medical Center

The videotapes will highlight the beautiful work being done in Illinois in home visiting programs and will show consultation at two different levels. They will be unique in that directors and even supervisors can be overlooked for consultation in favor of the home visitors who have more direct contact with parents and young

children. The support and participation of supervisors and directors of home visiting programs is critical to the success of mental health consultation. The understanding, support and buy-in from leadership in the agency ensures that reflective practice becomes an integral part of the work and can lead to sustainability of the practice even with personnel changes.

Because of Illinois' participation in the professional development continuum, trainers, faculty, workshop presenters and other professional development opportunities will have access to the entire home visiting videotapes. The goal is to have access to these tapes by December of this year.

For more information about the professional development continuum, please contact Linda Delimata at lindadelimata@hotmail.com. For more information on the Illinois Association for Infant Mental Health's Infant/Early Childhood Mental Health Credential, please visit the Association website at www.ilaimh.org or contact Lynn Liston at credential@ilaimh.org.

10 Year Celebration of the Illinois Children's Mental Health Partnership

By Olga Silva-Zletz

A personal reflection. When I started working at the DuPage County Health Department in 2005, as part of the Parents of Infants Program, my colleague Tawnya Blanford and I had the privilege to work under the supervision of Martha Zych, a passionate contributor of the ICMHP. We learned firsthand about the Say It Out Loud Public Awareness Campaign and the Early Childhood Mental Health Consultation initiative. I did not know at that time how the

pioneering work of this group of dedicated individuals representing agencies and organizations in Illinois working on behalf of children and families was going to validate and expand the work that infant and early childhood clinicians were and still are doing on behalf of young children and their families in Illinois. Currently there is widespread recognition of the contribution of mental health consultation to programs and organizations working with mothers prenatally and with families with children birth to 5. In addition to the direct services work, a primary goal of that Project has been to create a well-trained cadre of IECMHC in Illinois.

In 2014 the ICMHP celebrated its 10th Anniversary. Congratulations! The Ninth Annual Report to the Governor summarizes the history and accomplishments of the Partnership over the past ten years. The report highlights the efforts "by hundreds of individuals and organizations representing all child-serving systems to create and advance a coordinated, comprehensive, culturally –competent, evidence-informed system of care that reaches and better services children at earlier ages and earlier stages of need, while actively partnering with parents and caregivers."

The report includes 10 key accomplishments that are crucial to the partnership's overarching impact.

- Developing the partnership
- Fostering cross-system collaboration
- Advancing a family-driven and youth-guided system
- Raising public awareness of children's mental health
- Advocating for change
- Improving the quality of mental health services
- Creating trauma-informed systems
- Implementing early childhood mental health consultation
- Supporting mental health in schools
- and engaging underserved populations

President's Note

I am honored to be writing my first letter as president of the association. I began my term as president January 1, 2015. My predecessor, Nancy Mork has made it an easy transition with the support and guidance she has offered. Nancy brought strong leadership and a vision for the growth of the association to her presidency. It is my goal to continue with those ideals as we continue to grow as an organization.

It is an exciting time to be involved with ILAIMH. I am especially pleased to tell you about our new Reflective Practice groups. Through a generous grant from the Irving Harris foundation we are able to offer two Reflective Practice groups that began meeting last month. One group is meeting in the western suburbs, and one in central Illinois. The facilitators, Pat Husband and Christina Shirley bring a wealth of experience in the field of infant mental health and reflective practice to their roles. I am very grateful to Tina Dorow and Laura Hanson for their hard work in bringing these groups from an idea to reality.

Our third cohort working toward their Infant Mental Health credential is nearing completion of their ten month journey of reflection and collaboration. We are now taking applications for cohort four. Please check out our website ILAIMH.org for more information on the requirements and process for applying to become a member of the next cohort.

Speaking of our website, we have launched our new website. The new site

offers more user-friendly navigation and processes for registering for our annual conference and spring seminars. We are planning to offer enhanced content on the site to help members of the organization stay informed, especially about our committees. We are always interested in having members involved in the exciting and important work of our committees. The new site will let you know who the committee chairs are for each committee and how you can contact them to become more involved. Watch for this feature to be added soon.

