

Infancy Onward's
State of Indiana
Infant and Early Childhood Mental Health
Resource Guide



Infancy
Onward

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INTRODUCTION

Infancy Onward is Indiana's Infant and Early Childhood Mental Health Association and is a subsidiary organization of Indiana's Mental Health Association, Mental Health America of Indiana (MHA). Founded in 2000, we are an organization of individuals committed to strengthening relationships between infants, toddlers, early childhood-aged children, parents, and other caregivers.



Our Mission:

To advance the conditions which provide an early start toward optimal mental health.

Our Vision:

All infants, toddlers and early childhood-aged children are entitled to an opportunity to grow, learn, and develop in a way that enhances their social and emotional health, so that they may reach their maximum potential.

Working with our youngest citizens requires specialized training and experience; the Endorsements that are available and supported by Infancy Onward ensure that professionals have attained a certain level of expertise with very young children and their families. The Endorsements are relevant for professionals across disciplines including early care and education, prevention and early intervention, home visitation, medicine, child welfare, mental health, policy, academia, and others.

Infant Mental Health Endorsement (IMH-E®) is a credential that can be earned by anyone working with or on behalf of very young children and their families with a focus on strengthening and supporting early relationships crucial to a child's social and emotional development. The four pathways within the Infant Mental Health Endorsement are Infant Family Associate, Infant Family Specialist, Infant Mental Health Specialist, and Infant Mental Health Mentor. Each of these categories has specific work, education, in-service training, and reflective supervision/consultation requirements, specific to pregnant women, young children ages 0-36 months, and their families.

Early Childhood Mental Health Endorsement (ECMH-E®) This endorsement assures professionals have attained a specific level of expertise with 3-6-year-olds and their families. ECMH-E is relevant for professionals across disciplines including early care and education, prevention, and early intervention, home visitation, medicine, child welfare, mental health, policy academia, and others. The four pathways within the Early Childhood Mental Health Endorsement are Early Childhood Family Associate, Early Childhood Family Specialist, Early Childhood Mental Health Specialist, and Early Childhood Mental Health Mentor. Each of these categories has specific work, education, in-service training, and reflective supervision/consultation requirements, specific to children 3 through 6 years and their families.

For more information about these exciting opportunities and scholarships that may be available to assist you on your journey to Endorsement, email us at: Endorsement@InfancyOnward.org. We appreciate the opportunity to share this Resource Guide and hope that it provides valuable information for you --- no matter what role you play in the lives of children and families. Thank you to all who contributed, especially our partners at Early Learning Indiana, Sarah Bailey, Nilou Pariborzi, Dr. Angie Tomlin, Debbie Collins, and Anne Gabbert.

Infant and Early Childhood Mental Health (IECMH)

Angela Tomlin, PhD, HSPP, IMH-E ®

What is Infant and Early Childhood Mental Health?

Talking about the “mental health” of babies and little kids may sound strange to you. We know that babies come into the world with a lot to learn! Just like they learn other things, babies gain skills in social and emotional development over time and with the help of caring adults.

Ideally, a baby has regular opportunities to be with a few adults who provide care. When the adult is consistent, responsive, and reliable, the baby comes to feel safe that her psychological and physical needs will be met. The relationship that the young child and the adult develop is called an attachment. Forming this special relationship with a caregiver is one of a baby’s first milestones. From the safety of this relationship, a baby learns how relationships work, how to manage emotions and behaviors, and can explore and learn.

Babies and young children gain skills in “mental health” just like other areas of development.

Forming a secure attachment or relationship is the most important early skill for a baby to gain.

Regular contact with a consistent, reliable, and responsive adult caregiver provides the support that leads to healthy social and emotional development.

Research stemming back to the 1960s helps us understand what kinds of attachments can happen and the possible outcomes of different attachments. In general, we hope that the adult will be consistent enough that the young child can learn how to get their needs met by the caregiver. In that situation, the attachment is considered organized. We also hope that the adult will be reliable and responsive so that the young child feels assured that their needs will be met. This feeling of safety is present when the attachment is secure. Some children have attachments that are organized, but not secure. The adult may not respond when needed or only respond when the child persists. In these insecure attachments, the young child may learn that their needs are only sometimes met or are met incompletely. Others have insecure attachments that are described as disorganized. In this case, the adult’s behavior is so unpredictable or frightening that the young child cannot figure out how to get the help he or she needs.

Secure early attachments are associated with better performance in school, having other positive relationships, and having fewer mental health concerns. The benefits of secure early attachment continue into adulthood. When people with secure attachments experience trauma, they may be better able to rebound. Because attachments tend to be relatively stable over a lifetime, a young child who develops a secure attachment will usually keep that attachment framework as an adult, including if they become a parent themselves. Because parents and children often have the same attachment type, it becomes clear that early attachments can have not only life long, but intergenerational, consequences.

Can Young Children Have Mental Health Disorders?

It may seem shocking, but long ago, doctors did not understand that newborn babies could feel physical pain in the same way that adults do. Because of this lack of knowledge, prior to the 1970s, medical procedures were performed on infants without anesthetics (Rodkey, et al., 2013). In a similar way, mental health professionals once did not recognize that a young child could experience negative emotions or show problem behaviors that would meet the criteria for a mental health disorder.

As a result, parents were not asked about these concerns, and when parents brought their worries to the attention of professionals, they were often advised that the child would “grow out of it”. Now, we not only acknowledge that mental health concerns can occur in young children, but there have also been great strides in our ability to provide appropriate assessments that lead to diagnosis.

It is now clear that about 17% of young children have diagnosable mental health disorders; this rate is roughly the same as that of older children and adults. These conditions are likely to persist over time if not treated (Cree, et al., 2018). Therefore, primary care providers should regularly screen for behavioral health problems during well-child check-ups. Young children who have an increased likelihood of mental health issues, such as those who have developmental delays, early trauma experiences, including neglect, abuse, and out of home placement, or children who live in homes with significant risk factors, should be followed closely. When signs are identified early, referral to experienced providers is needed.

Young children can have certain mental health disorders at about the same rate as older children and adults.

Primary care offices should screen for these disorders and refer when concerns are found.

Some mental health diagnoses used for adult are not appropriate to be given for young children.

It can be frustrating and scary for parents when children show concerning symptoms that suggest disorders that have been diagnosed in other family members. Severe mental and behavioral conditions, such as schizophrenia, bipolar disorder, or conduct disorder, are not appropriate diagnoses for young children as they typically do not emerge until later in childhood or early adulthood.

However, we can reliably identify and treat other types of disorders and problems such as anxiety, trauma, mood, and challenging behaviors in young children.

When considering whether a young child could have a mental health disorder, we should first evaluate for a developmental delay that could either explain or contribute to the behavior. Another important consideration is how the caregivers perceive and react to the behaviors. At times, the parent-child relationship can contribute to the child's challenging behavior. Understanding the contribution of a delay or relationship problem to the child's behaviors may help guide treatment planning.



3 REASONS

GOOD INFANT MENTAL HEALTH MATTERS



BRAIN ARCHITECTURE



We have a shared stake to **make sure babies develop sturdy brain architecture**, because this foundation supports a lifetime of learning and productive participation in society. A reliable caregiver who is responsive to a baby's needs is the base for secure attachment, which allows an infant to explore and learn.



BODY & HEALTH



Toxic stress from broken caregiver-infant relationships can push a baby's stress hormones into overdrive. When constantly present, these hormones disrupt brain and physical development. And babies can't learn if their brains and bodies are working against them. **The antidote to toxic stress?** Affection and protection by a nurturing caregiver.



BEHAVIOR & RELATIONSHIPS



Secure attachment is a fundamental building block of social function. Children need relationships with sensitive caregivers to self-regulate, get along with others, solve problems, and be productive -- the basis for civic and economic prosperity.



INFANT MENTAL HEALTH

is the optimal social, emotional, and cognitive well-being of children ages 0 to 3, developed by secure and stable relationships with nurturing caregivers.

**Infancy
Onward**

Supporting First Relationships



Infancy Onward is a member of
**Alliance for the Advancement of
Infant Mental Health**

www.allianceaimh.org

National and Online Resources

Alliance for the Advancement of Infant Mental Health

<https://www.allianceaimh.org/>

The Alliance for the Advancement of Infant Mental Health is a global organization that partners with associations of infant mental health so that associations can support, grow, diversify, and advocate for their local infant & early childhood mental health-informed workforce.

American Academy of Child & Adolescent Psychiatry

<https://www.aacap.org>

AACAP's Facts for Families provide concise and up-to-date information on issues that affect children, teenagers, and their families. "Search Facts for Families" for topics on Daycare, Depression in Children and what to look for, Fetal Alcohol Syndrome (FAS), Grandparents raising Grandchildren.

Building Families Together

<http://www.buildingfamiliesTogether.org>

Building Families Together provides training, mentoring and reentry services to incarcerated or released men and their families, as well. Tips for caregivers and a printable list of tips to download when children feel overwhelmed. Support groups.

Care Source

<https://www.caresource.com/>

Health care programs for families needing assistance, parents/caretakers, pregnant women and children. Information includes insurance packages and benefit plans. Office visits/Hospital, Screening, Diagnosis and Testing, Checkups, Dental Care, Chiropractors, Family Planning Services, Clinic Services, Nurse Practitioner Services, Hospital Care, Pharmacy and Medicine.

Centers for Disease Control and Prevention, Children's Mental Health <https://www.cdc.gov/childrensmentalhealth/>

Includes a new report on children's mental health, a list of conditions, symptoms and treatment, data, research, a section on improving access to children's mental health care, and an interactive tool to teach skills that can help children and youth cope with challenges.

Centers for Disease Control and Prevention "Learn the Signs. Act Early"

<https://www.cdc.gov/ncbddd/actearly/>

Includes printable Developmental Milestones checklists and free resources and information about "Learn the Signs. Act Early" in both English and Spanish. Download the milestone tracker app and view milestones in action with photos and a video library. Includes specific information for families, child care providers, and free materials for doctors regarding developmental surveillance.

The Center for Health Care Strategies

<https://www.chcs.org>

A non-profit policy center dedicated to improving the health of low-income Americans who face serious barriers to well-being, like poverty, complex health and social needs, and systemic racism. Their work advances effective models for prevention and care delivery that improve the health of children and families, and equitable outcomes for people that reflect improvements in health and well-being for populations facing the greatest needs. One of the focus areas is engaging health care stakeholders to advance quality, cost-effective care for high-risk children and youth, especially those with serious behavioral health needs.



<https://www.parentcenterhub.org>

The Center for Parent Information and Resources (CIPR) serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers. It is the central hub of information and products created for the network of centers serving families of children with disabilities. The Parent Center Hub has family-friendly information and research-based materials on key topics.

Child Mind Institute

<https://www.childmind.org>

The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. The site includes the Parent's Guide to Getting Good Care, a Family Resource Center, and assistance with finding a children's Mental Health Professional.

Civil Rights Principles for Early Care and Education

<https://www.civilrightsdocs.info/pdf/education/Civil-Rights-Principles-for-Early-Care-and-Education.pdf>

Developed by Members of The Leadership Conference on Civil and Human Rights and The Leadership Conference Education Fund, these principles seek to identify fundamental elements of the whole early child care and education system that protect civil rights and advance equity for children, families, staff, and providers.

Connect Network

<https://web.connectnetwork.com>

The Connect Network is a one-stop resource for connecting and communication with loved ones who are incarcerated. The network helps with communications and sending messages, helping with payments and support, and developing inmates' devices and content.

The Council for Exceptional Children

<https://www.exceptionalchildren.org>

The Council for Exceptional Children is the largest international professional organization dedicated to improving the success of children and youth with disabilities. CEC advocates for governmental policies, sets professional standards and provides professional development.

Division for Early Childhood of the Council for Exceptional Children

<https://www.dec-sped.org>

The DEC promotes policies and advances evidence-based practices that support families and enhance the optimal development of young children (0-8) who have or are at risk for developmental delays and disabilities. DEC is an international membership organization for those who work with or on behalf of young children (0-8) with disabilities and other special needs and their families.

Early Childhood Technical Assistance Center

<https://www.ectacenter.org>

The Early Childhood Technical Assistance Center (ECTA) is a program of the Frank Porter Graham Child Development Institute of the University of North Carolina at Chapel Hill. ECTA supports programs in developing high-quality early intervention and preschool special education service systems, increasing implementation of evidence-based practices, and enhancing outcomes for young children with disabilities and their families. The site includes many opportunities to join Communities of Practice, as well as resources for families and practitioners. There is a section for families that has Practice Guides in English and Spanish.

The Harvard Center for the Developing Child

<https://developingchild.harvard.edu>

The mission of the Center on the Developing Child is to drive science-based innovation that achieves breakthrough outcomes for children facing adversity. The Center strives to present information in a way that is accessible to a wide range of readers and offers a Resource Library in Multimedia formats with podcasts, videos, and webinars.

Head Start and Early Head Start

<https://www.acf.hhs.gov/ohs/about/head-start>

Early Head Start and Head Start Programs offer quality early learning and care. Enrollment is open for children ages 6 weeks to 5 years. Early Head Start programs are designed to nurture healthy attachments between parent and child (and child and caregiver). Head Start programs serve children between 3 and 5 years. Head Start programs help all participating children succeed. They are required to serve children with special needs, such as physical and developmental delays or homelessness.

Head Start Early Childhood Learning and Knowledge Center

<https://eclkc.ohs.acf.hhs.gov/>

Topics on the Learning and Knowledge Center include information about child screening and assessment, children with disabilities, curriculum, learning environments, teaching practices, and transitions. There is also information on approaches to program development and management, family and community, and health.

Healthy Children

<https://www.healthychildren.org>

Healthy Children has information to search topics on Baby, Nutrition, Toddler, Healthy Children, Safety & Prevention. Register to receive the monthly Healthy Children e-newsletter. This site is sponsored by the American Academy of Pediatrics. Topics include children and sleep, teething, covid, solids, feeding, ages and stages, and how to help children with what they may see in the media regarding tragic events.

Infant Mental Health Guide for Parents and Healthcare Providers

<https://onlinenursing.duq.edu/blog/infant-mental-health-guide/>

Excellent resource that includes information regarding key concepts of infant mental health, how it develops, resources, factors that impact young children's mental health, issues that may develop, and resources for intervention.

The Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

This site includes information on the barriers to treating childhood mental health disorders, common disorders among children, the warning signs of mental illness in children, how symptoms are treated, and what to do if you suspect your child has a mental health condition.

