



# *Building Capacity*

## to Provide Infant-Family and Early Mental Health Services:

Training,  
Technical Assistance,  
Consultation *and*  
Supervision Models



*California's Infant,  
Preschool & Family  
Mental Health Initiative*

California's Infant, Preschool & Family Mental Health Initiative is a statewide special project funded by the First 5 California Children and Families Commission through the California Department of Mental Health and coordinated by the WestEd Center for Prevention and Early Intervention in collaboration with the Alameda, Fresno, Humboldt, Los Angeles, Riverside, Sacramento, San Francisco, and Stanislaus County Departments of Mental Health and their interagency partners.

The following is a list of all of the products available for the 2003 Final Report of California's Infant, Preschool & Family Mental Health Initiative.

- *The Clinical Services Study:  
Development, Implementation and Findings*
- *Building Capacity to Provide Infant-Family and Early Mental Health Services:  
Training, Technical Assistance, Consultation and Supervision Models*
- *Training Guidelines and Recommended Personnel Competencies:  
Delivering Infant-Family and Early Mental Health Services*
- *Impact and Evaluation Findings:  
Training Activities and Changes in Providers and Communities*
- *Evolving Perspectives in Infant-Family Mental Health and Reflective Supervision*

For more information on the Initiative or on obtaining copies of any of the products, please contact one of the following:

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California Department of Mental Health  
First 5 California Children and Families Commission

[www.wested.org/cpei](http://www.wested.org/cpei)  
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California's Infant, Preschool & Family Mental Health Initiative (IPFMHI) is a statewide special project funded by the First 5 California Children and Families Commission under the leadership of the California Department of Mental Health and coordinated by the WestEd Center for Prevention and Early Intervention in collaboration with the Alameda, Fresno, Humboldt, Los Angeles, Riverside, Sacramento, San Francisco and Stanislaus County Departments of Mental Health and their interagency partners. Any and all parts of this document may be reproduced for educational purposes if credit is given to CCFC, DMH, and WestEd CPEI.

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The success of California's Infant, Preschool & Family Mental Health Initiative can be attributed to the vision, expertise and dedication shown by the diverse group of professionals and parent partners involved in this effort.

The leadership, commitment and positive relationships that developed among the state and county teams is gratefully acknowledged.

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## OVERVIEW OF CALIFORNIA'S INFANT, PRESCHOOL & FAMILY MENTAL HEALTH INITIATIVE

The field of infant-family and early mental health is a broad-based, interdisciplinary field of study, research and practice that focuses on the social and emotional development and well-being of infants and young children within the context of their early relationships, family, community, and culture.

The continuum of infant-family and early mental health services includes:

**Promotion:** Services that recognize the central importance of early relationships on brain development, learning and the emotional and social well-being of all young children. These services include a focus on positive parent-child and primary caregiver relationships within the home, child development settings and other service settings for young children and their families.

**Preventive Intervention:** Services that mitigate effects of risk and stress and address potential early relationship challenges or vulnerabilities that have a documented impact on early development. Specific intervention strategies are designed to nurture mutually satisfying parent-child relationships and prevent the progression of further difficulties. Health and developmental vulnerabilities; parenting difficulties; domestic violence, family discord and other major child and family stressors may warrant the delivery of preventive intervention services in a variety of settings.

**Treatment:** Services that target children in distress or with clear symptoms indicating a mental health disorder. They address attachment and relationships problems and the interplay between the child, parent and other significant caregivers that jeopardize early mental health and early emotional and social development. Specialized early mental health treatment services focus on the parent-child dyad and are designed to improve child and family functioning and the mental health of the child, parents and other primary caregivers

Across this continuum, infant-family and early mental health services seek to facilitate the child's biological, neurological, and emotional and social development while focusing on early relationships and the "goodness of fit" between the child, their parents and other significant caregivers.

Infant-family and early mental health services emphasize the importance of the early interactions, patterns of relating that develop, the impact of these relationships on the child and parent/caregiver and what the young child learns through these interactions. It is these relationships that provide the emotional foundations for the development of resiliency and self-esteem. It is through these patterns of early attachment and interaction that children develop trust and security or learn to mistrust and protect themselves against the insecurity of their world.

Early mental health services also promote school readiness by strengthening early relationships, family functioning, the young child's emotional regulation and social competence.

**In 2001 – 2003, the Infant, Preschool & Family Mental Health Initiative (IPFMHI) was funded by the First 5 California Children and Families Commission through the California Department of Mental Health. Work was coordinated by the WestEd Center for Prevention and Early Intervention in partnership with local departments of mental health and interagency teams in the following counties:**

- Alameda
- Fresno
- Humboldt
- Los Angeles
- Riverside
- Sacramento
- San Francisco
- Stanislaus

**The Major Goals of the Initiative were to:**

1. Pilot new and innovative approaches to the delivery of integrated infant-family and early mental health services within communities and across service agencies.
2. Identify effective methods, measures and approaches to screening, assessment, intervention, service coordination and funding.
3. Expand education, training and consultation opportunities for interdisciplinary professionals and parent mentors concerned about early parent-child relationships and early emotional and social development.
4. Expand education, training and supervision opportunities for mental health professionals.
5. Promote interagency and interdisciplinary collaboration at the state and local levels.
6. Evaluate outcomes and changes for children and families, service providers, service systems and communities.

Across the continuum of promotion, preventive intervention and treatment, IPFMHI worked concurrently to develop new early mental health services and to build state and county-level capacity to provide comprehensive and well-coordinated early mental health services for very young children, their families and other primary caregivers.

The Initiative successfully established new models of service delivery, organized program and staff development activities and catalyzed the interagency and interdisciplinary collaboration. The Clinical Services Study, a quality improvement study, examined the impact and outcomes of new early mental health services for children, families, service providers, agencies and communities. The Initiative's evaluation framework developed tools and processes to track progress across the major goal areas.

This document and others in the series, provide information regarding the overall Initiative for direct service providers, administrators, policy makers, parent mentors and others interested in the field of infant-family and early mental health.

## Products in this series include:

**The Executive Summary:** An overview of the Initiative's background and development, major project goals and activities, key findings across all components and recommendations for future planning.

**The Clinical Services Study: Development, Implementation and Preliminary Findings:** Details the creation and initial findings of a study established to document and evaluate the effectiveness and outcomes of early mental health services provided for a representative group of young children and their families within each of the eight participating counties. Common procedures, screening and assessment measures, intervention approaches, preliminary findings regarding child and family outcomes, family satisfaction and recommendations for replication and continued development are included.

**Building Capacity to Provide Infant-Family and Early Mental Health Services: Training, Technical Assistance, Consultation and Supervision Models:** An overview of the capacity-building approaches and training activities utilized by the participating counties and sample materials from selected trainings. This product also includes information on state-level trainings, presentations and other capacity-building activities to facilitate interagency and interdisciplinary collaboration.

**Training Guidelines and Recommended Personnel Competencies: Delivering Infant-Family and Early Mental Health Services:** Identifies the knowledge and skills recommended to provide relationship-based early intervention services and early mental services across the continuum of promotion, preventive intervention and treatment. The overall framework, core concepts, key knowledge and supervision skills, recommended hours of training, and a sample portfolio for individual assessment of personnel competencies are included.

**Impact and Evaluation Findings: Training Activities and Changes in Providers and Communities:** An analysis of the backgrounds and expertise of participants involved in the Initiative, field responses to the training and consultation activities, and the results of a statewide survey regarding the overall impact of the Initiative on individual participants, agencies and communities. Evaluation tools and implications for replication and continued development are included.

**Evolving Perspectives in Infant-Family Mental Health and Reflective Supervision:** A collection of published articles, presentations and training materials prepared for the Initiative by the Early Intervention Services Unit at Children's Hospital and Research Center in Oakland, California in partnership with WestEd. *Evolving Perspectives* addresses the many facets, complexities and importance of early mental health for all young children and families, emphasizing young children with special health and developmental needs.

Further information on the Initiative and copies of these reports may be requested from:

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## **SECTION 1: INTRODUCTION**



## **SECTION 1: INTRODUCTION**

This report provides an overview of capacity building as developed by California's Infant, Preschool & Family Mental Health Initiative (IPFMHI) to provide infant-family and early mental health services at the state and county level. It offers a summary of the eight participating counties' models and approaches to building capacity via training, technical assistance, consultation and supervision activities and an overview of other statewide development efforts. This report provides readers with:

- An overview of the key considerations in state and local level capacity building efforts
- An outline of each county's training, technical assistance, consultation and supervision activities
- A brief description of each county's target audience and considerations that influenced the design of the developed model/approach for training, technical assistance, consultation and supervision activities
- Sample materials from each county's training, technical assistance, consultation and supervision activities, highlighting those activities that were particularly unique and innovative
- Detailed matrices of state- and county-sponsored training, technical assistance, consultation and supervision activities
- Contact information for Initiative trainers, consultants, and county and state team members

## **BACKGROUND**

Two of the six project goals of IPFMHI focused specifically on training and technical assistance activities:

- Goal 3 focused on education and training for interdisciplinary service providers
- Goal 4 focused on training for mental health specialists

The primary strategy by which counties addressed these two goal areas was via the development of Training and Technical Assistance (T/TA) plans. State-level activities included technical assistance, presentations and trainings in collaboration with other state and national agencies as well as cross-county training and resource sharing facilitated by the state Initiative team.

## **COUNTY-LEVEL RESOURCE/NEEDS ASSESSMENT**

WestEd staff facilitated planning with each county team through frequent telephone and e-mail contact and by convening quarterly meetings in each county. Counties also submitted year-end reports that served as a planning tool for the following year. Through this planning process, each county developed a training and technical assistance plan based on their local resources, priorities, needs and desired outcomes. Funding for training was based on each counties' priorities and the planning reflected in their requests within the context of the overarching tasks, activities, deliverables and goals of the Initiative.

