



## MAY 2024 NEWS

When I was getting ready to welcome my son into the world, I was talking with a friend about all the ways my life would change. She said to me “The only constant thing is change.” May is a month full of celebration and preparation for change. All around us, plants and animals are bursting to life. Children in our communities are preparing for big and little changes in their education. My own family is getting ready to celebrate one of our children graduating from high school and another leaving middle school.

May is also Mental Health Awareness month. My favorite definition of Infant and Early Childhood Mental Health comes from Zero to Three:

***Infant Mental Health is the developing capacity of the infant/young child - in the context of family, community, and culture - to:***

- ***Form close and secure relationships***
- ***Experience, manage, and express a full range of emotions***
- ***Explore the environment and learn***

Within this definition is the evidence that Infant and Early Childhood Mental Health is everyone’s business. Our families, our communities, our cultures get to hold space for babies and young children to thrive. Here at the Association, we believe there is a role for every person to play in assuring mental health and well-being for all Nevada’s babies and young children. Be sure to check out our ECHO series with exciting new topics for May and June. And join us for an upcoming virtual Office Hour to talk with us about anything and everything mental health. I am so glad you are here with us!

Jacquelyn Kleinedler, MFT, LADC  
NV-AIECMH Executive Director

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# REFLECTIVE PRACTICE



## NEVADA LEARNING COLLABORATIVE

The Association has created a Nevada Cohort on Reflective Supervision Learning Collaborative. This group of professionals representing various disciplines meet monthly to develop reflective supervision & consultation skills for use while working with other IECMH professionals. This initial cohort runs until September 2024, and we look forward to sharing future opportunities to participate as they become available.



Learn more about Reflective Practice for *all* IECMH professionals at our website [nvaiecmh.org](http://nvaiecmh.org)



### The Role of Reflective Practice in YOUR Life

Reflective Practice is a “way of being” that enhances a professional’s capacity to recognize how their feelings, thoughts, and intentions, and those of others, impact actions and behavior. Regularly practicing reflection and integrating it into the routine structure of both the professional’s daily work and the agency’s culture has proven beneficial to direct providers, supervisors, consultants, and agencies, and can positively impact the infants, young children and families they serve. We call this the parallel process.

#### What is the difference between Reflective Supervision and Reflective Consultation?

RS is provided by a professional’s supervisor or another supervisor within the professional’s employing agency. RC is provided by a consultant from outside the professional’s agency who does not have a direct staffing relationship with the professional.

- RSC creates an environment in which people do their best thinking about their work with young children, families, and staff members—one characterized by safety, calmness, and support.
- RSC provides a regular opportunity for a professional to talk about their work and the impact their work has on themselves and others.
- RSC fosters critical self-awareness and the ability to consider multiple perspectives, all of which enhance an organization’s implementation of a relationship-based culture.

# MAY AWARENESS



## May is **Mental Health** Awareness Month

This national observance started in 1949, created by Mental Health America, to bring attention to the importance of mental wellbeing. The **Where to Start** theme was chosen for 2024 with this goal in mind: "For anyone struggling with the pressure of today's world, feeling alone, or wondering if they can feel better, this is Where to Start". Other mental health resources in Nevada include:



**National Children's Mental Health Awareness Day (May 9)**- this is an annual event that occurs on the Thursday of the first full week of May. It is a day to raise awareness of the importance of every child's mental health. Mental health is a serious issue in modern societies. The mental health of children is even more so. According to the data from the CDC, one in six children between the ages of two and eight has a mental or behavioral disorder. More Nevada children's mental health information and resources are available at:



**National Maternal Depression Awareness Month (May 1-7)**- It emphasizes the importance of awareness and treatment for maternal depression during pregnancy and the postpartum period. These disorders can affect 1 in 5 women and often go unnoticed and untreated. More Nevada maternal depression information and resources:



**National Foster Care Month** - started in 1988 and celebrated in May to show appreciation and gratitude to foster parents across the nation. There are over 400,00 children are in foster care on any given day in the US. More information on how to become a foster parent:



Family Services



# IECMH ECHO SESSIONS: JUNE 2024



### Helpful Tip 1:

Before you register, we encourage you to review the iECHO Tip Sheet on the following pages.

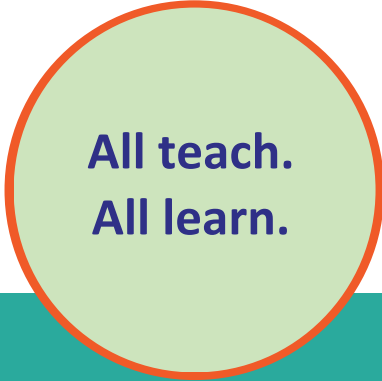
### Helpful Tip 2:

The link to join the ECHO session will be delivered to your inbox 30 minutes before the session start time. We recommend that you create a meeting block in your calendar as a reminder.