National Community Reinvestment Coalition

<https://www.ncrc.org/resources>

The National Community Reinvestment Coalition has resources for grandparents raising grandchildren. This site from the Department of Health and Human Services provides information on general topics, financial concerns, health, legal, immigration issues, and child care. It also provides toolkits and publications on kinship families and grand families. 'General Tips on Grandparents Raising Grandchildren' offers an overview with helpful tips and challenges that older adults face when taking on the responsibility of raising a child/children. The National Committee of Grandparents for Children's Rights Inc. is a nationwide network of grandparents, community members and professionals working together to provide education, support, and advocacy. Resources and Fact Sheets by State in alphabetical order are available in English and Spanish.

National Institute of Mental Health

<https://www.nimh.nih.gov>

The NIMH is dedicated to transforming the understanding and treatment of mental illness. The site gives an explanation of Mental Health in Childhood, Disorders, and includes research and information on other topics such as When to Seek Help, First Steps for Parents, Choosing a Mental Health Professional, Assessing Your Child's Behavior, specific issues such as Autism, PTSD, and many other resources. Downloadable fact sheets are available.

National Child Traumatic Stress Network

<https://www.nctsn.org/>

The National Child Traumatic Stress Network (NCTSN) strives to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the U.S. The site includes a definition of child trauma and indicators regarding which populations are most at risk, thorough explanations of treatments and practices and trauma-informed care. Resources for public awareness are also included, with a Fact Sheet on “Age-Related Reactions to a Traumatic Event.”

Think Babies

<https://www.thinkbabies.org>

Zero to Three created *Think Babies* to make the potential of every baby our national priority and focuses on five key policy areas: paid leave, child care, Early Head Start, infant and early childhood mental health, family support, and economic security. The site includes fact sheet, legislation, advocacy tools and resources. A toolkit is available to download. The infant and early childhood mental health section has excellent information about policy recommendations, ways to affect change, a downloadable social media toolkit, how to talk about infant and early childhood mental health, and the State of Babies Yearbook for 2022.

Yale University Center for Emotional Intelligence

<https://medicine.yale.edu/childstudy/communitypartnerships/ycei/about/>

The Yale Center for Emotional Intelligence believes that emotions matter. Emotions drive so many aspects of our lives: learning, decision making, creativity, relationships, and health. They conduct original research in collaboration with experts in a wide range of fields, including education, policy, and technology, to build effective approaches for supporting school communities in understanding the value of emotions, teaching the skills of emotional intelligence, and building and sustaining positive emotional climates in homes, schools, and workplaces. Many resources, including a Childhood Violent Trauma Center.

Zero to Three

<https://www.zerotothree.org>

Topics include Ages and Stages, Brain Development, Challenging Behaviors, Screening and Assessment, Early Intervention, Health and Nutrition, Infant and Early Childhood Mental Health, Advocacy Tools, Policy, Social Emotional Development, Temperament, Trauma, Positive Parenting Approaches, Fatherhood, Discipline

Also from Zero to Three:

The Fundamentals of Infant - Early Childhood Mental Health

<https://www.zerotothree.org/resources/114-the-fundamentals-of-infant-early-childhood-mental-health>

Trauma Care Response Hub

<https://www.zerotothree.org/care>

The trauma care resource hub is available online in [English](#) and [Spanish](#) to help adults meet the unique needs of infants and young children in addressing the effects of trauma in the aftermath of violence.



Indiana State/Local Online Resources

Diaper Assistance at Baby Diaper Depot

The 3rd Monday of every month from 5:00 – 6:15 p.m. at Southeastern Church of Christ, 6500 Southeastern Avenue, Indianapolis, IN 46203. For more information, call 317.352.9296 or email Office@Southeastern.org

Early Learning Indiana

<https://www.earlylearningin.org>

Early Learning Indiana is the state's oldest and largest early childhood education non-profit, whose mission is to ensure every child is empowered with essential skills to be successful in kindergarten and beyond. ELI is focused on system-level supports, closing local capacity gaps, and building an effective workforce. The site includes information about **Closing the Gap**, an assessment of Indiana's Early Learning Opportunities (<https://earlylearningin.org/closing-the-gap>). Access the Executive Summary and a How-To-Use guide for the site and research resources. The Interactive Map shows county level data that can be formulated into county profiles.

Easterseals Crossroads

<https://www.eastersealscrossroads.org/>

Programs at Easterseals Crossroads include physical, occupational and speech therapies for children and adolescents as well as early intervention services and augmentative communication. They work with children and adults with disabilities and special needs and their families to promote growth, dignity, and independence by providing appropriate and progressive services. The site includes a directory of services and locations, and connections for employers and the community.

Firefly Children & Family Alliance

<https://www.fireflyin.org/>

Children's Bureau and Families First merged in 2021 to become Firefly Children & Family Alliance. The site includes information on child abuse prevention, home-based services, youth placement, and recovery services.

First Steps Indiana

<https://www.indianafirststeps.org>

Additional Resources and Information: <https://www.in.gov/fssa/firststeps/>

First Steps Offices: <https://www.in.gov/fssa/firststeps/first-steps-offices/>

First Steps is Indiana's Early Intervention system for infants and toddlers, birth to age three, who have delayed development or diagnosed conditions that are associated with developmental disabilities. Early intervention means identifying and providing effective early support to children and young people who are at risk of poor outcomes. Services provided include Physical therapy, Occupational therapy, Speech and Language therapy, psychological counseling, vision therapy and Specialized instruction.

Healthier Hamilton County Systems of Care

<https://www.hamiltoncountypshc.org/ecmh>

Healthier Hamilton County Systems of Care works with Child Care Answers to ensure all families and child care professionals in central Indiana have the necessary resources to access and navigate behavioral and mental health services.

Indiana Department of Health Bereavement Guide

<https://ncfrp.org/resource/indiana-department-of-health-bereavement-guide/>

This guide was created for anyone who provides care or support for a patient, client, family member, or friend after the loss of a loved one. For those that touch the life of someone who is grieving, please know that your love and support for the bereaved is a very important key to their overall well-being and can help mold their path on this tough road ahead. This tool was created to help ease any worries and provide encouragement as you help them navigate through their journeys. Link to PDF on website.

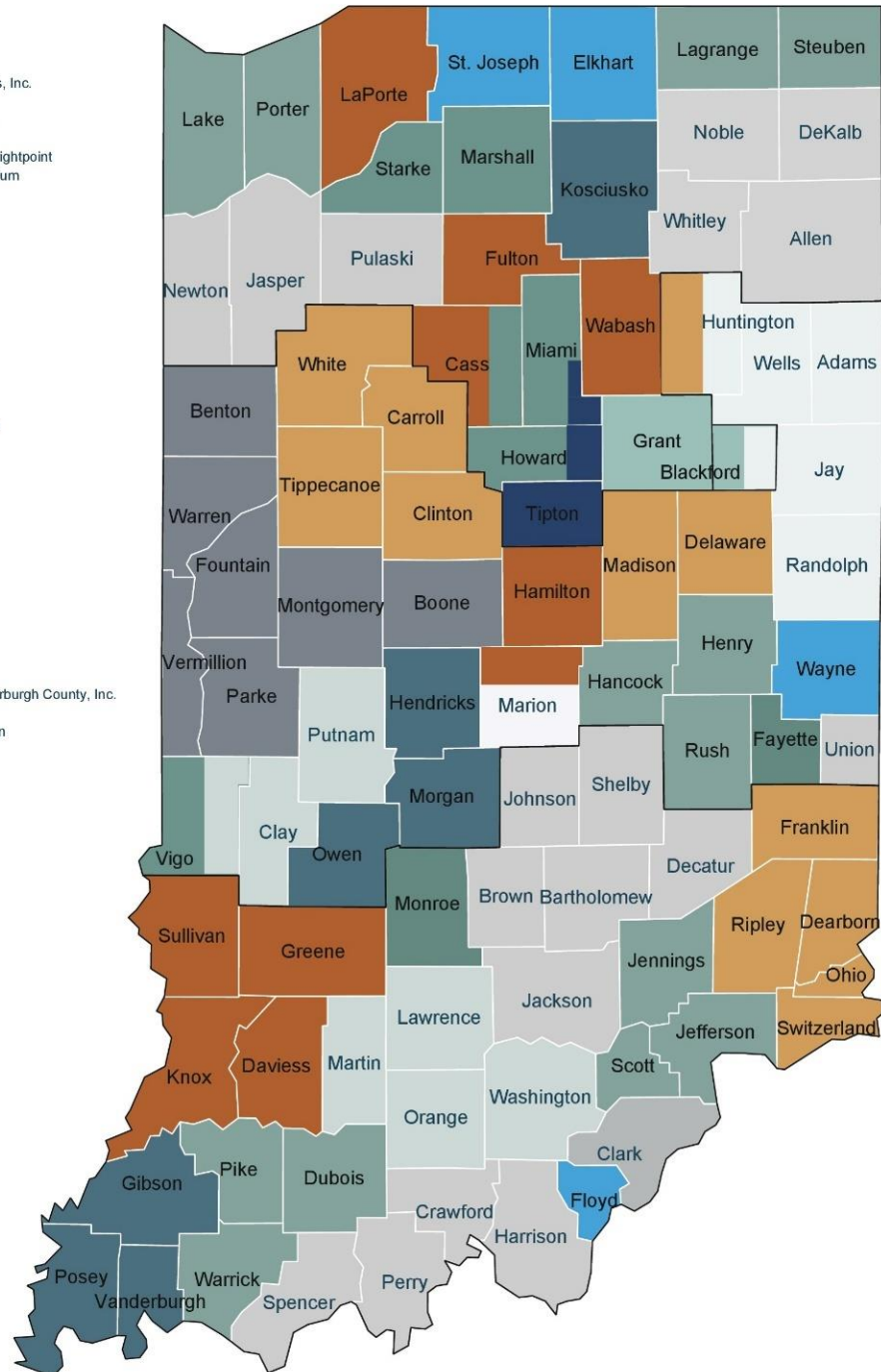


Table of Indiana Head Start and Early Head Start Grantee Information

Grantee	Counties Served	Contact Name and Email
Area Five Agency on Aging and Community Services, Inc.	Cass, Fulton, Wabash	Lori Frame, lframe@areafive.com
Bauer Family Resources, Inc.	Carroll, Clinton, Tippecanoe, White	Kim Ryan, kryan@bauerfamilyresources.org
Bona Vista Programs, Inc.	Cass, Howard, Miami	Bailey Maxwell, bnmaxwell@bonavista.org
Cardinal Services, Inc. / Kosciusko County HS/EHS	Kosciusko	Lynne Dittman, lynne.dittman@cardinalservices.org
Carey Services Inc.	Blackford, Grant	Beth L. Wickham, bwickham@careyservices.com
Community & Family Services, Inc.	Adams, Blackford, Huntington, Jay, Randolph, Wells	Cari Reiley, creiley@comfam.org
Community Action of East Central Indiana, Inc.	Wayne	Mr. Ashley Stephen, astephen@caeci.org
Community Action of Northeast Indiana, Inc. d/b/a Brightpoint	Allen, DeKalb, Noble, Whitley	Mary Lee Freeze, maryleefreeze@mybrightpoint.org
Community Action of Southern Indiana, Inc.	Clark	Merry Streigel (Interim), mstreigel@casi1.org
Community Action Program of Evansville and Vanderburgh County, Inc.	Gibson, Posey, Vanderburgh	Mary Goedde, mgoedde@capeevansville.org
Community Action Program, Inc. of Western Indiana	Benton, Boone, Fountain, Montgomery, Parke, Vermillion, Warren	Robin Curry-Shumaker, rcurry@capwi.org
Community Care in Union County, Inc.	Union	Jennifer English, jennenglishnow@gmail.com
Community Development Institute Head Start	Hendricks, Morgan, Owen	Dedee Rhea, drhea@cdishmo.org
Early Learning Indiana, Inc.	Marion	Christine Garza, christineg@earlylearningindiana.org
Elkhart and St. Joseph Counties Head Start Consortium	Elkhart, St. Joseph	Kathy L. Guajardo, kguajardo@sbcsk12.in.us
Family Development Services, Inc.	Hamilton, Marion	Teresa Rice, trice@fids.org
Fayette County School District	Fayette	Kelly E. Pflum McCullum, kpflum@fayette.k12.in.us
Floyd County Community Action Agency	Floyd	Tara L. Meachum, tmeachum@fcheadstart.com
Fremont Community Schools	Lagrange, Steuben	Pam Covell Anderson, pam.covell@vistulahs.org
Geminus Corporation	Lake, Porter	Karen Carradine, karen.carradine@geminus.org
Hamilton Center Inc	Vigo	Amanda Posey, ehs@hamiltoncenter.org
Hoosier Uplands Economic Development Corporation	Lawrence, Martin, Orange, Washington	Debra Beeler, dsbeeler@hoosieruplands.org
Human Services, Inc.	Bartholomew, Brown, Decatur, Jackson, Johnson, Shelby	Aimee Nichalson, anichalson@hsi-headstart.com
Interlocal Community Action Program, Inc.	Hancock, Henry, Rush	John Pennycuff, jpennycuff@icapcaa.org
Kankakee-Iroquois Regional Planning Commission	Jasper, Newton, Pulaski	Tiffany Stigers, tberkshire@urhere.net
Kokomo School Corporation Head Start Program	Howard, Miami, Tipton	Kelly Wright, kwright@kokomo.k12.in.us
Lincoln Hills Development Corporation	Crawford, Harrison, Perry, Spencer	Martha Thomas, mthomas@lhdc.org
Marion Community Schools	Grant	Sarah Summersett, ssummersett@marion.k12.in.us
Marshall Starke Development Center	Marshall, Starke	Jane Pollitt, jpollitt@marshall-starke.org
Ohio Valley Opportunities, Inc.	Jefferson, Jennings, Scott	Lindsey Simmons, lsimmmons@ovoinc.org
Pace Community Action Agency, Inc.	Daviess, Greene, Knox, Sullivan	Angela Lange, alange@pacecaa.org
Paladin, Inc.	LaPorte	Theresa Argueta, theresa.argueta@imagination.care
Pathfinder Services, Inc.	Huntington	Elizabeth Hire, ehire@pathfinderservices.org
South Central Community Action Program, Inc.	Monroe	Stacey Edwards, stacey@insccap.org
Southeastern Indiana Economic Opportunity Corp	Dearborn, Franklin, Ohio, Ripley, Switzerland	Melody Minger, hsdirector@sieoc.org
Transition Resources Corporation (Telamon)	Delaware, Madison	Kay Gordon, kgordon@transitionresources.org
Tri-Cap Head Start	Dubois, Pike, Warrick	Molly Wuchner (Interim), molly@tri-cap.net
Western Indiana Community Action Agency, Inc.	Clay, Putnam, Vigo	Shelly Conine, sconine@wicaa.org

Learn more here: <https://www.in.gov/fssa/carefinder/head-start-and-early-head-start/>

Indiana State/Local Online Resources (continued)

Screening & Assessment

in early childhood settings

There can be some confusion about the difference between screening and assessment in early childhood settings. This infographic helps illustrate key characteristics for each type of tool.

