



BABY TALK

The Official Newsletter of the Ohio Association for Infant Mental Health

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Volume 4: Issue 3

Notes From The President

by Mike Thomasgard

It's hard to believe that my term as president is drawing to a close. The more I explore the topic of infant and early childhood mental health the more appealing it becomes. There's so much to be done that it can be overwhelming at times. Fortunately, I have the opportunity to slow down enough to acknowledge and celebrate small successes such as a smile, a hug, or the excitement in a young child's eyes as they play with their parent(s). It truly is challenging to keep one's focus on the goals of our organization:

- Promote healthy social and emotional development in infants, young children and their caregivers
- Advocate for the application of culturally-sensitive infant mental health principles
- Provide a scientific forum for ongoing education and professional development in infant mental health

These three points do, however, help guide my work as a member of OAIMH. In this light, it is worth reflecting on what we've accomplished and where we need to go—both as individuals and an organization.

Whenever I'm seeing a young child and their family with a medical student or a pediatric resident, I try to point out and use the strengths within relationships to help get around challenges and weaknesses. This is still a novel thought to most physicians in training.

Perhaps the biggest challenge is to help parents learn to celebrate small achievements and to take credit for all their hard work, "It's no accident that your son, Mark can keep it together at daycare with his friends, both you and he have worked so hard on this at home and it shows."

The topic of advocacy represents an enormous opportunity for learning from others such as the consumer-oriented National Alliance for the Mentally Ill (NAMI Ohio). Their membership has

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Ohio's EARLY CHILDHOOD MENTAL HEALTH INITIATIVE CONTINUES TO DEVELOP

By John Kinsel

The Ohio Department of Mental Health's Early Childhood Mental Health Initiative appears to be here to stay. Despite recent belt-tightening for many state funded programs, the ECMHI remains a viable part of the ODMH budget. An exciting prospect, when one considers that Infant and Early Childhood Mental Health were barely on the state radar screen just a few years ago.

As many of you are aware, the ECMHI, under the guidance of OAIMH member Marla Himmeger, has evolved into a program funding local projects across the state that provide Early Childhood Consultation and Training to child-care and other front-line providers of services to children birth through five. Area Mental Health Boards serve as the "flow through" agencies for the state funds.

In addition to the funding of the individual projects, there has been an effort at the state level to identify evidenced based programs suitable for Early Childhood Mental Health (ECMH), as well as to coordinate efforts to define and clarify directions for public policy regarding ECMH.

Toward that latter end, Mike Thomasgard and myself have represented OAIMH on a multi-disciplinary task force chaired by Ms. Himmeger. Made up of representatives from a wide variety of ECMH stakeholder organizations from around the state, the Advisory Council has most recently completed work on a draft of an Early Childhood Mental Health Plan.

Similar in scope to the State Infant Mental Health Plan shepherded by OAIMH Board member Kate Merrilees a number of years ago as part of an ODH Infant Mental Health Sub-committee. The ECMH plan attempts to address public policy in Ohio by identifying key areas essential for the development, funding and delivery of ECMH services to Ohio's youngest citizens and their families.

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OAIMH Fall Business Meeting and Conference

By Mike Thomasgard

In the spirit of maintaining the educational quality of our "annual" fall conference, the Executive Board recently voted against having one in 2004. This decision came about for two reasons: 1) Most top-flight speakers have already committed themselves at least one year in advance and 2) Members of the Board recognize that the job of organizing a large conference has become too large to manage without the help of a conference planner. To that end, the Board has enlisted the services of Garrison and Associates to coordinate all aspects of a high quality fall conference in 2005.

We will however, hold our Annual meeting of the membership in November 2004. The location and date have not yet determined. Business will include reports of the financial condition and operations of the Association, an announcement regarding the results of ballot elections for two new Executive Board Directors and any other business as may come before the meeting.

Fall 2005 OAIMH Fall Conference

We have received commitments from two superb speakers for 2005: Georgia DeGangi, PhD and Susan McDonough, PhD, MSW. Each will present
(Continued in Column 2)

Fall Business Meeting and Conference (Cont.)

a one-day workshop. The conference will occur on Friday, November 4 and Saturday, November 5 in the greater Columbus metropolitan area.

Dr. DeGangi currently collaborates with professionals at Integrated Therapy Services for Children and Families Inc. in Kensington, Maryland. She is best known for her work regarding the assessment and treatment of young children with disorders of irritability/mood regulation, sleep and separation, feeding, attention and sensory processing. She is the author of "Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment," New York, Academic Press, 2000.

