



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

JULY 2024 NEWS

Here at the Association as we settle into July, so does the heat, and we are reminded of how important it is to take breaks and rest deeply. Take advantage of the late mid-summer by reading through our Newsletter that is full of tips to beat the heat, learning opportunities, and reflections from some of our members.

In this Newsletter, we continue to outline Infant and Early Childhood Mental Health Core Competencies. The Competencies are one way you can stay connected with us as we develop matched trainings. The Competencies are also a great way to identify where you may have your own knowledge gaps. When you become a member, you automatically gain access to the detailed competency guidelines.

We are so proud to be celebrating our 6-month anniversary and are so glad you are here with us!

Jacquelyn Kleinedler, MFT, LADC
NV-AIECMH Executive Director



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WWW.NVAIECMH.ORG



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JULY NEWS YOU CAN USE

NV-AIECMH MEMBERSHIP & ENDORSEMENT ARE 6 MONTHS OLD!

Join us in celebrating the six-month milestone of NV-AIECMH Membership and IECMH Endorsement® in Nevada! We are proud to currently have **287** members and **13** endorsed professionals from across the state who are dedicated to advancing infant and early childhood mental health. No-cost membership continues throughout 2024. Learn more and apply today at www.nvaiecmh.org.

Oh
BABY!

KEEP YOUR BABY SAFE AND COOL.

To ensure little ones stay cool and protected during the long, hot days of summer, check out the expert advice PARENTS magazine provides:



- Pick the right clothes
- Provide good ventilation
- Use a summer-friendly baby carrier
- Keep them hydrated
- Time outdoor activities wisely
- Watch for signs of heat exhaustion
- Seek out shade
- Use sunscreen
- Be prepared with skinsoothers

Read the full article at www.parents.com

NATIONAL ICE CREAM MONTH.

In 1984, Senator Walter Dee Huddleston of Kentucky introduced a resolution to proclaim the month of July 1984 National Ice Cream Month and the 15th of that month National Ice Cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history! Even though the bill only specified that July 1984 was National Ice Cream Month, the tradition carries on—much to our pleasure. July is the perfect time to host an ice cream party, try different ice cream flavors, or invent your own!



BEREAVED PARENTS MONTH.

The month of July is dedicated to raising awareness about the grief parents experience after the unfortunate loss of a child and the support they need. During this difficult time, it's crucial for affected parents to know that they are loved and supported. Bereaved Parents Awareness Month aims to provide resources and support for parents who have lost their children, while also educating others on how they can help parents cope with their loss. It is also a time for parents to keep their child's memory alive by talking about them, posting their photo across social media, and otherwise reminding others that their child was here and was a part of their lives. For more information and resources, visit www.bereavedparentsusa.org



IECMH ECHO SESSIONS: AUGUST 2024

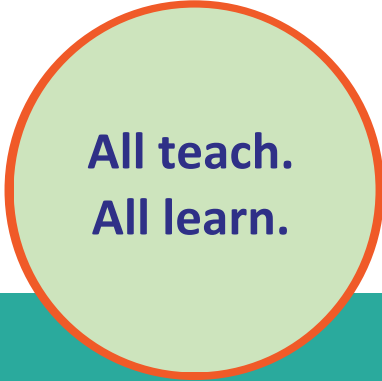


Helpful Tip 1:
Before you register, we encourage you to review the iECHO Tip Sheet.

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
kkeese@alliedbehavior.com

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.

<p>Tuesday August 6, 2024</p>	<p>11:00 am PST</p>	<p>Scary Music: PMADs and Trauma with Annie Beach</p>
<p>Explore the intersection of trauma and Perinatal Mood and Anxiety Disorders (PMADs). Annie Beach LCSW, IECMH-E, PMH-C, will explain 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.</p>		
<p>Wednesday August 21, 2024</p>	<p>12:00 pm PST</p>	<p>Exploring Perinatal Mental Health (Perinatal mental health:It takes a village) with Dr. Diana Morelen, PhD, IMH-E</p>
<p>There's no such thing as a baby"...there's a baby and someone. Babies develop in the context of relationships. And the same relational truth surrounds motherhood, fatherhood, and parenthood. There's no such thing as a parent....there's a parent and someone. And if we're doing it right as a community, there are many someone's. This ECHO session will provide a cursory overview of mental health conditions common to the perinatal (surrounding pregnancy) and peri-parental (surrounding parenthood) periods. The discussion will hold an ecological systems lens to consider relational ways to promote healthier parents, babies, and communities.</p>		

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.



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Learn more at: www.nvaiecmh.org/events

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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 & all* upcoming NV-AIECMH iECHO sessions
- 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

! iECHO Tech Support:



NV-AIECMH will host 1:1 support sessions for those experiencing challenges with iECHO registration. Members may drop-in Aug 6th or Sept 3rd @ 10:00-10:45am PST via Zoom. **CLICK HERE TO JOIN.**



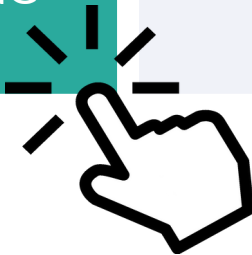
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Nevada Association for Infant & Early Childhood Mental Health

PROFESSIONAL DEVELOPMENT OPPORTUNITIES



DATE	PROGRAM	HOSTED BY
JULY 17	Reflections in Reflective	Alliance for the Advancement of Infant Mental Health
JULY 17	NV-AIECMH ECHO Reflective Practice in IECMH	NV-AIECMH
JULY 25	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
ONGOING DATES	Free Online IECMH Modules	Virginia Commonwealth University



CLICK HERE

Click the date column for more information and registration details for each program.



