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BABY TALK

The Official Newsletter of the Ohio Association for Infant Mental Health

April 2001

Volume I: Issue 1

Notes From The President

by John Kinsel

Welcome to the first edition of The Ohio Association for Infant Mental Health's newsletter! As I write this, it has been a little over nine months since OAIMH was birthed following nine previous months of intensive labor by a group of dedicated individuals interested in furthering the cause of Infant Mental Health in the State of Ohio. We now are at a time in our development when we feel we are securely attached as an organization, which means we're experiencing a little ambivalence about venturing out completely on our own.

Let me give you some examples of how this plays out for the board (Who are these people? See *Meet Your Board on Page 4.*) Should we hold our own conference or piggyback on an all ready established one? (For the answer see *OAIMH Sponsors Special Dinner on page 2.*) Should the board choose an organizational logo or should the members help make the choice? (See *Help Pick Our Logo! on this page.*)

Actually, the board has been able to make quite a few decisions on our own. We've set membership policy and dues, authorized the development of our own Website (See *Visit Us On The Web* on this page), established committees to address issues

of finance, membership, chapters continuing education, newsletter and conferences and completed application to become an affiliate of The World Association for Infant Mental Health, as well as a few other things.

It's been fun and exciting so far and we see great things in the future for this organization and for Infant Mental Health. If you are a member of OAIMH, congratulations! Share this with a friend and point out page three where it tells what to do to join us.

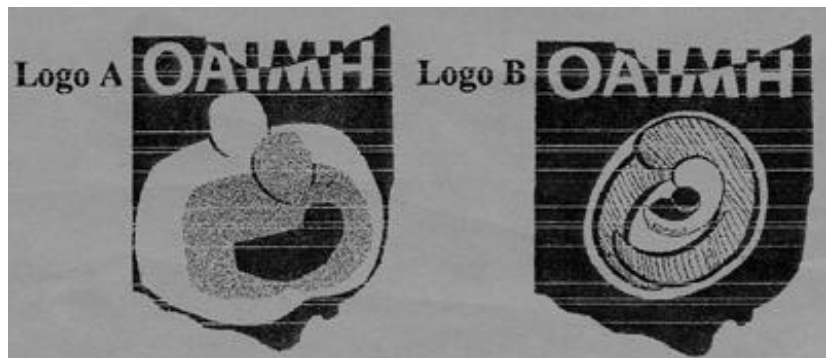
It is my pleasure to be serving you as president in this first year of OAIMH. If you should have any questions, comments or suggestions, please feel free to email me at deacob@aol.com or call me at 937-429-5107. Enjoy the rest of this first edition of **Baby Talk**.

Visit Us on the Web!

OAIMH has gone virtual! Thanks to the generosity and efforts of Dr. James Duffey of the Rocking Horse Center in Springfield, information about OAIMH can now be found on The Web. Visit www.rockinghorse.com to find a link to our homepage. There you will find a copy of our by-laws, a list of all board members and how to contact them, facts about OAIMH, a downloadable membership application, a link to the World Association for Infant Mental Health and other neat stuff. Eventually this newsletter will be published online and soon there will be a link to the Infant Mental Health Provider Directory recently compiled by Dr. Michael Thomasgard, VP of the OAIMH Board.

Help Pick Our Logo!

The OAIMH board has been considering adopting an official logo for our organization. We've had several designs submitted and have narrowed it down to two. Please help us make the final decision. Choose either Design A or Design B below. E-mail the letter of the design you prefer to Anne Marie Helm at zhelm@OBERLIN.edu. Not Internet active? Leave a message at 1-888-850-4521. Thanks for your help!



Classified
Employment Opportunities

Group and Family Therapist to work with children ages birth through five. Duties include providing Partial Hospitalization Services to children ages 3-5 with behavior disorders, individual and family therapy to families with preschoolers and Infant Mental Health Services to families with children ages 0-3. Opportunity to work with experienced Infant Mental health professional and others on an interdisciplinary team. Competitive salary and benefits. Must be at least LPC or LSW, Masters preferred. Send resume to Linda Martin/John Kinsel, Young Children's Assessment and Treatment Services, 5670 Philadelphia Dr., Dayton, Ohio, 45415.

