



nvaiecmh
Nevada Association for Infant
& Early Childhood Mental Health

Giving children roots to
grow and wings to fly.

FEBRUARY 2025 MEMBERS NEWSLETTER

As 2025 takes shape, we are reckoning with activities, messages, and decisions that could divide and isolate us from one another, if we allow it. Here at the Association, we **welcome** the opportunity to reaffirm **what we stand for, who we do the work for**, and state clearly the ways we **Recognize, Respect, and Honor human dignity**. We rise to the challenge of making sure our everyday actions encourage providers to understand (1) how families' lives reflect their cultural values and (2) how families are impacted in their community by the characteristics of their social position. Our actions also support colleagues, amplify the voices and experiences of others in conversation and in meetings, acknowledge ideas, use language that reflects our diverse community, maintain eclectic networks and vendors, routinely review pay structures, create workplace environments that are safe, welcoming, and conducive to effective productivity for all staff and participants, and learn to pronounce names of people new to us.

How do we rely on each other in this time that is determined to dysregulate and paralyze us?

By leaning in to Co-Regulation and Infant Mental Health Principles more than ever.

By believing in the power of co-regulation and connection to our closest humans.

We are not going backwards – we are moving forwards.

This month's issue is full of resources and opportunities to engage and connect with others in meaningful ways. We encourage you to do one thing this week that strengthens the community you live in. Some ideas include getting a library card, calling your representatives, or donating to a community program with either time or dollars. We are so glad you are here.

Jacquelyn Kleinedler, MFT, LADC
NV-AIECMH Executive Director

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WWW.NVAIECMH.ORG

Heritage Months and Cultural Observances



September 2024 - August 2025

SEPTEMBER

Latinx and Hispanic Heritage Month (9/15 – 10/15)

9/21: International Day of Peace

OCTOBER

**LGBTQ+ History Month
National Disability Employment Awareness Month**

10/10: World Mental Health Day
10/11: National Coming Out Day
10/14: National Indigenous People's Day
10/16: International Pronoun Day
10/26: Intersex Awareness Day

NOVEMBER

**National Native American Heritage Month
Transgender Awareness Week (11/13 - 11/19)**

11/2: Día de Los Muertos
11/16: International Day for Tolerance
11/20: Transgender Day of Remembrance
11/28: The National Day of Mourning

DECEMBER

12/1: World AIDS Day
12/3: International Day of People with Disabilities
12/10: International Human Rights Day
12/26 – 1/1: Kwanzaa

JANUARY

1/20: Martin Luther King Day
1/27: International Holocaust Remembrance Day

FEBRUARY

Black History Month
Theme: "African Americans and Labor"

2/1: National Freedom Day.
2/20: World Day of Social Justice.
2/21: International Mother Language Day

MARCH

**Women's History Month
National Developmental Disabilities Awareness Month**

3/1: Zero Discrimination Day
3/8: International Women's Day
3/25: Remembrance Day of the Victims of the Transatlantic Slave Trade
3/31: International Day of Trans Visibility

APRIL

**Celebrate Diversity Month
National Sexual Assault Prevention & Awareness Month (SAAM)
National Arab American Heritage Month**

4/2: World Autism Awareness Day
4/7: World Health Day
4/22: Earth Day
4/11: LGBTQ+ Day of Silence

MAY

**Asian-American & Pacific Islander Heritage Month
Jewish American Heritage Month
Mental Health Awareness Month**

5/15: International Day of Families
5/17: International Day against Homophobia, Transphobia, and Biphobia (IDAHOTB).

JUNE

Lesbian, Gay, Bisexual, and Transgender (LGBTQ) Pride Month

6/5: World Environment Day
6/19: Juneteenth, also known as Freedom Day or Emancipation Day

JULY

Disability Pride Month

7/14: International Non-Binary Day
7/26: Disability Independence Day

AUGUST

8/9: International Day of the World's Indigenous Peoples
9/19: World Humanitarian Day
9/23: International Day for the Remembrance of the Slave Trade
9/26: Women's Equality Day

At NEC we acknowledge, celebrate, and honor the socio-cultural, racial, ethnic, and religious beliefs and identities of all on campus. This calendar aims to be a representation of the NEC community, while acknowledging traditions may evolve. Please Note: This is not an exhaustive list. If you wish to include further listings, we are happy to explore. Please email monique.vanwillingh@necmusic.edu.

CELEBRATIONS & HAPPENINGS

FEBRUARY

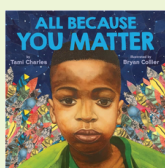
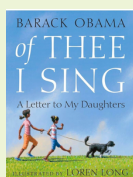


This month we celebrate Black history and culture!

