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The First
Five
Years
Count
The Most

Understanding the
Social and Emotional Needs
of Infants, Toddlers and
Young Children

Sustaining and Expanding Early Childhood Mental Health in North Carolina

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The Alamance Alliance for Children and Families has been instrumental over the last 3 years in the planning, development, and implementation of strategies that support infant and young child mental health statewide. These strategies will help sustain the work of the Alliance in Alamance County and expand the work throughout North Carolina.

State level strategies include:

- Support for and direct participation in the North Carolina Institute of Medicine study on early childhood mental health
- The development of the North Carolina Infant/Young Child Mental Health Association
- Partnering with state agencies, institutions of higher learning, non-profits and advocacy groups to support this mission

NC Institute of Medicine Report on Early Childhood Mental Health

This 18 month study by a task force of 40 interdisciplinary members was supported by the Alamance Alliance and, when implemented, will expand and sustain the work of the Alliance in the following areas:

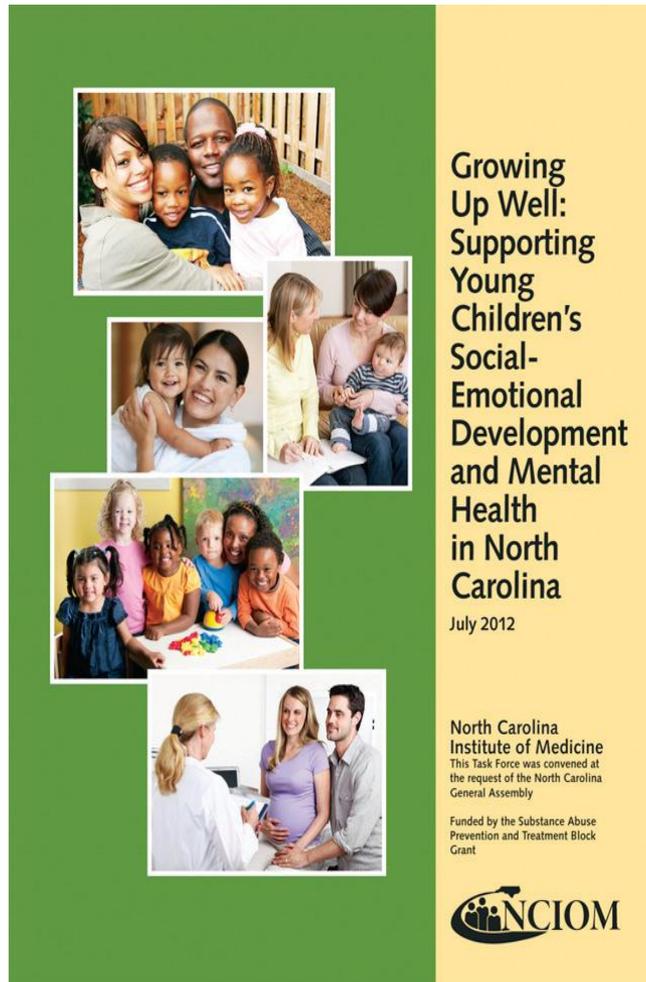
Creating a More Coordinated, Integrated System to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families

Promoting Awareness and Understanding of the Importance of Young Children's Social-Emotional and Mental Health

Improving Treatment to Meet the Social-Emotional and Mental Health Needs of Young Children and Their Families

Ensuring a Well-Prepared Workforce

The complete report including all 12 recommendations is available at www.nciom.org



**Growing Up Well:
Supporting
Young
Children's
Social-
Emotional
Development
and Mental
Health
in North
Carolina**
July 2012

North Carolina
Institute of Medicine
This Task Force was convened at
the request of the North Carolina
General Assembly

Funded by the Substance Abuse
Prevention and Treatment Block
Grant



The cover features a green and yellow background with four photographs: a family of four, a woman holding a child, a group of children at a table, and a doctor with a pregnant woman and her partner.

Specific Institute of Medicine (IOM) Recommendations



- Operationalize a coordinated system of care for young children's mental health
- Strengthen and expand evidenced-based programs
- Develop a data system to monitor and evaluate changes in young children's health
- Increase understanding of role of social-emotional development among early care and education professionals
- Develop a workforce that provides social-emotional and mental health supports and services
- Improve care transitions for women and young children
- Raise awareness of the mental health, social and emotional needs of young children
- Educate families, caregivers, and providers on young children's mental health
- Develop a web-based clearinghouse of programs and services for young children with mental health needs
- Expand treatment services for mothers with substance use and mental health challenges
- Establish care and reimbursement standards to promote women and children's mental health
- Enhance prevention, promotion, treatment, and care management for young children with mental health needs



www.ncimha.org

Early relationships, experiences and the broader environment form the foundation for lifelong physical and mental health.

Organized in 2011, with support from the Alamance Alliance, the North Carolina Infant/Young Child Mental Health Association is a statewide interdisciplinary nonprofit organization that promotes this strong foundation for infants, toddlers, young children, and their caregivers through public awareness, advocacy, and professional development.

Accomplishments

Have a membership of over 150 early childhood professionals

Organized 9 regional meetings across NC to roll out the IOM recommendations on early childhood mental health with over 500 attendees

Tasked by the IOM with statewide workforce development

NCIMHA received a grant to provide an early childhood mental health train the trainer series focused on early Intervention community collaborative groups and families

First annual conference on early infant/young child mental health in 2012 was attended by over 200. The 2013 conference is planned for November.

The Alamance Alliance is currently working with all its local, regional and statewide partners to build the foundation for a sustainable system of care that serves infants, young children and their families.

Partners

- NC Division of Mental Health, Developmental Disabilities and Substance Abuse
- NC Division of Public Health
- NC Division of Social Services
- NC Collaborative for Children, Youth and Families
- NC Pediatric Society
- NC Infant Young Child Mental Health Association
- Action for Children NC
- Covenant with NC's Children
- NC Partnership for Children
- NC Early Childhood Advisory Council
- Center for Child and Family Health
- Duke Center for Child and Family Policy

What's in the works?

- Increase the number of social-emotional screenings for young children
- Develop active Local Interagency Coordinating Councils that coordinate education and service provision for very young children in every community
- Generate support for enhanced Medicaid rates for early childhood evidenced-based mental health practices (TFCBT, PCIT, ABC, Triple P, etc.)
- Actively seek Medicaid financing for “family support” services
- Increase co-location of early childhood mental health practitioners in pediatric and primary care facilities
- Coordinated social marketing strategies by partnering agencies
- Develop continuums of care that rely heavily on primary prevention

