



MHTTCs provide technical assistance across mental health prevention, treatment, and recovery supports. In addition, each Center has an Area of Focus for which they serve as experts, develop national products, and host a webpage. This summary highlights our Area of Focus throughout this grant cycle.

The South Southwest MHTTC serves U.S. Department of Health and Human Services Region 6, including Arkansas, Louisiana, New Mexico, Oklahoma, and Texas. Our population of focus is mental health clinicians, supervisors, and program managers serving individuals with or at risk of serious emotional disturbances (SED) or severe mental illness (SMI); peer support providers; community mental health, health, or peer-run organizations; and single state agency administrators focused on comprehensive state public mental health systems.

## INFANT AND EARLY CHILDHOOD MENTAL HEALTH

The South Southwest MHTTC supports the Infant and Early Childhood Mental Health (IECMH) field in addressing the promotion of cognitive, social, and emotional health and the prevention and early intervention of mental health concerns. IECMH is defined as the developing capacity of children from birth to age five to form close and secure relationships, experience, express, and manage a full range of emotions, and explore the environment and learn - all in the context of family, community, and culture (1). Early childhood is a critical time for brain development, setting the stage for healthy cognitive, social, and emotional development. Many mental health professionals lack exposure to IECMH or training in the unique competencies needed to identify mental health concerns in young children; assess the biological, environmental, and developmental risk factors at play; develop and implement a service plan that incorporates evidence-based treatment approaches; or collaborate with early childhood systems. While research has shown the effectiveness of addressing mental health challenges early, many families will not receive any intervention until mental health problems worsen.



1. Zero to Three (2017). The Basics of Infant and Early Childhood Mental Health: A Briefing Paper. [www.zerotothree.org/resource/the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper/](http://www.zerotothree.org/resource/the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper/)



**Participants**

## WHAT WE'VE DONE

The South Southwest MHTTC has aimed to meet the needs of the region through a three-tiered approach to training and technical assistance. This has included sharing information and resources, developing and disseminating products, supporting training and implementation support in evidence-based practices, and hosting opportunities for networking, information sharing, and collaboration, and workforce development.

## EVENT AND PRODUCT HIGHLIGHTS

### Reflective Supervision

Hosted a tiered series of trainings on reflective supervision to managers, supervisors, and providers of early childhood prevention and early intervention, in collaboration with a state home visiting program.

### Ages & Stages Questionnaires

Offered multiple targeted trainings on evidence-based developmental and social-emotional screening tools to develop the competencies of the early childcare and health systems in early identification.

### Parent Cafes

Hosted multiple trainings to prepare family peer support providers to host Parent Cafes, and evidence-informed strategy to build family resilience, social support, and connect families with community resources.

### Incredible Years

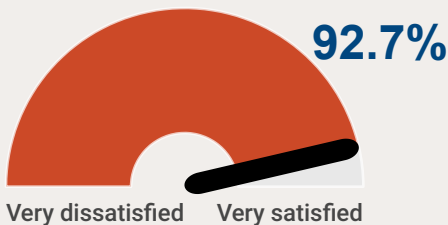
Hosted multiple targeted trainings in the Incredible Years Basics and Babies programs, an evidence-based parenting group. The team also supported through a community of learners and refresher training following COVID.

### Resources for EC Educators

Developed a product to compile resources for early childhood educators on supporting social-emotional development following the impact of isolation during the pandemic. Collaboration with Mountain Plains MHTTC.

### DC: 0-5 Diagnostic Manual

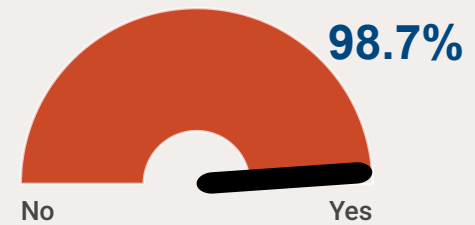
Partnered with ZERO TO THREE to host a virtual workshop on the use of the DC:0-5, which was followed by a train-the-trainer cohort to build sustainability for further workforce development.



Satisfied with the quality of the event



Events



Would recommend to a colleague



### VOICES FROM THE FIELD



*[Training] was excellent, a helpful balance between content and logistical thinking.*

- IY training 2020

*The training empowered me that it is possible to use the process I use in individual counseling with parenting, as well.*

- IY training 2020

*[This training] developed the concept that we help our clients develop reflective capacity toward their own children.*

- RS training 2021

*I was able to gain pertinent information on how to better manage my organization and how to have valuable interactions with my employees.*

- RS training 2021

*[Training] was very practical and I liked that it gave us suggestions on how to implement the screening tools.*

- Ages & Stages training 2022

*I'm more thoughtful about the relational approach to diagnoses and more aware of diagnostic options.*

- DC: 0-5 training 2022

### QUESTIONS?

- [southsouthwest@mhttcnetwork.org](mailto:southsouthwest@mhttcnetwork.org)
- <https://mhttcnetwork.org/southsouthwest>
- <https://mhttcnetwork.org/infant-early-childhood-mental-health>



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