1 Screening

Characteristics of screening tools:

- Quick and easy to use
- Accurate, both in sensitivity and specificity
- Completed by parents, doctors, teachers, child care providers, home visitors, or other professionals

Screening answers the question,
"Does a child need an in-depth assessment?"

Screening can...

- Identify children who are **developing on schedule**.
- Identify children who would **benefit from practice or support in specific areas**.
- Identify children **at risk for developmental delays** who should be referred for further evaluation.

Screening cannot...

- diagnose **delays or disabilities**.
- Identify **specific child goals to target**. Screening only provides information on general areas of development.

Examples of screening tools:

ASQ-3	DECA	PEDS
ASQ:SE-2	DIAL-3	RDSI
BITSEA	ESI-R	TABS

2 Assessment

There are two types of assessment:

- Diagnostic assessment** (professional evaluation)
- Ongoing assessment** (programmatic, curriculum-based, criterion-based)

Diagnostic assessment answers the question,
"Is the child eligible for services?"

Diagnostic assessments...

- are complex processes that may **identify specific developmental disabilities**.
- are administered by **evaluation specialists**.
- determine if there is a delay and the **extent of the delay**.

Examples of diagnostic assessment tools:

Bayley-III	CLAS	LAP-D
BDI-2	GES	MSEL
CBCL	ITSEA	PDMS-2

Ongoing assessment answers the questions,
"What skills does the child have?" and "What skills should be goals?"

Ongoing assessments...

- provide a complete **child profile**.
- identify targeted **goals and objectives**.
- help with **program planning**.
- can be used for **child or program evaluation**.

Examples of ongoing assessment tools:

AEPS	DECA	HELP
CCITSN/CCPSN	DRDP	SEAM
COR Advantage	GOLD	TPBA/I2

Looking for a print-friendly version? Visit <http://bit.ly/Screen-Assess>

Healthy Families Indiana

<https://www.in.gov/dcs/prevention/healthy-families-indiana/>

<https://www.mybirthtofive.org/healthy-families/>

A voluntary evidence-based home visitation program that promotes healthy families and healthy children through a variety of services including child development, access to health care and parent education. Healthy Families is a statewide system available in all 92 counties. The program is designed to strengthen families, to reduce child abuse and neglect, childhood health problems, and juvenile delinquency.

Indiana Division of Family Resources

<https://www.in.gov/fssa/dfr/>

The Indiana Division of Family Resources (DFR) is responsible for establishing eligibility for Medicaid, Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) benefits, in addition to managing the timely and accurate delivery of those benefits. The DFR also provides employment and training services to SNAP and TANF recipients. They support and preserve families by emphasizing self-sufficiency and personal responsibility. The site includes a listing of programs with links to additional information and applications for assistance.

Indiana Early Learning Advisory Committee

<https://www.elacindiana.org/>

The Indiana Early Learning Advisory Committee was established in 2013 by the Indiana General Assembly. Committee membership is appointed by the Governor and includes people from several different sectors and agencies. The site includes extensive data, county profiles, and resources including the Indiana Early Learning Coalition-Building Toolkit.

Indiana Disability Resource Finder

<https://www.indianadisabilityresourcefinder.org>

The Indiana Disability Resource Finder gives people living with disabilities 24/7 access to a comprehensive range of community resources designed to improve their quality of life. Service providers, community advocates and medical professionals regularly contribute to FINDER, keeping the information current, relevant and practical.

Indiana Early Hearing Detection and Intervention

<https://www.in.gov/health/cdhhe/audiology/ehdi-early-hearing-detection-and-intervention/>

The Indiana Early Hearing Detection and Intervention Program (EHDI) manages and monitors newborn hearing screening efforts in the state. These efforts include monitoring universal hearing screening procedures at birthing facilities, assisting families in obtaining diagnostic testing for identification of congenital hearing loss, and if a child is identified as deaf and hard of hearing, directing families to early intervention services and family support.

Indiana Genomics and Newborn Screening Program

<https://www.in.gov/health/gnbs/program-information/newborn-screening-program/>

The Genomics and Newborn Screening Program is a program within the Indiana Department of Health that houses both the Indiana Birth Defects and Problems Registry and the Newborn Screening Program. The GNBS Program is responsible for ensuring that timely and quality newborn screenings occur for every Hoosier baby.

Indiana Mental Health Resource Toolkit

https://wellbeings.org/wp-content/uploads/2022/02/Well-Beings-Resource-Toolkit_Indiana_FINAL.pdf

The WELL BEINGS campaign addresses the critical health needs in America through broadcast content, original digital content, and impactful local events. The campaign begins with the YOUTH MENTAL HEALTH PROJECT, engaging youth voices to create a national conversation, raise awareness, address stigma and discrimination, and encourage compassion. This Resource includes local and national resources for improved mental health.

Indiana Screening and Assessment in Early Childhood

<https://www.brighterfuturesindiana.org/parents/play-learning/developmental-milestones-screening-services>

Many resources are included to assess children's growth and development, including milestones and surveys/questionnaires. An Ages & Stages graphic is included on this page.

Indiana State of Babies 2022

<https://www.stateofbabies.org/state/indiana/>

This state profile provides a snapshot of how infants, toddlers, and their families are faring in each of three policy domains: Good Health, Strong Families, and Positive Early Learning Experiences. Within each domain, view data for selected child, family, and policy indicators compared to national averages.

Infancy Onward

<https://www.infancyonward.org>

Infant and early childhood mental health (IECMH) is the optimal social, emotional, and cognitive well-being of children ages 0-6. Infancy Onward offers I/ECMH Endorsements and supports. The Endorsement is a credential that can be earned by anyone working with or on behalf of very young children and their families, with a focus on strengthening and supporting early relationships.

Ireland Home-Based Services

<https://www.ihbs.us/>

Ireland Home-Based Services works with state, regional and local county offices in developing, delivering and improving service standards on behalf of children, families and persons with developmental disabilities. They provide comprehensive home and community-based services to families and children in 40 counties in Southern Indiana. Services are scheduled between the hours of 8:00 AM and 8:00 PM, 24-hour crisis and emergency services are also available as needed. IHBS is also the home of Community Partners for Child Safety in their region of the state.

Kids' Voice of Indiana

<https://www.kidsvoicein.org>

Kids' Voice of Indiana's mission is to serve Indiana's children and families by providing legal education, child advocacy, and family visitation through their programs. The site includes information on the Court Appointed Special Advocates (CASA), the Children's Law Center of Indiana (CLCI), Guardian Ad Litem (GAL) for Kids, and Safe Child Parenting Time. A wealth of resources is available by topic.

The Maternal and Child Health (MCH) Helpline

<https://www.in.gov/health/moms-helpline/>

A statewide helpline designed to aid in reducing infant mortality and promoting healthy development of young children, providing Indiana families with resources to ensure healthy pregnancies, healthy children, and healthy families.

Meridian Health Services

<https://www.meridianhs.org>

Based in Muncie, Meridian Health Services provides services for young children with mental health issues. The Primary Care Physician will need to make a referral for services such as observations of behaviors, assessment, counseling with child and family, depending on the needs of each case.

Muncie Maternal Mental Health Coalition

<https://www.munciemamasmh.org>

Statewide not-for-profit site offering pregnant and postpartum and on-line emotion support. Muncie Maternal Mental Health Coalition was established to increase accessibility to specialized mental health care for new parents. They provide partnership, education, outreach, and advocacy.

My Healthy Baby

<https://www.myhealthybabyindiana.com>

My Healthy Baby connects pregnant women to a local family support provider for one-on-one guidance during pregnancy and after the baby is born. Free services from a family support provider include regular meetings, answering questions about pregnancy and baby care, and help with access to resources and free baby products.

The Office of Early Childhood and Out-of-School Learning/Family and Social Services Administration (FSSA)

<https://www.in.gov/fssa/carefinder/>

The state's comprehensive information location for finding child care, applying for financial assistance for child care costs, family resources, provider regulations and standards, and a description of the child care quality and improvement rating system (QRIS) for the state: Paths to QUALITY™.

On My Way Pre-K | Brighter Futures Indiana

<https://www.brighterfuturesindiana.org/on-my-way-pre-k>

On My Way Pre-K is quality early learning and care for children 4 years of age from families needing assistance so that they may have access to a high-quality pre-K program the year before they start kindergarten. The site provides an application, how to connect with a project manager, eligibility, On My Way Pre-K providers, and enrollment totals.

One Community and One Family

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

One Community and One Family is a partnership working to improve the System of Care in Southeastern Indiana, particularly for youth with emotional/behavioral issues and their families. Initiatives support evidence-based practices which include Wraparound, Transition to Independence Process, Incredible Years, Parent Cafes, Conscious Discipline, Mental Health First Aid and Positive Behaviors Interventions and Supports.

Parenting Center Indiana

<https://www.parentingcenter.com/state/indiana.html>

Extensive listing of resources around the state for families with children of all ages. Includes support resources and websites by major city/urban area in the state.

Pregnancy Promise

<https://www.in.gov/fssa/promise/for-pregnant-individuals>

Indiana Pregnancy Promise Program is a free, voluntary program for pregnant Medicaid members who use opioids or have used opioids in the past. The program ensures individuals' privacy and confidentiality while connecting them to prenatal and postpartum care, other physical and mental health care, and treatment for opioid use disorder.

The Villages

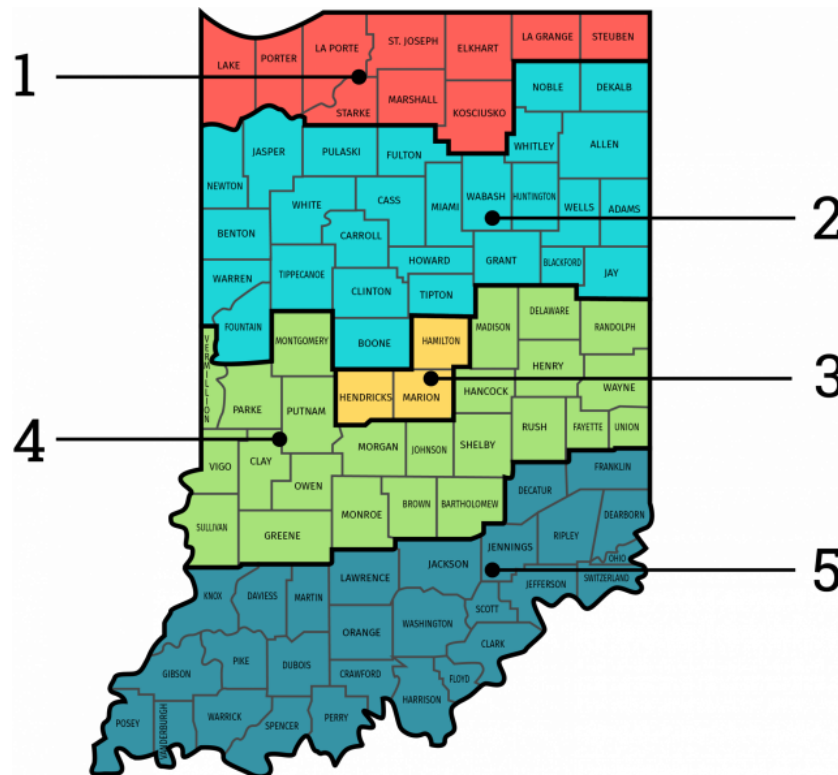
<https://www.villageskids.org>

The Villages is Indiana's largest not-for-profit child and family service agency. The Villages provides family support, kinship care, wraparound services, a high-quality child care center, community-based services, adoption assistance, Prevent Child Abuse Indiana, and Dads, Inc.

Child Care Resource & Referral Agencies

Indiana's Child Care Resource and Referral (CCR&R) network is a trusted and knowledgeable resource for families, providers and community leaders that helps connect them to early care and education services, support, and information. The CCR&R agencies provide parent education and referral support, program services for child care providers, public awareness and engagement, data collection and analysis, and other efforts to increase the quality and availability of early education services. The state of Indiana has five (5) Service Delivery Areas (SDAs) that cover all 92 counties. Check the map below for which SDA is best for your family's needs or follow this link:

<https://brighterfuturesindiana.org/ccrr-network#your-agency>.



SDA 1

Northern Indiana Counties of Elkhart, Kosciusko, LaGrange, Lake, La Porte, Marshall, Porter, St. Joseph, Starke, and Steuben (including the communities of Crown Point, East Chicago, Gary, Hammond, Hobart, La Porte, Michigan City, Portage, South Bend and Valparaiso).

Early Learning Connections, Geminus CCR&R

8400 Louisiana St #200

Merrillville, IN 46410

219.757.1800

<http://www.geminus.org/Child-Care-Resources.html>

Early Learning Connections is a community-based, child care resource and referral agency providing professional support to families, programs, employers and community partners in Northern Indiana. Serving 10 counties in Northern Indiana, they directly offer resources for program providers, parents, communities, and businesses.

SDA 2

North Central Indiana Counties of Adams, Allen, Benton, Blackford, Boone, Carroll, Cass, Clinton, Dekalb, Fountain, Fulton, Grant, Howard, Huntington, Jasper, Jay, Miami, Newton, Noble, Pulaski, Tippecanoe, Tipton, Wabash, Warren, Wells, White and Whitley (including the communities of Ft. Wayne, Kokomo, Lafayette, Logansport, Wabash, West Lafayette and Zionsville).

The Child Care Resource Network

31 North 7th Street, Suite B

Lafayette, IN 47901

765.742.7105, Toll Free 800.932.3302

<https://www.thechildcareresourcenetwork.org/>

The Child Care Resource Network's primary objectives are to help families find quality child care, equip families with the knowledge and resources to make smart child care decisions, recruit and train child care providers, develop unique child care resource and referral programs for employers of working parents. The Child Care Resource Network is a program of *Right Steps Child Development Centers* and is available to help families, child care providers, and the community in establishing and improving the infrastructure of high quality child care and early education programs.

SDA 3

Indianapolis and Counties of Hamilton, Hendricks, and Marion (including the communities of Avon, Brownsburg, Carmel, Fishers, Noblesville, Plainfield, and Westfield).