It's a time to learn, listen, educate, and reflect on past accomplishments, and how we can continue to contribute to a future of equity and inclusion. Learn more [here](#).



NV-AIECMH honors the voices of Black authors and researchers, including:



Find more daily authors & researchers on our social media:



NV-aiecmh



@nvaiecmh

Barrack Obama

Tami Charles

Derrick Barnes

We remain committed to assuring everyone has a sense of belonging, as well as remaining committed to policies and practices that acknowledge and amplify

Diversity, Equity, Inclusion, and Belonging.

We are glad you are here with us to celebrate Black History Month.



The 2025 legislative session began on February 3rd. This is an important time to shape policies that impact families, education, healthcare and more. You can visit the NELIS website and search for keywords such as “child” or “mental health” etc.

Learn more [here](#).

You can also utilize bill trackers! Nevada's Institute on Children's Research and Policy (NICRP) has an easy-to-use spreadsheet that can be found here: [BDRs Related to Children - 83rd Legislative Session - Google Sheets](#). The Children's Advocacy Alliance (CAA) also has a great [tracker](#), AND you can register to get updates on the bill(s) when there are major changes and when hearings are scheduled.



FOCUS ON MEMBERSHIP BENEFITS

With your Association membership, you always have access to the Infant and Early Childhood Mental Health Competency Guidelines®. These Guidelines can give you ideas about where to concentrate on expanding your knowledge and skills. Also included in your membership is the registration fee for I/ECMH Endorsement® (processing has a separate cost). Be sure to log in to the Info Hub (from our homepage) to learn more.

COMPETENCY GUIDELINES SPOTLIGHT

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 **Working With Others**.

Working with others is crucial for infant and early childhood mental health professionals as it ensures comprehensive and consistent care by leveraging diverse expertise and resources. Working with others, such as caregivers, educators, and healthcare providers, enhances understanding of the child's context and strengthens advocacy efforts, ultimately leading to more effective support for the child's development and well-being..

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- Competency Areas:
- Supporting Others
 - Building & Maintaining Relationships
 - Collaborating
 - Resolving Conflict
 - Crisis Management
 - Consulting
 - Empathy & Compassion

**MEMBERS ONLY ACCESS
COMPETENCY GUIDELINES**

CLICK HERE

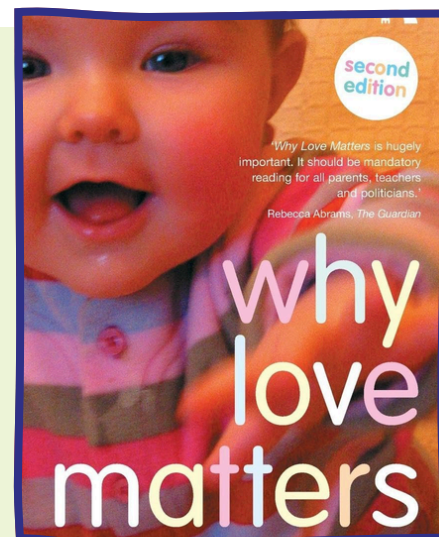


WHAT WE'RE READING

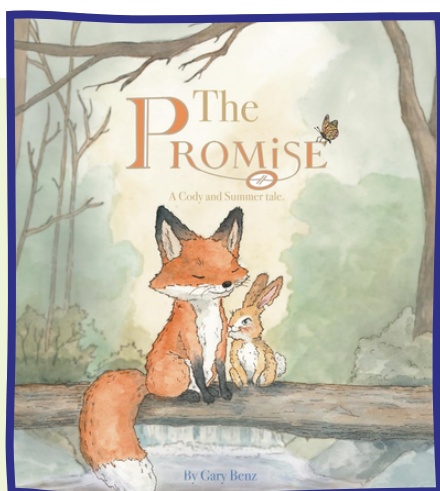
Why Love Matters: How Affection Shapes a Baby's Brain

by Sue Gerhardt

Explore the significance of love and attachment in early childhood development and the science behind attachment theory and how it shapes a child's emotional, social, and cognitive development. This book explains why love is essential to brain development in the early years of life, particularly to the development of our social and emotional brain systems, and presents the startling discoveries that provide the answers to how our emotional lives work.



FOR READING TOGETHER



The Promise: A Cody & Summer Tale by Gary Benz

Two lovable animal characters embark on an unforgettable adventure filled with friendship and loyalty. This touching tale explores the importance of keeping promises and showing gratitude, and also highlights the beauty of accepting others, even those who are different from ourselves.

RESEARCH SAYS...