### Questions?

Kate Keese  
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Tracey Tapiz  
ttapiz@nvaiecmh.org



All NV-AIECMH members including therapists, educators, policy makers, home visitors, pediatricians, pediatric nurses are invited to attend. These ECHO learning sessions are available to members only.

<b>Tuesday June 4, 2024</b>	<b>11:00 am PST</b>	<b>Ghosts in the Nursery with Dr. Diana Morelen</b>
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This session will introduce two key metaphors in infant and early childhood mental health (IECMH).

- Intergenerational transmission of relational patterns & adverse childhood experiences (ACEs).
- Attachment theory and strategies for promoting secure attachments between caregivers and their little ones.

<b>Wednesday June 19, 2024</b>	<b>12:00 pm PST</b>	<b>Scary Music with Annie Beach, LCSW</b>
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We will explore the intersection of trauma and Perinatal Mood and Anxiety Disorders (PMADs). Learn how trauma impacts Perinatal Mental Health and is a risk factor for developing a PMAD. We will identify how "Scary Music" can impact caregivers' relationships with their infants and young children.

Each session aligns with the IECMH Competencies and may be used toward Endorsement application or renewal.

*Each session allows all participants to introduce themselves, to ask questions of the group and to share their experiences and wisdom, as we develop and strengthen our community of support.*



**nvaiecmh**  
Nevada Association for Infant & Early Childhood Mental Health  
Learn more at: [www.nvaiecmh.org/events](http://www.nvaiecmh.org/events)

Giving children roots to grow and wings to fly.



**nvaiecmh**  
Nevada Association for Infant  
& Early Childhood Mental Health



## REGISTRATION TIPS: iECHO

- 1 Click REGISTER HERE for iECHO [tip: select Continue with Email]
- 2 Create New Account
- 3 Enter Personal Details & Confirm Email
- 4 Search for NV-AIECMH ECHO
- 5 Click REGISTER NOW
- 6 You will be prompted to enter more information before you attend a session for the first time
- 7 Once you are registered in iECHO, you may attend **any** upcoming NV-AIECMH iECHO session
- 8 Review the SCHEDULE often
- 9 Mark your calendar to join us each month:
  - First Tuesday of each month @ 11am PST
  - Third Wednesday of each month @ 12noon PST

REGISTER HERE





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## Welcome to iECHO

Please choose an option to continue

 Continue with Email

 Continue with Mobile

OR

 Continue with Google

By continuing, you accept the [Terms of Use](#) and [Privacy Policy](#)



### Learn from Experts and Share your Expertise

The ECHO model uses a hub-and-spoke knowledge-sharing approach

2



[← Back](#)

This email/phone is not registered with iECHO.

If you have received an invite to join an ECHO program, please check your email or SMS and click on the link provided

OR

[Create New Account](#)

4



### ECHO Stories



[Read Story](#)

 [ECHO in the News](#)

Welcome,


### My Programs

Please find below the list of the programs you have enrolled



No upcoming sessions scheduled for your programs



 [ECHO Stories](#)

[NV-AIECMH ECHO](#)

[See All Results](#)

**5**

Project **ECHO**

Search For Programs

**NV-AIECMH ECHO** [Share link](#)

By Allied Behavioral Health Solutions Provides Certificate

**Upcoming Participant Groups**  
Register for one of the below participant groups (cohorts) to take part in this ECHO program

**NV-AIECMH ECHO (Cohort 1)** [Register Now](#)

LANGUAGE: English PARTICIPANTS ENROLLED:

**Program Overview**  
NV-AIECMH's ECHO is designed to foster a community of practitioners, educators, home

**Schedule**

**6** **7** **8**

Project **ECHO**

Search For Programs

Home > Programs > NV-AIECMH ECHO > NV-AIECMH ECHO (Cohort 1)

← Back to NV-AIECMH ECHO

**NV-AIECMH ECHO (Cohort 1)** [Leave Participant Group](#)

from 27 Feb 2024 to 27 Feb 2025

To participate in this program, we need some additional information from you [Continue](#)