As we wrap up this year's spring seminar series I want to thank all of our talented presenters for sharing their experience and expertise. We had an excellent line-up of seminars that were well attended and offered important information to infant and early childhood mental health and development professionals to enhance knowledge and practice. I encourage you to mark your calendars for this year's annual conference. Our keynote speaker will be Oscar Barbarin. You may have seen his article in the February 2015 edition of *Zero to Three*, *Parental Practices and Developmental Challenges of Boys of Color: Opportunities for Early Intervention*. I am thrilled that he will be sharing his expertise on this very important topic with us at our annual conference. The date is October 23, 2015.

As an association our vision is that from the beginning, every child

should have a family and community environment in which he or she can thrive physically, mentally, and emotionally. Many families in Illinois rely on supportive programming to help them in establishing those environments in which their child can thrive. Whether it is through high quality child care, early intervention, home visiting, or community mental health supports, many of Illinois' families rely on state supported services. As we are drawing close to the end of the fiscal year we begin to look to next year and how the budget looks for the supportive services to infants, toddlers and their families. This year the governor's proposed budget includes drastic cuts to many of the programs that families rely on. It is not too late to let your voice be heard. The state legislature is holding budget hearings now on these important topics. Contacting your state senator and representative and letting them know how you feel about the proposed budget cuts can have a strong impact on how they vote on these important topics.

I am very grateful for the commitment and passion shown by our members for supporting infants, young children and their families. Your hard work and dedication mean the world to the families you support.

*Sarah Martinez, MA, M.Ed., LCPC, I/ECHM-C
President ILAIMH*

smartinez@pactinc.net

Need to spread the word about a training, position opening, seminar or new program?

Advertise in ILAIMH News.

For rates and deadlines, contact Jim at treasurer@ilaimh.org.

Implementing Early Childhood Mental Health Consultation

By Olga Silva-Zletz, PhD., LCPC

Clinician and Early Childhood Mental Health Consultant, DuPage County Health Department

ILAIMH recognizes the contribution of the Illinois Children Mental Health Partnership in promoting the mental health of children in Illinois. In this regard, the Early Childhood Mental Health Consultation Project, one of the Partnership initiatives, works to prevent and minimize mental illness. The Partnership embraces the definition of Infant (and Early Childhood Mental Health) as the developing capacity of a child from birth to age five: to experience, regulate and express emotions; form close and secure relationships; explore the environment, and learn in the context of family, community and cultural expectations for young

children (*Zero To Three*).

Early Childhood Mental Health Consultation (ECMHC) has been defined “as a process to enhance the capacity through relationship-based, training, reflective supervision, reflective learning groups, or education of those that provide direct care to children and their families to prevent, identify and reduce the impact of mental health problems among infants and young children.” Over the years the Partnership has designed, implemented, and supported a great number of ECMHC projects and initiatives in Illinois. Two of those initiatives are: providing ECMHC to home visiting programs

and the integration of mental health consultation into MIECHV programs. The consultation approach relies on the strengths of the relationship that develops between the consultant, program supervisor, staff and families.

The Partnership continues to work with its committees and work groups to implement the strategic plan priorities. For more information, visit the Illinois Children’s Mental Health Partnership website, (<http://www.icmhp.org/advocacy/getinvolved.html>): Annual Report to the Governor, 2014.

ILAIMH 33rd Annual Conference

Featuring

Oscar Barbarin, III, PhD

Professor, The Lila L. and Douglas J. Hertz Endowed Chair, Department of Psychology, Tulane University, New Orleans, LA.



At this conference, Dr. Barbarin will focus on development, particularly in African-American boys, their trajectory on social-emotional and academic competencies, and the relationship of parenting practices and socialization to this development. He will also explore key factors linked to positive outcomes for these boys, leading us to possible strategies we can use to better support them.

Save the Date

October 23, 2015

Time & CEUs TBA

In partnership with the UIC Child & Family Development Center.