OAIMH Sponsors
Special Dinner!

OAIMH will be sponsoring a special dinner with the keynote speaker at the Department of Health's Birth to Three Conference in Columbus this June 12. We are pleased that Dr. George Askew, Chief of Community Pediatrics at Boston Medical Center has agreed to speak to us separately on the issue of "Federal Policy and Ohio's Infant Mental Health Strategic Plan" while we enjoy the finest dining the Convention Center has to offer! Sign up for the dinner when you register for the conference. While the dinner is open to anyone at full price, OAIMH members will receive \$5 discount. Who says there aren't perks for being a certified OAIMH member?! Conference Registration materials can be obtained by contacting Garrison and Associates at 614-273-1400.

Chapter To Be Formed
In Columbiana County!

Five OAIMH members in Columbiana County have joined together and are making application to form a regional OAIMH chapter in their community. As a chapter, they will have the right to elect a voting representative to the Board. Better still, they will have the opportunity to get together with each other, conduct Collaborative Office Rounds, plan local trainings, inform their community about Infant Mental Health and give each other support. If you think this sounds good and would like to consider forming a chapter in your area, contact Mike Thomasgard at ThomasgardM@pediatrics.ohio-state.edu. He can send you the information you need, including ways to identify other Infant Mental Health professionals and OAIMH members near you. Let's network!

Book Review

By Mike Thomasgard

The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn and Flourish

By T. Berry Brazelton, M.D. and Stanley I. Greenspan, M.D.

Perseus Publishing, Cambridge, MA, 2000. (\$24, Hardcover)

The idea for this book arose when no child development expert could answer a simple question posed by then President Clinton, during a White House Conference on Infant and Child Development. He asked, "what specific types of experiences are most important [for intellectual and emotional growth] and how much of each of them is necessary?" Parents have been seeking answers to similar questions for quite some time: "How can I raise a happy, confident, creative, intelligent, and emotionally healthy child?"

The Irreducible Needs of Children is, on one level, the intertwining of key research findings with a series of conversations that illustrate the best thinking on the subject, of two well-known child development experts. It is also a manifesto for change that challenges communities and nations to reconsider how to meet these fundamental needs of children to ensure the survival of our race.

The seven irreducible needs (in italics), range from global considerations such as "*a safe planet that will maintain and support human growth,*" to very specific, relationship-based strategies known to be helpful for teaching "*limit setting, structure, and expectations.*" Greenspan's approach to

(Cont'd on page 3)

"developmentally appropriate experiences," yields a rather user-friendly list of "red flags," that should trigger a full evaluation in the first four years of life.

By Age

<u>(months):</u>	<u>No signs of:</u>
2	Looking or listening (e.g., turning to sights/sounds)
4-5	Relating to caregivers with joyful smiles/sounds
8-9	Back-and-forth communication
12	Multiple back-and-forth gestures, sounds or words
16	Complex Problem solving interactions (e.g. taking caregiver by hand for toy/food)
24	Beginning pretend play (e.g., hugging a doll) or of using words to get needs met (e.g., give juice)
36-48	Logical use of ideas with caregivers/peers (e.g., answering where, when, and why questions as part of conversation lasting a few minutes) or in pretend play with dolls, figures and animals

At any time, signs of serious family or emotional difficulties in caregivers or other family members.

Brazelton's "Touchpoints Model" becomes his organizing framework for meeting the irreducible needs of children. Experiences are truly tailored to individual differences that inevitably occur during the first three years of life, when "children's spurts in development [frequently] result in pronounced disruption in the family system."

The resulting disorganization and vulnerability are valued as opportunities to support parental mastery, in the Touchpoints Model. A system of care is proposed in which providers are thinking preventively with parents to promote "physical protection, safety, and regulation." One clear goal of this model is to cause a shift in the larger system of care around families (i.e., "stable supportive communities and cultural continuity.")