Dr. McDonough works at the Center for Human Growth and Development, University of Michigan, Ann Arbor. She is best known for the Interaction Guidance therapeutic treatment model. Dr McDonough and two co-editors recently published "Treating Parent-Infant Relationship Problems: Strategies for Intervention," New York, The Guildford Press, 2004.

We look forward to a fantastic fall conference in 2005 and hope to see you at the annual meeting this fall.

ASK DR. BETH by Elizabeth Finley-Belgrad, M.D.

Dear Dr. Beth: "What's up lately with risks related to mercury?" D. Sturbed, Lido, OH

The recent *Ohio Sierran*, a publication of the Ohio Sierra Club, noted that the risk of mercury contamination is rising. The main culprit is coal-fired power plants. According to the Ohio EPA, 21 Of 23 Of Ohio's largest rivers and more than 73% of Ohio's 331 watersheds are in need of immediate clean-up. Every body of water in the state is under a fish consumption advisory because of this problem. According to the current federal EPA, approximately 60,000 infants annually may be at risk for neuro-developmental effects from in utero exposure to mercury. This is a good example of just one more of a vast number of increased toxic triggers contributing to the increased incidence of neuro-developmental problems in our infant population.

If we really want to improve the situation for infants in our country and state, politics, policy and environmental education must be addressed.

Dr. Beth, Infant Psychiatrist

(Ed. Note: "Ask Dr. Beth" is a regular feature of BABY TALK. The information and opinions expressed are those of Dr. Beth and not necessarily those of OAIMH. You can send an actual question to Dr. Beth at eafb17@hotmail .com and she will be happy to respond personally or in a future BABY Talk.)

President (Cont. from Page 1)

spent years understanding and working with local and state systems of mental health care. The promotion of early social-emotional development is truly unexplored territory for NAMI OH, especially in light of thinking about the children of adults with serious mental illness.

All OAIMH members will have the opportunity to provide input regarding the ODMH Early Childhood Mental Health Initiative at one of the upcoming regional meetings (see related article on page 1).

OAIMH and its local chapters is slowly becoming an effective forum for ongoing education and professional development (see “Going to Court” and “Getting Regulated” in Chapter Chat on p6).

Janece Warfield and I recently received funding from the Maternal and Child Health Bureau to develop case-based, continuing education Collaborative Peer Supervision Groups in Illinois, Indiana, Michigan and Ohio. Our web site will be modified to include a new section that will act as a centralized resource for those wishing to develop, maintain, and evaluate such groups—more in an upcoming issue of *Baby Talk*.

I hope you are able to enjoy some free time this summer. Be sure to take a moment to reflect on one or two of your own goals and achievements. It truly has been an honor for you to have entrusted me with the leadership of OAIMH these past two years. I continue to be excited by the ways we have grown toward a fuller and richer expression of our goals. A hearty “thanks” to all of you!

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NEW PHONE NUMBER FOR OAIMH

If you have questions about OAIMH that require a phone contact, please use our new number: 614-722-2435. You will then be in touch with President Mike Thomasgard’s office at Columbus Children’s Hospital. Either he or his able assistant, Lynne Henkel, will help you. Please stop using the old 888 number, as it is now a private line. Thanks!

The Infant Mental Health Lending Library

By Mike Thomasgard

This article highlights an excellent, yet seldom used resource—the Ohio Infant Mental Health Lending Library, now accessible via the World Wide Web at www.ohplibrary.org/. It is also a preview of changes to occur at the information and resources section of our own web site, www.oaimh.org, under the subheading of *libraries*.

What is the IMH Lending Library?

This collection of books, videotapes, and CD-ROMs was started with a modest donation from the Ohio Department of Mental Health in 1996. Since that time, the collection has grown to nearly 70 items. As you might imagine, drawing boundaries around the topic of infant mental health is somewhat difficult. Ms. Jan York, the ODH librarian, has provided us with a partial solution to this dilemma. A separate code will eventually be available at the library web site to limit one’s access to the smaller collection, while the subject codes provided below, allow access to an additional 200 items that are closely related to infant mental health.

Where is it?

The Ohio Public Health and Health Promotion Library is located on 246 North High Street at the Ohio Department of Health on the 8th floor in the Bureau of Health Promotion and Risk Reduction. Hours are from 8:00am to 4:00pm Monday through Friday. Ohio public health and school health professionals who are personnel in community-based organizations are welcome to visit the library by appointment (phone: 614-644-5639).