The UIC Forum
725 W. Roosevelt Rd.
Chicago, IL 60608

Watch your mailbox for our conference brochure or visit ilaimh.org for details/registration.

ILAIMH Reflective Practice Groups: New Professional Development Offering

By Laura Hansen, LCSW, I/ECMH

During the coldest days of 2015, a few stalwart ILAIMH members were busy planning the launch of ILAIMH's first Reflective Practice (RP) groups.

BACKGROUND: Over the last several years, many of us have been listening intently and hearing professionals in our field discuss the need for more reflective practice opportunities throughout Illinois. We wondered what the Association could do and how we could support multi-disciplinary infant/early childhood professionals with reflective practice.

In 2013-2014, "Reflective Practice Across Infant and Early Childhood Settings," was the theme of our annual conference and spring seminar series—the topic was front and center in our minds. Using different strategies, we attempted to understand the availability of, access to, and need for reflective practice across settings and in different geographic areas statewide.

- In 2013, we surveyed our membership online about many aspects of reflective practice—such as, access to RP, geographic location, ages of children/families served, interest in RP groups. 71

people responded to the survey. When asked about interest in/likely to attend RP groups, 42 (59%) respondents checked "yes."

- At the 2014 annual conference, signup sheets were on all the tables, giving people another opportunity to express interest in RP groups—48 people signed up.
- Additionally, representatives of our Credential project informed us that some applicants did not meet the 60-hour reflective supervision requirement, and restated the need for accessible high quality reflective practice opportunities statewide.

In 2014, ILAIMH submitted a proposal to the Irving Harris Foundation requesting funds to pilot two RP groups situated in different locations. We were thrilled to receive a generous two-year grant (2015-2016) from the Harris Foundation to develop and implement RP groups that align with and expand the Association's professional development work.

RP Groups: a commitment to reflective practice and professional development.

The RP groups are designed to be a yearlong group experience for

multi-disciplinary professionals serving young children (0-5) and their families. Each group of 4-6 participants is facilitated by an ILAIMH credentialed practitioner and meets monthly for two hours over ten sessions. Group participants may be seeking a focused and supported opportunity to reflect on their work, a chance to connect with peers and gain multiple perspectives, and/or want to earn reflective supervision hours (up to 12 hours) that can be applied toward the 60 hour RS Credential requirement.

We launched our first RP group at the end of April 2015 for practitioners in the Chicago south and west suburban/collar county area. Christina Shirley, LCPC, I/ECMH-C is facilitating this group.

Our second group in Central Illinois begins this month. Pat Husband, LFMT, I/ECMH-C will facilitate this group.

In 2016, we also plan to offer RP pilot groups in two different locations. For more information, please contact Tina Dorow at ilaimhrpgroups@yahoo.com.

ILAIMH Chapter Report

CENTRAL IL CHAPTER

On a sunny, cool day in March 2011, a group of professionals met for the first time in Champaign. This group was a myriad of professionals from different cities, had different years of experience working in the field, had different genders, different ethnicities, and worked for different agencies. However, the one similarity that bound this group together was the passion and commitment to children and their families in central Illinois.

Four years later, this group, which has become the central chapter of the Illinois Association for Infant Mental Health, is a strong, thriving union of professionals. The relationships we have built with each other are the cornerstone of our work, and the foundation of our chapter.

We celebrated our 4th year by organizing and hosting the central chapter's 4th annual spring seminar on April 7th at the Champaign Public Library. Dr. Peggy North-Jones, Associate Director of Care-

giver Connections, gave an enlightening presentation entitled "A Look at Parenting and Family Life Today." We enjoyed and appreciated the information Dr. North-Jones, Ph.D., I/ECMH-C, CFLE, presented on how time expenditures and lifestyles impact child development, parent-child relationships, and family values.

The central chapter wishes all of you a safe, happy and fun-filled summer!