Child Care Answers

1776 N Meridian St Suite 101

Indianapolis, IN 46202

317.636.5727, Toll Free 800.272.2937

<https://www.childcareanswers.org/>

Child Care Answers is the go-to resource for all things child care: an advisor, a collaborator, and a guide. Their goal is to create seamless experiences for parents, working together to minimize any unnecessary hoops. All of the services they provide to families, child care programs, employers, and community partners are completely free to anyone who lives or works in the counties they serve. Browse the resource center for tools, tips, and timely advice, created by experts at no cost. Child Care Answers also has a guide for early childhood mental health resources for families and providers:

<https://childcareanswers.org/resources/ecmh/>

SDA 4

South Central Indiana Counties of Bartholomew, Brown, Clay, Delaware, Fayette, Greene, Hancock, Henry, Johnson, Madison, Montgomery, Monroe, Morgan, Owen, Parke, Putnam, Randolph, Rush, Shelby, Sullivan, Union, Vermillion, Vigo and Wayne (including the communities of Anderson, Bloomington, Columbus, Connersville, Franklin, Greenfield, Muncie, Richmond, Seymour, Shelbyville, and Terre Haute).

Chances and Services for Youth (CASY)

1101 South 13th Street

Terre Haute, IN 47802

812.232.3952, Toll Free 800.886.3952

<https://www.casonline.org/>

CASY provides "cradle to college" services to ensure that every child has the chance to grow up in safe, nurturing environments in their community. CASU is dedicated to helping parents, teachers, child care providers, and their entire community build brighter futures for all children.

SDA 5

Southern Indiana Counties of Crawford, Clark, Daviess, Decatur, Dearborn, Dubois, Floyd, Franklin, Gibson, Harrison, Jackson, Jefferson, Jennings, Knox, Lawrence, Martin, Ohio, Orange, Perry, Pike, Posey, Ripley, Spencer, Scott, Switzerland, Vanderburgh, Warrick and Washington (including the communities of Clarksville, Evansville, Jeffersonville, New Albany, and Vincennes,

Building Blocks

414 SE 4th Street, Suite 214

Evansville, IN 47713

812.423.4008, Toll Free 866.200.5909

<https://www.buildingblocks.net/>

At Building Blocks they believe that every child deserves the opportunity to develop into a healthy, contributing citizen. They engage the community and provide a leading voice to improve the accessibility, affordability, and quality of child care in the counties they serve.



Resources for Early Care, Education, and Intervention Providers

Birth to 5: Watch Me Thrive

<https://www.acf.hhs.gov/ecd/child-health-development/watch-me-thrive/resources>

This collection of resources was designed to connect providers with tools focused on child development as well as developmental and behavioral screening. Topics include behavioral health, child welfare, early care and education, early intervention, and home visitors.

The Center of Excellence in Infant and Early Childhood Mental Health Consultation

<https://www.iecmhc.org/>

The Center of Excellence for IECMHC is a national technical assistance center dedicated to the advancement and impact of the field of IECMHC through training, technical assistance, and resource development. IECMHC is a prevention-based approach that pairs a mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, early intervention and their home. Mental health consultation equips caregivers to facilitate children's healthy social and emotional development. IECMHC is recognized as a best practice by the Association for Maternal and Child Health Programs.

Central Indiana First Steps

System Point of Entry (SPOE) Team Managers

Eastside of Marion County including Beech Grove (Monday Team Meetings) Erin Sears: esears@cibaby.org

Westside of Marion County (Thursday Team Meetings) Sydney LaPlante: slaplante@cibaby.org

Hamilton and Tipton Counties (Wednesday Team Meetings) Krista Knowles: kknowles@cibaby.org

Hendricks and Morgan Counties including Decatur Township (Tuesday Team Meetings) Rachel Eastman:

reastman@cibaby.org

Southern Marion and Johnson Counties (Tuesday Team Meetings) Alicia Cardoza: acardoza@cibaby.org

Children's Bureau Learning and Coordination Center

<https://cblcc.acf.hhs.gov/>

The Children's Bureau Learning and Coordination Center (CBLCC, formerly known as CANTASD) facilitates knowledge and skill-building and assists in raising awareness of the work being done by the Children's Bureau, its federally funded grantees, and federal and national partner organizations to transform child welfare into a system focused on prevention and family well-being. Resources include the *Building Community*, *Building Hope* film series and other videos, along with discussion guides; the Prevention Planning Toolkit, with useful information, tip sheets, and templates for any strategic planning effort; WE CAN social media posts and adaptation toolkit, which enables programs to personalize messaging for their own purposes; and microlearning resources offering short, on-demand learning segments and practical tools.

Division of Early Childhood Recommended Practices

<https://www.dec-sped.org/dec-recommended-practices>

The DEC Recommended Practices (RPs) bridge the gap between research and practice, offering guidance to parents and professionals who work with young children who have or are at risk for developmental delays or disabilities. The Recommended Practices were first developed by DEC in 1991 to provide guidance to the relatively new field of early intervention/early childhood special education. Through recent collaborative work with the Early Childhood Technical Assistance Center (ECTA), the 2014 set of DEC Recommended Practices was completed. The 2014 set of practices consists of eight domains: leadership, assessment, environment, family, instruction, interaction, teaming and collaboration, and transition.

DC 0-5

The Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC: 0-5) is an age-appropriate approach for assessing infants, toddlers and preschool children. This tool classifies mental health and developmental disorders in children from birth through five years old considered in relationship to their families, culture and communities.

<https://www.zerotothree.org/our-work/learn-professional-development/dc0-5-manual-and-training/>

Diagnostic & Statistical Manual of Mental Disorders (DSM – 5TR)

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the handbook widely used by clinicians and psychiatrists in the United States to diagnose psychiatric illnesses. Published by the American Psychiatric Association (APA), the DSM covers all categories of mental health disorders for both adults and children. It contains descriptions, symptoms, and other criteria necessary for diagnosing mental health disorders. It also contains statistics concerning who is most affected by different types of illnesses, the typical age of onset, the development and course of the disorders, risks and prognostic factors, and other related diagnostic issues.

<https://psychiatry.org/psychiatrists/practice/dsm>

Georgetown University Early Childhood Intervention Professional Development Center

<https://www.learningei.org>

A component of the Georgetown University Center for Child and Human Development, Early Childhood Division, the Early Childhood Intervention Professional Development Center has a wealth of resources listed alphabetically (https://www.learningei.org/images/ECI_Resources_2018.pdf) as well as resources listed by topic that include parent participation in early intervention, recommended practices and service guidelines, and coaching resources. Designed for early intervention and early childhood professionals across disciplines, the site brings together many training resources to support and enrich the knowledge and skills of service providers, administrators, and policy-makers in providing family-centered, comprehensive, coordinated, community-based services and supports for infants, toddlers, and young children with delays and other social-emotional concerns.

Indiana Early Childhood Foundations Guidance

<https://www.doe.in.gov/earlylearning/framework>

The Indiana Early Learning Foundations Guidance Online Tool is intended to be a resource for educators to support and enhance children's learning and development while using the Foundations, Indiana's Early Learning Development Framework. While this is not an exhaustive list, this guidance is meant to serve as a suggestion for practice from birth to age five including the transition into kindergarten. It can be used to support a child's development at different levels of learning and promotes fluid movement between developmental stages. The Foundations are not intended to be a curriculum, but what children should know and be able to do throughout developmental stages.

Mental Health Month "Back to Basics" Toolkit

<https://mhanational.org/mental-health-month-2022-toolkit-download>

This Toolkit provides media materials, handouts, posters, and social media materials for Mental Health Month and general awareness about mental health and ways to address issues and the stigma that often accompanies a diagnosis.

Mental Health America "Back to School" Outreach Kit

<https://mhanational.org/sites/default/files/2022-08/Back-to-School-Toolkit-2022.pdf>

MHA created this kit to assist teachers, parents, and children as they return to school with all of the same issues, fears, and worries. It helps to create a cohesive plan for all families to become stronger.

National Association for the Education of Young Children

<https://www.naeyc.org/>

The National Association for the Education of Young Children (NAEYC) is a nationally-recognized accrediting body for early childhood education programs. The site includes information about NAEYC's work in advancing equity in the field, developmentally appropriate practice, workforce development, and public policy. Articles and position statements are available on infant and early childhood mental health.

National Institute for the Clinical Application of Behavioral Medicine

<https://www.nicabm.com/>

The National Institute for the Clinical Application of Behavioral Medicine has provided training to more than 1 million health and mental health practitioners. Although the focus is mainly on adults who have experienced trauma, there are excellent resources and psychotherapy infographics for those who work with children and families, including "How a Caregiver's Trauma Can Impact a Child's Development" and "Mapping Your Nervous System's Response to Trauma."

National Black Child Development Institute

<https://www.nbcdi.org/>

For more than 50 years, the National Black Child Development Institute (NBCDI) has been at the forefront of engaging leaders, policymakers, professionals, and parents around critical and timely issues that directly impact Black children and their families. They are a trusted partner in developing and delivering strengths-based, culturally relevant, evidence-based, and trauma-informed resources that respond to the unique strengths and needs of Black children around issues including early childhood education, health and wellness, literacy, and family engagement. With the support of their Affiliate networks in communities across the country, they are committed to the mission “to improve and advance the quality of life for Black children and families through education and advocacy.”

Resources for Infant Educators (RIE)

<https://rie.org/>

RIE is a network of infant-toddler professionals who are passionately dedicated to empowering parents and caregiving professionals to provide the secure and respectful beginnings children need for a healthy life. By teaching Magda Gerber’s Educaring™ approach that affirms that caring educates children about themselves, parents and professionals find that the Educaring™ approach allows them to focus on what matters most: the connection between themselves and the baby in their care. In attuning to their baby, they learn to trust their baby and themselves.

Start Early (formerly Ounce of Prevention)

<https://www.startearly.org/nearathome>

Start Early is a resource for home visitors to respectfully and effectively address adverse childhood experiences (ACES) with families. The site includes a downloadable “NEAR at Home” tool kit that has great content for educators and anyone involved in the care of and advocacy for young children and their families. Also included are resources for Family Engagement, Professional Development, Health and Development.

WE CAN Toolkit

https://cblcc.acf.hhs.gov/shareable-media/we-can/?utm_medium=email&utm_source=email_link&utm_content=itcp_capm_2&utm_campaign=Q2_2022_Policy+Center+Safe+Babies+Court+Team+/+ITCP_Webinars

The WE CAN (Work to End Child Abuse and Neglect) **toolkit** created by the Children's Bureau is designed to offer simple, positive actions that can be taken to support families experiencing stressors. The toolkit includes copy-and-paste messages, images, and resources to share.

The World Association for Infant Mental Health

<https://waimh.org/>

The World Association for Infant Mental Health (WAIMH) is a not-for-profit organization for scientific and educational professionals. WAIMH's central aim is to promote the mental wellbeing and healthy development of infants throughout the world, taking into account cultural, regional, and environmental variations. They seek to increase knowledge about mental development and disorder in children birth to three and to generate and disseminate scientific knowledge. Resources on the site include position papers on topics like the Rights of Infants, publications about infant and early childhood mental health, trainings, and other resources.





ALLIANCE FOR THE ADVANCEMENT OF INFANT MENTAL HEALTH

Abridged Statement on Suspensions and Expulsions in EARLY CHILDHOOD EDUCATION

There is a strong body of research that demonstrates the lifelong, devastating effects of early childhood education (ECE) suspension and expulsion on infants, toddlers, and preschoolers, as well as its inequitable impact on Black, Indigenous, and other people and children of color (BIPOC). We feel it is imperative to point out this universal conclusion: **An ECE workforce trained in infant and early childhood mental health is essential to ending ECE suspensions and expulsions.**

Infant and Early Childhood Mental Health

Ultimately, infants and young children develop strong mental and relational health when parents and other caregivers, including early childhood educators, are responsive, protective, and stable. This allows them to become confident, resilient, better able to manage their emotions, and have the capacity to connect with their caregivers in healthy ways. This IECMH approach supports relational health, including the use of disciplinary techniques that promote a teaching environment rather than a punitive stance that may be an antecedent to suspension and expulsion.

Impact on Families and ECE Workforce

Although the COVID pandemic continues, parents are returning to work outside the home, and more children are returning to early childhood education settings after a period that has been anything but normal for most families. Many children and their caregivers have experienced, and continue to experience, trauma related to COVID. We know that this trauma has disproportionately impacted BIPOC families, children, and early childhood educators, many of whom also disproportionately face challenges related to poverty and systemic racism. Early childhood educators may also have experienced trauma within their own lives, which can impact how they interact with and respond to children in their care.

Given this reality, it is more important than ever to ensure that early childhood educators are well equipped with training and professional development opportunities. Doing so will help them understand and address the trauma experienced by our youngest children and provide nurturing, responsive, and developmentally appropriate social-emotional supports that build strong brains and interpersonal skills like empathy. It is also essential that early childhood educators are provided with reflective practice support so they can in turn, best support the children in their care.

Exclusionary discipline influences a child's academic and social trajectory, impacting their capacity for healthy social development. It is imperative that the impact of ECE suspensions and expulsions is understood from the larger developmental perspective. From a community and cultural context, there is a connection between ECE suspensions and expulsions and multi-system involvement of youth, such as child welfare, special education, and juvenile justice. In addition to suffering academically, there is a positive relationship between ECE exclusionary discipline and later criminal justice involvement of youth and young adults. Other documented outcomes include increased rates of grade school repetition, school dropouts, and poverty. Viewed from a community and national perspective, the negative outcomes for children place a significant (and preventable) cost and social burden on whole communities and our nation.

For more information and the full version of this statement, visit <https://www.allianceaimh.org/preschool-expulsion>.

Mental Health Services for Young Children & Families by County

Adams County

Adams Care & Counseling

1109 Angus Drive
Decatur, IN 46733
260.223.1212

<https://www.adamscarecounseling.com/contact.html>

Adams Memorial Hospital Behavioral Health

1100 Mercer Avenue
Decatur, IN 46733
260.724.2145

<https://adamshospital.org/services/behavioral-health/>

Park Center, Inc. Decatur Counseling Services

809 High Street
Decatur, IN 46733
855.453.8985

<https://www.parkview.com>

Allen County

Child's Play Plus

7230 Engle Road, Suite 102
Fort Wayne, IN 46804
260.373.1050

<https://childsplayplus.com/our-clinics/>

Headwaters Counseling

2712 Calhoun Street
Fort Wayne, IN 46807
260.744.4326

<https://www.headwaterscounseling.org>

Child's Play Plus

4118 North Clinton Street
Fort Wayne, IN 46805
260.373.1050

<https://childsplayplus.com/our-clinics/>

Hopebridge Autism Therapy Center

4422 East State Boulevard
Fort Wayne, IN 46815
260.471.9263

<https://www.hopebridge.com/centers/fort-wayne-in/>

Crossroads Child & Family Services

1825 Beacon Street
Fort Wayne, IN 46805
260.484.4153

<https://www.crossroad-fwch.org/contact-us/>

Lutheran Social Services of Indiana

333 East Lewis Street
Fort Wayne, IN 46802
260.426.3347

<https://lssin.org/our-programs/home-based-services/>

Meridian Health Services

4646 W. Jefferson Street, Suite 100
Fort Wayne, IN 46804
260.436.0932

<https://www.meridianhs.org>

William J. Shaw Center for Children and Families

408 South Scott Road
Fort Wayne, IN 46814
574.631.0956

<https://shaw.nd.edu/locations/fort-wayne/>

Otis R. Bowen Center

2100 Goshen Road
Fort Wayne, IN 46808
260.471.3500

<https://www.bowencenter.org/fort-wayne>

Park Center, Inc.