It Matters: Early Childhood Mental Health, Educator Stress, and Burnout

Source: Early Childhood Education Journal

Early childhood educators care for young children in a variety of public and private settings. This workforce is responsible for the welfare, learning, and development of young children while allowing their parents to engage in other sectors of the economy, both of which are important societal functions. Despite the known importance of early childhood educators, this is a profession that is challenged with low levels of support and high levels of stress and associated burnout.



[Learn more in the full article from the Early Childhood Education Journal **here**](#)

OPPORTUNITIES



Apply Today!
Find the application
here

For more information or questions about the First 5 Nevada Leadership Academy, please contact Denise Tanata at dtanata@childrenscabinet.org.

The First 5 Nevada Leadership Academy is a cohort-style six month immersive training program for **emerging or existing leaders within the early childhood system**. The purpose of this training series is to equip professionals with the knowledge, expertise and resources necessary to support the development and sustainability of a comprehensive, coordinated early childhood system in Nevada. The Academy will support a cohort of ten professionals from across the state of Nevada, representing the range of early childhood system sectors. The 2025 Academy will include two in-person sessions, monthly virtual cohort meetings, and weekly trainings that will be offered live or via recording to all participants.

Academy Timeline and Key Dates: April 7th, 2025 to October 14, 2025

- | | |
|---------------------|---|
| • February 17, 2025 | Nominations/Applications Open |
| • March 9, 2025 | Applications DUE by 11:59pm |
| • March 12, 2025 | Notification of Applicant Selections |
| • April 7 – 9, 2025 | Full Cohort In Person Meeting (Reno) – mandatory |
| • October 14, 2025 | Full Cohort In Person Meeting (Las Vegas) – mandatory |

The project described herein is partially supported by the Preschool Development Grant Birth through Five Initiative (PDG B-5), Grant Number 90TP099, awarded to the Nevada Department of Education, from the Office of Child Care, Administration for Children and Families, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Office of Child Care, the Administration for Children and Families, or the U.S. Department of Health and Human Services.

OPPORTUNITIES

Exploring the Experiences of Black Infant and Early Childhood Mental Health Professionals in Reflective Supervision

Danielle Rice, PhD Candidate at Wayne State University is conducting a study titled “The Circle of Stories: Exploring the Experiences of Black Infant and Early Childhood Mental Health Professionals in Reflective Supervision.” The study aims to explore the unique experiences of Black infant and early childhood mental health professionals within the context of reflective supervision/consultation. Your insights and experiences are invaluable, and your participation will help illuminate the critical aspects of psychological safety, visibility and belonging for Black infant/early childhood mental health professionals.

If you agree to participate, she will ask you to do the following:

1. Complete a pre-screener questionnaire to ensure study eligibility.
2. Participate in 3 healing circles via Zoom for a total of 6 hours (the team will record these meetings for research purposes)
3. Bring an artifact (song) that describes your experience in reflective supervision/consultation.

Eligibility - Self Identify as Black and/or African American; Woman; and Infant/Early Childhood Mental Health Professional

You will receive a \$150 gift card for completing three healing circles

If you are interested in participating click the link to complete the pre-screener questionnaire ([LINK](#)).

Danielle will follow up with those who have expressed interest. If you have questions, you can contact Danielle directly at ei0218@wayne.edu

Thank you for considering this opportunity to contribute to this important research.



JOIN a Reflective Consultation Group



How does this work?

Complete the RSC Interest form:
<https://forms.office.com/r/a2RyuBytgr>
or email us at info@nvaiecmh.org.

We will organize you into a 3 to 5 person group with one of our Reflective Supervisors.

We will introduce your group and make sure all contracts are signed.

We will collect your payment each quarter and pay your Supervisor routinely.*

Meet with your group 1-2 times per month with the option to renew your plan annually.

one

two

three

four

five

*Cost determined by group size and frequency: \$40-\$75 per group

- Reflective Supervision/Consultation (RSC) is a **practice tool** for all professionals working with babies, young children, and their families
- RSC provides a **regular opportunity** (twice/month) for professionals to talk about their work and **the impact of their work** on themselves and others in a confidential small group
- RSC is **intentionally linked** to the provision of **high-quality services** to families and is considered a best practice

What does research say?

Increase Skills

RSC improves observation and listening skills, supports greater empathy for client experiences, and helps professionals focus on relationship-based interventions (Barron et al., 2022; Meuwissen et al., 2022; Shea et al., 2022).

Honor Human Dignity

RSC offers space for brave conversations about power, privilege, and systemic racism that strengthen outcomes and our workforce (Stroud, 2010; Wilson et al., 2021).

Client Retention

A professional's participation in RSC is linked to increased engagement and retention of young children and families in programs and services (Mcguigan et al., 2003).