*Delreen Schmidt-Lenz, LCSW, I/ECMH-C
ILAIMH Board Member*

...Report from the Education & Professional Development Committee

As you read this, our final seminar of the 2015 Bridges for Communication Spring Seminar Series will have concluded. This annual professional development series, which was co-sponsored by Jewish Children and Family Services Center for Practice Excellence offered 6 seminars reaching infant mental health professionals from the Chicago north suburbs to downstate Illinois. [FYI to those in the northwest Illinois/Rockford area, we will again offer a seminar in your area in 2016. If you are interested in being part of that planning, please let me know.] This year's series built upon our ILAIMH 2014 Annual Conference with Lori Roggman, *Supporting Developmental Parenting: Engaging Families and Promoting Optimal Parent Child Interaction*. Seminar topics included: exposure to domestic violence and parenting today, models for working with the parent-child dyad in both

psychotherapy and home visiting, tools for observing dyads and supporting the professionals who work with young families.

We wish to thank those of you who attended our workshops for supporting the seminar series and for being engaged learners. Your feedback shows that you felt professionally enriched by the information and ideas presented. We also wish to thank our presenters for sharing their knowledge and expertise. And finally, we couldn't have done it without the support that we receive from our partners at JCFS who provide much of the behind the scenes assistance to make the seminars run smoothly and of course our committee.

Now on to our conference! We are very excited that we will be joined by Oscar Barbarin, PhD, from Tulane University. Dr. Barbarin has authored many articles

and much research on "Boys of Color." His focus at the conference will be on development, particularly in African-American boys, their trajectory on social-emotional and academic competencies, and the relationship of parenting practices and socialization to this development. Additionally, he will explore key factors linked to positive outcomes for these boys, leading us to possible strategies we can use to better support them. So be sure to save the date for ILAIMH's 34th Annual Fall Conference on Friday, October 23, 2015. We will once again partner with the UIC Child & Family Development Center, our conference affiliate at UIC where the conference is to be held (UIC Forum). Watch our website for developing information.

*Tina Dorow, LCSW, I/ECMH-C
Education and Professional Development
Committee Co-Chair*

Policy & Advocacy Committee Update

Illinois Budget Update

Just before the General Assembly adjourned for their spring break at the end of May, an agreement was reached to resolve the FY15 budget shortfall, which was affecting important early learning programs. The Child Care Assistance Program (CCAP) had been most severely impacted, with providers receiving no payments since February. The Early Intervention (EI) program was also running short on funds. As important as this agreement was, it included a 2.25% cut for nearly all state programs, including early learning programs.

Governor Rauner also instituted additional grant suspensions in April; however, due to better than anticipated revenues to the state in recent weeks, those cuts of \$26 million have been restored,

aiding programs that address autism and SIDS.

Legislators are now able to focus their attention on the FY16 budget. Working groups have been established to examine the Governor's proposed budget and agenda from his February budget address. A series of hearings were held throughout March and April in which numerous early childhood education advocates testified before appropriations committees about their opposition to proposed changes to EI and CCAP, as well as their support for increased early childhood education funding in the Illinois State Board of Education.

The ILAIMH submitted letters to the Governor and the legislature opposing changes to the EI and CCAP programs (to learn more about the proposed changes,

visit: <http://www.theounce.org/what-we-do/policy/FY2016-budget-address>

It is still very important to be in touch with lawmakers as the budget process continues. To stay updated on how you can advocate for children and families, visit these Advocacy Action Centers:

The Ounce of Prevention Fund: <http://www.theounce.org/what-we-do/policy/action-center>

Action for Children: <http://www.actforchildren.org/site/PageServer?pageName=AdvocacyActionAlertCenter>

Voices for Illinois Children: <http://www.voices4kids.org/what-you-can-do/>

The Illinois Children's Mental Health Partnership: <http://www.icmhp.org/advocacy/getinvolved.html>

...more

Policy & Advocacy Committee Update (cont.)

New Federal Grants for Illinois

Awarded in December 2014, the Illinois Preschool Expansion Grant will build on the Preschool for All model by expanding and sustaining high-quality preschool programs that reach and serve high-risk, 4-year-old children. The expansion grant will target children with the highest needs and multiple risk factors and introduce 2,600 new and 680 enhanced slots in 18 targeted communities throughout Illinois.