909 E. State Boulevard
Fort Wayne, IN 46805
260.481.2721

<https://www.parkcenter.org/>

Park Center

1909 Carew Street
Fort Wayne, IN 46805
260.481.2800

<https://www.parkcenter.org/>

Park Center

2710 Lake Avenue
Fort Wayne, IN
260.481.2700

<https://www.parkcenter.org/>

Bartholomew County

Adult and Child

3920 East 25th Street
Columbus, IN 47203
877.882.5122

<https://www.adultandchild.org>

Centerstone

720 North Marr Road
Columbus, IN 47201
812.337.2350

<https://www.centerstone.org>

Hopebridge Autism Therapy Center

2222 Poshard Drive
Columbus, IN 47203
812.302.4750

<https://www.hopebridge.com/centers/columbus-in/>

Benton County

Valley Oaks Health

606 North Maddox Road
Otterbein, IN 47970
765.446.6578

<https://www.valleyoaks.org/benton/>

Blackford County

Grant-Blackford Mental Health, Inc.

118 East Washington Street
Hartford City, IN 47438
765.662.3971

<https://www.cornerstone.org>

Boone County

Aspire Indiana

1600 West Main Street

Lebanon, IN 46052

317.574.1254

<https://www.aspireindiana.org/lebanon-office>

Cummins Behavioral Health

940 Lasley Drive

Lebanon, IN 46052

888.714.1927

<https://www.cumminsbhs.org>

Brown County

Centerstone

1156 Old State Road 46

Nashville, IN 47448

812.988.2258

<https://www.centerstone.org>

Carroll County

Four County Counseling Center

901 Prince William Road

Delphi, IN 46293

574.722.5151 Crisis Line 800.552.3106

<https://www.fourcounty.org/>

Valley Oaks Health

1265 North Bradford Court

Delphi, IN 46923

765.564.2247

<https://www.valleyoaks.org/carroll>

Cass County

Four County Counseling Center (ASPIN)

1015 Michigan Ave.

Logansport, IN 46947

574.722.5151

<https://www.fourcounty.org/>

Clark County

Centerstone

321 East Market Street

Jeffersonville, IN 47130

800.344.8802

<https://www.centerstone.org>

Hopebridge Autism Therapy Center

355 Quartermaster Court

Jeffersonville, IN 47130

812.258.9802

<https://www.hopebridge.com/centers/jeffersonville-in/>

LifeSpring

460 Spring St.

Jeffersonville, IN 47130

812.280.2080

<https://www.lifespringhealthsystems.org/about-us/locations/>

LifeSpring

1036 Sharon Drive

Jeffersonville, IN 47130

812.280.2080

<https://www.lifespringhealthsystems.org/about-us/locations/>

Clay County

Hamilton Center

1211 East National Avenue

Brazil, IN 47834

812.231.8350

<https://www.hamiltoncenter.org/>

Clinton County

Community Howard

205 North Jackson

Frankfort, IN 46041

765.453.8529

<https://www.ecommunity.com/locations/community-howard-regional-health/>

Four County

3002 East Wabash Street

Frankfort, IN 46041

574.722.5151

<https://www.fourcounty.org>

Crawford County

LifeSpring

523 North Main Street

English, IN 47118

812.338.2756

<https://www.lifespringhealthsystems.org/about-us/locations/>

Daviess County

Samaritan Center

2007 State Street

Washington, IN 47501

812.886.6800

<https://www.gshvin.org/locations/washington-samaritan-center/>

Dearborn County

Community Mental Health Center

28208 Indiana One West

West Harrison, IN 47060

812.537.1302

<https://www.cmhcinc.org/>

Community Mental Health Center

281 Bielby Road

Lawrenceburg, IN 47025

812.537.1302

<https://www.cmhcinc.org/>

Community Mental Health Center

710 West Eads Parkway

Lawrenceburg, IN 47025

812.537.1302

<https://www.cmhcinc.org/>

Dearborn County (continued)

Community Mental Health Center

704 West Eads Parkway
Lawrenceburg, IN 47025
812.537.1302
<https://www.cmhinc.org/>

Community Mental Health Center

401 West Eads Parkway
Lawrenceburg, IN 47025
812.537.1302
<https://www.cmhinc.org/>

Decatur County

Centerstone

1530 Commerce Park W. Drive
Greensburg, IN 47240
812.337.2350
<https://www.centerstone.org/>

Dekalb County

Northeastern Center

1800 and 1850 Wesley Road
Auburn, IN 46706
260.347.2453
<https://www.nec.org>

Otis R. Bowen Center

923 Cardinal Court
Auburn, IN 46706
800.342.5653
<https://www.bowencenter.org>

Delaware County

Centerstone

1200 S. Tillotson Overpass
Muncie, IN 47304
812.337.2350
<https://www.centerstone.org>

Meridian Health Services

205 N. Tillotson Avenue
Muncie, IN 47304
765.288.1928
<https://www.meridiansc.org/>

Meridian Health Services

3620 West White River Blvd.
Muncie, IN 47304
765.288.1928
<https://www.meridiansc.org/>

Meridian Health Services

3700 West Kilgore Avenue
Muncie, IN 47304
765.288.1928
<https://www.meridiansc.org/>

Dubois County

Lifespring

480 Eversman Drive
Jasper, IN 47547
812.280.2080
<https://www.lifespringhealthsystems.org/about-us/locations/>

Playful Healing & Counseling, LLC

671 3rd Ave, Suite G
Jasper, IN 47546
812.741.4754
<https://www.playfulhealingandcounseling.com/>

Southern Hills Counseling Center

480 Eversman Dr.
Jasper, IN 47547-0769
812.482.3020
<https://www.southernhills.org/>

Elkhart County

Hopebridge Autism Therapy Center

505 South 3rd Street
Elkhart, IN 46516
574.359.6796
<https://www.hopebridge.com/centers/elkhart-in/>

Oaklawn Psychiatric Center, Inc.

330 Lakeview Dr.
Goshen, IN 46528
574.533.1234
<https://www.oaklawn.org/>

Oaklawn

2600 Oakland Avenue
Elkhart, IN 46517
574.533.1234
<https://www.oaklawn.org>

Fayette County

Centerstone

390 East Erie Street
Connersville, IN 47331
812.337.2350
<https://www.centerstone.org>

Meridian Health Services

707 West 3rd Street
Connersville, IN 47331
765.827.1164
<https://www.meridiansc.org/>

Floyd County

Lifespring

2820 Grant Line Road #10

New Albany, IN 47150

812.280.2080

<https://www.lifespringhealthsystems.org/about-us/locations/>

Franklin County

Community Mental Health Center

9127 Oxford Pike

Brookville, IN 47918

765.446.6578

<https://cmhcinc.org/locations/brookville/>

Grant County

Grant-Blackford Mental Health, Inc.

505 Wabash Ave.

Marion, IN 46952

765.662.3971

<https://www.cornerstone.org/>

Meridian Health Services

323 East 2nd Street

Marion, IN 46952

765.288.1928

<https://www.meridianhs.org>

Greene County

Hamilton Center

1200 CR 1000 West

Linton, IN 47441

812.231.8350

<https://www.hamiltoncenter.org/locations/greene-county/>

Hamilton County

Applied Behavior Center for Autism

13431 Old Meridian Street

Carmel, IN 46032

317.573.5437

<https://appliedbehaviorcenter.org/1170-2/>

Aspire Indiana, Inc.

17840 Cumberland Road

Noblesville, IN 46060

317.254.1254

<https://www.aspireindiana.org/about/locations>

Lifespring

2604 Charlestown Road

New Albany, IN 47150

812.704.5095

<https://www.lifespringhealthsystems.org/about-us/locations/>

Fulton County

Four County

401 East 8th Street

Rochester, IN 46975

574.722.5151

<https://www.fourcounty.org>

Grant-Blackford Mental Health, Inc.

707 North River Drive

Marion, IN 46952

765.662.3971

<https://www.cornerstone.org/>

Hamilton Center

431 East Main Street

Bloomfield, IN 47424

812.231.8350

<https://www.hamiltoncenter.org/locations/greene-county/>

Applied Behavior Center for Autism

12244 East 116th Street

Fishers, IN 46038

317.842.5437

<https://appliedbehaviorcenter.org/1170-2/>

Hamilton County Youth Assistance Program

Westfield City Services Center

2728 East 171st Street

Westfield, IN 46074

Locations: Carmel, Fishers, Hamilton Heights, Noblesville, Sheridan, and Westfield

317.804.3019

<http://youthassistance.org/>

Fountain County

Valley Oaks Health

41 North Long Avenue

Attica, IN 47918

765.446.6578

<https://www.valleyoaks.org>

Gibson County

Southwestern Behavioral Health

320 South 5th Avenue

Princeton, IN 47670

812.385.5275

<https://www.southwestern.org/locations>

Hopebridge Autism Therapy Center

2513 West 2nd Street

Marion, IN 46952

765.662.0490

<https://www.hopebridge.com/centers/marion-in/>

Aspire Indiana, Inc.

697 Pro-Med Lane

Carmel, IN 46032-5323

317.587.0500

<https://www.aspireindiana.org/about/locations>

Hopebridge Autism Therapy Center

801 Congressional Boulevard, Suite 600

Carmel, IN 46032

317.689.7850

<https://www.hopebridge.com/centers/carmel-in/>

Hamilton County (continued)

Hopebridge Autism Therapy Center

9769 Crosspoint Boulevard

Indianapolis, IN 46256

317.588.2732

<https://www.hopebridge.com/centers/fishers-in/>

Lifestance Health

10967 Allisonville Road, Suite 240

Fishers, In 46038

317.558.0630

<https://lifestance.com/location/fishers-in-10967-allisonville-rd/>

SuperHeroes

13107 Blalock Drive

Fishers, IN 46037

317.800.8997

<https://www.wesuperheroes.com/>

KidPsych, Inc.

21444 Anthony Road

Westfield, In 46062

317.758.5125

<https://www.kidpsychinc.com/>

Lifestance Health

10801 North Michigan Road, Suite 240

Zionsville, IN 46077

317.732.9550

<https://lifestance.com/location/zionsville-in-10801-n-michigan-rd/>

Lifestance Health

11900 Pennsylvania Street, Suite 104

Carmel, IN 46032

317.732.9550

<https://lifestance.com/location/carmel-in-11900-pennsylvania-st/>

Mini Minds, LLC

580 East Carmel Drive, Suite 400

Carmel, IN 46032

317.564.8332

<https://www.miniminds.org/>

Hancock County

Community Health Network

145 Green Meadows Drive

Greenfield, IN 46140

317.621.7600

<https://www.ecommunity.com/locations/community-health-pavilion-greenfield>

Jane Pauley Community Health Center

1107 North State Street

Greenfield, IN 46140

844.695.7242

<https://janepauleychc.org/location/greenfield/>

Harrison County

Lifespring

535 Country Club Road

Corydon, IN 47112

812.738.2114

<https://www.lifespringhealthsystems.org/about-us/locations/>

Hendricks County

Cummins Behavioral Health

6655 East US 36

Avon, IN 46123

888.714.1927

<https://www.cumminsbhs.org/services/youth-and-family-services/>

Lifestance Health

6845 East U.S. Highway 36, Suite 500

Avon, IN 46123

317.742.1340

<https://lifestance.com/location/avon-in-6845-e-us-highway-36/>

Hamilton Center

900 Southfield Drive

Plainfield, IN 46168

812.231.8350

<https://www.hamiltoncenter.org/locations/hendricks-county/>

Hopebridge Autism Therapy Center

160 Plainfield Village Drive, Suite 101

Plainfield, IN 46168

463.888.0118

<https://www.hopebridge.com/centers/plainfield-in/>

Henry County

Meridian Health Services

930 West 14th Street

New Castle, IN 47362

765.521.2450

<https://www.meridianhs.org>

Howard County

Community Howard Regional Health

3500 South LaFountain
Kokomo, IN 46902
765.453.8555

<https://www.ecommunity.com/locations/community-howard-regional-health>

Four County

1948 West Boulevard
Kokomo, IN 46902
765.450.3434

<https://fourcounty.org/locations>

Hopebridge Autism Therapy Center

1558 East Boulevard, Suite A
Kokomo, IN 46902
765.252.0530

<https://www.hopebridge.com/centers/kokomo-in/>

Huntington County

Child's Play Plus

80 Commercial Road
Huntington, IN 47650
260.373.1050

<https://childsplayplus.com/our-clinics/>

Otis R. Bowen Center

2860 Northpark Avenue
Huntington, IN 46750
260.356.2875

<https://www.bowencenter.org>

Otis R. Bowen Center

1340 Etna Avenue
Huntington, IN 46750
574.267.7169

<https://www.bowencenter.org>

Jackson County

Centerstone

1443 Corporate Way
Seymour, IN 47274
812.337.2350

<https://www.centerstone.org>

Unlocking the Spectrum

322 Dupont Drive, Suite C
Seymour, IN 47274
812.375.0625

<https://unlockingthespectrum.com/seymour-aba-therapy/>

Jasper County

Valley Oaks Health

131 West Drexel Parkway
Rensselaer, IN 47978
765.446.6578

<https://www.valleyoaks.org/jasper-newton/>

Jay County

Meridian Health Services

931 West Water Street
Portland, IN 47371
765.288.1928

<https://www.meridianhs.org>

Jefferson County

Centerstone

3008 North Bevcher Drive
Madison, IN 47250
812.337.2350

<https://www.centerstone.org>

Jennings County

Centerstone

216 North State Street
North Vernon, IN 47265
812.337.2350

<https://www.centerstone.org>

Johnson County

Adult and Child Mental Health, Inc.

1860 Northwood Plaza
Franklin, IN 46131
317.882.5122

<https://www.adultandchild.org>

Adult and Child Mental Health, Inc.

