



Compendium of Best Practices / Literature Review



*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:

WestEd Center for Prevention and Early Intervention
California Department of Mental Health
First 5 California Children and Families Commission

www.wested.org/cpei
www.dmh.ca.gov
www.ccfc.ca.gov

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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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 jeopardizes 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.

Building Capacity to Provide Infant-Family and Early Mental Health Services

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.

REVIEW OF BEST PRACTICES/LITERATURE REVIEW

The Compendium of Evidence Based Practices and Early Intervention Mental Health Screening and Assessment Measures was developed under the direction of the First 5 California Children and Families Commission with the Department

of Mental Health, the WestEd Center for Prevention and Early Intervention (California Infant, Preschool & Family Mental Health Initiative), the California Institute of Mental Health and the Special Needs Project.

Early childhood mental health literature was reviewed, including promising practices, evidence based practices and emerging practices. Under each category, the reference is cited with an abstract describing the practice.

Two matrices of all the references are included to designate category of practice and the domain. The categories are

- Evidence Based Practices
- Emerging Practices
- Promising Practices
- Other Practices

The domains include:

- Social Emotional
- Parent-Child Relationships
- Educational Systems
- Assessment
- Family
- Prevention/Intervention

An additional table included in this deliverable provides early intervention/early childhood website links.

For more information, contact the First 5 California Children and Families Commission at 916 327-8518 or visit www.ccfc.ca.gov.