


# Infant & Early Childhood Mental Health (IECMH) Informational Webinar

**Center for Evidence to Practice**  
 Tuesday, December 10<sup>th</sup>, 2024  
 12:00pm-1:00pm CDT




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## Overview

- Why is this important?
- Meet the Trainer
- What is IECMH?
- IECMH Training Approach
- Participation in this Initiative
- Training Dates & Registration Process
- Questions & Answers

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## Why is this important?

*“By promoting the social-emotional health of infants and young children, we have the potential to positively impact the trajectory of a child’s life.”*



Citation: [Infant and Early Childhood Mental Health | Zero to Three](#)

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## Meet the Trainer



**Amy B. Dickson, Psy.D.** (1998, Clinical Psychology, Nova Southeastern University; 1998-1999, Postdoctoral Fellow in Infant Mental Health and Trauma work, Louisiana State University Health Sciences Center). Dr. Amy Dickson is a Clinical Psychologist and Associate Professor at Louisiana State University's Medical School in New Orleans where she has been on faculty in the Department of Psychiatry since 1999. At LSUHSC, Dr. Dickson is the Director of the LSUHSC Infant Team which treats children under the age of 6 years in the foster care system in several parishes in Louisiana. Dr. Dickson co-directs the Harris Infant Mental Health training program with Dr. Joy Osotsky, a year-long intensive training program teaching clinicians to become infant mental health practitioners. She is a trainer regarding Child-Parent Psychotherapy and is part of several learning collaboratives teaching other mental health professionals about infant mental health and Early Childhood Court. Dr. Dickson also is the Child Coordinator of LSUHSC's APPIC-approved psychology predoctoral internship program, she teaches medical students, social work trainees, psychology trainees, and child psychiatry residents, and she is the Deputy Director of the Psychology Section at the medical school. Dr. Dickson treats a wide variety of adults and children, though she specializes in trauma work and infant mental health and trains locally and nationally in these areas.

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## What is IECMH?



- IECMH is the developing capacity of the infant/young child to form close and secure relationships; experience, manage, and express a full range of emotions; and explore the environment and learn—all in the context of family, community, and culture.
- Despite trending conversations about people's emotional well-being, the mental health of our youngest citizens is often ignored or misunderstood.
- From infancy through the preschool years, each experience—good or bad—shapes a child's foundation for future wellness.



Citation: [Infant and Early Childhood Mental Health | Zero to Three](#)

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## By the Numbers



➤ Infant and young children's mental health has a direct impact on their social and emotional development.



- Between 10-16% of young children experience mental health conditions including PTSD and anxiety.
  - For babies in poverty, that number is higher – 22 percent.
- **Funding infant and early child mental health programs is a solid investment. Each dollar invested into these programs returns \$3.64 back in prevented treatments later in life.**

Citation: [Infant and Early Childhood Mental Health | Zero to Three](#)

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## How is IECMH training structured?



- There will be **five (5) stand-alone topics** each its own opportunity.
- Each of them will take place from **9:00am-12:00pm CST**.
- The five (5) topics will be:
  1. Understanding Critical Touch Points in Early Childhood Development
  2. Attachment 101 – What is a secure attachment, and can attachment styles be changed?
  3. Looking at the Parent-Child Relationship from the child’s perspective
  4. The Critical Importance of Gathering a Trauma History – How Tos
  5. Working with Challenging Parents: Substance Abuse, Mental Health Issues, etc.
- Each topic’s training objectives are listed on our website: <https://laevidencetopractice.com/iecmh-rfa-2025/>

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## Who is this IECMH training for?



- There will be **five (5) stand-alone topics** where participants can register through Zoom
- Based on Zoom responses, they will be accepted/denied.



**Training Acceptance Criteria for Behavioral Health Providers/Agencies:**

- Who **actively serve Medicaid-insured individuals** and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge
- **Licensed** (or actively working towards licensure)
- **Actively (currently) treating children 0-5 years old and their caregivers**
- **Preference will be given to agencies that have multiple clinicians registering for training**

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## IECMH 2025 Training Cohort Dates



| Events  | Date  |
|---|---|
| Informational Webinar   | December 10, 2024 from 12:00pm-1:00pm CST   |
| Individual Zoom Registrations Open  | December 11, 2024   |
| Zoom Registration Deadline  | Accepted until capacity is reached  |
| Notification of Application Status  | Notifications will be sent on a rolling basis   |
| Understanding Critical Touch Points in Early Childhood Development                  | Friday, January 24, 2025 from 9am-12pm CST<br><i>CE Evaluation Deadline: Friday, January 31, 2025</i>   |
| Attachment 101 – What is a secure attachment, and can attachment styles be changed? | Friday, January 31, 2025 from 9am-12pm CST<br><i>CE Evaluation Deadline: Friday, February 7, 2025</i>   |
| Looking at the Parent-Child Relationship from the child’s perspective               | Friday, February 7, 2025 from 9am-12pm CST<br><i>CE Evaluation Deadline: Friday, February 14, 2025</i>  |
| The Critical Importance of Gathering a Trauma History – How-Tos                     | Friday, February 14, 2025 from 9am-12pm CST<br><i>CE Evaluation Deadline: Friday, February 21, 2025</i> |
| Working with Challenging Parents: Substance Abuse, Mental Health Issues, etc.       | Friday, February 21, 2025 from 9am-12pm CST<br><i>CE Evaluation Deadline: Friday, February 28, 2025</i> |
| CE Evaluation Deadline For Each Training  | Due one (1) week following each opportunity   |

CEs will be provided for **social workers and counselors** who are accepted into each training date. Other licensed individuals can apply through their licensing boards.

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### Why pursue IECMH Training?

- This is a pre-cursor training opportunity for those interested in pursuing Child-Parent Psychotherapy (CPP) training beginning in Spring 2025.
  - Same target participant audience, intentionally an agency-based training opportunity
- What is CPP?
  - Therapy for young children from birth through age five and their parents/caregivers
    - Supports family strengths and relationships
    - Helps families heal and grow after stressful experiences
    - Respect family and cultural values
- Want to learn more?
  - Website: [HOME – Child-Parent Psychotherapy](https://home-child-parent-psychotherapy.com)




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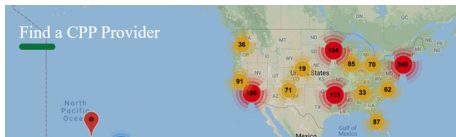
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### Bigger Picture:

➤ *Build up a workforce of **CPP Certified Therapists** who work with **young children (0-5 years old)** in Louisiana.*




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### Registration Process:

- Zoom registration for each training opportunity will open up on **Wednesday, December 11, 2024.**
- Capacity is limited to **50 participants per topic.**
- You can check out our webpage and select the individual opportunity to register: <https://laevidencetopractice.com/iecmh-rfa-2025/>




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### Where can I learn more about IECMH?



[Visit the Zero to Three Website!](#)



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### Questions & Answers (Q&A)



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### Contact Information:



**Center for Evidence to Practice**

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