The grant will expand current PreschoolForAll components by adding community-based collaboration to ensure a smooth transition from pre-k to kindergarten; mental health consultation to programs; intensive family engagement opportunities that are culturally and linguistically responsive; and on-site or accessible comprehensive services for families (such as physical, developmental, and social-emotional screenings; nutrition services; service coordination with Early Intervention and special education; and at least 60 minutes of physical activity per day).

As a part of the grant, the state laid out a plan to provide additional resources to early learning as well, which would affect children and families statewide. In FY2016, an additional \$50 million in state funding to the Early Childhood Block Grant would restore the most recent cuts to providers statewide, bringing their funding back to FY2012 levels. It would provide additional funds for infant and toddler services and fund some additional enhanced Preschool for All slots that could not be funded by the federal grant.

For more information, visit the US Department of Education (<http://www2.ed.gov/programs/preschooldevelopmentgrants/index.html?tr=y&aid=15175674>).

Also announced in December 2014, the Department of Health and Human Services awarded Early Head Start/Child Care Partnership grants to four communities in Illinois: the City of Chicago, Joliet, Maywood, and Rockford. These grants allow new or existing Early Head Start programs to partner with local child care centers and family child care providers by providing a full-day, full-year program that will serve infants and toddlers from low-income families.

The grants set requirements for teacher qualifications and certifications, and offer increased professional development opportunities for teachers, as well as ensure that programs provide comprehensive services that benefit children and families, including: health, developmental and behavioral screenings; high health, safety and nutrition standards; and increased parent engagement opportunities.

For more information, visit the US Department of Health and Human Services (<http://www.acf.hhs.gov/programs/ecd/early-learning/ehs-cc-partnerships?tr=y&aid=15175684>).

The US Senate passed a two-year extension of the Maternal, Infant and Early Childhood Home Visiting (MIECHV) grant program through the Sustainable Growth Rate (SGR) package, known as the “doc fix,” which also includes a two-year extension

of the Children’s Health Insurance Program (CHIP). This extension will maintain MIECHV at its current funding level of \$400 million per year through September 2017. Having already been passed by the House of Representatives, the bill was signed into law by President Obama.

Illinois received full federal funding for FY16 for the MIECHV program for its formula and competitive grants. The competitive grant funds will be used to expand doula home visiting services and trials, develop and evaluate the rollout of a Fussy Baby Network training process, and expand the development and implementation of the Home Visiting Quality Rating Tool.

Over the past five years, MIECHV funding has played a critical role not only in expanding access to evidence-based home visiting programs for vulnerable families in Illinois, but also in creating systems-level innovations that enhance the quality of home visiting programs, thereby improving outcomes for children and families.

Want Advocacy 101 Training?

How do you best advocate for your clients? How do you as a clinician learn more about policy? How can you engage your clients to be empowered about policy and advocacy?

If you would like Advocacy 101 training for yourself, your staff, or your program, please contact Allison Lowe-Fotos at alowefotos@ounceofprevention.org.

Allison Lowe-Fotos, MSW, LCSW



ILAIMH Member Profiles

Our work as infant mental health professionals is based in relationships... so, to that end, we'd like to use the newsletter to give members the opportunity to get to know one another better! We pulled up our very fancy membership database (okay, maybe fancy is overstating it, given that it's nothing more than a manually updated Excel spreadsheet) and used a random number generator to pull up the spreadsheet line number for two current members. We then asked each member to tell us a little more about themselves, including their backgrounds in infant mental health work and reasons for staying connected to ILAIMH.

Members #s 99 and 112 were selected this go-around. Please meet Catherine Murray and Patty Mack. Be sure you keep your membership current—maybe we'll randomly pull your number next!

Catherine Murray, LCSW, I/ECMH-C



Catherine Murray is a clinical social worker who holds a Masters in Social work from UIC, and was trained in family systems approaches through the Chicago Center

for Family Health. Her grounding in infant mental health was through the Infant Mental Health Certificate Program at Erikson and the Illinois Child Parent Psychotherapy Learning Collaborative, both supportive reflective learning communities. She was credentialed as an I/ECMH-C by the ILAIMH in 2014. Catherine's work as a clinician has been with children and their families

who are experiencing things that contribute to the child's vulnerability, such as homelessness, domestic or community violence, poverty, or child welfare involvement.

