

Are you seeking Infant Mental Health Endorsement (IMH-E)?

This brochure will:

- Introduce you to the ideas of IMH competencies and endorsement.
- Help you decide if Endorsement is something you want to pursue.

Endorsement signifies:

- You have expertise in infant mental health.
- You are a professional who promotes culturally sensitive, relationship-focused service specific to infant mental health.
- You are working in the area of infant mental health.



Where to Begin?

❖ Check the web site for information to help you get started.

www.ct-aimh.org

❖ **Assess your current competency in infant mental health "Getting Started" form found on the website.**

You may already have experience from other education and work in the areas required that may apply to endorsement requirements.

❖ **Enroll in courses/workshops that have an IMH focus to strengthen your current capacities or develop new competencies.**

❖ **Contact the Endorsement Coordinator at ctaimh@yale.edu to express your interest in the endorsement and to answer your questions.**

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Child Health & Development
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Connecticut Association for Infant Mental Health

***Introduction to
the CT-AIMH
Endorsement for
Culturally
Sensitive,
Relationship-
Focused Practice
Promoting Infant
Mental Health®***

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What You Need To Know

The endorsement process is documenting that you have met the competencies for a particular level through your educational and work experience.

Content Areas (next page):

Provides an overview of the 8 content areas that encompass the competencies. The specific competencies within each content area vary depending on the level at which you are being endorsed.

Endorsement Levels (next page):

Provides a description of the four levels of endorsement

The first step is to figure out which level best suits your needs and abilities and experiences.

For competencies at each level please see our website: <http://www.ct-aimh.org/endorsement>

Content Area	Description
Theoretical Foundations	The knowledge base of infant/toddler development and the role and impact of early relationships.
Law, Regulation, & Agency Policy	Knowledge about relevant regulations and policies regarding working with young children and their families
Systems Expertise	Knowledge of systems & services families may be involved with
Direct Service Skills	Demonstrate necessary skills to work with families of young children within an infant mental health framework.
Working with Others	Demonstrate skills such as problem-solving, empathy, & collaboration.
Communicating	Ability to communicate with others in written and oral contexts.
Thinking	Ability to think critically and analyze information.
Reflecting	Experience with self-contemplation & processing emotions.

Level	Description
1	<i>Infant Family Associate</i> - Minimum of an AA or a Child Development Associate (CDA) and meet the competencies defined for Level 1. Examples of those whom Level 1 competencies may be appropriate include child care, Early Head Start professionals, NFN home visitors, Birth to Three early intervention assistants/associates, Family Partners, Family Advocates, Doulas, & Parent Aides.
2	<i>Infant Family Specialist</i> - Minimum of a BA/BS and meet the competencies defined for Level 2. Examples of practitioners for whom Level 2 competencies may be appropriate include DCF workers, Birth to Three early interventionists, parent educators, child health providers, social workers working under licensed clinicians, early childhood consultants.
3	<i>Infant Mental Health Specialist</i> - Minimum of a MA/MS (possibly PhD), and meet the competencies defined for Level 3. Examples of practitioners for whom level 3 competencies may be appropriate include early childhood consultant, early intervention home visitors, clinical nurse practitioner, & mental health clinician.
4	<i>Infant Mental Health Mentor</i> - Minimum of a MA/MS (possibly PhD or MD) and meet the competencies appropriate to their roles and responsibilities as defined for Level 4. Examples of Level 4 professionals include program administrator, researcher, faculty member, policy specialist, and physician.