**SCHEDULE** CONTENT DISCUSSIONS

**Sessions**  
Manage completed and upcoming sessions for this participant group

**9**

**ECHO LEARNING**

**nvaiecmh**  
Nevada Association for Infant & Early Childhood Mental Health

**JOIN US EACH MONTH FOR NEW TOPICS IN INFANT & EARLY CHILDHOOD MENTAL HEALTH!**

FIRST TUESDAY | 11 am  
THIRD WEDNESDAY | 12 pm

[Register Now](#) [www.nvaiecmh.org/events](http://www.nvaiecmh.org/events)

# PROFESSIONAL DEVELOPMENT OPPORTUNITIES



## Coming Soon!

### 4- PART TRAINING SERIES FOR CHILD WELFARE PROFESSIONALS

Explore the role of Infant and Early Childhood Mental Health in the work of Child Welfare Professionals. This training series will focus on how Child Welfare professionals can utilize foundational knowledge to deepen their connection with children and families.

**LIVE**

## ECHO LEARNING



**JOIN US FOR NEW TOPICS  
EACH MONTH!**

**FIRST TUESDAY** | **11 am PACIFIC**

**THIRD WEDNESDAY** | **12 pm PACIFIC**

**Register Now** [www.nvaiecmh.org/events](http://www.nvaiecmh.org/events)

## VIRTUAL OFFICE HOURS

LEARN MORE ABOUT:

- NV-AIECMH MEMBERSHIP
- IECMH ENDORSEMENT®



## Office Hours

**FRI MAY 17:** 11am - 12pm

**THUR MAY 30:** 8am - 9am

**JUN 14:** 10am - 11am

**JUN 26:** 12pm - 1pm

**Join Zoom via this LINK**

Meeting ID: 657 966 9455

Passcode: E0M534

Join virtual drop-in Office Hours to talk with staff about the Association, learn about the journey to Endorsement®, and to explore membership. No registration required.





# PROFESSIONAL DEVELOPMENT OPPORTUNITIES

MAY 2024

**MON  
20**

**CIRCLE OF SECURITY  
PARENTING SERIES, RENO**

Register online [HERE](#)

**FRI  
24**

**CULTIVATING CRITICAL  
SELF-REFLECTION IN RSC**

Register online [HERE](#)

**FRI  
31**

**BALANCING DUAL ROLES:  
ADMINISTRATIVE & REFLECTIVE  
SUPERVISION**

Register online [HERE](#)

JUNE 2024

**TUE  
4**

**PROVIDING RSC: A FOUNDATION**

Register online [HERE](#)

**TH /FRI  
6-7**

**AIMH HAWAII FORUM:  
THE RIPPLE EFFECT**

Register online [HERE](#)

For more events & information: [www.nvaiecmh.org/events](http://www.nvaiecmh.org/events)

# IECMH COMPETENCIES

The infant and early childhood mental health (IECMH) competency guidelines include a broad range of skills and knowledge that professionals use to support the social, emotional, and relational wellbeing of infants, toddlers, young children and their families. We envision that Nevada professionals demonstrate these competencies in action in the following ways:

- **SUPPORTING OTHERS.** Each IECMH professional strives to work as a partner/team member to support and empower children, families, and colleagues, ensuring they have access to resources and support. They demonstrate resilience in the face of challenges, and they model appropriate behavior and interventions. They intentionally create a supportive and safe environment for growth and development where children, families, and colleagues feel comfortable sharing their thoughts and feelings.
- **CURIOSITY.** By demonstrating curiosity, IECMH professionals create dynamic and engaging environments that support children's natural inclination to explore, discover, and learn. They seek out professional development opportunities and they remain open to new ideas and perspectives, recognizing that there is always more to learn. They model curiosity for children, families, and colleagues, showing them that it's okay to ask questions, explore, and learn from mistakes.
- **PROFESSIONAL/PERSONAL DEVELOPMENT.** IECMH professionals are committed to lifelong learning and continuous growth in their work with young children and families. They reflect on their practice to identify areas where they can enhance their knowledge and skills, ensuring that they are providing high-quality care. They stay informed about the latest research and best practices by reading professional journals, attending conferences, and participating in online forums and webinars.



# INFANT/EARLY CHILDHOOD MENTAL HEALTH ENDORSEMENT®

IECMH Endorsement® is an internationally-recognized credential that highlights and verifies that professionals have specialized training and experience in culturally responsive and relationship-based practice.

The Endorsement categories are defined by the way you work with or on behalf of the IECMH population. Most categories include professionals from a variety of work settings, and each scope of practice consists of people newer to the field, people who have a lifetime of experience, and people who are leaders in the field.

This month, we highlight the **Mental Health Specialist** Endorsement for those who work in the **Intervention** field. To learn more about all categories, join us at **Office Hours** - free and online. Dates and details available at [www.nvaiecmh.org/events](http://www.nvaiecmh.org/events).



