



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

JUNE 2024 NEWS

As summer begins, the Association has been happily celebrating all the wonderful things that June brings to us. The end of the school year for most, graduations for some, Father's Day, Juneteenth, and the Summer Solstice. This month's Newsletter highlights many exciting things going on in the world of Infant and Early Childhood Mental Health. Nevada is celebrating the launch of First 5 Nevada designed to help families connect with information and resources across Nevada. NV-AIECMH is proud to be a First 5 Nevada partner. We also highlight for you several reading resources including research articles and books to read together with children. Very special this month, we are celebrating our newest Endorsees in Infant Mental Health! If you are interested to learn more about Endorsement, please join our virtual office hours. Finally, as we enjoy longer days, we encourage you to take a few minutes every day to disconnect from technology and rest.

Jacquelyn Kleinedler, MFT, LADC
NV-AIECMH Executive Director

**IN THIS
ISSUE**
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**New Research
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Spotlight**

WWW.NVAIECMH.ORG



RESEARCH YOU CAN USE

Father's Day is Sunday, June 16th!

A day to celebrate the contribution fathers and father figures make in their children's lives.

Different families have different ways to celebrate. Maybe it's a phone call or sending a greeting card, or hosting large parties to honor the 'father' figures in a particular family. Father figures may be step-fathers, fathers-in-law, grandfathers and great-grandfathers, and other male-identifying relatives.



▶▶▶ The Dual Role of Fathers in Perinatal Mental Health

Fathers have two key roles in perinatal mental health: as partners to mothers and as parents themselves. When dads support moms during pregnancy and after the baby is born, it helps moms feel better supported mentally and emotionally. However, dads can also experience mental health concerns, like depression and anxiety, during this time, which can impact the entire family.

This article highlights the importance of dads' mental health before and after the baby is born. It reviews research showing how crucial dads are for moms' mental health, how common mental health problems are among dads, and how these impact child and family well-being. It also discusses ways to screen for and treat these problems.

Learn how creating better support systems at local, state, and national levels can help improve the mental health of fathers, mothers, and babies, leading to healthier families overall.

[READ MORE](#)



▶▶▶ Infant and Toddler Homelessness Report

Research shows that adverse experiences like homelessness disrupt healthy development and create an unstable foundation for future growth.

A new report from **SchoolHouse Connection** provides a detailed look at how many infants and toddlers experienced homelessness across the country and in each state. The data shows that children make up more than 40% of all individuals facing eviction, and the rate of eviction for families with children is 2x+ the eviction rate of those without children. We know Place Matters for early childhood development, and this includes access to safe housing.

[READ MORE](#)





PROFESSIONAL DEVELOPMENT OPPORTUNITIES

JUNE 2024

**MON
17**

**CIRCLE OF SECURITY
PARENTING SERIES, RENO**

Register online [HERE](#)

**WED
19**

**ECHO LEARNING SERIES: SCARY MUSIC RE-
SCHEDULED FOR AUGUST 6TH**

Register online [HERE](#)

**WED
26**

OFFICE HOURS- 12PM TO 1PM

ZOOM link [HERE](#)

**TUE
2**

ECHO: MINDFUL SELF-REGULATION & WELL BEING

Register online [HERE](#)

**FRI
12**

OFFICE HOURS- 10AM TO 11AM

ZOOM link [HERE](#)

**WED
17**

REFLECTIONS IN REFLECTIVE

Hosted by: Alliance for the Advancement of Infant Mental Health

Register online [HERE](#)

**WED
17**

ECHO: REFLECTIVE SUPERVISION IN IECMH

NVAIECMH Endorsed member Sylvia Mireles from Sunrise Children's Foundation Early Head Start, Las Vegas will be presenting virtually, July 16th at 11am during iECHO. This session provides an opportunity to dig deeper into the fundamental components of reflective supervision/consultation in Infant and Early Childhood Mental Health (IECMH). We are excited to have a fellow Nevadan provide this learning opportunity to our community of professionals.

Register online [HERE](#)

**TUE
23**

**FOSTERING TRUST & WELL BEING THROUGH
REFLECTIVE & RELATIONAL-BASED SUPERVISION
[PART 1]**

Register online [HERE](#)

**THUR
25**

**FOSTERING TRUST & WELL BEING THROUGH
REFLECTIVE & RELATIONAL-BASED SUPERVISION
[PART 2]**

Register online [HERE](#)

**THUR
25**

OFFICE HOURS- 1PM TO 2PM

ZOOM link [HERE](#)

JULY 2024

For more events & information: www.nvaiecmh.org/events

IECMH ECHO SESSIONS: JULY 2024



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



Tuesday July 2, 2024	11:00 am PST	Mindful Self-Regulation & Well Being with Anna Arts
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One of the mothers of infant mental health, Jere Pawl, said "**how you are is just as important as what you do.**" In this ECHO session, we will explore strategies to support mindful self-regulation, how to hold a reflective stance, and the impact our own well-being has on the children and families we work with.

Helpful Tip 1:

Before you register, we encourage you to review the iECHO Tip Sheet on the next 2 pages.

