Infant Mental Health Resources

Virginia Association for Infant Mental Health (VAIMH)
Virginia Department of Behavioral Health and Department Services
1220 Bank Street, 9th Floor
P.O. Box 1797
Richmond, Virginia 23219

http://www.infantva.org/documents/pr-PartCUpdate201205.pdf

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The Virginia Association for Infant Mental Health was founded in October of 2010 for the purpose of promoting infant mental health. The association meets quarterly in Richmond in order to meet some of their goals such as voting on critical early childhood mental health projects, assisting Virginia in developing systems of support and service to children and families, and focusing on specific focus areas of early child mental health. VAIMH is working toward creating chapters throughout Virginia to serve local needs. Membership in VAIMH has just recently begun in January of 2013.

Infant & Toddler Connection of Virginia
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Infant and Toddler Connection is Virginia’s early intervention system for identifying and providing services for children from birth to three years who are not developing as expected or who have a medical condition that can delay normal development. One area of focus for Infant and Toddler Connection is infant mental health. They have set up the Infant and Child Mental Health Committee of Virginia which was formed to implement their goals and strategies to promote infant mental health.
The World Association for Infant Mental Health is located in Finland and seeks to promote education, research, and study the effects of mental, emotional, and social development during infancy on later normal psychopathological development. They facilitate increased knowledge about mental development and disorders in children from conception to three years of age. Their main focus is the dissemination of scientific knowledge about services for care, intervention and prevention of mental disorders, and impairment in infancy. Areas of content that guide members include: development of infants; parent and caregiver education; biological influences; social and public policy; and intervention techniques.

The Ounce of Prevention Fund incorporates programs, research, and training simultaneously to give children in poverty the best chance of success in school and in life. They develop early childhood programs that are based on proven strategies that narrow the academic achievement gap for vulnerable young children. The Fund also incorporates the latest research to rigorously evaluate programs to spur improvements to our models and ensure that individual children are thriving. They are the leading provider of training in research-based strategies to early childhood professionals in Illinois.

This book offers a framework for interdisciplinary collaboration that helps caregivers and practitioners develop intervention techniques that improve child mental health. The resource examines the issues of infant mental health and early intervention from a brain-based perspective. Some of the book’s main topics are brain systems, functions of the regulation systems, part to whole focusing, and behaviors of the executive system. The authors describe assessment and intervention strategies for each brain system.


This handbook gives readers a detailed analysis of the developmental, clinical, and social aspects of mental health from birth to preschool. The main areas of focus are: cultural and social context; risk and protective factors; assessment techniques; psychopathology; and intervention techniques. Practitioners and other authorities explore models of development and sociocultural risks. They also highlight evidence-based approaches to assessment and treatment with an emphasis on building strong parent-child relationships. The resource also touches on the documented benefits of early intervention and prevention as well as elaborates on the applications in mental health.

This resource brings the field of attachment theory and research to the outside world by equipping therapists and caregivers with the practical parenting skills they need. The book serves as a guide for all parents and a source for mental health clinicians by offering strong communication techniques, discipline methods, and fundamental skills that help children grow and bond with their parents. The book focuses on attachment, emotions, repair, reflection, intersubjectivity, and communication. It uses these big ideas to weave a web of parenting techniques that can help families or caregivers understand their children. The book is also filled with clinical vignettes and sample dialogues that show how attachment-focused research can guide anyone involved with childcare. The resource also shows the shift in parenting that occurs as the child grows and the needed balance of discipline and care that children need.


This journal is the chief resource on infant mental health research. It has been actively published for the past 33 years and produces an average of five issues each volume. They cover subjects that pertain to infants and how they are raised, conceived, cared for, and treated. The **Infant Mental Health Journal** publishes peer-reviewed research articles, literature reviews, program descriptions/evaluations, clinical studies, and book reviews. These articles focus on infant social-emotional development, caregiver-infant interactions, contextual and cultural influences on infant and family development, and all conditions that place infants and/or their families at risk for less than optimal development.