



*The Newsletter of*  
**The Indiana Association for Infant and Toddler  
Mental Health**

**From The Chair**

**REFLECTIONS**

**Summer  
2009**  
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*A Subsidiary of  
the Mental  
Health Associa-  
tion in  
Indiana, Inc.*

August marked the 11<sup>th</sup> anniversary of the IAITMH Annual Conference. Our meeting this year focused on Systems of Care in early childhood and we enjoyed an attendance of over 100. The IAITMH is grateful to ISDH's Sunny Start project for its support of activities related to social and emotional development in Indiana and in particular its commitment to our training mission exemplified by provision of funding for the conference. In addition, we would like to thank the Riley Child Development Center and One Community, One Voice for their assistance with the conference.

More training from the IAITMH is on the horizon! Please plan to attend the Institute for Strengthening Families September 21 through 23 at the Indiana Government Center in Indianapolis. For one low price you can attend three days of high quality training. Sessions include mental health diagnosis in early childhood, culture, and relationship issues in foster care. Registration is now available online at:

<http://www.theinstituteforfamilies.org/>.

**Angela M. Tomlin, Ph.D., HSPP**

**Brief History of Systems of Care**

Over the last 30 years, community programs across the country have come together to coordinate services through models termed *systems of care (SOC)*. Originally driven by the need to increase access to services for children with serious mental illness, SOC currently also involve a focus on training of front line care providers and efforts to insure that services received are effective. SOC is not a single entity, but rather an approach to providing a set of services and supports to clients that is responsive to specific client needs and that reflects cultural and linguistic competence.

In 1982 Janice Knitzer wrote *Unclaimed Children*, now considered the impetus for significant changes in federal policy that led to restructuring of services provided to youth with mental health challenges in the United States. Knitzer's striking contention that two-thirds of all children and youth with serious emotional needs failed to receive needed services ultimately resulted in the development of the Child and Adolescent Service System Program (CASSP) in 1984. Many of the youth in need experienced fragmentation in the services they did receive resulting in a confusing and ineffective experience for families. CASSP focused on assisting states in meeting the needs of youth with serious emotional challenges within the framework of Systems of Care principles (Stroul & Friedman, 1986). The federal government has continued to provide funding through the Children's Mental Health Initiative, which in recent years has been focused on expanding the breadth of services to young children and their families.

**Continued on Page Two**

## **History of SOC (From Page Two)**

The philosophy and values of SOC are highly congruent with those of early childhood mental health. Examples of common values and principles include taking a strength-based approach, providing services in natural settings, being family-centered and family-driven, coordination of services, and cultural competence. One of the first SOC projects to address very young children and their families was funded by SAMHSA in Vermont .

## **References**

Knitzer, J. (1982). *Unclaimed children*. Washington, DC: Children's Defense Fund.  
Stroul, B.A. & Friedman, R.M. (1986). *A system of care for children and youth with severe emotional disturbances*. (Revised edition). Washington, DC: Georgetown University

## **IAITMH Annual Conference Report**

The Indiana Association for Infant and Toddler Mental Health held its 11<sup>th</sup> Annual Conference on August 14, 2009. The topic for this year's conference was *Early Childhood Partnerships: Working Across Systems to Support Families with Young Children*. Joseph Zogby, PhD, Project Officer for Sunny Start, Indiana's Early Childhood Comprehensive System grant funded by the Maternal and Child Health Bureau, opened the program with an update about the federal perspective related to young children.

The keynote speaker was Charlie Biss, MSW, Director, Child, Adolescent and Family Unit, Vermont State Department of Developmental and Mental Health Services. Blending humor with his many years of experience, Mr. Biss shared the planning and development of one of the first SOC's in the US directed to the needs of very young children and their families. Biss discussed the evolution of the Vermont SOC, emphasizing the partnering and cultural exchanges that were necessary for success.

An important aspect of Vermont's model includes infusing mental health principles and practices into the work and thinking of partners entities, such as child care, Part C, and medical services. Biss explained that mental health services are most valuable when "given away", meaning that mental health must be integrated into other systems rather than stand apart. The value of relationship-based practice between many partners was also a point of discussion. Biss related that partners from different parts of the system had effective discussions while "riding in the van" together to meetings and conferences. Time together to share, discuss, problem solve, and plan are needed and must be built in to a successful system in order to effect change for and with families.

The conference also included several interesting breakout sessions. Board member Dr. Matthew Galvin provided a thought-provoking and original discussion of the practical and ethical issues related to the role of medication in treating behavioral health concerns in very young children. Board Vice-Chair Stacey Cornett, Clinical Director of One Community, One Family, a SOC in Southeastern Indiana was joined by Kathy Riley in a discussion of the family voice in systems of care work. Issues related to mental health consultation, resource, and referral in child care were addressed by Rene Kinder, Lisa Henley of the Indiana Association for Child Care Resource and Referral and Janice Katz, Ph.D., the founder and president of Imagination Station.