What is amazing about this book is the ease with which transitions are made from global statements of public policy to rather detailed implementation strategies for the irreducible needs of children. For example, with respect to physical protection, safety, and regulation, the development of a curriculum is proposed that would be taught from the first through twelfth grade, to address human and emotional and physical development, in the context of family and community. A second example is found in the section covering "ongoing nurturing relationships." An optimal structure for a child's day is proposed that is amazingly detailed and developmentally tailored for babies and toddlers, preschoolers, and the early grade school years.

In sum, this book is a must read for anyone that enjoys working with young children and families. It is highly structured in its format, yet concisely worded, to convey exactly what these two experts believe it will take to keep our children and planet on a course toward survival.

(Ed. Note: Now available in paperback.)

Not A Member Yet? Here's What To Do!

It's easy and inexpensive to join OAIMH. Simply call 1-888-850-4521 and ask for Jan. She'll be glad to send you a membership form. Or go to our Web page by visiting www.rockinghorse.com and following the link to OAIMH. There you can download a form. Once you have the form, simply fill it out, attach a check for the unreasonably inexpensive membership dues and send it to Jan. Voila! You're a member!! It's as easy as that. Why are you waiting? Join now!

Meet Your Board!

You knew there was a board of directors for OAIMH, but perhaps you never had a chance to meet them. Here's your chance to learn a bit about your leadership.

President:

John Kinsel, MS L.P.C.C., Infant Mental Health Specialist. Mr. Kinsel has been on staff at the Good Samaritan Hospital's Young Children's Assessment and Treatment Services (YCATS) Program in Dayton for six years. He provides infant mental health services to the Montgomery County Early Start Program and Early Intervention Consortium. He specializes in working with families with children who are medically fragile. Mr. Kinsel is an instructor in Infant Massage and a member of the International Association for Infant Massage. He is part of a group holding Collaborative Office Rounds in Dayton. He is former co-chair of the Infant Mental Health Subcommittee of the Ohio Early Intervention Interagency Coordinating Council and was one of the original 20 to be trained as infant mental health trainers. He has conducted numerous training sessions on such topics as infant mental health, attachment, temperament and infant development.

Vice President:

Michael Thomasgard, M.D., Behavioral-Developmental pediatrician. (Chapters, Continuing Education). Dr. Thomasgard is an Associate Professor of Pediatrics at Ohio State University, Children's Hospital, Columbus, Ohio.

He teaches physicians how to observe the parent-child relationship; evaluates young children and their caregivers in the Behavior and Learning Disabilities Clinic.

Other of his duties include coordinating the behavioral-developmental rotation for pediatric and internal medicine-pediatric residents; and co-moderating an ongoing Collaborative Office Rounds program in Columbus. The latter emphasizes monthly, case-based learning sessions to improve communication between health and mental health professionals. Dr. Thomasgard was a Fellow at the National Center for Clinical Infant Programs, ZERO TO THREE in 1989 and 1991. He was an original member of the Infant Mental Health Subcommittee of the Ohio Early Intervention Interagency Coordinating Council and was one of the 20 trained as infant mental health trainers.

Secretary:

Rosalind Williams, Ed.D., L.I.S.W. Mental Health Counselor (Annual Meeting, Conference). Ms. Williams' training and work experience is in the area of early childhood special education and child and family therapy. She has worked in a variety of settings including center-based and home-based early intervention, pediatric health care, schools, and community mental health. Williams emphasizes the importance of early intervention as families learn of or recognize the need to address developmental issues, including emotional and behavioral health, at the earliest sign of a problem.

She is member of the Infant Mental Health Subcommittee of the Ohio Early Intervention Interagency Coordinating Council and was one of the 20 trained as infant mental health trainers.

Treasurer:

Jan Kushmaul, MS, LPCC, Mental Health Counselor (Finance, Annual Meeting, Conference).

Ms. Kushmaul is a licensed professional clinical counselor with a specialty in diagnosis and treatment of the disorders of infancy and early childhood. She has served as an Early Intervention service coordinator and coordinator of a parent-child treatment program. Ms. Kushmaul has received additional training through The Infancy & Early Childhood Training Course taught by Stanley I. Greenspan, M.D. and Serena Wieder, Ph.D. She is a member of the Infant Mental Health Subcommittee of the Ohio Early Intervention Interagency Council and one of the 20 trained as infant mental health trainers.