Who May Borrow Materials?

Ohio schools, professionals working with young children (e.g., behavioral health providers and Help Me Grow staff), public health professionals and personnel in community-based organizations such as child care providers who are registered members of the library can borrow these materials to teach, plan, implement, and evaluate health

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IMH Library (Continued from Page 3)

activities and programs. You must be an Ohio resident to borrow materials. If you are not registered with the library, go to the information & resources page of our web site, click on page 2 at the bottom and download the pdf "Library New Customer Information" form. Fax this to: 614-564-2409 attn: Ms. Jan York.

Privileges

You may borrow up to three items at no cost. Items may be borrowed for up to two weeks, with the option to renew for two weeks. You must pay the return shipping for the items.

How do you access the online library catalog?

- Go to: www.ohplibrary.org/
- The database is: CAT Ohio Health Promotion Library
- Select: "Power Search"
- Under "Search type and enter your criteria," click on the downward arrow at the end of "Select field"
- Choose subject [see below for the entire list (e.g., Preschool children—mental health)] and click on "Go"
- You should see 3 items. You may sort these by title, author, subject, etc. Click on a title to reveal more information.
- If that's the item you wish to check out, either print the item(s) and fax your request to Jan York at 614-564-2409
- **OR**
- Send it by e-mail to jyork@gw.odh.state.oh.us. Note Well: ODH is presently switching to a new e-mail service, eventually you'll be able to click on the box after the item number, then on the circle with an envelope inside it to e-mail your request directly to Jan York.

Recent Donations

Books

- The Child with Special Needs: Encouraging Intellectual and Emotional Growth. Greenspan (1998). #16660

(Cont. on p.7)

ECMH Plan (Cont. from page 1)

ODMH is hosting a series of regional information sessions in late summer and early fall so that interested persons and organizations that are not a part of the Council can learn the particulars of the plan and provide input as to next steps toward implementation. Collaborating in the presentation of these forums is Voices for Children of Greater Cleveland, one of the stakeholders that has been at the Advisory Council table.

While the meetings are intended as regional events, anyone is welcome at any gathering. Below are the dates, times and locations of the remaining meetings. (Ed. Note: By the time this issue of Baby Talk goes to press, sessions in Chillicothe on 7/20 and Zanesville on 7/30 are likely to have been completed.) If you have questions regarding registration or other issues for a particular meeting, please contact Amy Swanson of Voices for Children of Greater Cleveland at 216-881-7860 or at www.voicesforclevelandschildren.org.

SCHEDULE OF MEETINGS

September 14: Urbana, 10AM-2PM, Champaign Community Center, 1512 S. US Highway 68

September 23: Columbus, 10AM-2PM, location to be announced.

September 24: Akron, 10AM-2PM, Shaw JCC of Akron, 750 White Pond Drive.

September 29: Cincinnati, 10AM-2PM, Cincinnati Children's Hospital Medical Center, Merc Auditorium, corner of Reading and Oak Streets

September 30: Bowling Green, 10AM-2PM, location to be announced.

The OAIMH Board sees these meetings as a great opportunity for members interested in promoting a statewide system of quality mental health services for infants and their families to have a voice in that process. Members are encouraged to attend a meeting in their geographical area and to invite others from their communities in order to promote local investment in this state coordinated process.

Cuyahoga ECMH System Subject of San Francisco Institute

By Jeff Rosenbaum

The Early Childhood Mental Health system of care in Cuyahoga County was presented at the Training Institutes 2004 in San Francisco, CA in June, 2004. The institute, Service Approaches in Early Childhood Mental Health Systems of Care, focused on the development and provision of the array of early childhood mental health services and supports that have been designed to meet the mental health needs of young children and their families in Cuyahoga County.

The institute compared the Ohio systems with those developed in Canon City, CO, with an emphasis on describing the services included in their respective continuums of care and how these services are provided. Also discussed was the infrastructure framework needed to support these services and advocacy strategies for influencing public policy on early childhood mental health services and for securing funding for these services.

Early childhood mental health services provide an opportunity to identify and treat young children before their social and emotional difficulties cause them to fail in school and in life, and before they become costly burdens in the juvenile justice, adult social service, and criminal justice systems. The goals of early childhood mental health services include: stabilizing children's home environmental situation by alleviating stressors, where possible, and enhancing the coping abilities of children and their caregivers; enhancing parenting skills and ability of parents and caregivers to use personal resources and both external, and internal supports effectively; and fostering positive and satisfying caregiver-child relationships through constructive caregiver-child interactions.