## COUNTY-LEVEL APPROACHES TO TRAINING

Counties participating in the Initiative were selected based on specific RFA guidelines. Each applicant county received a cumulative score based upon the following selection criteria:

- Need
- Service Plan
- Monitoring
- Cultural/Flexible
- Evaluation
- Capacity
- Collaboration
- Sustainability
- Format

In addition, counties were selected to represent the diverse geographic areas, populations and income levels across the state.

Training events and related activities were built upon existing resources in each county and addresses identified needs for capacity building. Planning also took into account the population to be served (see Table 1), available providers and the demographic and geographic influences of each county. These fell into several categories, as shown in Table 2. Each county determined the type of training and technical assistance that best fit the needs of their area as shown in Table 3. The data presented in tables 1 and-3 are provided by the following sources:

- Child Care Portfolio/1999;
- Barriers to Inclusive Child Care Research Study (2000); and
- US Census Data 2000

Tables 4 and 5 define and categorize the major training approaches utilized in each county. They reflect a diversity of approaches based on a common framework.

**TABLE 1 – COUNTY DEMOGRAPHICS**

COUNTIES	POPULATION	SQUARE MILES	LOCATION	TYPE (URBAN, RURAL, SUBURBAN)
Alameda	1,428,300	738	North	Urban
Fresno	785,100	6,000	Central	Suburban
Humboldt	125,800	3,573	North	Rural
Los Angeles	9,649,900	4,081	South	Urban
Riverside	1,458,500	7,200	South	Urban
Sacramento	1,166,100	994	Central	Suburban
San Francisco	789,500	47	North	Urban
Stanislaus	431,100	1,521	Central	Suburban/Rural

**TABLE 2 – POPULATION PROFILE**

COUNTIES	TOTAL NUMBER CHILDREN 0-5	CHILDREN 0-5 LIVING WITH WORKING PARENTS	MEDIAN ANNUAL HOUSEHOLD INCOME
Alameda	131,200	68,901 (54%)	\$47,339
Fresno	88,368	37,104 (42%)	\$32,848
Humboldt	9,321	5,238 (48%)	\$30,181
Los Angeles	1,011,759	473,820 (50%)	\$35,863
Riverside	157,258	75,104 (49%)	\$38,366
Sacramento	112,928	56,515 (50%)	\$38,846
San Francisco	52,248	25,899 (57%)	\$40,131
Stanislaus	46,219	21,603 (46%)	\$36,655

**TABLE 3 – RISK FACTORS**

COUNTIES	NUMBER OF CHILDREN 0-5 IN LOW INCOME HOUSEHOLDS*	% OF CHILDREN 0-5 LIVING IN POVERTY**	RATE OF CHILD POVERTY AMONG CALIFORNIA'S 58 COUNTIES	% OF CHILDREN 0-5 WITH SPECIAL NEEDS
Alameda	38,881	16% (20,543)	38 <sup>th</sup>	2,574 (1.96%)
Fresno	44,331	35% (31,025)	3 <sup>rd</sup>	2,144 (2.43%)
Humboldt	5,334	26% (2,864)	17 <sup>th</sup>	343 (3.68%)
Los Angeles	362,901	22% (202,885)	19 <sup>th</sup>	20,648 (2.04%)
Riverside	58,814	16% (25,267)	35 <sup>th</sup>	3,048 (1.94%)
Sacramento	41,045	22% (24,485)	26 <sup>th</sup>	2,907 (2.57%)
San Francisco	16,236	17% (7,867)	27 <sup>th</sup>	599 (1.15%)
Stanislaus	16,682	23% (10,839)	21 <sup>st</sup>	918 (1.99%)

\* A low-income household is defined here as earning less than \$30,000.

\*\* The national average poverty threshold for a family of four is \$12,674.

**TABLE 4 – CATEGORIES OF TRAINING APPROACHES**

<b>TYPE</b>	<b>LEAD</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>PARTICIPANTS' LEVEL OF TRAINING</b>	<b>FREQUENCY OF MEETINGS</b>	<b>CURRICULUM OR CONTENT</b>
<b>Topical Trainings</b>	National and state experts, county consultants, team members	20-400	All levels – multidisciplinary providers, administrators, parents/families	As planned; generally ranging between 1-3 days	Articles, materials, didactic presentations
<b>Ongoing Reflective Supervision</b>	State/ county consultants and Centers of Excellence	8-10 group 1:1 individual	All levels – mental health providers	1X/month, biweekly	Reflection on daily work
<b>Case Consultation</b>	State/ county consultants and Centers of Excellence	3-6/agency	All levels – multi-disciplinary providers	1X/month, biweekly	Videotapes, articles, didactic presentations and case-based supervision
<b>Seminars</b>	Centers of Excellence	18	Mental health providers developing specialized clinical expertise	1X/week for 16-20 weeks	Videotapes, articles, didactic presentations and case-based supervision
<b>Learning Labs</b>	County Consultants	10 per session/group	All levels – multi-disciplinary	1X/week for 5 weeks	Articles, materials, didactic presentations and case discussions
<b>Statewide All County Meetings</b>	IPFMHI State Team Members	40	All levels – multi-disciplinary providers, administrators, county coordinators	2-3/program year	Videotapes, materials, topical presentations, facilitated group discussions, products developed by counties, resource sharing across counties
<b>Local Meetings and Committees</b>	Mental Health and Inter-disciplinary providers, agencies	4-20 agencies	All levels—multi-disciplinary providers and administrators	Varied	Local resources, needs and problem-solving, special projects and events, interagency and interdisciplinary meetings

**TABLE 5 – OVERVIEW OF CATEGORIES OF TRAINING APPROACHES BY COUNTY**

COUNTY	TRAININGS	ONGOING SUPERVISION	CASE CONSULTATION	SEMINARS	LEARNING LABS	STATEWIDE/ALL COUNTY MEETINGS	LOCAL MEETINGS AND COMMITTEES
Alameda	X	X	X	X		X	X
Fresno	X	X	X		X	X	X
Humboldt	X	X	X			X	X
Los Angeles	X	X	X			X	X
Riverside	X	X	X			X	X
Sacramento	X		X			X	X
San Francisco	X	X	X			X	X
Stanislaus	X	X	X			X	X



## **CAPACITY BUILDING ACROSS STATE AGENCIES AND PROFESSIONAL ORGANIZATIONS**

In addition to facilitating collaboration within communities and county teams, the Initiative also pursued interagency and interdisciplinary collaboration with other state agencies and professional organizations. Building on previous work and the relationships established with other agencies serving very young children and their families, the state team focused on opportunities for coordinated training, consultation, data collection and the infusion of relationship-based early intervention services and early mental health concepts and practices into the work of other agencies and organizations.

Presentations and coordinated ventures with education, special education, child development, developmental disabilities and social service agencies as well as professional organizations are detailed in the Appendices.

While each of these trainings and collaborative ventures had a specific purpose, the major areas of common interest and need included services, resources and strategies for:

- infusion of infant-family and early mental health principles, strategies and interventions into:
  - services for children with special needs and their families
  - child care and child development programs
  - social service agencies and family support programs
- mental health consultation for early childhood and early intervention program staff
- opportunities for joint training of mental health and interdisciplinary service providers
- reflective supervision and consultation
- referrals to and partnerships with county and community mental health programs
- funding for infant-family and early mental health services and consultation for children/families and program staff
- coordinated data collection and analysis of outcomes

These interests and needs at the state and organizational levels parallel those identified by county teams. It appears that continued support for these collaborative ventures is warranted at all levels and requires thoughtful problem-solving and resource identification across systems and service providers.

## **CAPACITY BUILDING ACROSS COUNTIES**

Representatives from participating counties and invited “guests” from other counties and state agencies regularly participated in meetings, workgroups and special trainings sponsored by the Initiative. This included “All County” meetings, special trainings on IPFMHI’s Clinical Services Study and workgroups on personnel development and data collection. These events focused on issues, needs and resources across counties and strategies to address the overall goals of the Initiative. Topical trainings, state agency presentations, county presentations and information regarding the overall development of the initiative provided additional support for capacity building at the local and state levels.

## **TIPS FOR CAPACITY BUILDING**

Based on the experiences of the state and county IPFMHI teams, the following key elements were identified as major factors in planning, developing and implementing capacity building efforts at the local and statewide levels.

- **Community Planning**  
Successful T/TA plans evolved from planning meetings that involved intra- and interagency representation. Varied perspectives regarding resources, priorities and gaps as well as knowledge about existing T/TA opportunities were incorporated into countywide planning and maximization of resources.
- **Event Planning and Coordination**  
Sponsoring, planning and coordinating T/TA activities required a complex level of detailed work and organization. Factors to consider include availability and cost of space, registration logistics, preparation of handouts and materials, need for on-site staff and support, communication with the trainer/facilitator, contract negotiation and preparation.
- **Continuing Education Units** Continuing Education Units (CEUs) were offered at most trainings. The provision of CEUs, at no cost to attendees, provided a community service to professionals required to maintain and accrue continuing education for their licensure. In addition, it served as a promotional tool for the training events and served as additional motivation for participation. The provision and coordination of CEUs requires an application process to become an authorized provider, an application/submission for each event and strict documentation for processing paperwork following the event. Timelines and guidelines vary by type of CEU being offered.

Certificates of Attendance were made available in addition to CEUs in order to offer another method by which participants could track and demonstrate their participation in continuing education and professional development activities.

