NYC Early Childhood Mental Health
Training and Technical Assistance Center

A Collaborative Between
NEW YORK STATE OFFICE OF MENTAL HEALTH
and
BELLEVUE HOSPITAL CENTER
CHILDREN'S PROGRAM

The New York City Early Childhood Mental Health Training and Technical Assistance Center (TTAC), is funded by the NYC Department of Health and Mental Hygiene (DOHMH).

NYC Early Childhood Mental Health Network Winter Newsletter

The NYC Early Childhood Mental Health Training and Technical Assistance Center (TTAC) is pleased to share our Winter 2024 Newsletter. This is an essential component of the NYC Early Childhood Mental Health Network funded by the NYC Department of Health and Mental Hygiene (DOHMH), which is tasked with the goal of "ensuring that all children and families have access to services within seven specialized licensed mental health clinics for children birth to five and their families, and to other mental health providers who have the capacity to serve all systems. These periodic newsletters highlight the accomplishments of the network, the work of our partners, upcoming events, and training and technical assistance opportunities, resources, and more. Learn more about TTAC at ttacny.org and email us at ttac.info@nyu.edu with any questions.

Table of Contents

1. TTAC Fall 2023 Wellness Event
2. ECMH Network Perinatal Expansion
3. Our Upcoming Webinars
4. Featured Trainings: Summer 2023 – Winter 2024
5. LMS Modules
6. Relevant Articles
7. Stay Connected!

TTAC's Fall 2023 Wellness Event

Early Childhood Mental Health Staff Appreciation and Wellness Event

Recognizing and Celebrating our Achievements

TTAC, in partnership with the Department of Health and Mental Hygiene, hosted a celebration of the accomplishments of the Early Childhood Mental Health Network and impact of the Early Childhood Mental Health Network since its inception in 2016. The event was a celebration of the dedication, commitment and contributions of staff in the ECMH Network. The ECMH Network is a specialized network that addresses the mental health needs of children birth to age 5 and their caregivers across the five boroughs. TTAC, in partnership between New York Center for Infant Psychiatry, Bellevue Hospital Children's Program and NYU Langone, continues to provide ongoing training to build the competencies and capacities of all those who touch the lives of young children and their families. More than 1,000 staff have been trained in the ECMH Network in the perinatal population, including both pregnant and postpartum women.

We began the morning with a short grounding activity followed by welcome remarks from Dr. Daniel Singley, Director of Behavioral Health Services, Office of Children, Youth and Families, DOHMH. Dan presented highlights of the network's accomplishments and some of the positive outcomes of the work with children and families. Dr. Kelly McGoldrick led a training and technical assistance to professionals across the child-serving systems.

Some of the overall highlights included:

- TTAC has trained over 15,000 professionals as of August 2023 including Mental Health Providers, Preventive Services Providers, Home Visitors, including Child Parent Psychotherapy, Interpersonal Therapy, Circle of Security and others.
- The Network has been provided the following:
  - Served 4,232 unique individuals in mental health
  - Served 1,000 caregivers in Parent-Child Interaction Therapy
  - Served 1,300 unique individuals through family peer support services

Recognizing the critical importance of self-care, the presentation was followed by a wellness activity by Renee S. Smith who guided all present through a mindfulness exercise to ground themselves in the work home and honor and acknowledge each individual and the collective.

This was followed by networking opportunities and a celebration of all of the network's accomplishments.

Congratulations and gratitude to all for your contributions to building a network of mental health supports for pregnant persons and young children and their families.

ECMH Network Perinatal Expansion

New York City Early Childhood Mental Health Network Grows in New Directions

We are thrilled to share the news about the Perinatal Mental Health Expansion Initiative, funded by the NYC Department of Health and Mental Hygiene. Network This initiative marks a significant leap forward in the NYC Department of Health and Mental Hygiene's commitment to supporting pregnant people and parents during their transition to caring for children.

Click here to read more!

or visit: https://ttacny.org/page/perinatal-expansion

Our Upcoming Webinars

Paternal Perinatal Mental Health: Yes, It's a Thing (and What to Do About It)

Presented by Dr. Daniel Singley

Join A Zoom

Friday, February 14, 2024,

1:30 pm - 3:00 pm

Learn more here!

or visit: https://ttacny.org/training/paternal-perinatal-mental-health-yes-it-s-thing-and-what-to-do-about-it

The Role of the Community Birth Worker in Nurturing Parent-Infant Relationships

Presented by Ruda Shamby

Join A Zoom

Wednesday, March 6, 2024,

1:00 pm - 2:30 pm

Learn more here!

or visit: https://ttacny.org/training/the-role-of-the-community-birth-worker-in-nurturing-parent-infant-relationships

Using Respectful Maternity Care to Advance Health Equity for Mother-Infant Dyads Affected by Opioid Use Disorder

Presented by Dr. Kelly McGoldrick-Bell

Join A Zoom

Friday, March 15, 2024,

10:30 am - 12:00 pm

Learn more here!

or visit: https://ttacny.org/training/using-respectful-maternity-care-to-advance-health-equity-for-mother-infant-dyads-affected-by-opioid-use-disorder

Featured Trainings: Summer 2023 – Winter 2024

Supporting Parents of Hospitalized Infants in the Neonatal Intensive Care Unit and Beyond