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Cuyahoga ECMH (Cont.)

The institute focused on how to provide family-centered, culturally competent early childhood mental health services in both urban and rural settings. Cuyahoga County's system of care was described as representing an urban community. The system of care includes Help Me Grow, the Early Childhood Initiative, Special Needs Child Care, and the Early Childhood Mental Health pilot program. It is a home and neighborhood focused system that offers multiple pathways to services for families. It has been built on a public and private partnership, and it is unique in that it is based on a truly collaborative system of service providers, funders, and referral agencies.

The DC: 0-3 diagnostic classification instrument was discussed as a foundation for identifying children with early childhood mental health concerns and for developing effective and appropriate clinical interventions. The IFSP (Individual Family Service Plan) and Service Coordination were described as being very important in developing family goals and in guiding mental health services in the context of Early Intervention.

Outcome evaluation data were presented which indicated that a very high number of parents and caregivers believed that their child's problematic behavior had decreased and that there had been a corresponding increase in positive behavior including better self-control, improved ability to play with siblings or peers, and increased ability to use words to express feelings, wants, and needs.

Next steps were discussed which included enhancing public awareness and securing more local and state funding, increasing advocacy to change public policy on Medicaid funding for mental health services for children under the age of 3, increasing the focus on maternal depression, and increasing the training and education of community leaders.

CHAPTER CHAT**Southwest Chapter** by Kate Merrilees

GOING TO COURT: A GUIDE FOR THERAPISTS was the topic of the seminar sponsored by the Southwest Chapter of the Ohio Association of Infant Mental Health in collaboration with Pro-Kids and the Young Child Institute of Central Clinic on April 30, 2004. The focus of the seminar was to convey to therapists the importance of the testimony that they can offer on behalf of young children. Repeated over and over throughout the day was the phrase, "Therapists wear the crown".

Assistant Prosecuting Attorney Rich Schneider and Pro-Kids Executive Director Tracy Cook gave an overview of the Juvenile Court process as well as the how to prepare for testifying and what to expect on direct and cross examination. Magistrate Carla Guenther described how magistrates evaluate the credibility and merit of testimony that is offered in court. A mock direct and cross-examination was also presented. The day concluded with a panel discussion and a question and answer period.

Among the strategies suggested for professionals who have been subpoenaed is to maintain the mindset that the therapist is to assist the court in making a decision regarding a child not to decide the issue themselves. In addition therapists were strongly encouraged to communicate with the attorney who has issued the subpoena regarding the content of their testimony.

Preparation was also stressed. Therapists need to review their notes and background materials about the child and be prepared to relate the basis for the opinion or recommendation that they are offering. Professionals were advised to be clear, logical and brief in their responses

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Chapter Chat (Cont.)

to questions while realizing that a part of testifying is educating the magistrate about the salient issues related to the child, such as when and why a child might behave a particular way as well as how children might understand the experiences that they have.

The day ended on a less serious note with a review of the "Unofficial" rules of court. Among them: Parking and paying the all day rate to attend a juvenile court hearing will ensure that the hearing will take only a half hour to complete.

Greater Dayton Chapter by John Kinsel

GETTING REGULATED. On May 7, 2004, the Greater Dayton Chapter was pleased to partner with a number of other child serving organizations to co-sponsor a day of training with Ashland U. professor Maria Sargent.

Maria spent the morning presenting in clear, understandable language the neurological underpinnings of regulatory process in young children and the ways in which social experience can affect regulatory functioning. Using humorous and accessible case examples from her own work, she clarified ways the regulation of impulse, reactivity, etc. can be managed through a process of assessing the child's current functioning, determining the next developmental phase beyond where they are and intentionally introducing play and relationship based experiences that encourage the child to develop increased self control and the self confidence and social competence that accompany success.

The afternoon saw similar principles applied to the management of aggression. Home visitors, nurses, therapists and educators alike found the information directly applicable to their work with young children.