Thanks to members of the Conference Committee: Stacey Cornett, Renae Haehl, Karen Kaser, Lynne Sturm, and Angie Tomlin. Special thanks to our MHAI staff person, Tiffany Peek.

## One community....One Family:

### A Systems of Care Project in Southeastern Indiana

One Community...One Family is a SAMHSA funded system of care initiative in Southeastern IN. The counties of Ripley, Franklin, Jennings, Decatur, Rush, Ohio, Switzerland, and Dearborn are included in the service area. The initiative serves youth ages 0-22 with serious emotional and behavioral challenges that typically are involved in more than one child serving system such as special education, juvenile justice, child welfare or mental health. Young children that are at imminent risk of developing mental health challenges or who are experiencing mental health challenges often have involvement with primary care, early intervention, child welfare, child care/special education partners. Families are assisted through a care coordination process called a Wraparound Process that promotes the values of Family Driven, Youth Guided, Culturally and Linguistically Competent and Community Based.

Stacey Cornett, LCSW

TRAINING CALENDAR	LEARN MORE
The Institute for Strengthening Families, September 21 through 23, 2009, Indianapolis	<i>An Overview of Systems of Care in Child Welfare</i> (2009). <a href="http://www.childwelfare.gov/pubs/acloserlook/overview/index.cfm">http://www.childwelfare.gov/pubs/acloserlook/overview/index.cfm</a>
MHAI Gala, October 22, 2009, Indianapolis	SAMHSA's National Mental Health Information Center <a href="http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0030/default.asp">http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0030/default.asp</a>
IMH Task Force, September 11, 2009, contact Angie Tomlin (atomlin@iupui.edu)	National Systems of Care Technical Assistance Center for Children's Mental Health <a href="http://www.systemsofcare.samhsa.gov/OtherAssistance/ntaccmh.aspx">http://www.systemsofcare.samhsa.gov/OtherAssistance/ntaccmh.aspx</a>
Zero To Three, National Training Institute, December 4 through 6, 2009, Dallas,, TX	

### IAITMH Website Updates:

Please visit the IAITMH website (iaitmh.org) to view our new paper, the *State of Infant Mental Health in Indiana*, made possible with the support of the Indiana State Department of Health, Sunny Start project. This paper reflects on the past 10 years of work in IMH in our state, encouraging celebration of our progress along with recommendations for the future. Find it under Publications.

Also new is a set of *Continuing Study Guides* (CSG) posted under Mentorship page. The guides can be used by any groups that have completed an initial Mentorship experience and who wish to have a format for continued studied. The CSGs are also made possible with Sunny Start support.



Membership renewals were sent in June. If you did not receive your renewal, request please contact Tiffany Peek at [tpeek@mahai.net](mailto:tpeek@mahai.net).



## MEMBERSHIP

*Yes, I want to become a member of the Indiana Association for Infant and Toddler Mental Health*

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

- Professional \$50
- Family/Retired Professional \$25
- Student \$15

Send me info about group or corporate rates

Please make your check payable to IAITMH  
1431 N. Delaware Street  
Indianapolis, Indiana 46202

### Advocacy Committee

The Advocacy Committee of the IAITMH will resume its efforts to make IAITMH a leader in advocacy regarding public policy for young children and their families in the state of Indiana. Committee work will be accomplished by conference calls and occasional face to face meetings (e.g., lunch meeting at the annual conference when possible). We will begin by learning more about the project that the Frameworks Institute, a leader in communication skills related to shaping public policy, has to investigate how people think about early childhood mental health and to reframe how the public thinks about child mental health (see [www.frameworksinstitute.org](http://www.frameworksinstitute.org) for a preview!). **Please email Lynne Sturm, if you are interested in learning more about the Advocacy Committee : [lsturm@iupui.edu](mailto:lsturm@iupui.edu)**

### Last Word: A Definition of System of Care...

Systems of Care (SOC): A system of care incorporates a broad, flexible array of services and supports for a defined population(s) that is organized into a coordinated network, integrates service planning and service coordination and management across multiple levels, is culturally and linguistically competent, builds meaningful partnerships with families and youth at service delivery, management, and policy levels, and has supportive management and policy infrastructure. (p. 9)

#### Reference:

Hodges, S., Ferreira, K., Israel, N., & Mazza, J. (2007) *Systems of care, featherless bipeds, and the measure of all things*. Tampa, FL: Department of Child and Family Studies, Louis de la Parte Florida Mental Health Institute, University of South Florida.