



New Mexico Association for Infant Mental Health

*Endorsement for Culturally Sensitive, Relationship-Focused
Practice Promoting Infant Mental Health
IMH-E®*



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“But I’m not a mental health provider!”

Infant Mental Health is:

The developing capacity from birth to 3 to:

- ▶ Experience, regulate, and express emotions
- ▶ Form close relationships
- ▶ Explore the environment and learn

...all in the context of family, community, and cultural expectations for young children.

(Zero to Three Infant Mental Health Task Force, 2011)

Child-Focused



Family-Centered



Relationship-Based

Principles vs. Practices

The theoretical foundations and values that guide our understanding of what infants/toddlers need, for example:

- ▶ Attachment theory, family systems theory, trauma-informed approaches
- ▶ Babies exist in the context of their caregiving relationships and within the cultural context of their family
- ▶ Experiences during pregnancy and in the first three years lay the foundation for all future development
- ▶ Relationships are critical: best way to support babies is to support their parents/families to build/strengthen nurturing relationships with them
- ▶ There can be both ghosts and angels in the nursery that will impact the emerging attachment relationships

Can apply to:

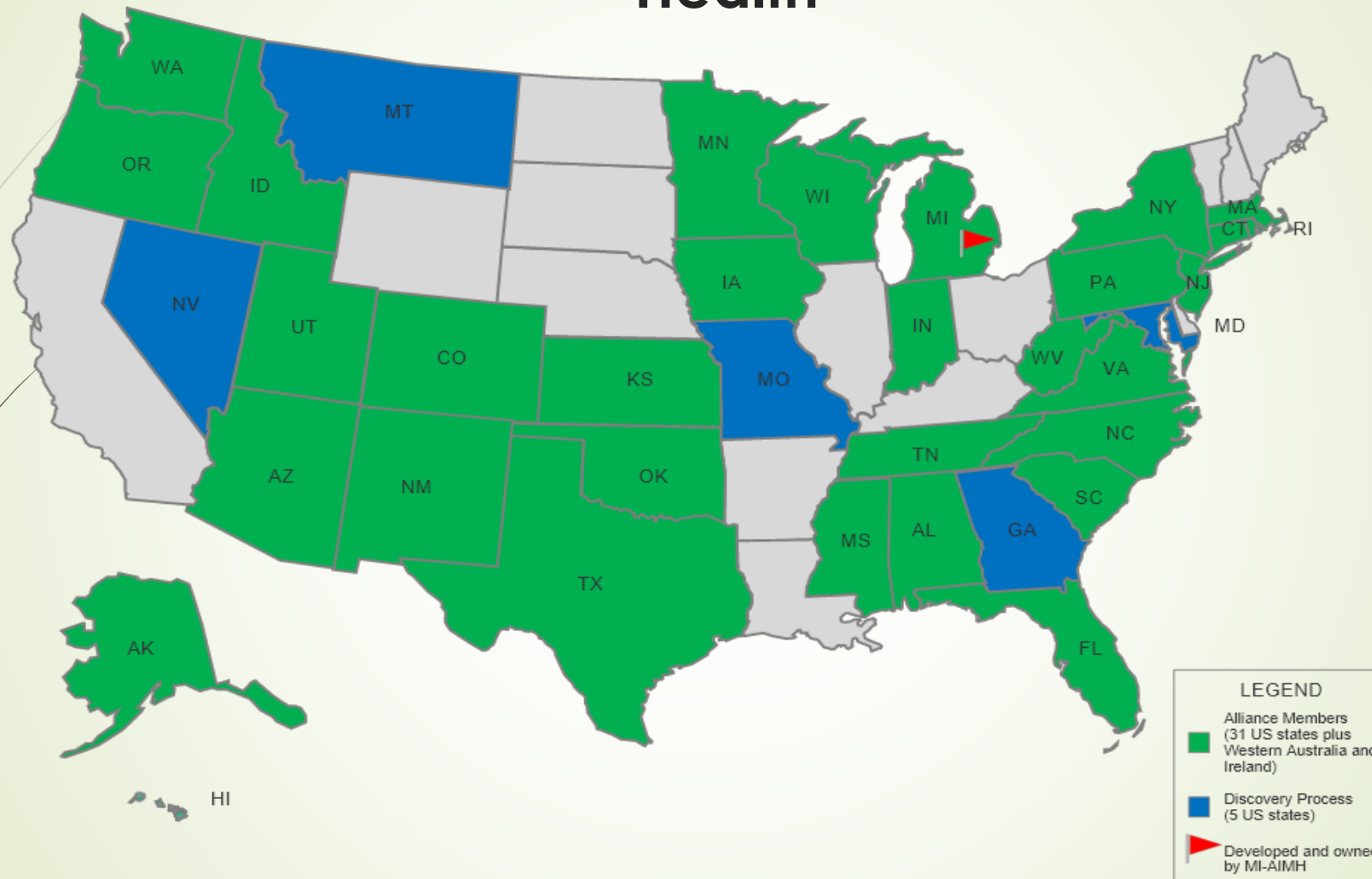
- Advocacy
- ▶ Behavioral health
- ▶ Child welfare/custody
- ▶ Early care & education
- ▶ Early intervention (Part C, special education, OT, PT)
- ▶ Health (pediatrics, nursing, psychiatry, etc)
- ▶ Home visiting
- ▶ Program development, evaluation, administration
- ▶ Research

