



Alabama Department
of Mental Health
connecting mind and wellness

Infant and Early Childhood Mental Health (IECMH) Training Request Form

Name: _____

Title: _____

Agency/Organization: _____

Email: _____ Phone Number: _____

The ADMH IECMH staff is available to provide a variety of training topics for you, your staff, and/or for an event you are hosting. Please select from the topic list below, see page 2-4 for descriptions.

SELECT A TRAINING

- Building Your Bounce
- Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5)
- Facilitating Attuned iNteractions-FAN
- Ghosts in the Nursery/Angels in the Nursery
- Infant Early Childhood Mental Health Consultation: What it is and Why it is Important
- Mothers & Babies
- Reflective Supervision/Reflective Practice in Infant and Early Childhood
- Self-Care
- The Growing Brain: From Birth to 5 Years Old, A Training Curriculum for Early Childhood Professionals
- Understanding Trauma in Young Children
- Other: _____

HELP US SCHEDULE THE TRAINING YOU NEED

Have you already spoken with someone on staff about doing this training?

Yes No If yes, with whom?

Who is the target audience?

If the training (s) you are requesting has a flexible format (see pg. 2-4), what is your preference?

Virtual via Zoom or other platform
 In-Person Please indicate if you need a venue or have one already

What is the approximate number of participants?

When would you like this training to be held?

- A specific time frame:
 A specific date is needed: Time:
 As soon as can be scheduled

Please provide any additional information about this training request that may be helpful:

DESCRIPTION OF TRAINING TOPICS

Building Your Bounce - This training provides an educational and inspirational message for professionals working with children. Using the Devereux Adult Resilience Survey (DARS) published by the Devereux Center for Resilient Children, this training offers a fun way for caregivers to recognize the importance of their own resilience and how it relates to their ability to provide quality care to children. Get ready to reflect, laugh, and have fun! ([1 full-day or multiple shorter sessions](#))

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5)- the DC:0-5 is a developmentally based assessment designed to help professionals diagnose mental health and developmental disorders in infants and toddlers from birth to five years of age. Two options are available:

DC:0-5 Overview- great for anyone not at all familiar with this manual including administrators, direct mental health service providers, early childhood providers and others. ([90 minutes](#))

DC:0-5 Clinical Training- for any clinicians who want to use this manual for assessing/diagnosing infants and young children's mental health and/or developmental disorders ([2 full days](#))

Facilitating Attuned iNteractions (FAN) - in simple terms this training is How to Have Effective (Even When Difficult) Conversations with Parents - FAN's ultimate goal is strengthening the provider-parent relationship, resulting in parents who are attuned to their children and ready to try new ways of relating to them. This is a training program that believes people need to feel connected and understood in order to be open to change. The FAN tool ensures practitioners read cues from parents and themselves and thus, provide empathetic and appropriate responses. FAN can be applied beyond issues of infancy and can be thought of as both a conceptual framework and a practical tool for building relationships in a wide range of settings. The Alabama trainers have been trained by the Erikson Institute Fussy Baby Network, which is where it was created. If you aren't sure about committing to the full training, you can sign up for the FAN overview session where a site readiness survey is completed with you to determine if FAN Level 1 is the appropriate next step

FAN Level I - (2 full days or 4 half days) Virtual or in person

FAN Level II - (FAN mentoring one hour per month for six months following completion of FAN Level 1. Then one full day training)

FAN Overview - Not sure? Then take our FAN overview and fill out a Site Readiness Survey with us to help you determine your next step. (60 Minutes)

Ghosts in the Nursery and Angels in the Nursery. - participants will learn about the concept that as parents/caregivers we often bring into our relationships with our own children the "ghosts" of our past childhood experiences if they were traumatic (such as abuse or neglect) without even realizing it ("ghosts in the nursery"). Also, how early positive experiences and relationships that help children feel fully understood, accepted, and loved can provide the child with a core sense of security and self-worth that they will be able to hold onto in adulthood so that they can interrupt the cycle of abuse/neglect. Uncovering angels is as important to the process of healing with traumatized parents as is exorcizing ghosts. (90 minutes)

Infant and Early Childhood Mental Health Consultation: What it is and Why it is Important - We will explain what Infant and Early Childhood Mental Health (IECMH) is and why it is important to address as well as identifying ways in which Infant and Early Childhood Mental Health Consultation (IECMHC) can support early care providers as well as infants, toddlers, and families they serve. A brief overview of the impacts of trauma on children ages birth through five will be discussed. (75-90 minutes)

Mothers & Babies - Mothers and Babies (MB) is a curriculum developed by Northwestern University. It is designed for implementation with pregnant people and new parents, providing a toolkit of coping skills to help manage mood and stress within the context of parenting a baby. MB focuses on three specific areas: encouraging more engagement in pleasant activities, promoting healthier ways of thinking, and improving social support. This evidenced-based intervention is based on principles of cognitive-behavioral therapy (CBT), attachment theory, and psychoeducation. (1 hour sessions held over 6 weeks for families) (One 3-hour session to train professionals on how to implement the course with families)

Reflective Supervision/Reflective Practice in Infant and Early Childhood - this training helps participants understand what reflective practice is and how it influences relationships, identify, and understand the five essential elements of reflective practice, increase understanding that reflection is

necessary to improve satisfaction with work environment and is a critical function of the work we do with young children ([60 minutes](#))

Self-Care - The importance and benefits of self-care extend to every profession. However, professionals in mental health and educator positions often find it easier to tell others to take care of their mental health than to do so themselves. Being mindful of your own needs significantly increases your ability to be present and meet the needs of those in your care. This training will review elements of self-care and impact of the parallel process in relationship-based work. Self-care strategies applicable to professionals and school age children will also be discussed. ([90 minutes](#))

The Growing Brain: From Birth to 5 Years Old - a curriculum from ZERO TO THREE that explores how the brain grows and develops from conception to five years old and how you can support healthy brain development during these years when the brain is the most plastic, or receptive to change. Our trainers have been trained and certified by ZERO TO THREE. The full course is seven 3-hour units as follows ([Time varies and is very flexible. We can provide the entire course over several days or just individual units of interest](#))

Unit 1: Brain Basics

Unit 2: Factors Affecting Brain Growth and Development

Unit 3: Communication and Language Development

Unit 4: Cognition and Executive Function

Unit 5: Social–Emotional Development

Unit 6: Understanding Behavior

Unit 7: The Everyday Play

Understanding Trauma in Young Children - this training helps participants understand trauma in a broad and inclusive way, recognize the effects of trauma on children ages 0-5, and apply trauma knowledge and understanding to their daily work ([75-90 minutes](#))

Email completed form to iecmh.services@mh.alabama.gov

Upon receipt, someone from our office will follow up with you to obtain any additional information or clarification and to discuss next steps.