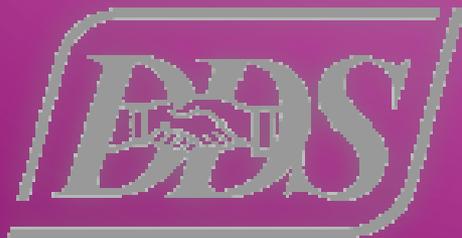




# *Infant Family & Early Childhood Mental Health (IFECMH) Project*

## Funded by:

This project is funded by the Mental Health Services Act (MHSA) in partnership with the California Department of Mental Health and Department of Developmental Services, and First 5 Fresno County.



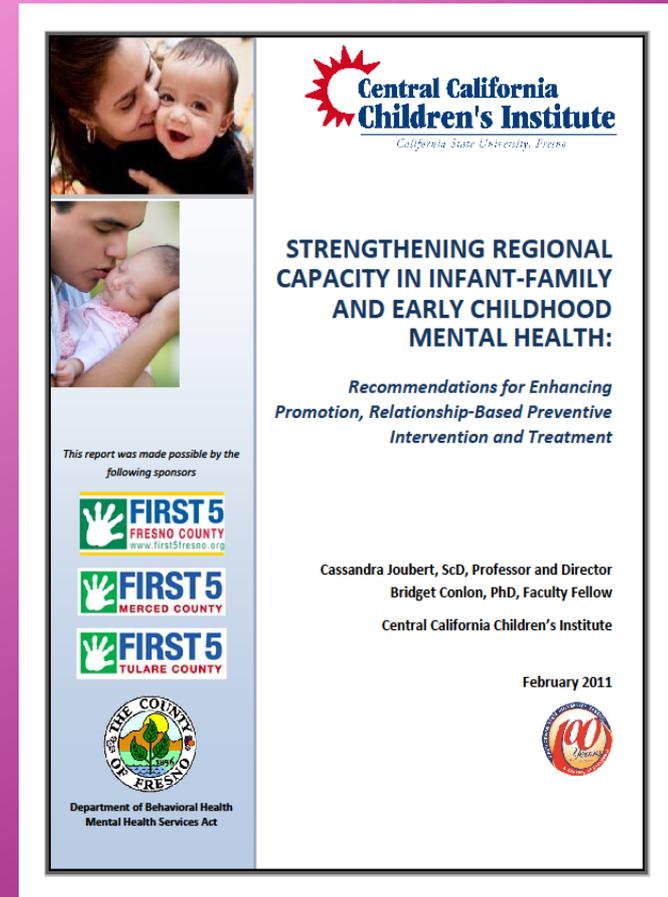
# *Project Description*

Central Valley Regional Center (CVRC), in partnership with The Central California Children's Institute at CSU, Fresno and First 5 Fresno County, has developed and implemented a multi-county, multidisciplinary training program for professionals already working with families with young children – modeled after The University of Massachusetts Napa Program.

The training program provides basic infant-family and early childhood mental health (IFECMH) curricula to 320 practitioners of six to seven large public agencies in the CVRC six-county catchment area (Fresno, Madera, Mariposa, Merced, Kings and Tulare counties). These trainings are directly responsive to the professional development needs of participating agencies, and also serve to move attendees closer to meeting state-level endorsement in IFECMH, if desired.

# Project Background

- Environmental scan supported by First 5 Fresno, Tulare and Merced was conducted in 2009 – 2010
- There was consensus a community-based IFMH training program was needed that would build workforce diversity and that included a reflective practice component
- CVRC and CCCI applied for and received MHS funding from Department of Developmental Services for a three year training program covering six counties (\$450,000 over three years)
- First 5 Fresno co-funded this effort through two grants to CVRC





# *Project Timeline*

Year 1: Planning phase, creation of a Regional Training Council, collaboration with the First 5 RP Mentor Group, curriculum development and faculty selection.