- **Staff Release Time**  
In some instances staff were interested in attending training events but experienced difficulty obtaining authorization from their program or agency to do so. This was a particular challenge for mental health providers given their loss of “billable hours.” Effective strategies to address this barrier were:
  - honorariums/stipends, either to the individual participants/staff or directly to an agency
  - developing agency agreements for a specific level of staff participation for a set period of time
  - on-site training at the program/agency
  - offering training during time periods outside the usual work week, such as evenings and weekends

Offering CEUs provided an additional incentive for programs/agencies to release staff, particularly if their staff were required to maintain and accrue continuing education units for their licensure.

- **Trainer Costs**

The negotiation and preparation of contracts with trainers requires a significant amount of time. It was beneficial to have a conference call to plan with all interested parties. IPFMHI staff convened and facilitated the calls, along with the trainer, the county team, CEU administrator and others. This allowed for the entire “team” to plan, discuss and organize together around all aspects of the event.

- **Travel Arrangements and Costs**

Arrangements and costs for both trainer and staff travel should be factored into the training event budget. On-site support is critical to a successful event. This level of Initiative staff support facilitated data collection through the use of Participant Profiles and standard training evaluation forms. In addition, the presence of Initiative staff at local events allowed participants to better connect with the vision and mission of the statewide effort.

- **Follow-Up: Making Linkages and New Connections**

Once the training event is complete many tasks are yet to be accomplished:

- filing CEU paperwork
- receipt of required paperwork/documentation from trainer
- payment to trainer and site location
- analysis of participants’ evaluations
- report of evaluation summaries to trainers and county teams

Follow-up involves connecting participants from the training with new resources/people, agencies, programs, websites, etc. This follow-up also includes assistance in the application of new knowledge, reassessment of needs related to capacity building and planning for long-term sustainability.

- **Ongoing Revisions in T/TA Plans**

Changes within county teams and ongoing identification of resources, priorities and needs at the local level required and demanded fine-tuning, flexibility and revision of T/TA plans to meet the dynamic county milieu. Ongoing discussions, planning and collaboration activities at the state level also was required to maintain and facilitate the infusion of infant-family and early mental health concepts and practices within other agencies and organizations serving the targeted population.



## **SECTION 2: MATRICES OF COUNTY-LEVEL TRAININGS**



**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>ALAMEDA COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
10/02 – 5/03	Introductory Infant Mental Health Seminar	Mary Claire Heffron, Ph.D. Barbara Ivins, Ph.D. Lucia Milburn, Ph.D.	Mental Health Providers	20	County
Weekly	Intermediate Infant Mental Health Seminar	Sara Grunstein, MSW	Mental Health Providers	10	County
S/L*	Advanced Infant Mental Health Seminar		Mental Health Providers	3	None
9/01 – 5/02	Introductory Infant Mental Health Seminar	Mary Claire Heffron, Ph.D. Barbara Ivins, Ph.D. Lucia Milburn, Ph.D.	Mental Health Providers	18	County
Weekly S/L*	Intermediate Infant Mental Health Seminar	Donna Davidovitz, Ph.D . Sara Grunstein, MSW	Mental Health Providers	17	County

*S=State L=Local S/L=State/Local*

**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>FRESNO COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED #OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
12/11-12/02 S*	Interaction Guidance—Introduction and Advanced	Susan McDonough, Ph.D.	Interdisciplinary Providers	90	WestEd
9/02 – 4/03 Weekly S*	Learning Labs	Daryl Hitchcock, Ph.D. Martha Moore, Ph.D. Marilee Monzon, MSW Liz Maury, Ph.D.	Interdisciplinary Providers	40	None
9/02- 4/03 S*	Weekly Supervision	Sue Ammen, Ph.D.	Mental Health Providers	7	None
8/20-23/02 S*	Infant Massage	Kalena Babeshoff LVN, CMT, CIMI	Mental Health Providers, Interdisciplinary Providers	20	None
7/16/02 L*	Early Head Start Planning Reflection Mental Health Overview and Boundaries	Peggy Thompson, MFT	Interdisciplinary Providers	25	None
6/3-4/02 S*	Reaching Hard-to-Reach Families	Susan McDonough, Ph.D.	Mental Health Providers	100	WestEd
4/10/02 S/L*	Benefits for the Child and Family When the Parents are Involved	Renee Becker Laurie Haberman, LCSW Panel	Parents/Families	50	None
3/13 & 3/16/02 S*	Behavior- Child Care	Jeanette Allison, Ph.D.	Child Care Providers	200	County
3/9/02 L*	Teen Parenting	Stephanie Parmely, Ph.D.	Interdisciplinary Providers	30	None
1/31/02- 6/14/02 Weekly S*	Learning Labs	Peggy Thompson, MFT Martha Moore, Ph.D. Marilee Monzon, MSW Liz Maury, Ph.D.	Interdisciplinary Providers	24-40	None
1/12-1/15/02 S*	Theraplay	Evangeline Munns, Ph.D.	Mental Health Providers	35	None
12/11/01 L*	Shaken Baby Syndrome	Elinor Zorn, M.D.	Interdisciplinary Providers	60	None
12/6-7/01 L*	Attachment	Loraine Fox, Ph.D.	Interdisciplinary Providers	6	County

*S=State L=Local S/L=State/Local*

## MATRIX OF COUNTY-LEVEL TRAININGS

TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES  
2001-2003

<b>HUMBOLDT COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
5/16/03 S/L*	Public Health Nursing Interventions with Families with Infants, Toddlers and Preschoolers	Mary Claire Heffron, Ph.D.	Health Providers	12	None
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	5	
4/25/03 S/L*	Interventions to Address Issues in Parent-Child Interactions for Families with Infants, Toddlers and Preschoolers	Mary Claire Heffron, Ph.D.	Interdisciplinary Providers	23	None
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	7	
4/24/03 S*	Home Visiting Focus Group	Kim Puckett, MPH	Interdisciplinary Providers	11	None
4/11/03 S*	Play-Based Interventions with Infants and Toddlers and Their Families	Beth Limberg, Ph.D.	Mental Health Providers	21	County Mental Health
4/5/03 S*	Working with Children with Challenging Behaviors in Child Care Settings	Cheryl Allen Sheila Wolfe, MA, OTR/L	Child Care Providers	60	None
1/10/03 S/L*	Training on Observation of Parent-Child Interactions	Mary Claire Heffron, Ph.D.	Interdisciplinary Providers	20	None
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	8	
11/15/02 S/L*	Training on Observation of Parent-Child Interactions	Mary Claire Heffron, Ph.D.	Interdisciplinary Providers	18	None
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	6	
10/25 – 26/02 S/L*	Parent-Child Interaction Therapy (PCIT)	Anthony Urquiza, Ph.D.	Interdisciplinary and Mental Health Providers	133	County Public Health / Mental Health

**HUMBOLDT COUNTY – CONT'D**

<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
9/27/02 S/L*	Reflective Supervision and Case Consultation for Mental Health Professionals	Mary Claire Heffron, Ph.D.	Mental Health Providers	4	None
8/23/02 S/L*	Theory and Practice of Assessment of Infants and Young Children	Mary Claire Heffron, Ph.D.	Interdisciplinary and Mental Health Providers	37	County Public Health/ Mental Health
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	9	None
5/10/02 S/L*	Part II: Intervention and Treatment Models in Infant/Toddler Mental Health	Mary Claire Heffron, Ph.D.	Interdisciplinary and Mental Health Providers	40	County Public Health/ Mental Health
	Reflective Supervision and Case Consultation for Mental Health Professionals		Mental Health Providers	5-8	None
4/12/02 S/L*	Part I: Preventive Intervention and Treatment Models in Infant/Toddler Mental Health	Mary Claire Heffron, Ph.D.	Interdisciplinary and Mental Health Providers	40	County Public Health/ Mental Health
4/11/02 S/L*	Reflective Supervision and Case Consultation for Mental Health Providers	Mary Claire Heffron, Ph.D.	Mental Health Providers	5-8	None
3/15/02 S/L*	Theory and Application to Practice: Object Relations, Attachment and Family Systems	Carmela Wenger, MFCC, RPTS Gaye Ayton, MA, MFT John Gai, LCSW	Interdisciplinary and Mental Health Providers	42	County Public Health/ Mental Health
3/1/02 S*	Assessment: Typical and Atypical Development- Implications for Early Mental Health and Relationship- Based Services	Billie Jean Glover, MS, MFT Beth Limberg, Ph.D.	Interdisciplinary and Mental Health Providers	50	County Public Health/Mental Health
1/18/02 S*	Neurological, Sensorimotor and Developmental Implications for Infant-Family and Early Mental Health	Sheila Wolfe, MA, OTR/L Jennifer Martin-Lopez, MS	Interdisciplinary and Mental Health Providers	41	County Public Health/ Mental Health
10/21/01 S*	Infant-Family and Early Mental Health: Development, Services and Coordination	Penny Knapp, M.D. Sheila Wolfe, MA, OTR/L	Interdisciplinary Providers and Mental Health Providers	50	None