Catherine is currently in private practice as a Floortime/DIR therapist, and as a consultant with shelters. She describes, "I integrate principles of infant mental health into each facet of my work, as a therapist, consultant, and reflective consultant/supervisor. I practice as a clinical social worker, but I find that calling myself an Infant Mental Health professional more accurately describes my focus within the field. I am a member of the ILAIMH because this is a community that I truly value; paying dues is the starting point for me to remain connected to the community of my peers. I find the items sent out by the association's listserv to consistently be valuable. The annual conference is a wonderful chance to learn, reconnect with friends and colleagues, and meet others from other parts of the state. Ultimately, however, I am a member because I want the infant mental health community to thrive, as I think that we do really important work and I want to be involved with it!"

Patricia (Patty) Mack, RN, MS, LMFT, LPHA



Infant Mental Health Specialist. She is a Healthy Steps Specialist and faculty member for the Advocate Children's

Hospital—Park Ridge Pediatric Residency Program, where she provides education; attends well-child visits from birth to age three with pediatric residents; and assists with developmental, infant mental health, and family risk factor guidance. She has educated pediatric providers, residents and staff across Illinois in developmental and family risk factor screening and referral for over 10 years as part of the Enhancing Developmentally Oriented Primary Care project. Further, she provides therapy for individuals and families at the Chrysalis Center for Individual and Family Development. Patty presents at state, national, and international conferences on child and family developmental issues. Patty's work in the IMH field brings her lots of rewarding moments, such as assisting new parents in seeing the strengths in their newborn and in themselves as they learn to parent and become a family, and watching pediatric residents experience the satisfaction of working collaboratively and empathically with new parents.

Patty tells us, "I became familiar with ILAIMH while completing the two year infant mental health certification at Erikson Institute as part of their first cohort. The information sharing and networking made possible at the ILAIMH conferences and seminars is invaluable. I have learned so much about young children and families and how to support them! Plus it's also great to see familiar faces in the field! As a busy practitioner I also appreciate all of the information shared on the ILAIMH listserv. I receive news about advocacy efforts and educational and employment opportunities, and can network with colleagues searching for or sharing resources."

ILAIMH Chapter Report

SOUTHERN IL CHAPTER

If a child's work is through play, then we have been playing hard in our Southern chapter. We have been enjoying our monthly meetings and incorporating a "Salon" style format in them. We have discussed rich topics such as the Diversity-Informed Infant Mental Health Tenets and supported each other in our work. We just wrapped up our Spring Seminar and were very lucky to have Donna Hunt O'Brien from Parents as Teachers National speak to us on Facilitating Positive Parent Child Interactions including further discussion of Developmental Parenting. This was a beautiful extension of the fall conference as she reminded us about the parent/child relationship being the "Star" of our visits. She also talked about the importance of reflective support in our work especially as we think about our own comfort level when we are with families. She truly spoke the infant mental health language so it was an excellent fit for our seminar this year.

Our chapter has also helped sponsor

two conference events this spring. We had a strong presence at NAMI's Annual "Piecing it All Together" Conference where we had a booth and chapter members who worked on the committee to bring in topics and voices on infant mental health. Friday's keynote speaker was Michael Trout who was very well received at the conference. Several chapter members also spoke at breakout conference sessions. We are also helping to sponsor an event at the St. Louis Psychoanalytic Institute with keynote speaker, Dr. Richard Gaskill who is presenting on Trauma in Play. His research discusses the use of some of Bruce Perry's model within a therapeutic preschool.

