


Approaching Families about Early Mental Health Care

PRESENTED BY
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How do we engage families in early treatment of mental health?



MAY 3, 2016 • TALKS ON TUESDAYS WEBINAR



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Today's Presenter

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Infant Mental Health

“The developing capacity of the child from birth to three to experience, manage (regulate), and express emotions; form close and secure interpersonal relationships; and explore and master the environment and learning all in the context of their family, community, and culture”

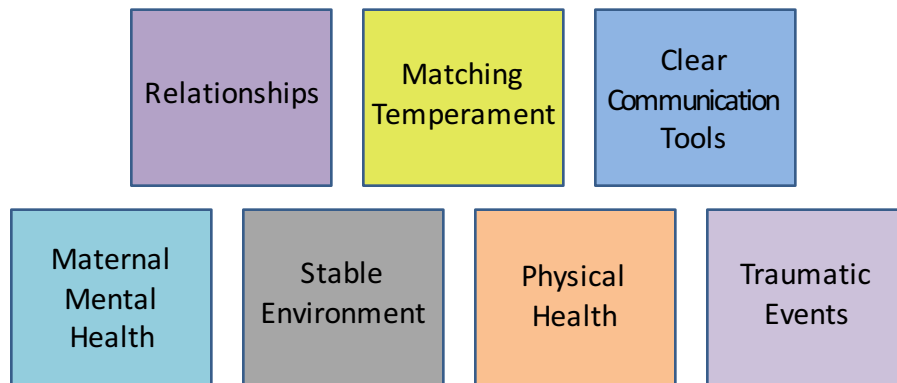
CSEFEL Research Synthesis

ZERO TO THREE (2001). Infant Mental Health Task Force: Definition of infant mental health. Retrieved February 20, 2007 from <http://www.zerotothree.org/imh>

What are some of the basic elements of healthy social emotional development?

Let's chat.

What has the greatest impact on the future of a child's mental health?



Drop your pointer to make your selection.

HERE COMES BABY...

Hopes and Dreams

Great Mom or Dad

A CEO

President

Teacher

Doctor

Sports Star

Lawyer



What are people's concerns about engaging families in a conversation about IMH?



Reframing the Discussion

SOCIAL/EMOTIONAL HEALTH



Assessment

What does your screening or assessment tool for social emotional development tell you about the child in this area?



Child Outcomes

Acquisition and Use of knowledge and skills

Use of appropriate behaviors to meet needs

Development of positive Social Emotional Skills



Risk Factors Affecting Healthy Social Emotional Development


Stability

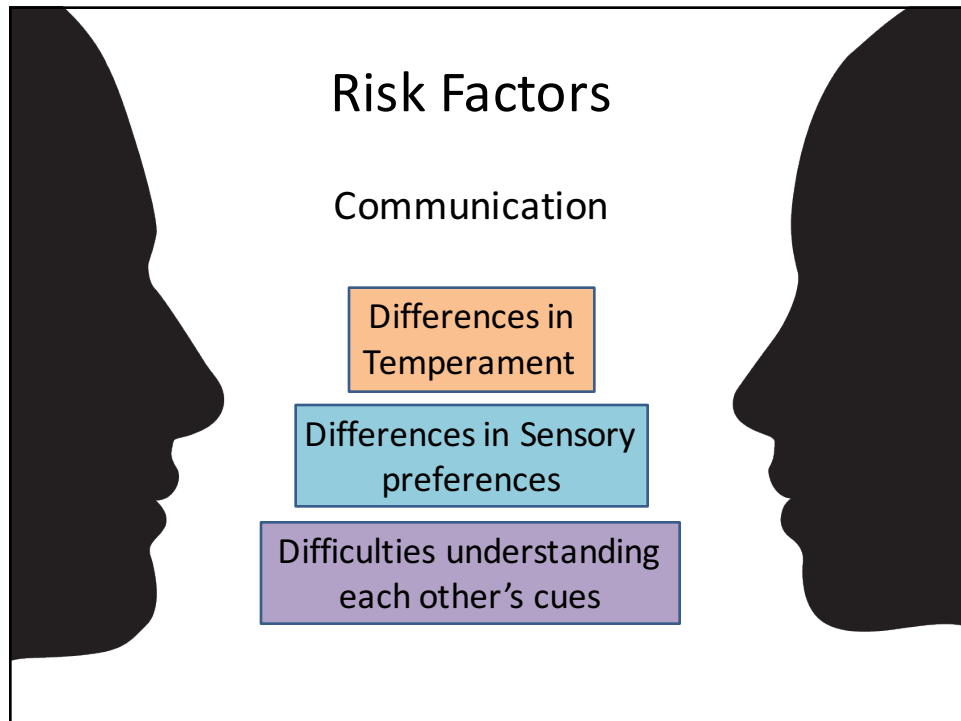
- Separation from caregivers or parents
- Multiple Caregivers
- Multiple Moves