Self Reflect

Engagement in RSC promotes self-reflection, which can help professionals manage emotions and use more intentional responses in their work (Meuwissen & Watson, 2022).

Decrease Burnout

RSC decreases burnout by increasing positive energy, which can sustain a professional's ability to engage in emotionally taxing work over time (Harrison 2016; Meuwissen et al., 2022).



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Supporting Healthcare Providers **Who Care for Nevada's Underserved**

What is Nevada HEAL?

The Nevada Health Equity & Loan Assistance (HEAL) Program was launched by the Nevada Treasury in 2025 to reward healthcare providers who choose to practice in Nevada. The Nevada HEAL Program provides student loan repayment up to \$120,000 to providers who commit to at least 5 years of clinical practice in an eligible Nevada community. See www.NevadaTreasurer.gov/HEAL for details.

Who qualifies?

- Those who work in an eligible healthcare profession
- Providers licensed/certified/registered to practice in Nevada
- Those who commit to practicing in Nevada's underserved communities for at least 5 years

How to apply?

For program details, eligibility and application instructions, visit www.NevadaTreasurer.gov/HEAL

How are payments made?

- Total amount of loan repayment will range from \$15,000-\$120,000, depending on provider type
- Payments are made after the completed year of service and disbursed in equal installments over 5 years
- Payments go directly to the servicer of a provider's student education loans (the program will not pay for educational loans that have been paid off)
- Funds are limited

Funding prioritized for:

- Primary care, sexual/reproductive health and behavioral health providers
- Providers serving patients on Medicare, Medicaid or CHIP
- Providers serving patients with intellectual and developmental disabilities
- Bilingual providers

What is an underserved community?

- Rural counties (all but Washoe and Clark in Nevada)
- Qualified low-income census tracts
- Census tracts that score high on the CDC's Social Vulnerability Index
- Communities with 20%+ of households non-English proficient
- Tribal communities (colonies and reservations)
- Areas that have been subjected to historic redlining, segregation and other discriminatory practices.





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PROFESSIONAL DEVELOPMENT OPPORTUNITIES



| DATE | PROGRAM | HOSTED BY |
|--------------------------------------|---|---|
| FEB 20 | NV-AIECMH Office Hours Endorsement & Membership | NV-AIECMH |
| FEB 21 | Free Webinar Endorsement: Capturing Your Expertise & Advancing Your Impact | Alliance for the Advancement of Infant Mental Health |
| FEB 28 | Reflective Journey Part 2: Creating Safe & Brave RSC Spaces | Alliance for the Advancement of Infant Mental Health |
| MAR 10 | Cultivating Critical Self Reflection in RSC | Alliance for the Advancement of Infant Mental Health |
| MAR 28 | Reflective Journey Part 3: Reflections in Reflective | Alliance for the Advancement of Infant Mental Health |
| ONGOING | ACEs, Resilience, & Secondary Traumatic Stress for Helping Professionals(self paced online) | CASAT Learning School of Public Health, UNR |
| ONGOING | Free Online IECMH Modules | Virginia Commonwealth University |
| ONGOING | DCFS: Early Childhood Service Intensity Instrument (ECSII) | CASAT Learning School of Public Health, UNR |
| <u>MEMBERSHIP</u> <u>BENEFIT!</u> | AIMHs Competency-Informed Training Hub | Alliance for the Advancement of Infant Mental Health |

CLICK HERE



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

NEW TRAINING RESOURCE

We are excited to celebrate with our sister AIMH in Michigan as they launch a newly redesigned learning platform called MI-AIMH RELATE. Be sure to browse their training library and check back often as they create and make available additional trainings. Like NV-AIECMH, the Michigan Association for Infant Mental Health anchors their training in Infant Mental Health Competency Guidelines.

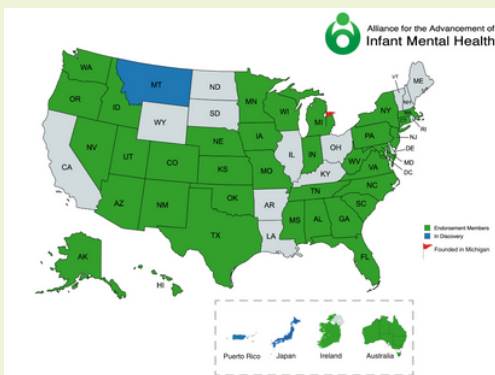
<https://www.pathlms.com/mi-aimh>

MI-AIMH RELATE

RESOURCES • EDUCATION • LEARNING • ACCESS • TRAINING • EVENTS

Michigan Association for
Infant Mental Health
Learning and growing together.

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](#).