S=State L=Local S/L=State/Local

## MATRIX OF COUNTY-LEVEL TRAININGS

TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES  
2001-2003

<b>LOS ANGELES COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
5/16/03 S/L*	The Power of Early Intervention: The Impact of Abuse and Neglect on the Developing Child	Bruce Perry, MD, Ph.D.	Interdisciplinary Providers	240	County
4/7/03 S/L*	The LADDER Program, Working with Children with Autistic Spectrum Diagnoses	Margaret Bauman, M.D.	Interdisciplinary Providers	90	None
3/7-8/03 S/L*	Cornerstone Therapeutic Preschool Model	Gilbert Kliman, M.D.	Interdisciplinary Providers	53	County
2/2-3/03 S*	Intervening Relationally – Watch, Wait & Wonder	Mirek Lojkasek, Ph.D.	Interdisciplinary and Mental Health Providers	54	WestEd
1/15/03 S/L*	Developing Positive and Nurturing Relationships with Families to Support the Parent-Child Interactions: The Parallel Process	Victor Bernstein, Ph.D.	Mental Health Providers	80	None
12/12/02 S*	CIPFMHI Update-Early State Collaboration with Early Childhood Special Education and Regional Centers	Sheila Wolfe, MA, OTR/L Zohreh Zarnegar, Ph.D.	Interdisciplinary Providers	55	None
10/15-16/02 S*	Diagnostic Classification 0-3	Jean Thomas, M.D.	Mental Health Providers	35	WestEd
6/6-7/02 S*	Reaching Hard-to- Reach Families: Interaction Guidance	Susan McDonough, Ph.D.	Mental Health Providers	100	WestEd
2/4/02 S*	Theraplay: An Overview Training	Sue Ammen, Ph.D.	Mental Health Providers	60	WestEd
12/3/01 S*	Strengthening Parent-Child Relationships: The Use of Video-taping	Victor Bernstein, Ph.D.	Mental Health Providers	80	County
12/3/01	Developing Centers of Excellence	Victor Bernstein, Ph.D. Zohreh Zarnegar, Ph.D. William Arroyo, M.D.	Mental Health and Interdisciplinary Training Resources	16	None
Monthly S/L*	Case Consultation and Mentorship	Centers of Excellence and Pioneer Providers	Mental Health Providers	18 agencies	None

S=State L=Local S/L=State/Local

**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>RIVERSIDE COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
6/11/03 L*	Early Mental Health	Ascencion Amado, LCSW Chris Home LCSW	Students/ Families	25	None
6/7/03 S/L*	6th Annual Infant/Toddler Conference (RCOE)	Bruce Perry, MD, Ph.D. Kadija Johnston, LCSW Nancy Seibel, M.Ed. Hallie Yopp Slowik, Ph.D. Cecily Betz, Ph.D., RN	Interdisciplinary Providers	500	County
5/19/03 L*	Is Your Car Seat Safe?	Lisa Dryan, LCSW	Parents/ Families	15	None
5/14/03 L*	Relaxation and Meditation for Pregnant and Parenting Women	Emma Girard, Psy.D.	Parents/ Families	8	None
04/28/03 L*	No: I'm Two and You Can't Make Me	Lisa Dryan, LCSW	Parents/ Families	14	None
04/09/03 L*	Early Mental Health	Chris Home, LCSW Ascencion Amado, MA Debbie Kelley, LCSW Bruce Thompson, MFTI Lisa Dryan, LCSW Emma Girard, PsyD	Interdisciplinary Providers	75	None
04/09/03 L*	Come Play with Me	Lisa Dryan, LCSW Dustin Texeira, RN, LCSW	Parents/ Families	6-8	None
03/31/03 L*	I Don't Eat Anything Green	Lisa Dryan, LCSW	Parents/ Families	5	None
3/3 & 4/03 S/L*	Marsheck Interaction Method	Sue Ammen, Ph.D.	Mental Health Providers	40	County
02/25/03 L*	Building Bridges, Working with Families	Loren Davis Jean Johnson, Parent Partner	Parents/ Families	60	None
02/24/03 L*	But I'm Not Tired	Lisa Dyan, LCSW	Parents/ Families	27	None
01/29/03 L*	Infant Mental Health Concepts	Donna Dahl, LCSW Renee Becker Loren Davis Ascencion Amado, MA	Interdisciplinary Providers	35	None
01/27/03 L*	Potty Training for Parents	Lisa Dryan, LCSW	Parents/ Families	16	None
1/03 Monthly L*	Reflective Supervision to Inland Regional Center Staff	Bruce Thompson, MFTI	Interdisciplinary Providers	36	None
10/28 & 29/02 S/L*	Mutual Competence Model	Victor Bernstein, Ph.D.	Mental Health Providers	65	County
10/11/02 L*	Pathways to Mental Wellness for Children	Chris Home, LCSW	Health Care Providers	115	None
9/23 & 24/02 S/L*	Attachment-Based Approach to Play Therapy	Sue Ammen, Ph.D.	Mental Health Providers	23	County

<b>RIVERSIDE COUNTY – CONT'D</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
6/10 & 7/10/02 L*	Using the Diagnostic Classification (DC: 0-3) Crosswalk	Lynn Marsenich, LCSW	70 & 28		None
5/18/02 S/L*	5th Annual Infant/Toddler Conference (RCOE)	Bruce Perry, M.D., Ph.D. Connie Lillas, RN, Ph.D.	Interdisciplinary Providers and Agency Administrators	350	County
5/21/02, 5/15/02, 5/14/02 L*	Parallel Process	Ascencion Amado, MA Debbie Kelley, LCSW Bruce Thompson, MFTI	Interdisciplinary Providers	25	None
9/01 L*	Interdisciplinary and Interagency Collaboration: Supporting Early Parent- Child Relationships	Chris Home, LCSW Ascencion Amado, MA Debbie Kelley, LCSW Bruce Thompson, MFTI Lisa Dryan, LCSW Emma Girard, Psy.D.	Interdisciplinary Providers	100	None

S=State L=Local S/L=State/Local

**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>SACRAMENTO COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
5/7/03 S*	Community Forum – Starting Early Promoting the Social and Emotional Well-Being of Infants, Toddlers and Preschoolers	Mary Claire Heffron, Ph.D.	Interdisciplinary Providers	349	None
4/9/03 – 5/5/03 S*	Stanislaus/Sacramento, Day Care Consultants	Kadija Johnston, LCSW	Mental Health Providers	3	None
1/31/03 S*	Intervening Relationally – Watch, Wait and Wonder	Mirek Lojkasek, Ph.D.	Mental Health Providers and Interdisciplinary Providers	54	WestEd
1/3-4/03 S*	Training and Consultation on Clinical Supervision	Mary Claire Heffron, Ph.D. Donna Davidovitz, Ph.D.	Mental Health Providers	12	None
12/9/02 S*	Interactive Guidance-- Introduction	Susan McDonough, Ph.D.	Mental Health and Interdisciplinary Providers	69	WestEd
10/17- 18/02 S*	Diagnostic Classification 0-3	Jean Thomas, M.D.	Mental Health Providers	16	WestEd
9/13/02 S*	Infant/Parent Psychotherapy	Mary Claire Heffron, Ph.D.	Mental Health and Interdisciplinary Providers	69	WestEd
9/9/02 S/L*	Attachment in the Early Years: Theory and Practice	Judith Solomon, Ph.D.	Mental Health Providers Interagency and Interdisciplinary Providers	341	WestEd
7/25- 26/02 S*	Diagnostic Classification 0-3	Jean Thomas, M.D.	Mental Health and Interdisciplinary Providers	60	WestEd
5/23/02 S*	The Use of Videotape: Strengthening Families	Victor Bernstein, Ph.D.	Mental Health, and Interdisciplinary Providers	65	WestEd
4/8/02 S/L*	Important Considerations in Working with Very Young Children and Families/Autistic Spectrum Disorders	MIND Institute Staff: Tracy Stackhouse, OT Sarah Scharfenaker, MA, CCC-Speech Beth Goodlin Jones, Ph.D., Tom Anders, MD	Interdisciplinary Providers	74	None
3/19/02 S*	Assessment in Therapy and Intervention: I Have a Referral, Now What?	Billie Jean Glover, MS, MFT Beth Limberg, Ph.D.	Mental Health Providers	63	WestEd
3/18/02 S*	Assessment of Services: What to Consider in Assessing Young Children and Families	Billie Jean Glover, MS, MFT Beth Limberg, Ph.D.	Mental Health Providers	74	WestEd

<b>SACRAMENTO COUNTY – CONT'D</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
12/5/01 S*	Relationship-Based Service Delivery: Focusing on Family Strengths	Victor Bernstein, Ph.D.	Interdisciplinary Providers	100	None
9/01- 11/01 S*	Case Consultation and Reflective Supervision Series	Chris Wright, Ph.D.	Mental Health Providers	20	None
8/01-9/01 L*	River Oak Mental Health Series	Billie Jean Glover, MS, MFT Beth Limberg, Ph.D.	Interdisciplinary Providers	60	None

*S=State L=Local S/L=State/Local*

**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>SAN FRANCISCO COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
2/28/03 S*	The Nature of Nurturing: Strengthening Families Through Strengthening Relationships	Victor Bernstein, Ph.D.	Interdisciplinary Providers	122	WestEd
7/02 – 4/03 S/L*	Infant Mental Health Training Program	Judy Pekarsky, Ph.D.	Mental Health Trainees	10	None
10/01-6/03 Weekly S/L*	Supervision and Case Consultation	Judy Pekarsky, Ph.D. Patricia Van Horn, Ph.D.	Community Mental Health Providers	7	None

*S=State L=Local S/L=State/Local*

**MATRIX OF COUNTY-LEVEL TRAININGS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>STANISLAUS COUNTY</b>					
<b>DATE(S)</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>	<b>CEU PROVIDER</b>
5/30/03 S*	Use of Self and Reflective Process in Infant and Early Childhood Mental Health	Mary Claire Heffron, Ph.D.	Mental Health Providers	30	County
4/22/03 S*	The Nature of Nurture: Biology, Environment and the Drug-Exposed Child	Ira J. Chasnoff, M.D.	Mental Health Providers	59	County
4/9/03 – 5/5/03 S*	Stanislaus/ Sacramento, Day Care Consultants	Kadija Johnston, LCSW	Mental Health Providers	10	None
4/4/03 S*	Diagnostic Classification 0-3	Chris Wright, Ph.D.	Mental Health Providers	20	None
7/02 – 4/03 S*	Case Consultation and Reflective Supervision	Sue Ammen, Ph.D.	Mental Health Providers	10	None
01 – 06/02 S*	Consultation and Reflective Supervision	Mary Claire Heffron, Ph.D.	Mental Health Providers	9	None
12/7/01 S/L*	Using the Denver II Developmental Screening Test II – Theory and Practice	Nancy Clark, MPA, MSN	Mental Health Providers	9	None