James Duffee, M.D., Pediatric Psychiatrist (Newsletter/Brochure).

Dr. Duffee is a board certified pediatrician and child psychiatrist who is medical director of Rocking Horse Center in Springfield, Ohio. He is an Assistant Clinical Professor of Pediatrics at Wright State University and is a member of the Committee on Injury and Poison Prevention of the Ohio Chapter of the American Academy of Pediatrics. He is also a member of the American

Academy of Child and Adolescent Psychiatry and the World Association for Infant Mental Health. Recent lecture topics have included infant mental health for pediatricians, firearm injury prevention and therapeutic issues in treatment of children who have witnessed violence.

Elizabeth Finley-Belgrad, M.D., Infant Psychiatrist (Membership/Nominations).

Dr. Finley-Belgrad is a board certified child psychiatrist who did her training at Brown University, East Providence, RI. She was privileged to work with such noted infant people as Charles Zeanah, Susan McDonough, Arnold Sameroff, and Daniel Stern. She is currently in private practice in Liberty, Ohio while also providing school-based psychiatric services to the Child and Adolescent Service Center in Canton and Head Start in Mahoning County. Dr. Finley-Belgrad sees many children with "autistic spectrum" disorders. She is also involved with developing a truly comprehensive evaluation team for young children in Cleveland.

Annemarie E. Helm, L.S.W., C.F.L.E., C.F.C. (Membership/Nominations).

Ms. Helm is a masters level licensed social worker, recently retired. She has directed preschool programs and trained Head Start and day care teachers. For twelve years she directed a prevention program for teen-age parents and their babies. She later taught a course on Infant and Toddler Care at Lorain County

Community College. Ms. Helm's most recent experience has been as director of collaborative development for the Oberlin Interagency Coordinating Council. She is a member of the Infant Mental Health Subcommittee of the Early Intervention Interagency Coordinating Council and the author of *What to Do, Baby and You*. She was one of the 20 trained as infant mental health trainers.

Lisa Smith, M.Ed., Early Intervention Specialist (Chapters, Continuing Education, Annual meeting, Conference).

Ms. Smith is a service coordinator with Warren County MR/DD. She has served families who have children with established, biological, or environmental risk factors for six years. She has also served as an Early Intervention teacher at the Cincinnati Center for Developmental Disorders. She has been the co-chair of the Warren County Collaborative Group and conducted infant mental health training. She is a member of the Infant Mental Health Subcommittee of the Ohio Early Intervention Interagency Coordinating Council where she has chaired the efforts to edit and publish the brochure *Positive Parenting Between Parents and Young Children: When There Are Two Homes*. Ms. Smith was one of the 20 trained as infant mental health trainers.

James Mulick, Ph.D., Pediatric Psychologist (Annual Meeting/Conference).

Dr. Mulick is professor of Pediatrics at The Ohio State University. He was one of the

original members of the Infant Mental Health Subcommittee of the Early Intervention Interagency Coordinating Council and one of the 20 trained as Infant Mental Health trainers. Dr. Mulick's work with children includes a specialization in working with Autistic Spectrum Disorders.

Classified

Employment Opportunities
Parent/Infant Therapist

The Infant Intervention program at Central Clinic (Cincinnati) is in need of a therapist to provide treatments to infants, toddlers and their caregivers who are experiencing difficulty in making a relationship with each other.

Qualifications:

- A bachelor's degree, preferably a master's degree in psychology, social work or nursing
- Knowledge of normal infant development
- Capacity to work in the home
- Ability to establish a trusting relationship with caregivers of varying economic, cultural and functional levels
- Knowledge of community resources and procedures to access resources

Send resume to:

Trena Goodwin at:
Central Clinic Child and Family Division
311 Albert Sabin Way
Cincinnati, Ohio 45229
or Goodwit@uc.edu