Helpful Tip 2:

The link to join the ECHO session will be delivered to your inbox about 1 hour before the session start time. We recommend that you create a meeting block in your calendar as a reminder.

Wednesday July 17, 2024	12:00 pm PST	Reflective Supervision in IECMH with Sylvia Mireles
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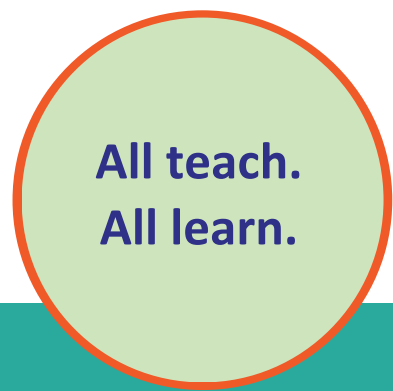
In this session, we will dig deeper into the fundamental components of reflective supervision/consultation (RSC) in Infant and Early Childhood Mental Health (IECMH).

- How might RSC guide and support our professional and personal collaborative process?
- Keeping the baby in mind through the perspective of the parallel process, professional use of self and cultural humility.
- How RSC allows for the perspective of the gift of grace for oneself and the working relationship.

Questions?

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

Each session allows 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.



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Learn more at: www.nvaiecmh.org/events

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 Mentor - Clinical** Endorsement for those who bridge **Clinical Treatment & Leadership**. To learn more about all categories, join us at **Office Hours** - free and online. Dates and details available at www.nvaiecmh.org/events.



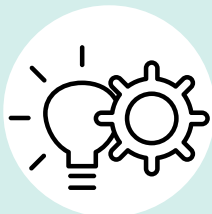
PROMOTION



PREVENTION



CLINICAL INTERVENTION



LEADERSHIP: CLINICAL



REFLECTIVE SUPERVISION / CONSULTATION

SCOPE OF WORK

Those who are recognized as infant and early childhood mental health leaders in their community of clinical providers.

WHO DOES THIS WORK?

- Parent-Child Psychotherapist
- Early Childhood Mental Health Consultant
- Private Practice Therapist
- Developmental & Behavioral Pediatrician

IECMH IN ACTION

In clinical practice, Mental Health Mentors use evidence-based therapeutic approaches that focus on enhancing the parent-infant/young child relationship like play therapy and attachment-based interventions. As leaders in the field, they also mentor emerging practitioners, students, clients and other colleagues by modeling effective, compassionate, and culturally sensitive practice. They foster a supportive learning environment that encourages questions, exploration, and continuous professional growth.

ENDORSEMENT CATEGORY

Mental Health Mentor - Clinical

ENDORSEMENT JOURNEY

We are thrilled to announce the newest professionals who have achieved Endorsement in Infant and Early Childhood Mental Health (IECMH) competencies.

Join us in congratulating these outstanding professionals and in recognizing the importance of IECMH Endorsement in building a brighter, healthier future for Nevada's babies and children.



KACEY EDGINGTON
EARLY CHILDHOOD FAMILY ASSOCIATE

HEATHER SMITH
INFANT FAMILY ASSOCIATE



SYLVIA MIRELES
INFANT FAMILY SPECIALIST
ENDORSED REFLECTIVE SUPERVISOR

RUBY SYDNOR
INFANT FAMILY SPECIALIST



WHY ENDORSEMENT

IECMH Endorsement is more than just a credential; it signifies a professional's deep understanding and proficiency in supporting the emotional and mental health needs of infants and young children.

Join the growing network of professionals throughout Nevada. Our community of practice, collaboration, support, and shared knowledge will help give children roots to grow and wings to fly.

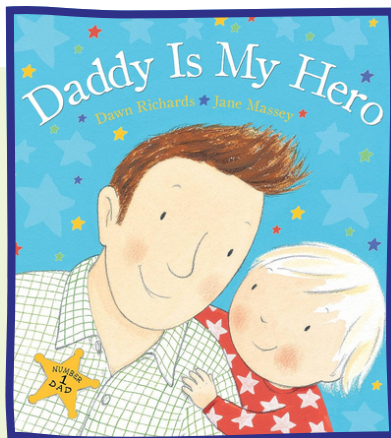
We believe it takes all of us to do this important work.

PROMOTION. PREVENTION. INTERVENTION. LEADERSHIP.

WHAT WE'RE READING

be brave little one
by Marianne Richmond

"Be Brave Little One" is a simple rhyming story that encourages children to find the bravery in every day actions - from expressing your feelings to making someone feel welcome; from trying new things, to being brave to admit when those new things just haven't worked out.



FOR READING TOGETHER

Daddy Is My Hero
by Dawn Richards

Commemorate the love between father and child with this sweet picture book that showcases all the amazing ways that Daddy is a hero. This special book celebrates the fathers who do it all! And in the imaginative eyes of his children, daddy is a hero in every way.

MOMENTS OF CONNECTION

**Protecting Brains, Stimulating Minds:
The Early Life Roots of Success in School**

Source: Center on the Developing Child - Harvard University

The science of early learning is essential for building a strong foundation for reducing disparities in educational achievement.