*S=State L=Local S/L=State/Local*

**MATRIX OF STATE TRAININGS AND PRESENTATIONS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>PRESENTATIONS AT OTHER STATE AND NATIONAL CONFERENCES</b>					
<b>DATE(S)</b>	<b>CONFERENCE</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>
5/23/03	Merced County ICARE Team Annual Event Merced	The Power of Relationships in Early Intervention	Sheila Wolfe, MA, OTR/L	Inter-disciplinary Providers	50
5/1/03	California Mental Health Advocates for Children and Youth Asilomar	Infant, Preschool & Family Mental Health Initiative: Assessment, Intervention, Evaluation	Penny Knapp, M.D. Cindy Arstein-Kerslake, MA	Mental Health Providers	50
3/22/03	Infant Development Association of California San Jose	Collaborative Models from California's Infant, Preschool and Family Mental Health Initiative	Sheila Wolfe, MA, OTR/L Sue Bollig, MSW	Inter-disciplinary Providers	13
3/22/03	Infant Development Association of California San Jose	Collaborative Strategies to Meet the Needs of Families and Children with Challenging Behaviors	Sheila Wolfe, MA, OTR/L Sue Bollig, MSW	Inter-disciplinary Providers	14
2/25/03	Fifth Annual Conference of Early Start Family Resource Centers and Networks Sacramento	Do Unto Others: Reflective Supervision	Sheila Wolfe, MA, OTR/L Sue Bollig, MSW	Inter-disciplinary Providers	30
12/6/02	Inclusive Child Care Transfer of Knowledge Symposium Sacramento	Child Care and Family Services for Young Children with Disabilities	Infant, Preschool & Family Mental Health Initiative Staff	Inter-disciplinary Providers	300
11/15/ 02	Zero to Three National Training Institute Washington DC	Poster Session – California's Infant, Preschool & Family Mental Health Initiative	Jennifer Miller, MA	Inter-disciplinary Providers	n/a
5/30/02	California Mental Health Advocates for Children and Youth Asilomar	California Infant, Preschool & Family Mental Health – County Implementation	Penny Knapp, M.D. Paula Gerstenblatt, MSW	Mental Health Providers	25
4/18/02	California Children and Families Commission – Mental Health Policy Panel Sacramento	An Overview of the California Infant, Preschool & Family Mental Health Initiative: Frameworks, Goals, Models, Accomplishments and Plans	Penny Knapp, M.D.	Inter-disciplinary Providers	50

**MATRIX OF STATE TRAININGS AND PRESENTATIONS**  
**TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**  
**2001-2003**

<b>PRESENTATIONS AT OTHER STATE AND NATIONAL CONFERENCES - CONTINUED</b>					
<b>DATE(S)</b>	<b>CONFERENCE</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>
3/22/02	California Children and Families Commission Annual Conference – Inclusive Child Care San Diego	An Overview of the California Infant, Preschool and Family Mental Health Initiative- Goals, Activities and County Models	Penny Knapp, M.D. Sheila Wolfe MA, OTR/L Zohreh Zarnegar, Ph.D.	Inter-disciplinary Providers	90
11/30 – 12/2/01	Zero to Three National Institute	Poster Session – Infant, Preschool & Family Mental Health Initiative	Sheila Wolfe, MA, OTR/L Jennifer Miller, MA Paula Gerstenblatt, MSW Jennifer Martin-Lopez, MS	Inter-disciplinary Providers	300-400
	Washington DC	Post Conference Institute – Mental Health Competencies			40
6/2/01	California Mental Health Advocates for Children and Youth Asilomar	An Overview of the Infant, Preschool & Family Mental Health Initiative	Jennifer Miller, MA Paula Gerstenblatt, MSW	Mental Health Providers	28
4/26/01	Infant Development Association of California Los Angeles	Demystifying Infant-Family Mental Health: Key Concepts, Intervention Frameworks and Evaluation Findings	Penny Knapp, M.D. Sheila Wolfe, MA, OTR/L	Inter-disciplinary Providers	44

## MATRIX OF TRAININGS AND PRESENTATIONS IN COLLABORATION WITH OTHER STATE AND COUNTY AGENCIES

<b>PRESENTATIONS IN COLLABORATION WITH OTHER STATE AND COUNTY AGENCIES</b>					
<b>DATE(S)</b>	<b>CONFERENCE</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>
6/5/03	Santa Barbara Infant Mental Health Summit Santa Barbara	Assessing Early Mental Health Problems  Evaluating Children at Risk for Developmental Problems due to Parental Substance Abuse	Penny Knapp, M.D.	Inter-disciplinary Providers	200
1/13/03	San Diego County Mental Health Interagency Community Meeting San Diego	California's Infant, Preschool & Family Mental Health Initiative	Sheila Wolfe, MA, OTR/L	Inter-disciplinary Providers	31
12/12/ 02	California Dept. of Developmental Services: Early Start Los Angeles County Los Angeles	California's Infant, Preschool & Mental Health Initiative	Sheila Wolfe, MA, OTR/L	Inter-disciplinary Providers	55
12/10 & 11/02	California Department of Developmental Services – Early Start Program, Special Topic Training, San Francisco	Early Intervention Services Within Natural Environments	Virginia Reynolds, MA Sheila Wolfe, MA, OTR/L Cheri Schoenborn, DDS, State of California	Inter-disciplinary Providers	90
11/25 02	SEEDS Program CORE Consultation Network Annual Meeting Sacramento	Resources for Infant, Family and Early Mental Health Services	Sheila Wolfe, MA, OTR/L	Inter-disciplinary Providers	45
11/13 /02	Early Start Institutes, Training of Trainers Meeting Paso Robles	Infusing Relationship-Based Approaches in Early Mental Health into Early Intervention Services	Sheila Wolfe, MA, OTR/L	Inter- disciplinary Providers	30
11/4/02	First 5, California Children and Families Commission Forum San Francisco	Mental Health Consultation and Intervention in Child Care Setting	Penny Knapp, M.D.	Inter-disciplinary Providers	100
10/23/ 02	California Department of Education/ Child Development Division Sacramento	Early Mental Health	Penny Knapp, M.D.	Health Providers	

## MATRIX OF TRAININGS AND PRESENTATIONS IN COLLABORATION WITH OTHER STATE AND COUNTY AGENCIES

<b>PRESENTATIONS IN COLLABORATION WITH OTHER STATE AND COUNTY AGENCIES - CONTINUED</b>					
<b>DATE(S)</b>	<b>CONFERENCE</b>	<b>TOPIC</b>	<b>TRAINERS/ PRESENTERS</b>	<b>TARGET AUDIENCE</b>	<b>REPORTED # OF PARTICIPANTS</b>
2/21-22/ 02	California Dept. of Developmental Services – Early Start Program, Special Topic Training San Diego	Assessment and Evaluation of Young Children with Special Needs	Virginia Reynolds, MA Penny Knapp, MD Sheila Wolfe, MA, OTR/L Stephen Bagnato, PhD John Neisworth, PhD	Interdisciplinary Providers	170
12/17/ 01	California Department of Social Services CalWORKS Annual Conference Sacramento	Mental Health and Child Care: It's All About Relationships	Jennifer Martin-Lopez, MS	Interdisciplinary Providers	38
10/17/ 01	California Department. of Education, Child Development Division – State Conference Ontario	A County Model for Collaboration Between Mental Health and Child Care: It's All about Relationships, Situations, Strategies and Support	Jennifer Miller, MA Penny Knapp, M.D. Renee Becker Darlene Fischer, MSN, CPNP Tina Mancilla, MA Chris Home, LCSW	Inter-disciplinary Providers	50
10/16/ 01	California Department. of Education, Child Development Division – State Conference- Pre- Conference Intensive Ontario	Mental Health and Child Care: It's All About Relationships, Situations, Strategies and Support	Jennifer Miller, MA Sheila Wolfe, MA,OTR Paula Gerstenblatt, MSW Mary Smithberger, MA Marie Kanne Poulsen, Ph.D.	Inter-disciplinary Providers	91



## **SECTION 3: COUNTY MODELS, APPROACHES AND SAMPLE MATERIALS**



# ALAMEDA COUNTY

## APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

### TARGET AUDIENCE FOR CAPACITY BUILDING

Alameda County targeted mental health providers for development of expertise and specialization in working with very young children and their families.

### CONSIDERATIONS IN DEVELOPMENT

The model was based on strong collaboration and interagency planning between Alameda County Behavioral Health Care Services (BHCS) and the following key partners:

- The Local First 5 Children and Families Commission/Every Child Counts (ECC)
- Children's Hospital and Research Center, Oakland (CHO)

A comprehensive, coordinated seminar was developed with supervision provided throughout the county for service providers and agencies involved in the seminars.

### UNIQUE FEATURES

Alameda County's model of building capacity included the following major activities:

- The **Infant, Family & Preschool Mental Health Seminar** in-depth training series:
  - Focused on developing core concepts and clinical skills in infant and early childhood mental health
  - Assisted participating staff and programs in building capacity and expertise in this area via didactic training, case discussion and reflective supervision.
- The ECC-Funded **Multidisciplinary Consultation Team** provided outreach and consultation to the community.
- The ECC-Funded **Training Connections Program** provided content-specific trainings for grantee agencies that receive ECC funds.
- ECC-Funded contracts provided consultation and training to targeted agencies.
- The **Early Childhood Mental Health Systems Development Group**, comprised of two collaboratives, the Community Services Collaborative and the Policy Collaborative, meet monthly and have developed:
  - A Mental Health Resource Directory for the Birth-5 Population.
  - Standards of Practices for Mental Health Services to Early Care and Education.