We also just wrapped up our first Diaper Drive. We partnered with some community banks as drop-off sites and worked within our own organizations to round up as many diapers as we could to benefit families living in poverty in the East St. Louis area. We will post more about our collections for the next newsletter. In the meantime, why did we choose diapers? Some of you may have noticed several re-

cent studies in major journals that have shown the impact of "diaper need" on mothers' mental health. As you might expect, "diaper need" is defined as a mother not having reliable access to clean diapers for their baby. These studies have indicated that "diaper need" is one of the most important impacts on mothers' mental state. This is disturbing when you find out that as many as one-third of mothers in poverty report being uncertain of their diaper supply. Additionally, government assistance programs like Food Stamps do not cover diapers. From an infant mental health perspective, these findings shouldn't surprise us. A parent's ability to meet their baby's physical and emotional needs is the critical ingredients to a healthy parent/child bond. This is why the Southern chapter of ILAIMH helped coordinated a community diaper drive this spring and we hope to make this an ongoing event that will gain momentum throughout the state.

*Jenna Kelly, LCSW, I/ECMH-C
ILAIMH Member/Southern Chapter*

Membership Committee **REPORT**

We count on our membership to help spread the word about ILAIMH! Are you interested in supporting our member recruitment and retention efforts, but need some ideas about how to get started? Look no further!

- **Do you use Facebook?** Like ILAIMH on Facebook and invite your personal and professional networks to do the same. (www.facebook.com/ILAIMH)
- **Do you supervise student interns?** Consider giving a GIFT ILAIMH MEMBERSHIP as a thank-you for their service—it's just \$25 since you can get the special student rate!
- **Do you attend events where potential**

ILAIMH members hang out? Lucky you! Take a "sign-up" sheet that allows people to write down their name and email address if they would like more information about the Association. Then snap a photo of the list and send it our way. Just scan and email it to us. We'll take it from there, since you've done the hard work of recruiting potential new members!

- **Do you want to ensure that your own membership stays current?** Watch your email for renewal reminders, or consider purchasing a 2-year membership!
- **Do you want to be more involved?**

Consider joining the Membership Committee today! Help with the Association's membership recruitment, retention & engagement efforts in fun and exciting ways.

Contact us at membership@ilaimh.org with questions or for help with making any of these ideas (or any other great ideas you have for recruitment!) happen. As always, thank you for your ongoing commitment to the Illinois Association for Infant Mental Health, and for all the wonderful work you do with and on behalf of young children, families and communities in Illinois and beyond!

*Mary Reynolds, MA, LCSW, I/ECMH-C, ICDVP
Membership Committee Chair*

ILAIMH I/ECMH Credential Project

The application process for the 2015 Cohort has just begun! All information including the application and the Competencies are now on the website at www.ilaimh.org. Applications are due by May 29th and applicants will be notified of their status by July 1st. Cohort IV will begin in September.

The Illinois Credentialing model is unique among states that have developed credentialing/endorsement systems. This is a professional development activity that provides mid-level career practitioners from multiple disciplines the opportunity to deepen their understanding of infant development within the context of relationships and develop an infant mental health perspective. The model involves three components:

Admission Component: the applicant gathers and submits evidence of education, experience, reflective supervision (including writing a reflective essay discussing that supervision), and completes a self-assessment tool based on the competencies. The applicant then participates in an interview with a credentialed I/ECMH practitioner and a panel of three credentialed practitioners including the interviewer reviews the application materials.

Reflective Practices Component: When the admission process is completed, candidates are placed in regional groups of 4-5. Credentialed facilitators

lead the 10-month reflective practices groups. Each 3-hour meeting is centered around the competencies and candidates come to the meeting prepared to discuss their work as it demonstrates their knowledge, skill, and capacity for reflection in relation to the competencies. The candidates submit an essay to the facilitator following each meeting. The facilitator meets individually with candidates for 5 hours of individual reflective supervision during the 10-month period. At the end of the reflective practices component the candidate will prepare a comprehensive case study and complete the self-assessment tool again. The case study, final self-assessment tool, reflective essays from the monthly meetings, and the facilitator evaluation complete the portfolio that will be used during the Panel Review component.

Panel Review Component: The candidate will present their case study to a panel of three credentialed specialists including the candidate's facilitator following the reflective practices component. The panel will discuss the contents of the portfolio as well as the case study.

