



NOVEMBER 2024 NEWS

This morning our household, along with many in Northern Nevada, woke to snow on the ground. The wintry weather reminds us at the Association of the importance of intentional space for rest and restoration. So many voices of women across the internet say, “The most relaxed person in the room is the most powerful person in the room.” Nicola Jane Hobbs elaborates on this,

When we are stressed, striving, and hurrying through our days lost in a trance of busyness, our focus narrows, and we lose perspective. When we are deeply rested and emotionally regulated, our awareness expands, and we can see possibilities and paths to personal and collective freedom [...] Resting shifts our nervous systems away from states of self-protection and threat detection towards states of safety, love, and connection. Resting is a pathway to becoming our most conscious, compassionate, courageous selves. **If you feel guilty for resting, remember you’re not just resting for you, you’re resting for all of us.**

We know that the core tenets of Infant Mental Health will serve as a personal and professional guidepost for us over the next several years. We value and prioritize meaningful connection and relationships, equity work, and strong social-emotional policies and practices. We are looking forward to continuing to support the efforts of providers like you to improve the wellbeing of infants, young children, perinatal people, and their families. We believe the wellbeing of every kind of family is required for a strong and healthy Nevada.

Rest is resistance.

Jacquelyn Kleinedler, MFT, LADC
NV-AIECMH Executive Director

**IN THIS
ISSUE**

**November
Family time**

**Professional
Development**

**Competency
Guidelines
Spotlight**

NOVEMBER IS TIME FOR FAMILY



Thanksgiving is a cherished holiday in the United States, celebrated on the fourth Thursday of November. It's a time when families and friends come and celebrate togetherness and gratitude. Thanksgiving is also marked by a variety of traditions. What are some of your family traditions? Here are three new traditions that you can adopt to begin to decolonize Thanksgiving:

- Combat erasure by telling the real story of Thanksgiving around the table. (Click [HERE](#) for ways to get started.)
- Re-center Thanksgiving by serving locally sourced food.
- Address oppression by widening your circle.



November 25th is also the start of “National Family Week”. Launched in 1968, it provided Americans an opportunity to promote strong families. Celebrate with some fun family activities such as board game tournaments, family karaoke, family baking or crafting time, outdoor adventures, or even volunteering together. This is time to be thankful for your family and strengthen family ties.



National Adoption Day is November 23rd. It raises awareness of the many children waiting to be adopted from foster care. National Adoption Day was launched in 1999. During this event, courts and organizations celebrate the Saturday before Thanksgiving in finalizing and celebrating adoptions. Learn more [here](#).



World Prematurity Day is November 17th. An important day to raise awareness about the issues associated with preterm birth. Premature birth is the leading cause of death in children under age 5. The day was initiated by the European Foundation for the Care of Newborn Babies 2008. More information [here](#).



nvaiecmh

Nevada Association for Infant
& Early Childhood Mental Health

P R O F E S S I O N A L
DEVELOPMENT
O P P O R T U N I T I E S



DATE	PROGRAM	HOSTED BY
NOV 18	Reflecting Community & Cultural Wisdom in Our Practice	Center for Early Relational Health
NOV 20	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
NOV 21	Growing in Reflective	Alliance for the Advancement of Infant Mental Health
NOV 22	Digging Deeper Overview: Practice Implication	Alliance for the Advancement of Infant Mental Health
Ongoing	CARA Trainings	Nevada Division of Public and Behavioral Health



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

CARA TRAININGS

Nevada's Division of Public and Behavioral Health (DPBH) is committed to collaboration that benefits those experiencing substance use disorder and their dependents. The Comprehensive Addiction and Recovery Act (CARA) requires a CARA Plan of Care to be developed when an infant has been identified by a health care provider as affected by substance abuse or as having withdrawal symptoms resulting from prenatal drug exposure or Fetal Alcohol Spectrum Disorder (FASD). The purpose of the CARA Plan of Care is to identify the needs and services for the infant and family. DPBH has developed the following training to support implementation of CARA in Nevada.

Training 1: CARA Plan of Care Overview

This training will help you to understand who plays a role in implementing CARA Plans of Care as well as the background and best practices for implementing Plans of Care.

Training 2: Roundtable Discussion

Training 2 addresses common questions when implementing the CARA Plan of Care in Nevada. In a roundtable discussion format based on case scenarios, experts provide their perspectives on questions received from the Perinatal Health Initiative CARA Workgroup.

Training 3: Navigating Resources

The purpose of this training is to assist child welfare, social services, substance use disorder treatment, public health and mental health agencies, hospitals with labor and delivery units, and providers of maternal and child health services to identify services and resources for families impacted by problematic substance use.

Training 4: Completing Plans of Care in Openbeds

This training covers how to enter a Plan of Care into the OpenBeds system.