IMH LIBRARY*(Cont. from p.4)*

- Family Transitions: Why Fathercare is as Essential as Mother Care for Your Child. Pruett (2000). #16576
- Handbook of Attachment Theory. Cassidy & Shaver, Eds. (1999). #16604
- Handbook of Infant Mental Health. Zeanah, Ed. (2000). #16279
- Mental Health Consultation. Brookes (2000). #16606
- Neurons to Neighborhoods. Shonkoff & Phillips, Eds. (2000). #15154
- Young Children and Foster Care. Brookes (1999). #16609

Audiotapes

- The Baby's Place in the World, 9th WAIMH World Congress, Melbourne, Australia (2004). 4 tapes (listed below), # 16591
- Healing the Child in Juvenile Court, Osofky & Lederman
- Attachment and Trauma, Lieberman
- When Infants Grow Up in Multi-person Relationship Systems, McHale
- Early Withdrawal and Depression in Infancy, Guedeney

Videocassettes

- Exploring first feelings (2000). #16609
- Family transitions: Young children speak their minds about divorce. Trout (1999). #16576
- Gentle transitions: A newborn baby's point of view about adoption. Trout (1997). #16577
- Multiple transitions: A young child's point of view on foster care and adoption. Trout (1997). #16602

Interested in Making a Donation to the Library?

The members of our Executive Board recently put together a list of items (32 books, one series of videotapes and three suggested periodicals). Most items range in price from \$6 to \$40. If you would like me to send the entire list, write a note to thomasgardm@pediatrics.ohio-state.edu or call 614-722-2435.

DATES TO REMEMBER !!**Date:** *Friday, September 10, 2004***What:** *Autism in Young Children***Where:** *Children's Medical Center, Dayton***Who:** *Co-Sponsored by Children's medical Center and Young Children's Assessment and Treatment Services (YCATS) of Samaritan Behavioral Health, Inc.***OAIMH Link:** *Coordinated by John Kinsel***Why:** This all day (8-4) workshop brings Richard Solomon, MD, of the University of Michigan Medical School to the area to discuss characteristics, needs and interventions associated with children under the age of six who carry an Autism Spectrum Disorder diagnosis.

Dr. Solomon, a disciple of Stanley Greenspan and the DIR model, will share insights gained from the development of the P.L.A.Y. Project (Play and Language for Autistic Youngsters) developed at the U. of M. Based on the principles of Greenspan's *Floortime*, the PLAY Project offers a home-based model less extensive and costly than other behavioral approaches.

Contact: John Kinsel at jdkinsel@shp-dayton.org or 937-567-3476.**Date:** *Saturday, September 25, 2004***What:** *Second Annual Infant-Toddler Conference: Partnering With Families***Where:** *The Drake Center, Cincinnati***Who:** *The Southwest Ohio Chapter of the Ohio Association for Infant Mental Health***OAIMH Link:** *See "Who" above!***Why:** Opportunity to gather with other providers of service to infants, toddlers and their families to hear a variety of speakers share regarding best practices in working with parents. Brochure available soon detailing the activities of the day.**Contact:** For more information, see Kate Merrilees at kmm@one.net or Chandra Pester at cpester@thechildrenshomecinti.org

Fun Facts Gleaned From OAIMH Board of Director's Minutes *by John Kinsel*

- Mike Thomasgard, forever to be remembered as "the Father of the OAIMH Web site," notes that since its inception, the site has been visited over 20,000 times !!! For the uninitiated, each visit could contain hundreds of hits.
- Treasurer Jeff Rosenbaum reports that, at least as of May 1, 2004, OAIMH is "in the black!" Those of us who were on the original OAIMH Board collectively let out a relieved sigh! We ain't rich, but we're not broke neither!

BOARD NOMINATIONS REQUESTED! *By Jan Kushmaul*

The Nominating Committee requests nominations to the ballot for three positions on the OAIMH Board of Directors. Nominees must be members of OAIMH, ready to serve for three years (2005-2007), and be committed to the well being of infants and children and their families. Self-nominations are encouraged.

OAIMH is committed to provide a slate of nominees that represent our membership in the areas of geography, race, ethnicity, and discipline. These factors will be taken into consideration by the nominating committee when determining the final slate to be presented to the membership. If you have questions regarding the time commitment involved or other aspects of Board service, feel free to contact Mike Thomasgard at thomasgardm@pediatrics.ohio-state.edu, John Kinsel at deacob@aol.com or Jan Kushmaul at tomjan@ameritech.net. **Deadline for nominations is September 3, 2004.**

Please use the following form:

NOMINATION FOR OAIMH BOARD OF DIRECTORS

Name: _____ Discipline _____

Address _____

Phone _____ E-mail _____

Reason for nomination _____

Person submitting nomination _____

Phone _____ E-mail _____

Submit by 9/3/04 to: Elizabeth Finley-Belgrad, 146 Forest Hill Rd., Boardman, OH or by email to eafb17@hotmail.com.