



Indiana's Infant Mental Health Mentorship Connection

Funding Provided by: Indiana-Head Start Partnership and the Indiana Association for Infant and Toddler Mental Health

Objectives/Purpose:

To increase early intervention provider familiarity with the theories and clinical practice of IMH.
To assist providers to support and understand relationship-based practice.

2001 Pilot Methods

- ★ 17 participants in 2 groups
- ★ 2 mentors (one psychologist and one social worker)
- ★ 9 Modules
- ★ 1 hour sessions
- ★ Post session feedback and 3 month follow up evaluation collected



Highlights of 2001 Pilot Evaluation

- ★ **76%** felt that their IMH training needs were met.
- ★ **77%** of participants requested and received individual consultation with a mentor.
- ★ **88%** felt the mentor provided appropriate instruction, developed a good working relationship, and gave support needed to effectively nurture families.
- ★ **88%** felt that vignettes and case studies helped to reinforce learning.
- ★ **94%** feel that mentor created a comfortable environment to discuss IMH issues as related to their jobs.
- ★ **94%** felt that topic-driven modules were an effective way to learn about IMH issues.
- ★ **94%** found the support provided by mentors to be different from that provided in other relationships (peer, spouse/significant other, superiors).
- ★ **100%** felt that group discussion was essential to facilitate learning and sharing of ideas.
- ★ **100%** of participants felt that sessions were useful and supported their interventions.
- ★ **100%** of participants felt that they received support from the group needed to effectively nurture families.

Timeline

- ★ **January 2002** — Review participant and mentor comments; Identify needed changes from pilot input; Assign module authors and revisions; Develop evaluation plan for 2002-2003
- ★ **May 2002** — Module Revisions/Reviews and New Modules Due
- ★ **July 2002** — Mentor and Participant Recruitment Begins
- ★ **September 5 and 6 2002** — Mentor Training Sessions
- ★ **September 15 2002** — Participant Applications Due
- ★ **September 30 2002** — Participant Selection Deadline
- ★ **October 2002** — New Groups Begin
- ★ **December 2002** — 3 month evaluation
- ★ **March 2003** — 6 month evaluation
- ★ **June 2003** — 9 month evaluation
- ★ **September 2003** — final evaluation

2002-2003 Methods

- ★ 7 Groups across state
- ★ Up to 10 participants per group
- ★ Groups meet monthly for one year
- ★ Increased sessions to 1 ½ to 2 hours
- ★ Reduce reading to 2 "key" articles per module
- ★ Additional modules: Overview of IMH, Attachment, Fatherhood
- ★ Participants complete evaluation of completed modules at 3 month intervals
- ★ Qualitative assessment components added
- ★ Increase mentor training time
- ★ Add reflective practice component to mentor training



2002-2003 Modules

- ★ Infant/Toddler Mental Health
- ★ Attachment
- ★ Behavior Management for Infants and Toddlers
- ★ Boundaries/Provider-Family Clarity
- ★ Child Abuse
- ★ Cultural Awareness
- ★ Father Involvement and Infant/Toddler Development
- ★ Ghosts in the Nursery
- ★ Grief
- ★ Home Visiting
- ★ Struggling with Conflict/Resistance to Change
- ★ Substance Abuse



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