

## Infant and Early Childhood Mental Health



### What is Infant and Early Childhood Mental Health Treatment?

Significant mental health problems can and do occur in young children. Children can show clear characteristics of anxiety disorders, depression, post-traumatic stress disorder, relationship-disorders, adjustment disorder, regulation disorders related to sensory processing and other problems at a very early age. Research clearly indicates that early mental health treatment can have a positive impact on the trajectory of common emotional or behavioral problems, as well as outcomes for children with serious disorders.<sup>1</sup> Young children who encounter child welfare are at particularly increased risk for mental health and behavioral problems.<sup>2</sup>

Treatment programs are designed to alleviate the distress and suffering of a young child with mental health problems and assist the child in returning to healthy development. Qualified IECMH providers screen, diagnose and treat mental health disorders, which may prevent negative impacts on other areas of development. By intervening with young children and their caregivers together, IECMH health therapists support optimal social-emotional and mental health development in the context of key relationships in the child's life.<sup>3</sup> In addition, to direct psychotherapeutic interventions, many IECMH providers consult with a wide variety of other early childhood programs/providers including early intervention, child care, early learning, pediatric primary care and child welfare.

### Providers in King County

In King County, community mental health providers utilize the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood, Revised Edition (DC:0-3R) to diagnose medical necessity for the provision of services. King County is the only Washington county currently using this developmentally-appropriate diagnostic tool on a systematic basis.

Below is a list of IECMH providers in King County:

- Auburn Youth Resources - Infant/Child Mental Health Program
- Birth to Three Developmental Center's Early Intervention's CHERISH Program
- Center for Human Services Infant - Early Childhood Mental Health Program
- Community Psychiatric Clinic - Infant/Child Mental Health Program
- Encompass Early Intervention's CHERISH Program
- Kinderling--CHERISH program (Infant/Child Mental Health) (Foster Children)
- Navos Infant and Early Childhood Mental Health
- Northwest Center for Kids Early Intervention's CHERISH Program
- Renton Area Youth and Family Services
- South King Early Intervention Program (SKIP) Early Intervention's CHERISH Program
- Wonderland Developmental Center Early Intervention's CHERISH Program

## What is Child Parent Psychotherapy?

Child Parent Psychotherapy (CPP) is an evidenced-based, trauma-informed, relationship-based early childhood mental health intervention designed for young children birth to six who have been exposed to trauma and violence.

CPP has been identified nationally as a key evidence-based practice, specifically for young children involved in the child welfare system. The U.S. Department of Health and Human Services report, “Child Exposure to Trauma: Comparative Effectiveness of Interventions Addressing Maltreatment,” is available for download at:

<http://effectivehealthcare.ahrq.gov/ehc/products/298/1422/trauma-interventions-maltreatment-child-report-130415.pdf>.

CPP is the treatment that Navos uses in the Supporting Early Connections project. Details from the program evaluation can be found at: [www.ccyj.org/initiatives/supporting-early-connections](http://www.ccyj.org/initiatives/supporting-early-connections)

## Interested in learning more about Child Parent Psychotherapy (CPP)?

Online Resources and Evidence Based Practice Lists

- [www.facebook.com/ChildParentPsychotherapy](http://www.facebook.com/ChildParentPsychotherapy)
  - Resources - See Research Summary
  - Training Opportunities
- [www.nrepp.samhsa.gov/ViewIntervention.aspx?id=194www.cebc4cw.org/program/child-parent-psychotherapy/](http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=194www.cebc4cw.org/program/child-parent-psychotherapy/)
- Dept. of Justice and Dept. of Health and Human Services 2011: Evidence-Based Practices for Children Exposed to Violence: A Selection from Federal Databases  
[www.safestartcenter.org/pdf/Evidence-Based-Practices-Matrix\\_2011.pdf](http://www.safestartcenter.org/pdf/Evidence-Based-Practices-Matrix_2011.pdf)

Key Child Parent Psychotherapy Readings

- Lieberman, A. & Van Horn, P. (2005) Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence. Washington, D.C.: ZERO TO THREE Press.
- Lieberman, A. & Van Horn, P. (2008) Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment. New York, NY: Guilford Press.
- Lieberman, AF (2007) Ghosts and angels: Intergenerational patterns in the transmission and treatment of the traumatic sequelae of domestic violence. *Infant Mental Health Journal*, 28 (4) 442-439.

## What is CHERISH?

**C**hildren **E**ncouraged by **R**elationships **I**n **S**ecure **H**omes (CHERISH) is an in-home early intervention service addressing trauma-exposed foster children’s attachment and adjustment needs.

To be eligible, a foster child must be under 3 years old, living in King County, and in need of social/emotional intervention. CHERISH services are provided at five Early Intervention programs in King County. Depending on where you live, you may receive CHERISH services from **Birth to Three** in Federal Way, **Encompass** in North Bend, **Kindering** in Bellevue, **Northwest Center** in Seattle, or **SKIP** in Kent.

**To learn more about Infant and Early Childhood Mental Health**, go to Washington Association for Infant Mental Health: [www.wa-aimh.org](http://www.wa-aimh.org)

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i National Scientific Council on the Developing Child. (2008/2012). *Establishing a Level Foundation for Life: Mental Health Begins in Early Childhood: Working Paper 6*. Updated Edition. <http://www.developingchild.harvard.edu>

ii ZERO TO THREE (Update 2013) Securing a Bright Future. <http://www.zerotothree.org/public-policy/policy-toolkit/childwelfareforweboct21.pdf>

iii ZERO TO THREE (Update 2012) Laying the Foundation for Early Development <http://www.zerotothree.org/public-policy/policy-toolkit/mentalhealthbriefweb1-13-13.pdf>