Presented by Dr. Gavin Dunnwold

Wednesday, August 2, 2023

Learn more here!

or visit: https://ttacny.org/training/supporting-parents-of-hospitalized-infants-in-the-neonatal-intensive-care-unit-and-beyond

A Call to "Arms": Listening to Children and the Power of Parent

Presented by Dr. Gerard Costa

Tuesday, August 15, 2023

Learn more here!

or visit: https://ttacny.org/training/a-call-to-arms-listening-to-children-and-the-power-of-parent

Reimagining the Transition to Parenthood for 2-Gen Impact

Presented by Dr. Catherine Monk

Wednesday, September 27, 2023

Learn more here!

or visit: https://ttacny.org/training/reimagining-the-transition-to-parenthood-for-2-gen-impact

Tipping the Scales: Supporting the Intergenerational Needs of Families Impacted by Substance Use Disorders

Presented by Dr. Amanda Lowell

Wednesday, November 8, 2023

Learn more here!

or visit: https://ttacny.org/training/tipping-the-scales-supporting-the-intergenerational-needs-of-families-impacted-by-substance-use-disorders

Play Therapy: Psychodynamic Principles and Practices

Presented by Dr. Gilbert Foley

Monday, November 13, 2023

Learn more here!

or visit: https://ttacny.org/training/play-therapy-psychodynamic-principles-and-practices

Enhancing Attachment and Reflective Parenting in Clinical Practice: A Minding the Baby Approach

Presented by Dr. Arlene Slade

Tuesday, December 5, 2023

Learn more here!

or visit: https://ttacny.org/training/enhancing-attachment-and-reflective-parenting-in-clinical-practice-a-minding-the-baby-approach

Shifting our Perspectives: Strategies to Engage Fathers

Presented by David James

Monday, January 8th, 2024

Learn more here!

or visit: https://ttacny.org/training/shifting-our-perspectives-strategies-to-engage-fathers

The Central Role of Human Relationships in Infant Mental Health

Presented by Dr. Gilbert Foley

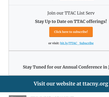
February 14, 2024

Learn more here!

or visit: https://ttacny.org/training/the-central-role-of-human-relationships-in-infant-mental-health

LMS Modules

In the summer, TTAC launched a series of modules aimed at expanding participants' understanding of Infant and Early Childhood Mental Health (IECMH).



The first module in the series, **Infant and Early Childhood Mental Health: Supporting Babies, Families, and Communities**, introduces the field of IECMH, provides learners with a framework to understand how parents, caregivers, and communities can support healthy development, and highlights critical to their healthy development, how early experiences and relationships shape brain development, how trauma and adversity impact on children's development, and how trauma and adversity impacts on children during this important developmental period.

The second module in the series, **Nurturing Resilience: Supporting Infant and Early Childhood Mental Health**, sensitizes learners to the important relationships that support healthy development, how trauma impacts development and how to identify those compelling qualities. A further highlights how meaningful interactions in the familiar activities of daily life can serve as opportunities for promoting healthy development and resilience, and how trauma does may strengthen familiar protective factors and the amount of positive early childhood experiences. Finally, it enables learners to understand "parallel process" in which trauma and toxic stress children dispute from which it is and interact with them.

Click here to access the modules

or visit: https://ttacny.org/training/infant-and-early-childhood-mental-health-lms-training-modules

Relevant Articles

Fatima Cabra Kelly, MA, Eliyanet Ung, MPH, Ericarm Vazquez, MS, Shirley Morgan, LCSW, "**Improved classroom and child outcomes through mental health consultation: Evaluation of a collaborative model**" Journal of Clinical Psychology: Advances in Mental Health Journal, online at https://doi.org/10.1002/jclp.23240

This paper describes the evaluation of one year of behaviorally-informed mental health consultation (MCMHC) in substantial early care and education settings provided by the New York City Early Childhood Mental Health Network.

Click here to access the article!

or visit: https://onlinelibrary.wiley.com/doi/full/10.1002/jclp.23240

Kimberly Eaton Hoagwood, PhD, Alice Kuzchek- Bachlin, BS, Meaghan Bates, LMSW, Berle Kliegerle, MPA, Sarah Ben-Sira Kenny, PhD, Eileen Barkman, BS, Jessica Hamilton, MA, Ashley Ramos, MA, "**Implementation of Evidence-Based Mental Health Care of Specialty Scaling of Evidence-Based Principles for Children: Qualitative Study of Implementation Barriers and Facilitators**" JMIR Ment Health 2022;9:e35368, doi: 10.2196/35368, doi:10.2196/35368

This work examines 12 different EBTs — all integrating children, youth, and their families — and looks at different factors affecting the feasibility of scaling up these EBTs. Specifically, it looks at the role of "Implementation Climate" (understanding factors like customer factors for facilitators, barriers, costs, and gaps in racial ethnic diversity) will be critical in implementing EBTs across all of kinds of health systems (mental health care, primary care, schools).

Request access

Stay Connected!

Visit & Bookmark our Trainings Page for Future Offerings!

Visit Trainings Page

or visit: ttacny.org/trainings

Join our TTAC List Serv
Stay Up to Date on TTAC offerings!

Click here to subscribe!

or visit: bit.ly/TTAC_Subscribe

Stay Tuned for our Annual Conference in June!

Visit our website at ttacny.org