For more information on Federal Legislation and State of Nevada Regulations on CARA Plans of Care please view the resources and materials linked in the QR Code



SCAN ME



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

P R O F E S S I O N A L
DEVELOPMENT
O P P O R T U N I T I E S



DATE	PROGRAM	HOSTED BY
DEC 5	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
DEC 2	Cultivating Critical Self Reflection in RSC	Alliance for the Advancement of Infant Mental Health
DEC 6	Centering Family Experience and Voice	Center for Early Relational Health
DEC 6	Reflective Practice in Pediatric Primary Care Setting	The Infant Toddler Mental Health Coalition of Arizona
DEC 17	NV-AIECMH Office Hours Endorsement & Membership	NV-AIECMH
ONGOING	Free Online IECMH Modules	Virginia Commonwealth University



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

COMPETENCY GUIDELINES

The Infant and Early Childhood Mental Health (IECMH) competency guidelines are designed to guide and inform a professional's way of thinking, doing, and being with infants, young children, and their families. There are 8 areas of expertise:

- Theoretical foundations
- Laws, regulation, and agency policy
- Systems expertise
- Direct service skills
- Working with others
- Communicating
- Thinking
- Reflection

This month's focus is **Laws, regulation, and agency policy**.

Laws, regulations, and agencies are essential as they ensure the safety and well-being of infants and children by setting standards for care and holding professionals accountable. They provide guidance, structure, and quality assurance, while also ensuring access to necessary funding and resources. These frameworks protect the rights of infants, children and families, support effective advocacy, and promote interdisciplinary collaboration, all of which are crucial for delivering high-quality, ethical, and relationship focused care.

- Competency Areas:
- Ethical Practice
 - Government, Law & Regulation
 - Agency Policy

Join
-US-

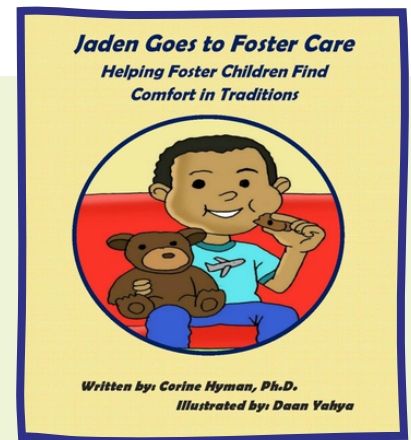
Join us for **Virtual Office Hours!** These drop-in meetings allow you to connect & chat with NV-AIECMH staff to talk about the Association, the journey to Endorsement[®], the IECMH Competencies, and membership. Dates & details are available at nvaiecmh.org/events



WHAT WE'RE READING

Jaden Goes to Foster Care: Helping Foster Children Find Comfort in Traditions by Corine Hyman, Ph.D.

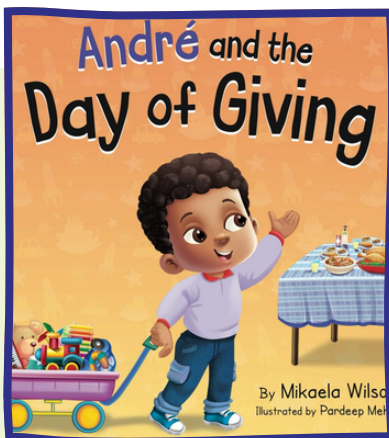
A unique and engaging book that encourages everyone to work together for the good of the child, then this book is for you. Follow along Jaden's journey through the foster care system with his dedicated foster mother and a birth mother who seems to pop-up at the most unusual times.



FOR READING TOGETHER

André and the Day of Giving by Mikaela Wilson

Thanksgiving is a special day for André and his family. In addition to focusing on being thankful, they use this day to give to others. Come along as André and his sister work hard to help others on their day of giving and learn that gratitude and serving others go hand in hand.



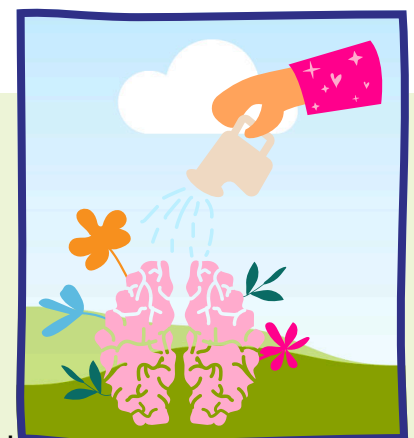
MOMENTS OF CONNECTION

Place Matters: The Environment We Create Shapes the Foundations of Healthy Development

Source: Center on the Developing Child - Harvard University

A wide range of conditions in the places where children live, grow, play, and learn can get “under the skin” and affect their developing brains and other biological systems. Rapidly advancing science around early childhood development provides increasingly clear evidence that, beginning before birth, these environmental conditions shape how children develop, which shapes their lifelong physical and mental health, in turn.

Learn more in the full article from the Center on the Developing Child [here](#)



REMINDER-

Membership renewal early incentive discounts increase after November 15th!
Don't miss out on your chance to save!