6001 U.S. 31
Whiteland, IN 46184
317.882.5122

<https://www.adultandchild.org>

Applied Behavior Center for Autism

374 Meridian Parke Lane
Greenwood, IN 46142
317.889.5437

<https://appliedbehaviorcenter.org/1170-2/>

Centerstone

710 Executive Drive
Greenwood, IN 46143
812.337.2350

<https://www.centerstone.org>

Centerstone

896 East Main Street
Greenwood, IN 46143
812.337.2350

<https://www.centerstone.org>

Hopebridge Autism Therapy Center

21 South Park Boulevard, Suite 21
Greenwood, IN 46143
317.449.2104

<https://www.hopebridge.com/centers/greenwood-in/>

Reach for Youth

435 East Main Street, Suite 100
Greenwood, IN 46143
317.788.4451

<https://www.reachforyouth.org/>

Knox County

Samaritan Center

515 Bayou St.
Vincennes, IN 47591
812.886.6800
<https://www.gshvin.org/>

Samaritan Center

1901 Willow Street
Vincennes, IN 47591
812.886.6800
<https://www.gshvin.org/>

Samaritan Center

121 Buntin Street, Suite 1
Vincennes, IN 47591
812.886.6800
<https://www.gshvin.org/>

Kosciusko County

Otis R. Bowen Center

850 North Harrison Street
Warsaw, IN 46580
574.267.7169
<https://www.bowencenter.org/warsaw>

Otis R. Bowen Center

901 South Huntington Street
Syracuse, IN 46567
574.457.4400
<https://www.bowencenter.org/syracuse>

Otis R. Bowen Center

714 East Center Street
Warsaw, IN 46580
574.267.7169
<https://www.bowencenter.org/>

Otis R. Bowen Center

2219 Dubois Drive
Warsaw, IN 46580
574.267.7169
<https://www.bowencenter.org/>

Lagrange County

Northeastern Center

2155 North State Road 9
LaGrange, IN 46761
260.463.7144
<https://www.nec.org/northeastern-center-facilities/lagrange-outpatient/>

Otis R. Bowen Center

836 North Detroit Street
LaGrange, IN 46761
260.499.3019
<https://www.bowencenter.org/lagrange>

Lake County

Edgewater Health

1100 West 6th Avenue
Gary, IN 46402
219.885.4264
<https://edgewaterhealth.org/>

Hopebridge Autism Therapy Center

251 West 84th Drive
Merrillville, IN 46410
219.205.3463
<https://www.hopebridge.com/centers/merrillville-in/>

Regional Mental Health

3903 Indianapolis Boulevard
East Chicago, IN 46312
219.398.7050
<https://www.rhs.care>

Regional Mental Health

4016 Hohman Avenue
Hammond, IN 46327
219.769.4005
<https://www.rhs.care>

Regional Mental Health Purdue Northwest

2250 173rd Street
Hammond, IN 46320
219.769.4005
<https://www.rhs.care>

Regional Mental Health

2600 Highway Avenue
Highland, IN 46322
219.769.4005
<https://www.rhs.care>

Regional Mental Health

7783 East Ridge Road
Hobart, IN 46342
219.769.4005
<https://www.rhs.care>

Regional Mental Health

8555 Taft Street
Merrillville, IN 46410
219.769.4005
<https://www.rhs.care>

Regional Mental Health

1441 East 84th Place
Merrillville, IN 46410
219.769.4005
<https://www.rhs.care>

LaPorte County

Meridian Health Services
422 Franklin Street, Suite F
Michigan City, IN 46361
219.688.1455
<https://www.meridianhs.org>

Swanson Center
7224 West 400 North
Michigan City, IN 46360
219.879.4621
<https://www.swansoncenter.org/>

Swanson Center
1230 West State Road 2
LaPorte, IN 46350
219.362.2145
<https://www.swansoncenter.org>

Lawrence County

Centerstone
1315 Hillcrest Road
Bedford, IN 47421
800.344.8802
<https://centerstone.org/locations/indiana/facilities/centerstone-bedford-hillcrest-road/>

Madison County

Aspire Indiana
2009 Brown Street
Anderson, IN 46016
765.608.6600
<https://www.aspireindiana.org>

Aspire Indiana
10731 State Road 13
Elwood, IN 46036
765.552.5009
<https://www.aspireindiana.org>

Jane Pauley Community Health Center
1229 Lincoln Street
Anderson, IN 46016
844.695.7242
<https://janepauleychc.org/location/anderson-wigwam/>

Aspire Indiana
2020 Brown Street
Anderson, IN 46016
765.641.8389
<https://www.aspireindiana.org>

Community Health Network
3125 Scatterfield Road, Suite 200
Anderson, IN 46012
765.298.4600
<https://www.ecommunity.com/locations/community-health-pavilion-anderson>

Meridian Health Services
2010 Brentwood Drive
Anderson, IN 46011
765.393.0063
<https://www.meridianhs.org>

Aspire Indiana
1933 Chase Street
Anderson, IN 46016
765.622.7466
<https://www.aspireindiana.org>

Jane Pauley Community Health Center
121 West Washington Street
Alexandria, IN 46001
844.695.7242
<https://janepauleychc.org/location/alexandria/>

Meridian Health Services
1547 Ohio Avenue
Anderson, IN 46016
765.641.7499
<https://www.meridianhs.org>

Marion County/Indianapolis

Adult and Child Mental Health Center, Inc.
8320 Madison Ave.
Indianapolis, IN 46227
317.882.5122
<https://www.adultandchild.org>

Adult and Child Mental Health Center, Inc.
8404 Siear Terrace
Indianapolis, IN 46227
317.882.5122
<https://www.adultandchild.org>

Adult and Child Mental Health Center, Inc.
222 East Ohio Street
Indianapolis, IN 46204
317.882.5122
<https://www.adultandchild.org>

Applied Behavior Center for Autism
3731 Guion Road
Indianapolis, IN 46222
317.526.5437
<https://appliedbehaviorcenter.org/1170-2/>

Adult and Child Mental Health Center, Inc.
234 East Southern Avenue
Indianapolis, IN 46225
317.882.5122
<https://www.adultandchild.org>

Applied Behavior Center for Autism
6865 Parkdale Place
Indianapolis, IN 46254
317.299.5437
<https://appliedbehaviorcenter.org/1170-2/>

Marion County/Indianapolis (continued)

Applied Behavior Center for Autism

7901 East 88th Street
Indianapolis, IN 46256
317.849.5437
<https://appliedbehaviorcenter.org/1170-2/>

Community Health Network

7165 Clearvista Way
Indianapolis, IN 46256
317.621.5100
<https://www.ecommunity.com/services/mental-behavioral-health/locations-clinics>

Gallahue Mental Health Center

Community Health Network
6950 Hillsdale Court
Indianapolis, IN 46250
317.621.7600
<https://www.ecommunity.com/>

Hopebridge Autism Therapy Center

Indy West
6925 Parkdale Place
Indianapolis, IN 46254
317.597.4553
<https://www.hopebridge.com/centers/indianapolis-west-in/>

Jane Pauley Community Health Center

2040 North Shadeland, Suite 300
Indianapolis, IN 46219
844.695.7242
<https://janepauleychc.org/location/shadeland-ave/>

Open Counseling

1431 N. Delaware Street Reach for Youth
Indianapolis, IN 46202
317.631.2000
<https://www.opencounseling.com/united-states/indianapolis/counseling-agency/indiana-center-for-children-and-families>

Unlocking the Spectrum

8646 Guion Road
Indianapolis, IN 46268
317.334.7331
<https://unlockingthespectrum.com/indianapolis-aba-therapy/>

Aspire Indiana

2506 Willowbrook Parkway
Indianapolis, IN 46205
877.574.1254
<https://www.aspireindiana.org/indianapolis-office>

Community Health Pavilion Shadeland

2040 Shadeland Avenue, Suite 200
Indianapolis, IN 46219
317.355.1800
<https://www.ecommunity.com/services/mental-behavioral-health/locations-clinics>

Hamilton Center

2160 North Illinois Street
Indianapolis, IN 46202
317.937.3700
<https://www.hamiltoncenter.org>

Jane Pauley Community Health Center

8931 East 30th Street
Renaissance School
Indianapolis, IN 46219
844.695.7242
<https://janepauleychc.org/location/post-road/>

Lifestance Health

8205 East 56th Street, Suite 200
Indianapolis, IN 46216
317.554.4220
<https://lifestance.com/location/indianapolis-in-8205/>

Reach for Youth

3505 North Washington Boulevard
Indianapolis, IN 46205
317.920.5900
<https://www.reachforyouth.org/>

Villages of Indiana, Inc.

652 N. Girls School Rd.
Indianapolis, In 46214-3662
317.273.7575
<https://www.villageskids.org/>

Brooke's Place

8935 North Meridian Street, Suite 200
Indianapolis, In 46260
317.705.9650
<https://www.brookesplace.org/>

Cummins Behavioral Health

5638 Professional Circle
Indianapolis, IN 46241
888.714.1927
<https://www.cumminsbhs.org>

Hopebridge Autism Therapy Center

Indy East
6635 East 21st Street, Suite 100
Indianapolis, IN 46219
317.608.2824
<https://www.hopebridge.com/centers/indianapolis-east-in/>

Jane Pauley Community Health Center

1315 North Arlington Avenue, Suite 200
Indianapolis, IN 46219
317.762.0190
<https://janepauleychc.org/location/arlington-ave/>

Lifestance Health

8920 Southpointe Drive, Suite E1 & E2
Indianapolis, IN 46227
317.851.1004
<https://lifestance.com/location/indianapolis-in-8920-southpointe-dr/>

Sandra Eskenazi Mental Health Center

Children's Services
3171 North Meridian Street
Indianapolis, IN 46208
317.880.8491
<https://www.eskenazihealth.edu/mental-health/children/>

Marshall County

Autism Therapy Center

1550 Pidco Drive
Plymouth, IN 46563
574.387.4313
<https://lighthouseautismcenter.com/autism-treatment-center-plymouth-indiana/>

Michiana Behavioral Health

1800 North Oak Drive
Plymouth, IN 46563
574.936.3784
<https://www.michianabehavioralhealth.com>

Otis R. Bowen Center

990 Illinois Street
Plymouth, IN 46563
574.936.9646
<https://www.bowencenter.org/plymouth>

Martin County

Samaritan Center

200 South John F. Kennedy Avenue
Loogootee, IN 47553
812.295.3090
<https://www.gshvin.org/locations/loogootee-samaritan-center/>

Miami County

Four County

1000 North Broadway, Suite A
Peru, IN 46970
765.472.1931
<https://www.fourcounty.org/>

Monroe County

Centerstone of Indiana

645 South Rogers
Bloomington, IN 47403
800.344.8802
<https://www.centerstone.org/>

Hopebridge Autism Therapy Center

450 South Landmark Avenue
Bloomington, IN 47403
812.269.3214
<https://www.hopebridge.com/centers/bloomington-in/>

IUH Bloomington Behavioral Health Services

727 West 2nd Street
Bloomington, IN 47403
812.353.3450
<https://www.iuhealth.org/>

Rise Autism Therapy Services

239 East Winslow Road
Bloomington, IN 47401
812.287.8561
<https://www.riseautism.com/>

Unlocking the Spectrum

451 South Park Ridge Road, Suite 102
Bloomington, IN 47401
812.233.8882
<https://unlockingthespectrum.com/bloomington-aba-therapy/>

Montgomery County

Cummins Behavioral Health

701 North Englewood Drive
Crawfordsville, IN 47933
888.714.1927
<https://www.cumminsbhs.org/>

Valley Oaks Health

1480 Darlington Avenue
Crawfordsville, IN 47933
765.362.2852
<https://www.valleyoaks.org>

Morgan County

Centerstone

952 South Main Street
Martinsville, IN 46151
765.343.6950
<https://www.centerstone.org>

Centerstone

11370 North State Route 67
Mooresville, IN 46158
765.342.6616
<https://www.centerstone.org>

Franciscan Health Collaborative Care Clinic

1001 Hadley Road, Suite 103
Mooresville, IN 46158
317.834.1144
<https://www.franciscanhealth.org>

Newton County

Valley Oaks in Rensselaer (Jasper County)

is the provider for Newton County
Call 219.866.4194 for more information
<https://www.valleyoaks.org>

Noble County

Northeastern Center

220 South Main
Kendallville, IN 46755
260.347.2453
<https://www.necmh.org/>

Otis R. Bowen Center

101 East Park Drive
Albion, IN 46701
574.267.7169
<https://www.bowencenter.org/albion>

Orange County

Southern Indiana Community Health Care

420 West Longest Street
Paoli, IN 47454
812.723.3944
<https://sichc.org/mental-health/>

Owen County

Centerstone Spencer Integrated Health

35 South Bob Babbs Drive
Spencer, IN 47460
800.344.8802
<https://centerstone.org/locations/indiana/facilities/centerstone-spencer-integrated-health/>

Northeastern Center

1930 East Dowling Street
Kendallville, IN 46755
260.347.4400
<https://www.necmh.org/>

Southern Indiana Community Health Care

Valley Health Care
8163 West State Road 56, Suite A
West Baden, IN 47469
812.723.7125
<https://sichc.org/mental-health/>

Hamilton Center

909 West Hillside Avenue
Spencer, IN 47460
812.829.0037
<https://www.hamiltoncenter.org/locations/owen-county/>

Parke County

Bloomington Community Health Center

201 West Academy Street
Bloomington, IN 47832
765.498.9000
<https://valleyprohealth.org/locations>

Pike County

Samaritan Center

611 East Main Street, Suite 1
Petersburg, IN 47567
812.866.6800
<https://www.lifespringhealthsystems.org/about-us/locations/>

Porter County

Midwest Center for Youth and Families

1012 West Indiana Street
Kouts, IN 46347
888.629.3471
<https://www.midwest-center.com>

Porter-Starke Services, Inc.

601 Wall Street
Valparaiso, IN 46383
219.531.3500
<https://www.porterstarke.org/>

Northeastern Center

Albion Outpatient Office
833 East Main Street
Albion, IN 49701
260.636.6975

Perry County

Lifespring

1443 9th Street
Tell City, IN 47586
812.547.7905
<https://www.lifespringhealthsystems.org/about-us/locations/>

Porter-Starke Services, Inc.