Year 2: Launch of the Training Program

Year 3: Continuation of program utilizing the same training model

# *Training Format*

- Eight full days of training held once per month over 8 months
- Each six hour lecture was followed by 1 to 1.5 hours of reflective practice
- Reflective practice groups were intentionally multi-county and multi-disciplinary
  - 20 reflective practice groups of 7 - 8 each



# *Curriculum Alignment*

- Curriculum aligned with the California Training Guidelines and Personnel Competencies for Infant-Family and Early Childhood Mental Health (2009)
- Participants attending 100% of the trainings accumulated lecture 43.25 hours eligible for use towards endorsement
- Continuing education units were provided in social work and nursing through Fresno State

## REGISTRATION INFORMATION

This program is designed for professionals from multiple disciplines who seek professional development in providing infant and family mental health consultation, reflective practice, and relationship-based services to children birth—5 years old and their families. This includes professionals who provide direct services to children and their families in preventive intervention, early education, and health care programs (e.g., Birth to 5, Early Childhood Special Education, Early Head Start, Head Start, Child Care, Child Protective Services, Home Visiting, etc.)

**Fees:**  
\$75 non-refundable registration fee, and an additional fee of \$25, if applying for CEU credits

**To Register:**  
Download application at [www.centralcaliforniachildren.org](http://www.centralcaliforniachildren.org) and e-mail completed application to Wendy Davis at [wddavis@csufresno.edu](mailto:wddavis@csufresno.edu) by no later than Monday, July 15, 2013.

*Enrollment is limited and we are unable to accept all applicants.*

Your application will be reviewed and you will be notified via e-mail if you have been accepted by Friday, August 16, 2013. Registration fee is not required until you receive notification of acceptance. Fees will be due by Monday, September 16, 2013.



This project is funded by the Mental Health Services Act (MHSA) in partnership with the California Department of Mental Health and The Department of Developmental Services.

Provider approved by the  
California Board of Registered Nursing,  
CSUF Department of Nursing  
Provider # CEP 14728,  
and the California Board of Social Work,  
CSUF Department of Social Work  
Education Provider # PCE 2531,  
for up to 50 contact hours.

# FRESNO STATE

## Central California Children's Institute

1625 E. Shaw, #146  
Fresno, CA 93710  
Phone: 559-228-2150  
Fax: 559-228-2168

Website: [www.centralcaliforniachildren.org](http://www.centralcaliforniachildren.org)

## Foundations of Infant Mental Health Training Program



September 2013  
thru  
May 2014

New Covenant  
Community Church  
1744 E. Nees Ave  
Fresno, CA 93720

## Background



The Central California Children's Institute, in partnership with the Central Valley Regional Center (CVRC) and First 5 Fresno County, has developed a regional training program in the foundational principles of infant-family and early childhood mental health (IFECMH).

In its second year, the program will introduce 160 practitioners in a six-county region to the fundamental principles of relationship-based work with infants and toddlers, including reflective practice. The proposed curriculum aligns with the professional competencies adopted in 2009 by the California Work Group on Infant-Family and Early Childhood Mental Health, and will cover themes of particular interest to those working with the culturally diverse families of the San Joaquin Valley.

There is a growing need, both locally and nationally, for specialists trained in the field of infant mental health to support these early relationships. Our training program was created to address the burgeoning demand for professionals with expertise in:

- Promoting awareness about the importance of infant mental health
- Practicing in diverse settings serving infants and families
- Conducting assessments and interventions with caregivers and infants experiencing significant distress.

## Description of Training Program

Lecture sessions will take place once per month beginning September 2013 and concluding in May 2014. Each session will include approximately six hours per training day. At each of the proposed training sessions, small reflective practice learning pods will meet for one hour in the afternoon. These pods will be configured to represent varied disciplines and agencies across participating counties. The learning pods will be facilitated by facilitators-in-training of the First 5 Fresno County Reflective Practice Mentor Group. For more information on the reflective practice component, please contact Dr. Martha Moore at [marthamoorephd@gmail.com](mailto:marthamoorephd@gmail.com).