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



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Nevada Association for Infant
& Early Childhood Mental Health

**PROFESSIONAL
DEVELOPMENT
OPPORTUNITIES**



DATE	PROGRAM	HOSTED BY
AUG 6	NV-AEIMCH ECHO "Scary Music"	NV-AIECMH
AUG 8	Creating Safe and Brave Spaces	Alliance for the Advancement of Infant Mental Health
AUG 8	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
AUG 20	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
AUG 21	NV-AIECMH ECHO Exploring Perinatal Mental Health	NV-AIECMH



CLICK HERE

Click the date column for more information and registration details for each program.

RSC LEARNING COLLABORATIVE AND VOICES OF REFLECTIVE SUPERVISION



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NV-AIECMH is proud to offer a first-ever Reflective Supervision Learning Collaborative to support professionals in the field of infant and early childhood mental health. In this unique learning opportunity, participants join monthly guided reflection and supervision sessions designed to build their skills and effectiveness in working with young children and their families. This learning collaborative aims to foster a deeper understanding of reflective practices, promote professional growth, and build a supportive community among practitioners. This learning collaborative includes participants from Health & Human Services, Child & Family Services, and Higher Education who will continue to meet until September 2024.



Thank you for all the support and materials you have provided as we learn to look at mainly student behaviors, through the lens of possible traumas. Throughout my career, I've received training from many sources and delivered training to staff and parents. Never...have any of the training encouraged strategies or planning through a trauma lens. We were offered trainings on redirecting behaviors and making referrals, organization, proper nutrition/fitness, lesson prep, ratios, labor (lunches/breaks/time off), and parent relationships. I am extremely appreciative to be part of this Trauma Informed Care training. Through the trainings I have become so much more aware of how reflective practice can offer an additional tool that teachers and coaches can use to support students and families through difficult times. As well as guide us in recognizing possible trauma and how to support. When we have challenging behaviors in the classroom or sometimes an irate parent, trauma rarely comes to mind. Without the introduction to Trauma Informed Care Trainings and reflective practice, I certainly would not have considered trauma as the possible base for some behavior.



It's hard to bring to words just how much my life has been enriched by engaging in the Circle of Security modules. As an Early Head Start teacher, I know that learning occurs within the context of relationships. Yet, as a mother of a child with special needs, I also know just how hard it is to truly believe in the power of that relationship when nothing is going to 'plan'. Being tasked with keeping myself available in all the ways the children around me invite me to build relationships with them has opened my eyes to how many opportunities I am given throughout the day. I do not feel as if I must meet 100% of children's needs 100% of the time anymore. I now know that approaching 30% of these daily opportunities with 100% of my love for the children in my care is just as good as perfect. I know more than ever that children learn through the context of relationships that honor the validity of all emotions. I know that children benefit from present and responsive adults. And I know that I can be stronger, wiser, and kinder when I am given opportunities to co-regulate and model processing big feelings. Instead of discovering skills to be a better teacher, I learned why everything I already was doing was making me a wiser and kinder adult.



I have learned so much not only about providing quality care to my students, but the training has made me reflect on myself, so I am able to change the way I react to situations. I am much calmer in the classroom and am able to really be there for the children I care for. I now understand the reasons they need me at different times of their exploring. Whether it be for guidance, support, or just to acknowledge that they are important. My children are more engaged with their activities, and I am able to sit with them and be a positive piece to their learning. The Reflection component has allowed me to become more connected to my children at work as well as at home.

IECMH COMPETENCIES

The Infant and Early Childhood Mental Health (IECMH) competency guidelines detail the essential skills and knowledge professionals use to promote the social, emotional, and relational wellbeing of infants, toddlers, young children and their families.

The competency of **Systems Expertise** in action empowers parents to build strong, supportive networks to boost their capacity to care for their children and themselves. Nevada professionals can help parents build their social support skills in the following ways:

- **Mapping Social Networks:** Assess the family's current social networks and set realistic goals for strengthen existing connections and bridging gaps.
- **Teaching Key Skills:** Use role-playing exercises to teach parents essential skills like active listening, empathy, and conflict resolution, boosting their confidence in building and maintaining supportive relationships.
- **Normalizing Social Support:** Emphasize that seeking social support is a normal and healthy aspect of parenting, helping to reduce stigma and encourage help-seeking behavior.
- **Connecting with Local Resources:** Link parents with local resources such as support groups and community centers. Provide a warm handoff through personal introductions to ensure smooth connections and reduce potential barriers.
- **Encouraging Community Involvement:** Promote participation in community activities like playgroups, parenting classes, or neighborhood gatherings where parents can meet and connect with other families.
- **Advocating for Parents:** Advocate within the community to help parents identify and overcome challenges with accessing social support, such as transportation issues, language barriers, or feelings of isolation.