3176 Lancer Street
Portage, IN 46368
219.762.9557
<https://www.porterstarke.org/>

Posey County

Southwestern Behavioral Health

309 North Sawmill Street
Mt. Vernon, IN 47620
812.838.6558
<https://www.southwestern.org/locations-2/>

Putnam County

Cummins Behavioral Health

308 Medic Way
Greencastle, IN 46135
888.714.1927
<https://www.cumminsbhs.org/locations/>

Synergy Therapy and Counseling

107 East Washington Street, Suite B
Greencastle, IN 46135
765.246.1639
<https://www.synergyc.net/>

Randolph County

Centerstone

325 South Oak Street, Suite 103
Winchester, IN 47394
765.584.1735
<https://centerstone.org/locations/indiana/facilities/centerstone-winchester-south-oak-street/>

Meridian Health Services

730 West Washington Street
Winchester, IN 47394
765.584.7820
<https://www.meridianhs.org>

Ripley County

Community Mental Health Center

215 East George Street
Batesville, IN 47006
812.537.1302
<https://cmhcinc.org/locations/ripley-county/>

Rush County

Centerstone

1400 North Cherry Street
Rushville, IN 46173
877.467.3123
<https://centerstone.org/locations/>

Pulaski County

Four County

613 Terrace Drive
Winamac, IN 46996
800.552.3106
<https://fourcounty.org/locations>

Hamilton Center

239 Hillside Avenue
Greencastle, IN 46135
765.653.1024
<https://www.hamiltoncenter.org/locations/putnam-county/>

Centerstone

224 North Columbia Street
Union City, IN 47390
765.964.3142
<https://centerstone.org/locations/indiana/facilities/centerstone-union-city-children-and-family-services/>

Voices for Children Southeastern Indiana

122 South Depot Street
Batesville, IN 47002
812.932.0333
<http://www.voicesforchildren.net>

Harcourt Counseling Services, Inc.

117 East 3rd Street
Rushville, IN 46173
765.932.5905
<https://harcourt counseling.com/>

Healthy Families

125 South Riverside Drive, #300
Winamac, IN 46996
574.946.6017
<https://mhanwi.org/programs/healthy-families/>

StepStone Family and Youth Services

1303 South Bloomington Road
Greencastle, IN 46135
765.653-4570
<https://www.stepstoneyouth.com/location/stepstone-family-and-youth-services-greencastle-indiana/>

Children's Advocacy Center of Randolph County

122 South Meridian Street
Winchester, IN 47394
765.305.1103
<https://cacofrandolph.org/>

Meridian Health Services

509 Conrad Harcourt Way
Rushville, IN 46173
765.932.3699
<https://www.meridianhs.org/Locations/>

Saint Joseph County

Family & Children's Center, Inc.

300 South St. Louis Boulevard, Suite 100
South Bend, IN 46617
574.968.9660
<https://www.fccin.org/>

Meridian Health Services

1818 Went Avenue
Mishawaka, IN 46545
765.288.1928
<https://www.meridianhs.org/Locations/>

The William J. Shaw Center for Children and Families

1602 North Ironwood Drive
South Bend, IN 46635
574.631.0959
<https://shaw.nd.edu/>

Hopebridge Autism Therapy Center

17390 Dugdale Drive
South Bend, IN 46635
574.400.2169
<https://www.hopebridge.com/centers/south-bend-in/>

Oaklawn

415 East Madison Street
South Bend, IN 46617
574.533.1234
<https://oaklawn.org/>

Lighthouse Autism Therapy Center

3730 Edison Lakes Parkway
Mishawaka, IN 46545
574.387.4313
<https://lighthouseautismcenter.com/autism-treatment-center-mishawaka-indiana/>

Otis R. Bowen Center

460 Stull Street, Suite 300
South Bend, IN 46601
800.342.5653
<https://www.bowencenter.org/st-joseph-county>

Scott County

Centerstone Austin

45 West Main Street
Austin, IN 47102
877.467.3123
<https://centerstone.org/locations/indiana/facilities/centerstone-austin-west-main-street/>

Centerstone Scottsburg

1092 West Community Way
Scottsburg, IN 47170
812.414.1520
<https://centerstone.org/locations/indiana/facilities/centerstone-scottsburg-west-community-way/>

Lifespring

75 North 1st Street
Scottsburg, IN 47170
812.752.2837
<https://www.lifespringhealthsystems.org/about-us/locations/>

Shelby County

Community Health Network

7 East Hendricks Street
Shelbyville, IN 46176
317.392.2564
<https://www.ecommunity.com/services/mental-behavioral-health/locations-clinics>

Jane Pauley Community Health Center

1640 East State Road 44. Suite B
Shelbyville, IN 46176
844.695.7242
<https://janepauleychc.org/location/shelbyville/>

Spencer County

Lifespring

818 Madison Street
Rockport, IN 47635
812.280.2080
<https://www.lifespringhealthsystems.org/about-us/locations/>

Kairos Counseling

709 Lincoln Avenue
Rockport, IN 47635
812.660.5030
<https://kairoscounselingllc.com>

Starke County

Porter-Starke Services

1001 South Edgewood Drive, Suite 1
Knox, IN 46534
574.772.4040
<https://www.porterstarke.org/contact/knox>

Steuben County

Northeastern Center

3265 Intertech Drive
Angola, IN 46703
260.665.9494
<https://www.nec.org/contact-us/>

Otis R. Bowen Center

200 Hoosier Drive, Suite E
Angola, IN 46703
260.624.3741
<https://www.bowencenter.org/angola>

The Sante Group, Inc.

603 North Wayne Street
Angola, IN 46703
260.668.8797
<https://www.thesantegroupinc.com/>

Sullivan County

Hamilton Center
2134 Mary Sherman Drive
Sullivan, IN 47882
812.268.6376
<https://www.hamiltoncenter.org/locations/sullivan-county/>

Switzerland County

Community Mental Health Center
1037 West Main Street
Vevay, IN 47043
812.427.2737
<https://cmhcinc.org/locations/switzerland-county/vevay-office/>

Tippecanoe County

Child & Family Counseling Partners

115 Farabee Drive North, Suite C
Lafayette, In 47905
765.427.6756
<https://www.childandfamilypartners.org/>

Hopebridge Autism Therapy Center

3781 Bayley Drive, Suite B
Lafayette, IN 47905
765.201.4767
<https://www.hopebridge.com/centers/lafayette-in/>

Meridian Health Services

1500 Salem Street
Lafayette, IN 47904
765.250.9212
<https://www.meridianhs.org/locations/>

Valley Oaks Health

415 North 26th Street
Lafayette, IN 46907
765.446.6578
<https://www.valleyoaks.org/tippecanoe/>

Valley Oaks Health

106 Asher Street
Lafayette, IN 47904
765.446.6578
<https://www.valleyoaks.org/tippecanoe/>

Valley Oaks Health

610 Main Street
Lafayette, In 47901
765.446.6578
<https://www.valleyoaks.org/tippecanoe/>

Wabash Valley Alliance, Inc.

2900 North River Road
West Lafayette, IN 47906
765.463.2555
<https://www.wvhmhc.org/>

Tipton County

Community Howard Behavioral Health

202 South West Street
Tipton, IN 46072
765.453.8529
<https://www.ecommunity.com/locations/community-howard-regional-health/behavioral-health-care/locations>

Four County

1060 South Main Street
Tipton, IN 46072
765.408.0536
<https://fourcounty.org/locations>

Friends Counseling Center

3021 West State Road 28
Tipton, IN 46072
765.204.0839
<http://www.wabashfriendscounseling.com/tipton.html>

Union County

Centerstone is the designated children's mental health provider for Union County.

Please call 812.337.2350 to schedule an appointment.
<https://centerstone.org/locations/indiana/>

Vanderburgh County

BrainPower Neurodevelopmental Center LLC

5155 Rosebud Lane
Newburgh, IN 47630
812.773.8321
<https://www.brainpowerneuro.com/contact>

Mary O'Daniel Stone and Bill Stone Center for Child and Adolescent Psychiatry at IU School of Medicine – Evansville

515 Walnut Street
Stone Family Center for Health Sciences
Evansville, IN 47708
<https://medicine.iu.edu/research-centers/child-adolescent-psychiatry>

Southwestern Behavioral and Mental Health

DCS Community Based Child Services
414 Southeast 4th Street, Suite 102
Evansville, IN 47713
812.476.5437
<https://www.southwestern.org/community-based-services/>

Southwestern Behavioral and Mental Health

Dennis N. Moran Center
60 South Stockwell Road
Evansville, IN 47714
812.476.5437
<https://www.southwestern.org/locations-2/#>

Vermillion County

Hamilton Center

510 South Main Street
Clinton, IN 47842
765.832.2436
<https://www.hamiltoncenter.org/locations/vermillion-county/>

Vigo County

Applied Behavior Center for Autism

1341 Ohio Street
Terre Haute, IN 47807
812.478.5437
<https://appliedbehaviorcenter.org/1170-2/>

Evansville Psychiatric Children's Center

3300 East Morgan Avenue
Evansville, IN 47715
812.477.6434
<https://www.in.gov/fssa/dmha/state-psychiatric-hospitals/evansville-psychiatric-childrens-center/>

Matter of Focus Counseling Child & Family Services

734 West Delaware Street, Suite 225
Evansville, IN 47710
930.200.4594
<https://www.matteroffocuscounseling.com/>

Southwestern Behavioral and Mental Health

DCS School Based Child Services
414 Southeast 4th Street, Suite 101
Evansville, IN 47713
812.428.4880
<https://www.southwestern.org/community-based-services/>

Southwestern Behavioral and Mental Health

Lillian G. Moulton Center
1 North Barker Avenue
Evansville, IN 47712
812.423.4418
<https://www.southwestern.org/locations-2/#>

Lifestance Health

7300 East Indiana Street, Suite 103
Evansville, IN 47715
812.401.8008
<https://lifestance.com/location/evansville-in-7300-e-indiana-st/>

Peyton Manning Children's Evansville Pediatric Behavioral Health

3900 Washington Avenue, Suite 100
Evansville, IN 47714
812.485.7816
<https://healthcare.ascension.org/locations/indiana/ineva/evansville-ascension-medical-group-st-vincent-evansville-pediatric-psychology>

Southwestern Behavioral and Mental Health

Faren E. Levell Center
410 Mulberry Street
Evansville, IN 47713
812.436.4243
<https://www.southwestern.org/locations-2/#>

Southwestern Behavioral and Mental Health

Robert M. Spear Building
415 Mulberry Street
Evansville, IN 47713
812-423-7791
<https://www.southwestern.org/locations-2/#>

Hamilton Center

620 8th Avenue
Terre Haute, IN 47804
812.742.0787
<https://www.hamiltoncenter.org/programs/child-and-adolescent-services/>

Vigo County (continued)

Hamilton Center

805 West National Avenue
West Terre Haute, IN 47885
812.533.2145

<https://www.hamiltoncenter.org/locations/west-terre-haute/>

Harsha Behavioral Center

1980 East Woodsmall Drive
Terre Haute, IN 47802
812.298.8888

<https://www.harshacenter.com/>

Healthy Connections & Wellness LLC

1400 East Pugh Drive, Suite 18
Terre Haute, IN 47802
812.234.3733

<https://www.healthyconnectionsandwellness.org/>

Hopebridge Autism Therapy Center

399 East Hospital Lane
Terre Haute, IN 47802
812.645.2308

<https://www.hopebridge.com/centers/terre-haute-in/>

Unlocking the Spectrum

4701 East Margaret Drive
Terre Haute, IN 47803
812.233.8882

<https://unlockingthespectrum.com/terre-haute-aba-therapy/>

Wabash County

Otis R. Bowen Center

255 North Miami Street
Wabash, IN 46992
260.563.8446

<https://www.bowencenter.org/wabash>

Parkview Wabash Hospital Behavioral Health

10 John Kissinger Drive
Wabash, IN 46992
260.563.3131

<https://www.parkview.com/about-us/contact-us>

Reins and Rainbows

1132 County Road 250 South
Wabash, IN 46992
260.563.2576

<https://reinsandrainbows.com/>

Wabash Friends Counseling Center

3565 South State Road 13
Wabash, IN 46992
260.563.8453

<http://www.wabashfriendscounseling.com/wabash-main-office.html>

Warren County

Valley Oaks is the designated CMHC for Warren County.

Please contact the office in Attica to schedule an appointment.

Valley Oaks Health
41 North Long Avenue
Attica, IN 47918
765.762.6187

<https://valleyoaks.org/contact-us>

Warrick County

BrainPower Neurodevelopmental Center LLC

5155 Rosebud Lane
Newburgh, IN 47630
812.773.8321

<https://www.brainpowerneuro.com/contact>

Hopebridge Autism Therapy Center

4655 Rosebud Lane
Newburgh, IN 47630
812.231.8031

<https://www.hopebridge.com/centers/evansville-in/>

Southwestern Behavioral Health

315 South 3rd Street
Boonville, IN 47604
812.897.4776

<https://www.southwestern.org/locations-2/#>

Washington County

Lifespring

1321 Jackson Street
Salem, IN 47167
812.883.3095

<https://www.lifespringhealthsystems.org/about-us/locations/>

Wayne County

Applied Behavior Center for Autism

4440 Garwood Place
Richmond, IN 47374
765.987.5437

<https://appliedbehaviorcenter.org/richmond/>

Hopebridge Autism Therapy Center

3771 South A Street
Richmond, IN 47374
765.598.4197

<https://www.hopebridge.com/centers/richmond-in/>

Centerstone

831 Dillon Drive
Richmond, IN 47374
877.467.3123

<https://centerstone.org/locations/indiana/facilities/centerstone-richmond-dillon-drive/>

Reid Health Outpatient Behavioral Health

1130 North J Street
Richmond, IN 47374
765.983.3298

<https://www.reidhealth.org/services/psychiatry/locations>

Centerstone

100 North 15th Street
Richmond, IN 47374
877.467.3123

<https://centerstone.org/locations/indiana/facilities/centerstone-adult-and-family-services/>

Wells County

Behavior and Recovery Resource Center of Wells County

223 West Washington Street, Suite 100 LL
Bluffton, IN 46714
260.824.1514

<https://wellscounty.org/mental-health-association/>

Parkview Behavioral Health Institute Park Center

1115 South Main Street
Bluffton, IN 46714
260.824.1071

<https://www.parkcenter.org/contact/>

Renovate Counseling Center

105 West Cherry Street
Bluffton, IN 46714
260.307.5030

<https://www.renovatecounseling.org/>

White County

Valley Oaks Health

920 West Executive Court
Monticello, IN 47960
574.583.9350

<https://valleyoaks.org/contact-us>

Whitley County

Parkview Behavioral Health Institute

Park Center
788 Connexion Way
Columbia City, IN 46725

260.244.5209

<https://www.parkcenter.org/contact/>

Otis R. Bowen Center

119 West Market Street
Columbia City, IN 46725
260.248.8176

<https://www.bowencenter.org/columbia-city>

Disclaimer

Please Note:

This infant and early childhood mental health resource guide is provided for informational purposes only.

It is not comprehensive and does not constitute an Endorsement by Infancy Onward.