## **ALAMEDA COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

<b>September 2001 to May 2002</b>	Introductory Infant Mental Health Seminar Series Children's Hospital and Research Center, Oakland Staff
<b>September 2001 to May 2002</b>	Intermediate Infant Mental Health Seminar Series Children's Hospital and Research Center, Oakland Staff
<b>October 2002 to May 2003</b>	Introductory Infant Mental Health Seminar Series Children's Hospital and Research., Oakland Staff
<b>October 2002 to May 2003</b>	Intermediate Infant Mental Health Seminar Series Children's Hospital and Research Center, Oakland Staff
<b>October 2002 to May 2003</b>	Advanced Infant Mental Health Seminar Series Children's Hospital and Research Center, Oakland Staff

# ALAMEDA COUNTY

## INDEX TO SAMPLE MATERIALS

### SAMPLE MATERIAL TITLE

Syllabus A, Seminar Outline  
Infant, Family & Preschool Mental Health Seminar:  
Fall 2001

Syllabus B, Seminar Outline  
Infant, Family & Preschool Mental Health Seminar:  
Spring 2002

Infant Family Mental Health  
Introductory Case Discussion and Treatment Seminar  
January-April, 2001

Infant, Preschool & Family Mental Health  
Training Program 2001-2002  
Project Progress Report: January–June 2002:

Standards of Practice for Mental Health Services in  
Partnership with Early Care and Education  
in Alameda County

### DOCUMENT TITLE

Course outline

Course outline

Bibliography

Abbreviated Training  
Program Description

Report



## **FRESNO COUNTY**

### **APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

#### **TARGET AUDIENCE FOR CAPACITY BUILDING**

Fresno County targeted mental health specialists on the county infant-toddler mental health team, new mental health providers and students, and interdisciplinary providers for capacity building.

#### **CONSIDERATIONS IN DEVELOPMENT**

This county's model reflects the following local needs, priorities and resources:

- The need for training, resources and support for home visitors from various backgrounds and agencies
- Constraints on staff time and ability to be released for training activities
- The community's goal of facilitating networking and collaboration among interdisciplinary agency staff
- Ongoing collaboration and partnering with Alliant International University as a key resource for training and supervision

#### **UNIQUE FEATURES**

Fresno County's major training, consultation and technical assistance activities included:

- A series of weekly Learning Labs for interdisciplinary service providers.
- Ongoing topical training, consultation and supervision to staff of interagency partners.
- Multiple topical trainings and ongoing weekly reflective supervision for mental health providers.
- Collaboration with Central Valley Regional Center and local community agencies providing services for young children with special needs and their families.

## **FRESNO COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

<b>December 2001</b>	Attachment Theory Loraine Fox, Ph.D.
	Shaken Baby Syndrome Elinor Zorn, M.D.
<b>January 2002</b>	Introductory Theraplay Evangeline Munns, Ph.D.
<b>March 2002</b>	Teen Parenting Stephanie Parmely, Ph.D.
	Children with Challenging Behaviors in Childcare: A Developmental Perspective Jeanette Allison, Ph.D.
<b>April 2002</b>	The Benefits for Children and Families When Parents are Involved Renee Becker, Laurie Haberman, LCSW, Judy Schilling, PHN
<b>June 2002</b>	Interaction Guidance: Reaching Hard to Reach Families Susan McDonough, Ph.D., MSW
<b>July 2002</b>	Early Head Start Planning and Reflection: Mental Health Overview and Boundaries Peggy Thompson, MFT
<b>August 2002</b>	Infant Massage and Communication: Instructor Certification Training Kalena Babeshoff, LVN, CMT, CIMI
<b>December 2002</b>	Interaction Guidance: A Treatment Approach Focusing on Parent-Child Relationships Susan McDonough, Ph.D., MSW

## **FRESNO COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES CONT'D**

**January 2002 to  
June 2002**

Weekly Learning Lab Series  
Peggy Thompson, MFT, Martha Moore, Ph.D., Elizabeth  
Maury, Ph.D., Maria Liza Monzon-Kong, MSW

**September 2002 to  
April 2003**

Weekly Learning Lab Series  
Daryl Hitchcock, Ph.D., Martha Moore, Ph.D., Maria Liza  
Monzon-Kong, MSW, Elizabeth Maury, Ph.D.

**December 2001 to  
April 2003**

Weekly Supervision for Infant-Family Mental Health  
Clinicians  
Sue Ammen, Ph.D.



# HUMBOLDT COUNTY

## **APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

### **TARGET AUDIENCE FOR CAPACITY BUILDING**

Humboldt County targeted mental health and interdisciplinary providers for development of expertise and specialization in working with very young children and their families.

### **CONSIDERATIONS IN DEVELOPMENT**

Humboldt County used an interagency collaborative approach to capacity building. Coordinators from the County Departments of Mental Health and Public Health were responsible for overall development and worked closely with an Early Head Start representative on planning and implementation of activities and training. The model included multiple training topics and ongoing assessment of the impact of these efforts on early mental health promotion, preventive intervention and treatment. A small core planning team also met regularly and included representation from the following agencies:

- Head Start
- Office of Education/Special Education
- Public Health
- Child Care Resource and Referral Agency
- The First 5 Children and Families Commission

A larger group (about 18 agencies/individuals) met quarterly for updates and input to the process. County mental health employees, contract agencies and private practice clinicians attended along with home visitors.

### **UNIQUE FEATURES**

Humboldt County's model included topical training for interdisciplinary providers and a series of 2-hour clinical supervision and case consultation sessions with 6-8 mental health clinicians to support the didactic part of the training also offered to mental health providers. For the latter part of this series, three contract mental health agency staff received a stipend to attend the trainings and consultation sessions on a more regular basis. Trainings targeted selected early intervention topics and therapy models. Sample training topics included:

- **Infant-Family and Early Mental Health: Development, Services and Coordination**
- **Assessment: Typical and Atypical Development-Implications for Early Mental Health and Relationship-Based Services**
- **Neurological, Sensorimotor and Developmental Implications for Infant-Family and Early Mental Health**
- **Theory and Application to Practice: Object Relations, Attachment and Family Systems**
- **Play Therapy**
- **Parent Child Interaction Therapy (PCIT)**

# HUMBOLDT COUNTY

## TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

<b>October 2001</b>	Infant-Family and Early Mental Health: Development, Services and Coordination Penny Knapp, M.D., Sheila Wolfe, MA, OTR/L
<b>January 2002</b>	Neurological, Sensorimotor and Developmental Implications for Infant, Family and Early Mental Health Sheila Wolfe, MA, OTR/L, Jennifer Martin-Lopez, MS
<b>March 2002</b>	Birth Through 5 Development: When Child Behaviors Need Further Assessment Beth Limberg, Ph.D., Billie Jean Glover, MS, MFT  Theory and Application to Practice: Object Relations, Attachment and Family Systems Gaye Ayton, MFT, John Gai, LCSW, Carmela Wenger, MFT
<b>April 2002</b>	I. Prevention, Intervention and Treatment Models in Infant/Toddler Mental Health Mary Clare Heffron, Ph.D.
<b>May 2002</b>	II. Intervention and Treatment Models in Infant/Toddler Mental Health Mary Clare Heffron, Ph.D.
<b>August 2002</b>	Theory and Practice of Assessment of Infants and Young Children Mary Clare Heffron, Ph.D.
<b>October 2002</b>	Parent Child Interaction Therapy Training (PCIT) Anthony Urquiza, Ph.D.
<b>November 2002</b>	I. Training on Observation of Parent Child Interactions Mary Clare Heffron, Ph.D.
<b>January 2003</b>	II. Training on Observation of Parent Child Interactions Mary Clare Heffron, Ph.D.

## HUMBOLDT COUNTY

### TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES CONT'D

**April 2003**

Working with Children with Challenging Behaviors in Child Care Settings  
Cheryl Allen, Sheila Wolfe, MA, OTR/L

Play-Based Interventions with Infants and Toddlers and Their Families  
Beth Limberg, Ph.D.

Home Visiting Focus Group  
Kim Puckett, MPH

Interventions to Address Issues in Parent-Child Interactions for Families with Infants, Toddlers and Preschoolers  
Mary Clare Heffron, Ph.D.

**May 2003**

Public Health Nursing Interventions with Families with Infants Toddlers and Preschoolers  
Mary Clare Heffron, Ph.D.

**2002-2003  
Seven Sessions**

Reflective Supervision and Case Consultation for Mental Health Providers  
Mary Clare Heffron, Ph.D.



# LOS ANGELES COUNTY

## APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

### TARGET AUDIENCE FOR CAPACITY BUILDING

Los Angeles County targeted mental health providers to develop a network of mental health agencies with expertise and specialization in working with very young children and their families.

### CONSIDERATIONS IN DEVELOPMENT

Los Angeles County's capacity-building efforts represented the diversity of the communities, neighborhoods, providers and children/families within the county. Factors that influenced the development of their model included:

- Geographic considerations of the county, i.e., size/area, population, diverse communities and languages
- Results from a community needs assessment
- The existing county structure for mental health service delivery
- Identified center of expertise within the county

### UNIQUE FEATURES

Partnerships were formed and formalized between Centers of Excellence (COE) (established agencies/programs within the county offering training, support and expertise) to new providers/community mental health agencies beginning to develop infant-family and early mental health services. These new agencies were known as Pioneer Providers (PPs).

Los Angeles County's model included several one-day topical trainings as well as opportunities for ongoing training, consultation and support.