Join
US!

Join us for **Virtual Office Hours!** These drop-in meetings allow you to connect & chat with NV-AIECMH staff to talk about the Association, the journey to Endorsement, the IECMH Competencies, and membership.

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



PROMOTION

SCOPE OF WORK

Those who are recognized as infant and early childhood mental health leaders in policy and program development.



PREVENTION

WHO DOES THIS WORK?

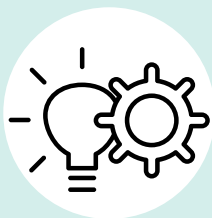
Policy Advisors
Program Development Specialists
Systems Change Consultants
AIMH Executive Staff



CLINICAL INTERVENTION

IECMH IN ACTION

Mental Health Mentors in Policy are vital for creating systemic changes that prioritize the mental health of infants and young children, ensuring that these foundational years are supported by informed, effective, and sustainable policies and programs. They promote equitable access to mental health services, influence policies to create supportive environments for early relational health, and engage with policymakers, stakeholders, and community leaders to promote IECMH principles and practices.



LEADERSHIP: POLICY

ENDORSEMENT CATEGORY

Mental Health Mentor - Policy



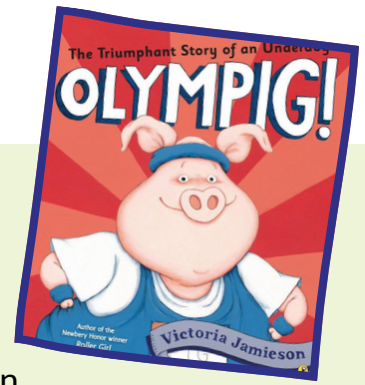
REFLECTIVE SUPERVISION / CONSULTATION

WHAT WE'RE READING

Olympig

by Victoria Jamieson

Boomer the Pig has been training hard for the Animal Olympics, so when he loses his first race, he shrugs it off and cheerfully moves on. One event after another, Boomer keeps losing, and the frustration begins to get to him. But even after coming in last in every sport, there's no getting this Olympig down. It's just great practice for the Winter Games! This encouraging and funny story is for every kid who's ever been told "you can't win 'em all."



FOR READING TOGETHER

How to Win the Gold Medal in Pajamas by Kobe and Mary Nhin

In this engaging book, MJ and her friends demonstrate the power of visualization—the practice of using mental imagery and affirmations to create positive changes in our lives—and how it can be done anywhere, anytime, even in the comfort of our pajamas. This innovative children's book introduces five key mental toughness skills to help overcome obstacles and achieve goals. Whether seeking inspiration and empowerment or aiming to accomplish specific objectives, this remarkable work supports children in building strong mental health and grit, essential life skills.

SCIENCE SAYS ...

Growing Up in a Warming World

Source: The Center on the Developing Child - Harvard University






Climate change is impacting early childhood development through both direct and indirect effects. Direct effects include exposure to toxic air from wildfire smoke, leading to increased asthma cases and worsening symptoms, as well as dehydration and heat stress from droughts caused by rising temperatures, which can result in serious conditions like kidney failure. Indirect effects stem from experiences such as being displaced by flooding, which causes stress in caregivers and negatively impacts the relationships essential for healthy development.

Read more about the impact of climate change on the well-being of children in the full report at: <https://developingchild.harvard.edu/resources/growing-up-warming-world/>



The **Annie E. Casey Foundation** (AECF®) is devoted to developing a brighter future for millions of children and young people with respect to their educational, economic, social and health outcomes. The Annie E. Casey Foundation funds a nationwide network of state-level KIDS COUNT® (LA INFANCIA CUENTA™) grantees to track the well-being of children in the United States. Through its KIDS COUNT Data Center, the Foundation provides high-quality data and trend analysis to enrich discussions and raise visibility of children's issues with a nonpartisan, evidence-based approach.

The 2024 Kids Count Data Book report presents national and state data across four domains – economic well-being, education, health and family and community – and ranks states in overall child well-being. The report includes pre-pandemic figures as well as more recent statistics, and shares the latest information of its kind available. Here's how Nevada ranks amongst other states:

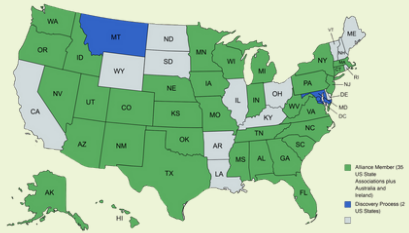
 2023 KIDS COUNT® DATA PROFILE NEVADA	Economic Child Wellbeing 	Education 	Health 	Family & Community 
	Nevada Ranked >>	45th	46th	42nd



Read the FULL REPORT at: www.aecf.org/resources/2023-kids-count-data-book
 Read a news article from The NEVADA INDEPENDENT [HERE](#)

- **By the Numbers: Nevada again near bottom for children's well-being.**

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 [HERE](#).