Employers Should Invest in NV-AIECMH Membership



Elevate Staff Skills and Knowledge

- Competency Based Professional
- Development Pathway to IECMH Endorsement



Strengthen Organizational Capacity and Service Quality

- Reflective practice builds resilience Frameworks for ethical, effective, relationship-focused work



Enhance Employee Retention and Job Satisfaction

- Investment in Employee Growth
- Workplace Well-being through reflective practice/supervision



Connect to a Broader Professional Network

- Opportunities for Collaboration and Advocacy
- Access to Resources



Build the Organization's Reputation and Impact

- Commitment to Excellence Community Trust

Membership Fees

Renewal
\$125 by 11/15
\$150 by 12/31

3 Year Option

New Membership
\$175

Membership Renewal
\$50 by 11/15
\$65 by 12/31

1 Year Option

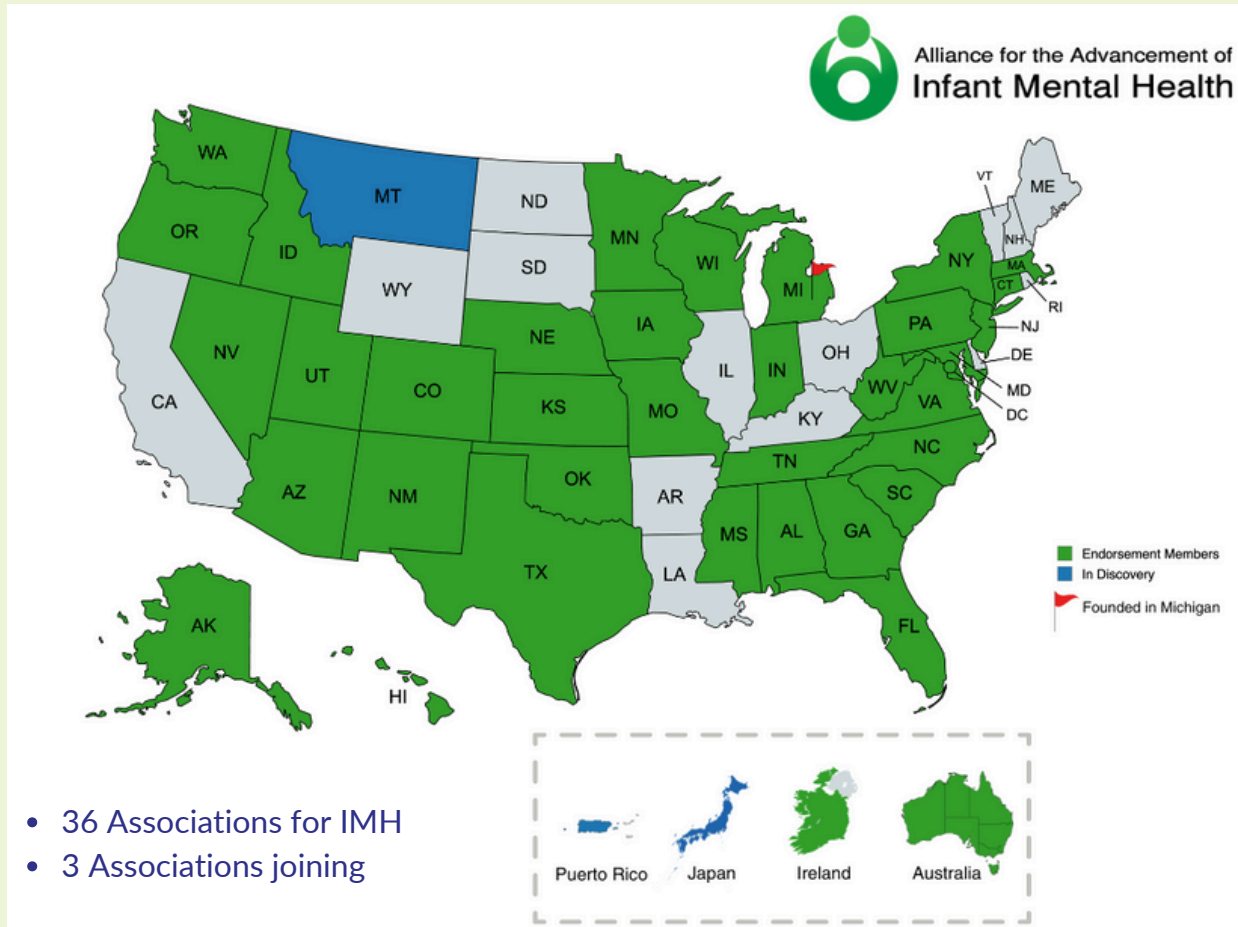
New Membership
\$75

Membership Renewal
\$25 by 11/15
\$30 by 12/31

1 Year Option for Students

Membership
\$45

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 **36** 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](#).