Risk Factors

Parental Factors

- Parental/Caregiver has mental health problems or mental illness
- Parental maturity level
- Lack of Structure in the home



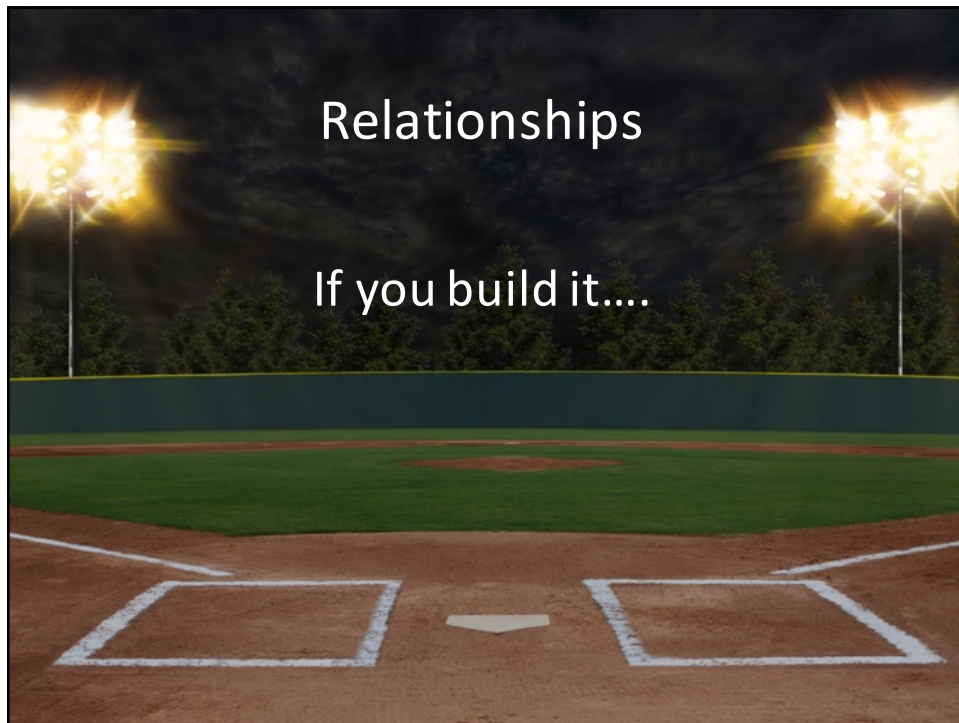


Now What?

Does anyone have any tried and true strategies for approaching families about your concerns for their child's healthy social emotional development?

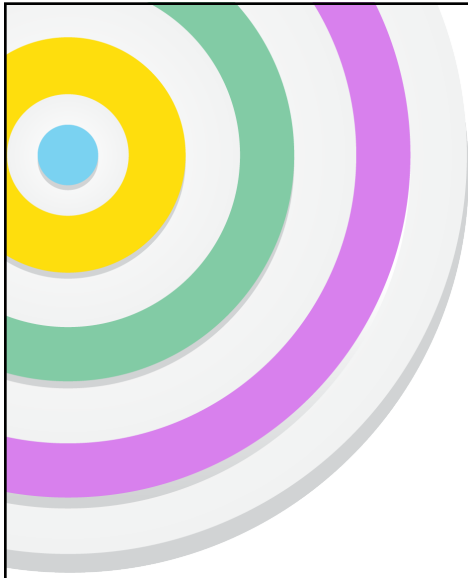


How do we talk to families about mental health?



...They Will Come

- Build relationships
- Time in the home
- Reflection
- Empathy for the parent
- Ask the questions-be ready for the answers



- Use the child outcomes as your guide to ask the family how they want to go about helping their child develop these skills
- Use the information you have from these key coaching activities to educate and inform

Talking about social emotional health

- Reframe the conversation
- Explain social emotional development
 - how it impacts everything
- Encourage human interaction

Talking to Families



- Reflection — wonder what the child is feeling/communicating
- Encourage respect of the child's preferences
- Help the family develop empathy for their child
- Help the family understand the need for structure

How will your team communicate the needs for a family to each other?



Communicate with the team



What happens in the early years, matters forever

Thank You!

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