### What will the Program provide?

Advanced learning experiences that will lead to:

- An increased specialized knowledge base and skill set
- Extraordinary opportunities to learn from and with state and nationally recognized experts in the fields of infant, early childhood and family mental health;
- Reflective mentoring and supervision experiences necessary to provide direct clinical and/or consultation services
- Professional development that aligns with the California Training Guidelines for Infant-Family Mental Health

## Tentative Training Schedule

### SESSION 1:

**Thursday, September 26, 2013**

*Mary Claire Haffron, PhD*  
Clinical Director, ECMH Training Program,  
Children's Hospital & Research Center, Oakland, CA

### SESSION 2:

**Thursday, October 24, 2013**

*Connie Lillas, RN, MFT, PhD*  
Director, Interdisciplinary Training Institute  
Los Angeles, CA

### SESSION 3:

**Thursday, November 7, 2013**

*Valerie Batts, PhD*  
President, Visions, Inc., Fresno, CA

### SESSION 4:

**Thursday, December 5, 2013**

*Chandra Ghosh-Ippen, PhD (Invited)*  
Child Trauma Research Program, UCSF, San Francisco, CA

### SESSION 5:

**Thursday, January 16, 2014**

*Connie Lillas, RN, MFT, PhD*  
Director, Interdisciplinary Training Institute  
Los Angeles, CA

### SESSION 6:

**Thursday, February 13, 2014**

TBD - Sensory Profiles and Impact on Relationships

### SESSION 7:

**Thursday, March 13, 2014**

*Ruby Salazar, PhD*  
Private Practice

### SESSION 8:

**Thursday, TBD**

*Kristie Brandt, CNM, DNP (Invited)*  
Director, Parent-Infant & Child Institute, Napa, CA

### SESSION 9:

**Thursday, May 8, 2014**

Closing Session of Two Year Effort:  
"How to Measure a Relationship:"  
Book Signing with Barbara Stroud, PhD

# Partners Providing Services

**FRESNO STATE**

Central California Children's Institute

## Foundation of Infant Mental Health Training Program

- Funds from DDS MHSA & First 5 Fresno County
- <http://www.fresnostate.edu/chhs/ccci/projects/imh/index.html>

## Reflective Practice Training Project

- Funds from First 5 Fresno County
- <http://www.reflectivepracticetrainingproject.com/Welcome.html>



# Year 1 Overall Evaluation



## Session

Feedback Questions	1	2	3	4	5	6	7	8
	Mathur-Kalluri & Heffron	Heffron	Bremond	Ghosh-Ippen	Lillas	Batts	Feder	Brandt
The learning objective(s) for this session were met.	3.97	4.10	4.17	4.73	4.26	4.53	3.80	4.30
The presentation was well organized and easy to follow.	3.96	4.06	4.08	4.80	4.17	4.58	3.78	4.36
The speaker(s) was knowledgeable, engaging and held my interest.	4.15	4.30	4.11	4.91	4.42	4.71	4.21	4.54
The presentation was appropriate for my level of education.	4.18	4.29	4.17	4.79	4.22	4.61	3.80	4.45
The presenter(s) responded well to participant's questions.	4.21	4.42	4.34	4.69	4.37	4.62	4.13	4.48
The session readings and/or materials were helpful.	3.79	4.06	4.01	4.59	4.37	4.47	3.83	4.19
The pacing of the presentation and the amount of material presented was appropriate for the time allocated.	3.93	3.52	3.94	4.56	3.86	4.56	3.69	4.38
The meeting facility provided an environment conducive to learning.	3.98	3.73	3.79	4.67	4.36	4.48	4.17	4.34
The reflective practice pod helped me gain a better understanding of the morning session content and its application to my work with young children and their families.	3.94	3.95	3.91	4.30	4.10	4.36	3.85	4.30
The information provided during today's session was valuable and relevant for my work with young children and their families.	4.10	4.38	4.32	4.82	4.40	4.59	3.97	4.45
<b>Average score (scale of 1 to 5, being highest)</b>	<b>4.02</b>	<b>4.08</b>	<b>4.08</b>	<b>4.69</b>	<b>4.28</b>	<b>4.53</b>	<b>3.92</b>	<b>4.38</b>

# *Barriers*

No barriers – a few challenges popped up along the way.

- Finding an appropriate facility
- Moving from one meeting space to another during year one of the training program
- Dollars spread thin

# *In Retrospect...*

- Managing such a large number of participants has been a challenge – but for what we wanted to achieve, we wouldn't do this any other way!

# *Sustainability*

- Trying to move some of this curriculum into CSUF undergrad curriculum
- Creating a pipeline between Fresno City College and CSUF
- Proposing a continuation for a smaller cohort that will focus more on service delivery implementation