### Roles and Responsibilities of Centers of Excellence (COEs)

- Served as resource and consultant agency to Los Angeles County Department of Mental Health (LADMH)
- Provided training to expand service delivery and enhance the ability of the PPs to provide quality mental health services for children birth to 5 and their families
- Provided on-site meeting space and expert staff to lead monthly two-hour, small group consultation sessions with assigned PPs, including the use of videos made by the PPs
- Provided reflective consultation sessions and discussion of actual child/family cases and service delivery strategies among the PPs
- Conducted at least one on-site planning and case consultation session to address the unique skills, needs and service population of each PP agency assigned to each COE
- Completed survey forms and submitted session documentation to LADMH
- Participated on the LADMH Early Childhood Mental Health Advisory Board as time and resources allowed
- Attended LADMH topical trainings as time and resources allowed

**ROLES AND RESPONSIBILITIES OF PIONEER PROVIDERS (PPs):**

- Attended monthly consultation sessions with COEs, including preparation of information, video vignettes and case presentations based on work with young children, their families and other involved agencies
- Incorporated the use of video into their spectrum of service delivery for this population
- Completed survey form and session documentation to LADMH
- Participated in the IPFMHI Clinical Services Study
- Attended LADMH/IPFMHI topical trainings as time and resources allowed
- Participated on the LADMH Advisory Board as time and resources allowed
- Agreed to increase their agency's ability to provide services for children, birth to 5, and their families within their community

## LOS ANGELES COUNTY

### TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

<b>December 2001</b>	Strengthening Parent-Child Relationships: The Use of Videotaping Victor Bernstein, Ph.D.
<b>February 2002</b>	Play Assessment with Young Children and Their Families: An Attachment-Based Approach Sue Ammen, Ph.D.
<b>June 2002</b>	Interaction Guidance: Reaching Hard to Reach Families Susan McDonough, Ph.D.
<b>October 2002</b>	Diagnostic Classification of Mental Health and Developmental Disorders (DC: 0-3) Jean Thomas, M.D., MSW
<b>December 2002</b>	Mental Health Collaboration with Early Childhood Special Education and Regional Centers Sheila Wolfe, MA, OTR/L, Zohreh Zarnegar, Ph.D.
<b>January 2003</b>	Developing Positive and Nurturing Relationships with Families to Support Parent/Child Interactions: The Parallel Process Victor Bernstein, Ph.D.
<b>February 2003</b>	I. Introduction to Watch, Wait and Wonder II. Advanced: Case Presentation and Consultation on Watch, Wait and Wonder Mirek Lojkasek, Ph.D.
<b>March 2003</b>	Cornerstone Therapeutic Preschool Method: Foundation and Advanced Gilbert Kliman, M.D.
<b>April 2003</b>	Autism Spectrum Disorders: Diagnosis, Neurobiology and Intervention Margaret Bauman. M.D.

## **LOS ANGELES COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES CONT'D**

<b>May 2003</b>	Power of Early Intervention: Impact of Abuse and Neglect on the Developing Child Bruce Perry, M.D., PhD
<b>2001-2003 Nine sessions</b>	Centers of Excellence/Pioneer Provider Partnerships: Case Consultation and Mentorship

# RIVERSIDE COUNTY

## APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

### TARGET AUDIENCE FOR CAPACITY BUILDING

Riverside County targeted community and private practice mental health providers to develop an **Initial Training Series** that included topics specifically related to increasing mental health services for very young children and their families. The Series was then broadened to include interagency staff also working with young children through the County Office of Education, Inland Regional Center, Social Services and Public Health.

### CONSIDERATIONS IN DEVELOPMENT

Riverside County's model was founded on a long history and strong collaboration among a core team of interagency partners including:

- County Office of Education/Child Development and Special Education
- Inland Regional Center
- Public Health
- Inclusion Partners, a special project funded to include young children with disabilities in child care and early development programs
- The Local First 5 California Children and Families Commission/Every Child Counts (ECC)

The Initiative facilitated the involvement of the County Department of Mental Health into this core team so that comprehensive, coordinated training would be developed and provided throughout the county for a broad array of service providers from varied disciplines.

### UNIQUE FEATURES

Riverside County's model was the first among the IPFMHI counties to include a "Parent Partner" as part of the core team representing the County Department of Mental Health and emphasizing the importance of parent-professional partnerships. Training and involvement of community mental health providers resulted in increased training and consultation for Early Care and Development agencies, funded in part by First 5 local commission funds. Trainings and consultation opportunities for interagency staff and parents/families on a myriad of topics related to infant-family and early mental health included:

- Interagency/Interdisciplinary Collaboration: Supporting Early Parent-Child Relationships
- DC:0-3 Crosswalk to the DSM IV-R: Assessing Children Birth to 3 Years Old with Social/Emotional Problems
- The Mutual Competence Model: Strengthening Families Through Strengthening Relationships - The Nature of Nurture
- Building Bridges, Working with Families
- Infant Mental Health Concepts
- Theory and Introduction of Technique to Attachment-Based Play Assessment

Private providers who attended the Riverside County training series were identified and this process was utilized to develop a **Preschool Provider Network (PPN)** and referral sources for families. The PPN helps to ensure that community providers and young children and their clinicians in the network have both interest and some additional training for providing services to young children/families.

## **RIVERSIDE COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

<b>September 2001</b>	Interagency/Interdisciplinary Collaboration: Supporting Early Parent-Child Relationships Chris Home, LCSW and Preschool Birth to 5 Team
<b>May 2002</b>	The Parallel Process Model: Responding to the Needs of Others Chris Home, LCSW and Preschool Birth to 5 Team  In Our Hands: Riverside County Office of Education 2002 Infant/Toddler Conference Bruce Perry, M.D., Ph.D., Connie Lillas, RN, Ph.D.
<b>June and July 2002</b>	DC:0-3 Crosswalk to the DSM IV-R: Assessing Children Birth to 3 Years Old with Social/Emotional Problems Lynne Marsenich, LCSW
<b>September 2002</b>	I. An Attachment-Based Approach to Play Assessment with Young Children and Their Families II. Theory and Introduction of Technique to Attachment-Based Play Assessment Sue Ammen, Ph.D., RPT/S
<b>October 2002</b>	Mutual Competence Model: Strengthening Families Through Strengthening Relationships: The Nature of Nurture Victor Bernstein, Ph.D.  Pathways to Mental Wellness for Children Chris Home, LCSW
<b>January 2003</b>	Potty Training for Parents Lisa Dryan, LCSW Infant Mental Health Concepts Donna Dahl, LCSW, Renee Becker, Loren Davis, Ascencion Amado, MA

## RIVERSIDE COUNTY

### TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES CONT'D

**February 2003**

But I'm Not Tired  
Lisa Dryan, LCSW

Building Bridges, Working with Families  
Loren Davis, Jean Johnson

**March 2003**

I. An Attachment-Based Approach to Play Assessment with  
Young Children and Their Families  
II. Marschak Interaction Method  
Sue Ammen Ph.D., RPT/S

I Don't Eat Anything Green  
Lisa Dryan, LCSW

**April 2003**

Come Play with Me  
Lisa Dryan, LCSW, Dustin Texeira, RN, LCSW

No: I'm Two and You Can't Make Me  
Lisa Dryan, LCSW

**May 2003**

Relaxation and Meditation for Pregnant and  
Parenting Women  
Emma Girard, Psy.D.

Is Your Car Seat Safe?  
Lisa Dryan, LCSW

**June 2003**

In Our Hands: Riverside County Office of Education 2003  
Infant/Toddler Conference  
Bruce Perry, M.D., Ph.D., Kadija Johnston, LCSW



## **SACRAMENTO COUNTY**

### **APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

#### **TARGET AUDIENCE FOR CAPACITY BUILDING**

Sacramento County initially targeted mental health providers to develop expertise and specialization in working with very young children and their families. As the county capacity within mental health increased, interagency and interdisciplinary providers also were targeted.

#### **CONSIDERATIONS IN DEVELOPMENT**

Sacramento County's capacity building approaches were characterized by:

- Strong links with existing collaboratives and workgroups
- Coordinated planning and development with First 5 Sacramento Children and Families Commission
- The goal of building capacity for provision of mental health treatment services to very young children and their families
- Developing partnerships and linkages with interdisciplinary service providers and agencies for the infusion, promotion and preventive intervention of infant-family and early mental health
- Identification of funding resources and barriers to long-term service delivery

#### **UNIQUE FEATURES**

Sacramento County's model involved a 10-session clinical training series designed to develop capacity in the assessment, diagnosis and intervention approaches needed for working with very young children and their families. Sample training topics included:

- Relationship-Based Service Delivery: Focusing on Family Strengths
- Assessing Young Children and Families
- Attachment in the Early Years: Theory and Practice
- Infant/Parent Psychotherapy
- Starting Early: Promoting the Social and Emotional Well-Being of Infants, Toddlers and Preschoolers

Following this training series a six-session training on clinical supervision was provided for supervising clinician's working with the birth-to-5 population and their families. Monthly case consultation and review meetings for mental health clinicians were also provided by a mental health consultant hired through resources from the local First 5 Children and Families Commission. Additional workgroups on funding and collaboration were also established to build capacity and sustainability.

## **SACRAMENTO COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

<b>August 2001</b>	Infant-Family Mental Health Clinical Training Series River Oak Center for Children: Beth Limberg, Ph.D., RPT-S Billie Jean Glover, MS, MFT
<b>October 2001 to June 2002 Monthly Sessions</b>	Case Consultation Series with Birth and Beyond Child Development Specialists and Family Counselors Chris Wright, Ph.D.
<b>December 2001</b>	Strengthening Families: A Focus on Relationship-Based Approaches to Working with Very Young Children and Their Families Victor Bernstein, Ph.D.
<b>March 2002</b>	Assessment of Services: What to Consider in Assessing Young Children and Families Beth Limberg, PhD, RPT-S Billie Jean Glover, MS, MFT  Assessment in Therapy and Intervention: I Have a Referral, Now What? Beth Limberg, Ph.D., RPT-S Billie Jean Glover, MS, MFT
<b>April 2002</b>	Developmental Disorders: Considerations in Working with Very Young Children and Families MIND Institute: Tracy Stackhouse, OT Sarah Scharfenaker, MA, CCC-Speech Beth Goodlin-Jones, Ph.D. Tom Anders, M.D.
<b>May 2002</b>	The Use of Videotape: Strengthening Families Victor Bernstein, Ph.D.