CURRENT ACTIVITIES

The third cohort of the I/ECMH-C is entering the final three months of the reflective practice component. Candidates will then have a month to prepare

their case study, which they will present to the review panel in early September. There have been rich discussions around the competencies and the regional groups are providing professional identity.

The Credential Committee will be working on developing criteria to designate reflective supervisors/mentors in order to assist practitioners who are looking for quality supervision. We are also pursuing funding from the Governor's Office of Early Childhood to extend the Credential to the Bachelor's level. This credential will be appropriate for home visitors and early intervention specialists.

The Director of the Credential process and other members of the Credential Committee are reaching out to stakeholders to educate them regarding the Credential. We hope that public and private funding will increase to support practitioners in going through the credential process as well as denoting quality in the workforce.

We are always interested in recruiting new Credential Committee members. For questions/further information please contact Credential Director: Lynn R. Liston at credential@ilaimh.org or 815-520-2790.

*Lynn R. Liston, MS.Ed, I/ECMH-C
Credential Director*

Research Committee

Announcing the 2015 Dolores Norton Student Research Award Application deadline: 9/14/15

This award is presented each year to recognize a promising doctoral student or post-doctoral scholar in the field of infant and toddler social-emotional health, development, and intervention. The award honors Dolores Norton, ("Dodie"), who is the Samuel Deutsch Professor Emerita at the School of Social Service Administration of the Univer-

sity of Chicago. Dr. Norton devoted her research career to understanding children and families living in conditions of poverty and to understanding children and families through the complex lens of a systems ecological framework.

The award provides a \$5,000 stipend to support research on an open topic regarding: (1) social-emotional development or mental health during the zero to five age period; (2) behaviors, beliefs, and mental health of expectant parents or parents of young children; and/or (3) interventions for infants, young children, or families. The award is open to doctoral students or postdoctoral fellows enrolled

in or affiliated with an educational or research institution in Illinois. Area of discipline is open. The recipient will be chosen based on the quality of the study proposed and the potential for contribution to the scholarly literature and to practice. The award will be presented on October 23, 2015 at the ILAIMH Annual Conference.

To apply, please submit an application form, Curriculum vita, and a letter of recommendation from primary adviser. To receive a copy of the application form, contact Joyce Hopkins, Ph.D., Co-Chair at hopkins@iit.edu.

Cecilia Martinez-Torteya



ILLINOIS ASSOCIATION FOR
Infant Mental Health

MEMBERSHIP FORM
Rolling Membership Year

Please join or renew online at www.ilaimh.org. Or, you may join or renew by returning this form, along with a check made payable to Illinois Association for Infant Mental Health to:

ILAIMH Membership
c/o Erikson Institute
451 N. LaSalle Street
Chicago, Illinois 60654

For questions about membership:
membership@ilaimh.org

Thank you for your continued support!

Name: _____

Degree(s): _____ Profession: _____

Email Address* (required): _____

Preferred Mailing Address:

Organization Name (if applicable): _____

Street address, including apartment/unit number

City, state and zip code

Work Telephone: _____ Cell: _____

* Would you like to join the ILAIMH Listserv?

____ No, thanks; I'm already on the Listserv. ____ Yes, please!

Please check the appropriate ILAIMH membership category:

- \$25.00 – ILAIMH Student Membership (please include copy of student ID to verify full-time status)
 \$40.00 – ILAIMH Individual Membership

ILAIMH Group Membership (please include a copy of this form for all members to be included in the group)

- \$180.00 – Group of up to 5 people
____ x \$35.00 for each additional member, 6-9 people
____ x \$30.00 for each additional member, 10-14 people
____ x \$25.00 for each additional member, 15-19 people

\$ _____ Group Total

We encourage you to play an active role in our organization! Please indicate below the opportunities about which you would like to learn more. For more information, visit www.ilaimh.org.

____ Policy & Advocacy ____ Communications/Newsletter ____ Research ____ Membership & Outreach
____ Credential Education: ____ Annual Conference Planning ____ Spring Seminar Series

Please check here if you are a member of the World Association for Infant Mental Health (WAIMH)
Learn more, and consider joining WAIMH, at www.waimh.org.