**PROMOTION**



**PREVENTION**



**CLINICAL  
INTERVENTION**



**LEADERSHIP**



**REFLECTIVE  
SUPERVISION /  
CONSULTATION**

## SCOPE OF WORK

Those who provide culturally sensitive, relationship-focused, mental health treatment related to attachment, separation, trauma and unresolved grief and loss.

## WHO DOES THIS WORK?

Parent/Infant Psychotherapist  
Parent/Child Psychotherapist  
Early Childhood Mental Health Specialist  
Family Therapist

## IECMH IN ACTION

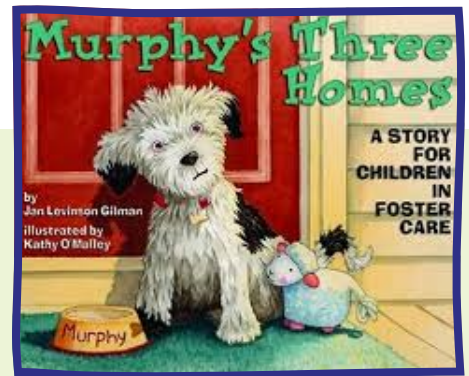
These providers implement relationship-focused, evidence-based therapeutic interventions that enhance the capacities of parents and their young child(ren) and promote the well-being of both the infant and the family.

## ENDORSEMENT CATEGORY

Mental Health Specialist

## WHAT WE'RE READING

### Murphy's Three Homes: A Story for Children in Foster Care by Jan Levinson Gilman PhD

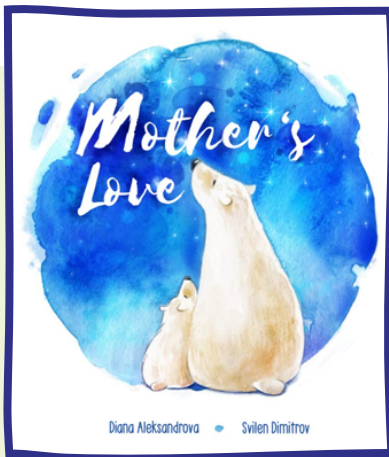


This story follows an adorable pup, Murphy through his placement in three new homes, as well as through his anxiety, self-doubt, and hope for a new, loving family. Finally, Murphy is placed in a caring foster home where he feels comfortable and valued. He learns that he is not a bad dog and can go back to being a playful puppy and a "good luck dog!"

## FOR READING TOGETHER

### Mother's Love by Diana Aleksandrova

Exploring the extraordinary bond between a mother and child. This book takes you on a journey discovering how ten animal moms, ranging from elephants to eagles take care of their babies, showcasing the unique ways in which love is expressed across different species. "Mother's Love" incorporates STEM elements, making it an engaging and educational read.



## MOMENTS OF CONNECTION

### SERVE AND RETURN

Source: Center on the Developing Child - Harvard University

Serve and return interactions shape brain architecture. When an infant or young child babbles, gestures, or cries, and an adult responds appropriately with eye contact, words, or a hug, neural connections are built and strengthened in the child's brain, supporting the development of communication and social skills. When caregivers are sensitive and responsive to a young child's signals and needs, they provide an environment rich in serve and return experiences.

Find the full Guide to Serve & Return: How Your Interaction with Children Can Build Brains at: [developingchild.harvard.edu](http://developingchild.harvard.edu)



# MEMBERSHIP UPDATE

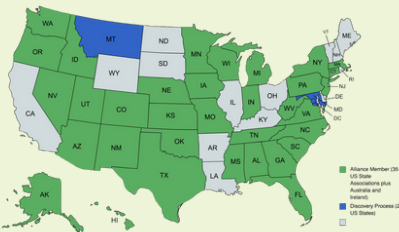
## We continue to GROW!

NV-AIECMH Membership is available at NO COST in 2024! All professionals who work with families and young children from the prenatal period through age 6 are invited to join this growing statewide professional network. Learn more about membership at [nvaiecmh.org](http://nvaiecmh.org)

Celebrating  
**265**  
**MEMBERS!**



## ABOUT NV-AIECMH



NV-AIECMH is the only statewide professional association that supports, trains, and connects the cross-system workforce that supports and promotes the healthy social emotional development of Nevada’s children from the prenatal period through age six.



Nevada is one of **35** state associations in the U.S. to provide the Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health®. Each association is a member of the Alliance for the Advancement of Infant Mental Health. Learn more about the Alliance at [www.allianceaimh.org](http://www.allianceaimh.org).