



# Iowa Association for Infant & Early Childhood Mental Health

[promotingmentalhealthiowa.org](http://promotingmentalhealthiowa.org) IAIECMH

## ANNUAL REPORT 2021\*

*\*Due to the change from a federal to a state fiscal year, numbers reported are for nine months.*

The work of the Iowa Association of Infant and Early Childhood Mental Health (IAIECMH) is ongoing and welcomes new board members to support the work that impacts the community. The board is a working board, supporting education and awareness efforts in Iowa.

If you are interested in joining the IAIECMH please contact Julie Gibbons at [j.gibbons@pchsia.org](mailto:j.gibbons@pchsia.org).

### BOARD MEMBERS

- Megan Caves, PsyD
- Pat Rogness, MS, LMHC, CADC
- Rhonda Rairden, B.S., IMH-E®
- Billie Jo Clausen
- Gladys Alvarez, LISW, IMH-E®
- Luke Huber
- Lea Boldt
- Amanda Goad
- Jessie Mireles
- Kelly Pelzel, PhD
- Kere Hughes-Belding
- Stephanie McFarland, MSW, LISW, IMH-E

The IAIECMH looks forward to continued growth in fiscal year 2022. The association has supported the Infant Mental Health Endorsement® (IMH-E®) process for a number of years but looks forward to the implementation of the Early Childhood Mental Health Endorsement® (ECMH-E®) process in 2022.

In 2022, the IAIECMH will begin to offer organizational sponsorships of their employees. These sponsorships will offer promotional opportunities for the organization and decreased costs for Iowa Association membership and training. To learn more, visit our website.

## Endorsement®

### WHAT IS IT?

Infant Mental Health Endorsement® (IMH-E®) and Early Childhood Mental Health Endorsement® (ECMH-E®) are two separate credentials that can be earned by anyone working with, or on behalf of, very young children and their families, with a focus on strengthening and supporting early relationships that are crucial to a child's social and emotional development.

Endorsement® signifies that an applicant has acquired knowledge to promote the delivery of high quality, culturally sensitive, relationship-focused services to infants, toddlers, parents, other caregivers and families.

### WHY DOES IT MATTER?

Growing evidence indicates that endorsed professionals are better prepared to support the foundational early development of babies and young children, in the context of their caregiving relationships.

In order to support optimal early relational development, support for professional development initiatives in the infant, young child and family workforce is a crucial strategy. Providing services to vulnerable babies, young children and their families, particularly those facing chronic adversity, is challenging and requires a unique set of skills.

### COMING IN 2022

The Early Childhood Mental Health Endorsement® (ECMH-E®) will expand for professionals serving children and their families aged 3-6.

The ECMH-E® is meant to provide a path to Endorsement® for professionals who are promoting and implementing infant and early childhood mental health principles in their work with or on behalf of children ages 3 up to 6 years old and their families.

ECMH-E® is built upon the existing IMH-E® structure, e.g. Early Childhood Family Associate, Early Childhood Family Specialist, Early Childhood Mental Health Specialist and Early Childhood Mental Health Mentor, using existing IMH-E® criteria as a template. To support this endorsement process the Iowa Association will continue to support the growth of reflective supervision throughout Iowa. This support includes providing support to those who provide reflective supervision but also those agencies that need supports to offer the model to employees.

Visit our website or social media for more information.

### INFANT FAMILY ASSOCIATES

- Rhonda Rairden-Nelson / 2018
- Kere Hughes-Belding / 2019
- Megan Hasley / 2020

### INFANT FAMILY SPECIALISTS

- Stephanie McFarland / 2018
- Kellie Patterson-Liebeseller / 2019
- Nikolyn Kredit / 2020
- Marilyn Musser / 2020

### INFANT MENTAL HEALTH SPECIALISTS

- Billie Jo Clausen / 2018
- Cyanna Clauser / 2019
- Rebecca Williams / 2021
- Megan Caves / 2021

### INFANT MENTAL HEALTH MENTORS

- Gladys Alvarez / Clinical Mentor / 2018
- Kere Hughes-Belding / Research/Faculty Mentor / 2021
- Julie Gibbons / Policy Mentor / 2021

**14**  
# of individuals in the process of completing their applications for endorsement

**4**  
# of endorsees who have not renewed their endorsement

# Reflective Supervision/Consultation (RS/C)

## WHAT IS IT?

Reflective Supervision/Consultation (RS/C) is a safe space in which an Infant Mental Health (IMH) professional engages in a reflective, collaborative, and regular relationship with a supervisor. In this relationship, the IMH professional is able to explore their thoughts and feelings about their work with infants/very young children and families. RS/C, like Infant Mental Health practices, utilizes the relationship as a vehicle for learning and growth.

## WHY DOES IT MATTER?

Work with infants/very young children can be very challenging and emotional. RS/C aids professionals in gaining a deeper understanding of the complexities of their work with families which leads to improved outcomes for family engagement and intervention.

## HOW DOES IT WORK?

- 1 **Raises self-awareness**
- 2 **Improves relationships**
- 3 **Integrates emotional and logical reasoning**
- 4 **Emphasizes supervisor's ability to listen and wait**
- 5 **Enables supervisee to discover perceptions, concepts, and solutions for themselves, uninterrupted**

144  
hours of reflective supervision  
provided to

6  
groups each month and  
approximately

30  
participants

## Trainings

DATE	TRAINING	PARTICIPANTS
9/8/20	Diversity-Informed Tenets For Work With Infants, Children And Families	40
10/16/20	Beyond Words: How To Utilize Nonverbal Ways Of Seeing	34
10/19/20	Altruism in Infants & Young Children	29
12/7/20	Sesame Street Is Coming To Iowa	10
12/14/20	Self-Care During The Holidays	29
12/21/20	Constructivist Approaches For Teaching Young Children	10
2/8/21	Child Development Through An Infant Mental Health Lens	150
2/15/21	Substance Use Disorders & Early Childhood: More Attached Than You Think	14
3/25/21	Interventions In Infant Parent Psychotherapy	73
4/5/21	Social Emotional Development In Young Children	91
4/19/21	How to Talk About Race with Young Children & Families in a Therapeutic Environment	300
5/19/21	Introduction To Reflective Supervision/ Consultation: Facilitated Learning	15
6/7/21	Matters Of Equity: 2-Part Training	40
6/21/21	The Power of Rituals & Routines: Talk, Touch & Listen While Combing Hair!	126

## WE INCORPORATE EIGHT COMPETENCIES INTO ALL TRAINING COURSES:

- 1 **Theoretical Foundations**
- 2 **Law, Regulation & Agency Policy**
- 3 **Systems Expertise**
- 4 **Direct Service Skills**
- 5 **Working with Others**
- 6 **Communicating**
- 7 **Thinking**
- 8 **Reflection**

## Educational Webinars

New in 2021 the Association provided regularly scheduled educational webinars on topics identified as a need by members. These sessions grew in popularity throughout the year with approximately 300 people being registered for sessions offered in April and June.

Highlights of the workshops include:

- Understanding our role and stake in advancing diversity, equity and inclusion
- Deepening our awareness of the ways social justice issues intertwine with work with infants, children and families
- Identifying ports of entry for change in our own practice and organization

## Connections Matter for Early Childhood

Connections Matter in Early Childhood focuses on the importance of safe, secure attachments with primary and alternative caregivers. The presence of a safe, secure adult relationship makes a significant impact in the life of a child and has impacts on their health outcomes as an adult.

176  
participants including  
childcare nurse consultants,  
childcare consultants,  
preschools and childcare  
centers from around the state

7  
sessions  
averaging  
25 participants  
per session