## **SACRAMENTO COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES CONT'D**

<b>July 2002</b>	Diagnostic Classification of Mental Health and Developmental Disorders in Infancy and Early Childhood (DC:0-3) Jean Thomas, M.D., MSW
<b>September 2002</b>	Attachment in the Early Years: Theory and Practice Judith Solomon, Ph.D.  Infant/Parent Psychotherapy Mary Claire Heffron, Ph.D.
<b>December 2002</b>	Introduction to Interaction Guidance: Treatment Approach Focusing on the Parent-Child Relationship Susan McDonough, Ph.D., MSW
<b>January 2003</b>	Intervening Relationally: Watch, Wait and Wonder Mirek Lojkasek, Ph.D.
<b>May 2003</b>	Starting Early: Promoting the Social and Emotional Well-Being of Infants, Toddlers and Preschoolers Mary Claire Heffron, Ph.D.
<b>April 2003 to May 2003</b>	Consultation and Training on Mental Health Consultation in Child Care Kadija Johnston, LCSW
<b>January 2003 to April 2003</b>	Training and Consultation on Clinical Supervision Mary Claire Heffron, Ph.D. Donna Davidovitz, Ph.D.



# **SAN FRANCISCO COUNTY**

## **APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

### **TARGET AUDIENCE FOR CAPACITY BUILDING**

San Francisco County targeted mental health providers to develop in-depth expertise and specialization in working with very young children and their families.

### **CONSIDERATIONS IN DEVELOPMENT**

- Geographic and demographic factors of the county, i.e., size/area, population, diverse communities and languages
- Participation and collaboration with the Infant-Parent Program, an existing Center of Excellence that provides a training program for infant mental health specialists
- The county's goal of providing additional training on screening and assessment techniques for mental health and medical professionals.
- Existing community resources for mental health consultation to child care agencies

### **UNIQUE FEATURES**

The lynchpin of San Francisco County's approach to building capacity was intensive supervision for trainees involved in a year-long comprehensive training program with didactic seminars and clinical work with young children and families experiencing significant trauma and early mental health difficulties. This model served to shape new service providers in the field of infant mental health and to acquaint other clinicians with the needs and resources in this area. The county's approach to building capacity was both comprehensive and intensive and included:

- Individual weekly supervision of seven community mental health clinicians
- Consultation to multidisciplinary San Francisco General Hospital (SFGH) Nursery Rounds Team
- Consultation to mental health clinicians in SFGH screening/referral meetings
- Consultation to interagency staff involved in the Unified Family and Criminal Domestic Violence Courts
- Intensive clinical training and stipends for 10 trainees involved in the SFGH Infant/Parent Program
- Community interdisciplinary training on The Nature of Nurturing: Strengthening Families Through Strengthening Relationships and the mutual competence model

## **SAN FRANCISCO COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

**February 2003**

The Nature of Nurturing: Strengthening Families Through  
Strengthening Relationships  
Victor Bernstein, Ph.D.

**2001-2003**

University of California at San Francisco, Infant Mental Health Training  
Program  
Judith Pekarsky, Ph.D.

**2001-2003**

Weekly Supervision and Case Consultation for Community Mental  
Health Clinicians  
Judith Pekarsky, Ph.D.  
Patricia VanHorn, Ph.D.

# STANISLAUS COUNTY

## APPROACH TO BUILDING CAPACITY: TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES

### TARGET AUDIENCE FOR CAPACITY BUILDING

Stanislaus County initially targeted county and community mental health providers and parent mentors. Interdisciplinary providers and representatives from other agencies serving young children and their families were involved through consultation and community collaborative activities.

### CONSIDERATIONS IN DEVELOPMENT

Stanislaus County's model focused on strengthening the county's existing Leaps and Bounds Program, and early mental health program. As a result, capacity-building goals included:

- A priority to hire and develop staff reflecting the cultural, linguistic and ethnic demographics of the county
- Increasing linkages and coordinated planning with local agencies and the First 5 Children and Families Commission
- Building upon previous training efforts about infant-family and early mental health targeted for mental health providers
- Developing parent mentors and case coordinators to assist mental health practitioners with resources and direct service delivery.

### UNIQUE FEATURES

Stanislaus County's approach included a variety of trainings, consultation, supervision and outreach activities including:

- Communitywide trainings on The Impact of Drug and Alcohol Exposure During Pregnancy and Use of Self and Reflective Process in Infant and Early Childhood Mental Health
- Monthly consultation to mental health clinicians working with child care agencies
- Monthly supervision and case consultation for the Leaps and Bounds team to increase the skills of assessment and treatment intervention with very difficult child and family situations
- DC:0-3 Assessment Training for community mental health providers to expand expertise and capacity within the county
- Parent Mentor Workshops and training on interventions and access to services for children birth to 5 and their families.
- Consultation and training from other counties and Centers of Excellence

## **STANISLAUS COUNTY**

### **TRAINING, TECHNICAL ASSISTANCE, CONSULTATION AND SUPERVISION ACTIVITIES**

<b>December 2001</b>	Using the Denver II Developmental Screening Test: Theory and Practice Nancy Clark, MPA, MSN, BSN
<b>January 2002 to June 2002</b>	Consultation and Reflective Supervision Mary Claire Heffron, Ph.D.
<b>July 2002 to April 2003</b>	Case consultation and Reflective Supervision Sue Ammen, Ph.D., RPT/S
<b>April 2003</b>	Diagnostic Classification of Mental Health and Developmental Disorders in Infancy and Early Childhood (DC: 0-3) Chris Wright, Ph.D.
	The Nature of Nurture: Biology, Environment and the Drug- Exposed Child Ira Chasnoff, M.D.
<b>May 2003</b>	Use of Self and Reflective Process in Infant and Early Childhood Mental Health Mary Claire Heffron, Ph.D.
<b>April 2003 to May 2003</b>	Consultation and Training on Mental Health Consultation in Child Care Kadija Johnston, LCSW

## **APPENDIX A: IPFMHI COUNTY AND STATE TEAM ROSTER**



**\*\*\*\*\*CALIFORNIA'S INFANT, PRESCHOOL & FAMILY MENTAL HEALTH INITIATIVE\*\*\*\*\***  
**COUNTY COORDINATORS ROSTER – JUNE 2004**

<b>ALAMEDA COUNTY</b>			
Margie Gutierrez-Padilla	Alameda County Behavioral Health Care 303 Hegenberger Rd. #312 Oakland, CA 94606	Tel: 510-777-2103 Fax: 510-383-1760 E-mail: <a href="mailto:padilla@bhcs.mail.co.alameda.ca.us">padilla@bhcs.mail.co.alameda.ca.us</a>	
<b>FRESNO COUNTY</b>			
Arlene Costa	Fresno County Children's Mental Health Center Mall Court--3 <sup>rd</sup> Floor 2011 Fresno St., Suite 3, Fresno, CA 93721	Tel: 559-453-8405 Fax: 559-453-8243/8485 E-mail: <a href="mailto:acosta@fresno.ca.gov">acosta@fresno.ca.gov</a>	
<b>HUMBOLDT COUNTY</b>			
Jovonne Price	Humboldt County Department of Human Services, Mental Health Branch, Children, Youth and Family Services, 1711 Third St., Eureka, CA 95501	Tel: 707-268-2867 Fax: 707-445-7270 E-mail: <a href="mailto:jprice@co.humboldt.ca.us">jprice@co.humboldt.ca.us</a> (Kathryn 707-268-2817)	
<b>LOS ANGELES COUNTY</b>			
William Arroyo	LA County Department of Mental Health Office of the Medical Director 550 S. Vermont Ave., Los Angeles, CA 90020	Tel: 213-738-6152 Fax: 213-736-5802 E-mail: <a href="mailto:warroyo@dmh.co.la.ca.us">warroyo@dmh.co.la.ca.us</a>	
Sam Chan	LA County Department of Mental Health Office of the Medical Director 550 S. Vermont Ave., Los Angeles, CA 90020	Tel: 213-738-3201 Fax: 213-639-1804 E-mail: <a href="mailto:scan@dmh.co.la.ca.us">scan@dmh.co.la.ca.us</a>	
Ilda Rueda De Leon	LA County Department of Mental Health Children and Family Services 550 S. Vermont Ave. Fourth Floor Los Angeles, CA 90020	Tel: 213-351-7712 Fax: 213-427-6166 E-mail: <a href="mailto:IRuedadeleon@dmh.co.la.ca.us">IRuedadeleon@dmh.co.la.ca.us</a>	
<b>RIVERSIDE COUNTY</b>			
Chris Home	Riverside County Department of Mental Health Children Services, 9707 Magnolia Ave. Riverside, CA 92503	Tel: 909-358-6357 Fax: 909-358-6176 E-mail: <a href="mailto:chome@co.riverside.ca.us">chome@co.riverside.ca.us</a>	
<b>SACRAMENTO COUNTY</b>			
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<b>SAN FRANCISCO COUNTY</b>			
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**\*\*\*\*\*CALIFORNIA'S INFANT, PRESCHOOL & FAMILY MENTAL HEALTH INITIATIVE\*\*\*\*\***  
**STATE INITIATIVE TEAM ROSTER – JUNE 2004**

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