Center Director Jack Shonkoff speaks at Harvard Graduate School of Education and features a wide range of topics, including early childhood, civic and moral engagement, and educating for human rights.



[READ MORE](#)



First 5 Nevada Launches to Help Families

Author: Marty Elquist, The Children's Cabinet

Being a parent can be hard, especially trying to find the programs and services that your child and family need. [First5Nevada.org](https://www.First5Nevada.org) recently launched to ensure that every family in Nevada has access to the programs, resources, and supports they need to help their children grow and thrive.

From newborn through preschool, a child develops more rapidly than at any other time in their life. Research also shows that the quality of a child's experiences in these first five years help shape how their brain develops. These experiences have a lasting impact on health, and the ability to learn and succeed when they reach school age and beyond. Quality early childhood development is good for our kids, good for our parents, good for our employers and good for Nevada.

That is why First 5 Nevada was created! In Nevada, there are hundreds of programs to support child care and early education, maternal and child health, mental health, nutrition, financial assistance and more. But finding these programs, trying to determine if you are eligible to receive services, and applying can be difficult. First 5 Nevada puts all of these programs, services and resources in one place – making it easier for families to find the services they need, when they need them!

Five Key Features of First 5 Nevada:

1

Early Childhood Programs Eligibility Portal

First 5 Nevada provides an easy-to-use system to help you identify all of the programs and services that your family may qualify for. It takes about five minutes to complete the survey that will assess your needs and your eligibility for nearly 30 programs throughout the state.

No matter where you live or what your income is, there are programs and services available for you!

The portal includes programs for child care, early education, health care, mental health, financial assistance, nutrition, parent education and much more! Just click "See What You Qualify For" on any page to begin!

In addition to the portal, the website provides an overview of all of the programs, services and resources for you to browse through. They are divided into five service areas:

- Child Care and Early Education
- Health and Safety
- Special Needs and Early Intervention
- Food and Nutrition
- Parenting and Family Support



Article continues



Each program overview includes a description of the program or service, eligibility requirements, how to apply, and where to go or who to contact for more information. The site also has articles, events and resources related to each area. There is something for everyone with young children!

2 Key Milestones during Pregnancy and the First 5 Years
Children don't come with an instruction manual. Knowing what to expect at various ages of development can help you determine what your child needs and how to support their overall growth. And development starts in the first trimester of pregnancy.

In our Milestones section, parents and families can learn about key stages of development, beginning prenatally through age 5. At each stage, you can get information on how your child is growing and developing, things to share with your doctor, how to support your child to learn and grow, as well as tips and activities to support their development.

This section also includes key resources, including what to do if you have concerns about your child's development and information on a no-cost developmental tracker app that you can personalize for your child.

3 What is an Early Childhood System and How Can I Get Involved?
Although there are a lot more programs and services available than some realize, there is much more needed in Nevada to ensure that every child, no matter their circumstances, has access to high quality programs and services that meet their needs.

The first step to improving access is to understand how the early childhood system in Nevada works and what is needed to make improvements. In order to meet the needs of Nevada's families, it is critical that parents and families are involved and engaged in making these improvements.

First 5 Nevada offers a simple overview of the early childhood system in Nevada, including key definitions and information parents and families can use to help explain why early childhood matters.

There is also a section dedicated to helping families get involved. This includes a list of parent groups and advisory groups to get involved with, information on how to impact policy to support early childhood, as well as community events and meetings for you and your family.



[First5Nevada.org](https://www.first5nevada.org)

Article continues



4 Connect with Help – AI Chat or Connect with a Navigator to Answer Questions or Share Experiences

First 5 Nevada strives to provide as much information as possible in a simple format to help parents and families find the programs, services, and resources they need. However, the website can't address every issue on this site.

First 5 Nevada features an AI-powered chat feature that will help answer any questions you may have by accessing up to 5,000 documents related to programs, services, and resources for Nevada's early childhood system.

Live support staff, Navigators, are also available to answer questions through email or by phone. Just click "Chat with Us" to get started – you can easily be connected to a Navigator if you do not want to use the chat feature.

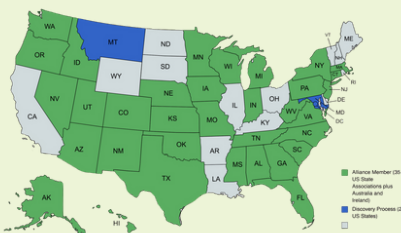
5 Parenting Supports – Read Articles and Access Videos to Learn More About How to Support Your Children, Including Resources, Tips and Fun Activities

Parents are their child's first teacher. First 5 Nevada will feature a number of articles, blog posts, videos and other resources that will provide you with the information and support you need to help your child learn and grow.

You can sign up for our monthly newsletter or view articles on our website, which will feature new information every month on topics that are relevant to you. You can also submit requests for specific topics or even submit an article, tip or activity to have featured in our newsletter and our website.

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ABOUT NV-AIECMH



Alliance for the Advancement of
Infant Mental Health

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 [HERE](https://www.nvaiecmh.org).