Infant & Early Childhood Mental Health Endorsement: Why New Mexico?

- Professionals focusing more specifically on issues of infancy and early childhood mental health
- Cross-disciplinary relevance of infant and early childhood mental health
- Provides credibility for professionals engaged in the critical work of supporting young children's social-emotional health & well-being
- Formally recognizes infant and early childhood mental health expertise across the state



The Alliance for the Advancement of Infant Mental Health



As of 12/31/21, there are a total of **3,841** *Infant (3,715)* and *Early Childhood (126)* **Mental Health Endorsed®** professionals!



Infant Mental Health Endorsement (IMH-E ®)

- An addition to a person's professional background that **recognizes achievement of knowledge and training** in the area of infant and early childhood mental health.
- Work specific to **infants and toddlers (ages 0-36 months)** and their caregivers.
- The Endorsement is one of the first and most comprehensive efforts in the country **to identify best practice competencies at multiple levels and across disciplines** and to offer a pathway for professional development in the infant, early childhood and family field.
- **CREDENTIAL:** The Endorsement is not a license or certification.
- Administered out of the New Mexico Association for Infant Mental Health (NMAIMH).

Endorsement[®]: Categories at a Glance

	Infant Family Associate	Infant Family Specialist	IMH Specialist	IMH Mentor: Clinical, Faculty, or Policy
	PROMOTION	PREVENTION/EARLY INTERVENTION	TREATMENT/INTERVENTION	LEADERSHIP
Education	Any academic degree ¹	Bachelors or Masters	Masters or Post-Graduate	Masters, Post-Graduate
Work Experience*	Minimum of 2 yrs. in infant/family related work experience or volunteer experience in applicable role ²	Minimum of 2 yrs. of prevention and/or early intervention service to 0-36 month olds <u>and</u> their families; served a minimum of 10 families.	Minimum of 2 years, post-masters IMH practice working on behalf of the caregiver-infant relationship.	Minimum of 3 years as an IMH practice leader (Policy, Research/Faculty and/or Clinical) and provider of RS/C for 3+ years. ³
In-Service Training	Minimum 30 hrs., average 40 hrs.	Minimum 30 hrs., average 50 hrs.	Minimum 30 hrs., average 75 hrs.	Minimum 30 hrs., Average 75 hrs.
References	3	3	3	3
Reflective Supervision	Not required	Minimum: 24 hours	Minimum: 50 hours	Clinical Only: Minimum 50 hours
Code of Ethics & Agreement	Signed	Signed	Signed	Signed
Written Exam	No	No	Yes	Yes

Area of Expertise & Competencies

8 Competency Domains

Competency Domain	Knowledge/Skill Area
Theoretical Foundations	Pregnancy & early parenthood; infant development & behavior; infant/family-centered practice; relationship-based therapeutic practice; family relationships & dynamics; attachment, separation, trauma & loss; disorders of infancy & early childhood; cultural competence
Law, Regulation, Policy	Ethical practice; government, law & regulation
Direct Service Skills	Observation & listening, screening & assessment; advocacy
Working with Others	Building relationships, collaborating
Communicating	Listening, speaking, writing
Systems Expertise	Service delivery systems
Thinking	Solving problems, analyzing information
Reflection	Contemplation, self awareness, curiosity

Contact Information

New Mexico Association for Infant Mental Health
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Endorsement Committee Chair and Board Member

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