Appendix A:

Transition Contacts Central Indiana Special/ Early Childhood Education

Avon Community School Corporation

kjator@avon-schools.org 317.544.6700 ext. 6781

Beech Grove Schools

areeves@bgcs.k12.in.us 317.788.4481

Boone, Clinton, NW Hendricks Joint Services

keimjo@hendricks.k12.in.us 317.994.2104

Brownsburg School Corporation:

ezeto@brownsburg.k12.in.us 317.852.1046 ext. 2006

Carmel Clay Schools

mpodany@ccs.k12.in.us 317.571.4616

Center for Deaf and Hard of Hearing Education

lobartlett@isdh.in.gov 317.232.0900

Child Adult Resource Services, Inc

Head Start-Hendricks and Morgan Counties

tdsmith@cars-services.org 317.745.1650

Center Grove Schools

LorenzoniC@centergrove.k12.in.us 317.887.4707

Clark Pleasant Schools

kparisi@cpcsc.k12.in.us 317.535.2069 ext. 8050

Danville Community School Corporation

lator@danville.k12.in.us 317.745.7487

Family Development Services

Head Start/Early Head Start Hamilton County

kspoljaric@fds.org 317.896.3511

Family Development Services

Head Start/Early Head Start Marion County

swills@fds.org 317.803.3826

Franklin Township Community Schools

melissa.drier@ftcsc.org 317.860.4500

Hamilton, Boone, Madison Special Services

Serves: Hamilton Heights, Hamilton, Southeastern & Noblesville Schools

Lindsay_gilbert@nobl.k12.in.us 317.984.1653 ext. 4074

Hamilton Southeastern Schools

kservizzi@hse.k12.in.us 317.915.4250

Human Services, Inc

Head Start-Johnson County

jhammer@hsi-indiana.com 812.376.9608

**Indiana School for the Blind and Visually Impaired
(Serves the State of Indiana)**

317.253.1481 ext. 105

**Indiana School for the Deaf (Serves the State of
Indiana)**

sstafford@isd.k.12.in.us 317.550.4853

Indianapolis Public Schools

caldwellm@myips.org 317.226.3852/317.226.4521

Earlywood Educational Services:

Serves: Edinburg, Franklin Community, Greenwood Community and Ninevah-Hensley

mcrouch@earlywood.org or jbrummet@earlywood.org

317.736.8495

Kokomo Center School Corporation

patl@kokomo.k12.in.us 800.497.0774

Monroe-Gregg School District

kiSmith@m-gsd.org 317.996.2258 ext. 4222

Mooresville Consolidated School Corporation

Emily.lepore@mooresvilleschool.org 317.339.7206

MSD of Decatur Township

alahrman@decaturproud.org

317.243.7559/317.946.7576

MSD of Lawrence Township

tamaraburris@msdlt.k12.in.us 317.423.8437

MSD of Martinsville

nate.dilley@msdmartinsville.org or

brandyhammons@msdmartinsville.org 765.342.6641

ext. 1033

MSD of Pike Township

AJKelly@pike.k12.in.us 317.387.7103

MSD of Warren Township

amc@warren.k12.in.us 317.869.4782

MSD of Washington Township

cyarrell@msdwt.k12.in.us 317.259.5458

MSD of Wayne Township

jeanne.baldwin@wayne.k12.in.us

317.988.7932/812.371.1723

Old National Trail Special Education Co-op Mill Creek Schools

kneedham@mccs.k12.in.us 765.653.2781

Emminence Schools

lphillips@cloverdale.k12.in.us 765.795.2900 ext. 4434

Perry Township Schools

cray@perryschools.org 317.789.3900

Plainfield Community School Corporation

jobradovich@plainfield.k12.in.us 317.203.4525

Speedway Schools

amcintosh@speedwayschools.org

317.536.9088/812.431.4690

St. Joseph Institute for the Deaf

Klynch@sjid.org 317.471.8560

Texas Migrant Council, Inc.

765.453.1509/800.862.4767

Tipton County School

mdunham@tcsc.k12.in.us 765.675.7397 ext. 270

Tri Central Community Schools

jadair@tccs.k12.in.us 765.963.5885

Westfield Schools

Bentivoglion@wws.k12.in.us 317.867.7924

Appendix B:

Indiana System of Care Common Terms and Acronyms



Access Point: A centralized point or gateway to access services and supports with a system of care. *(Building Systems of Care: A Primer)*

Access Site: DMHA-approved Access Sites are considered the single points of service for access and information for youth, families, and providers who are in need of resources related intensive, community-based wraparound services. The Access Site acts as a local resource for providers and families needing information about services; distributes information about potential state- and federally-funded intensive community-based wraparound services available; acts as a point of access for referrals and families seeking treatment alternatives; assists in determining youth/family eligibility for state and federally-funded community-based wraparound services; assists in the recruitment of DMHA-certified service providers of intensive community-based wraparound services; and remains knowledgeable about and compliant with state- and federally-funded service programming policy, procedures, and state expectations for the Access Site role in assisting youth and families. *(Indiana Youth System of Care)*

Accredited Agency: An agency that is accredited by a nationally recognized accrediting body (AAAHC, COA, URAC, CARF, ACAC, JCAHO, or NCQA). *(Indiana Health Coverage Programs)*

Adult Needs and Strengths Assessment Tool (ANSA): A DMHA-approved behavioral health assessment tool administered by a person who is trained and DMHA-certified to administer the tool. The tool is administered to individuals who are 18 years of age or older and determines the individual's strengths, needs, and functional impairment. *(Indiana Health Coverage Programs)*

Applicant: An individual applying for a DMHA Youth Home and Community-Based Services (HCBS) program by inquiring about HCBS or completing the HCBS application process. *(Indiana Health Coverage Programs)*

Behavioral health care: Assessment and treatment of mental and psychoactive substance abuse disorders. *(Indiana Medicaid)*

Board of Directors: The governing body of a nonprofit or for-profit organization that is responsible for overseeing the organization's activities. Boards of directors, particularly those overseeing nonprofit organizations, are primarily responsible for defining the organizations mission and purpose; selecting, supporting, and evaluation the organization's chief executive; ensuring effective planning; monitoring and strengthening programs and services; ensuring adequate financial resources; protecting assets and providing proper financial oversight; ensuring board competency; ensuring legal and ethical integrity; and enhancing the organization's public standing. *(BoardSource)*

Bylaws: Rules adopted by an organization for the government of its members and regulation of its affairs. *(Merriam-Webster)*

Case Manager: An experienced professional who works with clients, providers, and insurers to coordinate all necessary services to provide a client with a plan of medically necessary and appropriate health care. *(Indiana Medicaid)*

Children's Health Insurance Program (CHIP): A part of the Balanced Budget Act of 1997 that includes an expansion of the Medicaid program that extends coverage to children ages zero to 19 years old whose family income is the Federal Poverty Level (FPL). CHIP is also known as Hoosier Healthwise Package C. *(Indiana Medicaid)*

Children's Mental Health Initiative (CMHI): A collaboration between the Indiana Division of Mental Health and Addiction (DMH) and the Indiana Department of Child Services to provide intensive home and community-based wraparound services for youth and families without funding. *(Indiana Youth System of Care)*

Children's Special Health Care Services (CSHCS): A State-funded program providing assistance to children with chronic health problems. *(Indiana Medicaid)*

Comprehensive outpatient rehabilitation facility (CORF): A nonresidential rehabilitation facility certified under Medicare Part A that provides diagnostic, therapeutic, and restorative services to outpatients for the rehabilitation of the injured, disabled, or sick. *(Indiana Medicaid)*

Continuum of care: A system that guides and tracks individuals through a comprehensive array of services spanning all levels and intensity of care. *(Healthcare Information and Management Systems Society)*

Continuity of care: The sharing, coordination, and integration of information among different providers to support care across multiple points in time and multiple care settings. *(Healthcare Information and Management Systems Society)*.

Data: Broadly, factual information that is used as a basis for reasoning, discussion, calculation, and decision making. Data can be both quantitative (typically, that which can be reported in numerical form) or qualitative (typically, that which is not or generally cannot be reported in numerical form). *(Merriam-Webster)*

Division of Mental Health and Addiction (DMHA): A Division of the Family and Social Services Administration, the DMHA sets care standards for the provision of mental health and addiction services to Hoosiers; provides funding support for mental health and addition services to target populations with financial need; and administers federal funds earmarked for substance abuse prevention projects. The division also certifies all community mental health centers (CMHCs) and addiction treatment providers and operates six psychiatric hospitals. *(Family and Social Services Administration)*

Family and Social Services Administration (FSSA): A state agency established in 1991 to consolidate and better integrate the delivery of human services by State government. It includes the Division of Aging (DA), Division of Disability and Rehabilitation Services (DDRS), Division of Family Resources (DFR), the Division of Mental Health and Addiction (DMHA), and the Office of Medicaid Policy and Planning (OMPP). *(Indiana Health Coverage Programs)*

Family Driven: Care in which families have a primary decision-making role in the care of their children as well as a voice in establishing the policies and procedures governing care for all children in their communities. *(U.S. Dept. of Health & Human Services)*

Family Engagement: Recognized as a foundation for success across the human services and education fields, family engagement is the process used to build relationships with families. It typically includes collaboration, communication, sustained engagement, and involvement at the system level. *(U.S. Dept. of Health & Human Services)*

Federal Poverty Level (FPL): Individual and family income guidelines set by the federal government for the administration of social service benefits. The state-specific guidelines are adjusted for the cost of living in each state. Financial eligibility for social service programs is often based on a percentage of the FPL. *(Indiana Medicaid)*

Fiscal agent: An organization or entity that acts on behalf of another party performing various financial duties and tasks. *(Investopedia)*

Home- and Community-Based Services Waiver Programs (HCBS): Services provided to disabled and aged members for the purpose of allowing them to live in the least restrictive community setting and avoid being placed in an institution. *(Indiana Medicaid)*

Hoosier Healthwise: Indiana's health care program for children, low-income families, and pregnant women. Different benefit packages are available to the various populations eligible for Hoosier Healthwise: Package A (Standard), Package B (Pregnancy-related services), and Package C (CHIP). *(Indiana Medicaid)*

Indiana State Department of Health (ISDH): The State agency responsible for promotion of health and for providing guidance on public health issues. *(Indiana Medicaid)*

Individual Family Service Plan (IFSP): A plan that documents and guides the early intervention process for children with disabilities and their families. The IFSP is the vehicle through which effective early intervention is implemented in accordance with Part C of the Individuals with Disabilities Education Act (IDEA). It contains information about the services necessary to facilitate a child's development and enhance the family's capacity to facilitate the child's development. Through the IFSP process, family members and service providers work as a team to plan, implement, and evaluate services tailored to the family's unique concerns, priorities, and resources. *(Indiana Medicaid)*

Level-of-care (LOC): Determinations that are rendered by Office of Medicaid Policy and Planning (OMPP) staff for purposes of determining nursing home or institutional placement of an individual. *(Indiana Medicaid)*

Managed Care: A system where the overall care of a patient is overseen by a single provider or organization. *(Indiana Medicaid)*

Managed care organization (MCO): An entity that provides or contracts for managed care. *(Indiana Medicaid)*

Managed care organization enrollee or member: Any Medicaid or CHIP enrollee participating in Hoosier Healthwise and enrolled in one of the Hoosier Healthwise MCOs. *(Indiana Medicaid)*

Managed Health Services: An MCO responsible for state-wide coverage for Hoosier Healthwise participants. *(Indiana Medicaid)*

MDwise: An MCO responsible for state-wide coverage for Hoosier Healthwise participants. *(Indiana Medicaid)*

Medicaid: A program that offers health insurance to certain low-income families, individuals with disabilities, and elderly individuals with limited financial resources. Medicaid is jointly funded by the federal and state government. Medicaid programs vary from state to state though there are some services that are required by the federal government. Optional services can be offered by each state. *(Indiana Medicaid)*

Medicaid Rehabilitation Option (MRO): A special program restricted to community mental health centers for persons who are seriously mentally ill or seriously emotionally disturbed. *(Indiana Medicaid)*

Outcomes: Expected changes in knowledge, skills, attitudes, behavior, condition, or status for those served by a program. *(Stanford Center on Philanthropy and Civil Society)*

Stakeholders: Broadly, a person or group that has an investment, share, or interest in something. For a system of care, those working to create and maintain services and support by working in committed, visible partnerships characterized by honest communication, a shared philosophy and approach, and shared resources. *(Dictionary.com and Indiana System of Care).*

Strategic Planning: An organizational management activity that sets priorities, focuses energy and resources, strengthens operations, ensures working toward common goals, establishes understanding around outcomes/results, and assesses and adjusts the organization's direction to respond to a changing environment. Strategic planning identifies the direction an organization is going and the actions needed to make progress, as well as how it knows whether it is successful. *(Balanced Scorecard Institute)*

WRAPAROUND

Care Plan: One of three components of the Plan of Care (POC). The Care Plan is developed by the Child and Family Team (CFT). It includes the Family Vision Statement, Team Mission Statement, and Functional Strengths for all team members; identification of underlying needs that drive behavior putting the participant at risk for out of home care; and identification of outcomes that are linked to the reasons for referral. *(Indiana Health Coverage Programs)*

Child and Adolescent Needs and Strengths (CANS): An assessment tool used to assess the child/youth's and the caregiver's needs and strengths. The CANS assessment ratings are submitted to the DMHA through the DARMHA electronic system. Ratings from the assessment assist in determining an appropriate intensity of needed services. *(Indiana Health Coverage Programs)*

Child Mental Health Wraparound Services (CMHW): Services provided to eligible youth with serious emotional disturbances (SED) that include intensive, home and community-based wraparound services provided within a System of Care (SOC) philosophy and consistent with wraparound principles. Services are intended to augment the youth's existing or recommended behavioral health treatment plan (Medicaid Rehabilitation Option, managed care, and so on) and address the unique needs of the CMHW youth; a treatment plan built on the youth's and family's strengths; and services and strategies that assist the youth and family in achieving more positive outcomes in their lives. *(Indiana Health Coverage Programs)*

Community Alternatives to Psychiatric Residential Treatment Facilities Grant (CA-PRTF): Indiana's 5-year Demonstration Grant from October 1, 2007, through September 30, 2012. *(Indiana Health Coverage Programs)*

The Child and Family Team (CFT): A team developed by the participant and family to provide the support and resources needed to assist in developing and implementing an individualized Plan of Care (POC). Individuals selected for the team include the participant, family, Wraparound Facilitator, service providers, non-service providers that support the participant and family, and anyone else the participant and family feel will benefit the treatment process. *(Indiana Health Coverage Programs)*

Community Mental Health Centers (CMHC): Mental health centers that offer communities access to a full continuum of behavioral health services and are approved as CMHCs by the DMHA under 440 IAC 4.1-2-1. *(Indiana Health Coverage Programs)*

Children's Mental Health Initiative (CMID): A program administered by the Indiana Division of Child Services (DCS) that provides intensive home and community-based wraparound services to youth with no payer source. *(Indiana Health Coverage Programs)*

CMS: The federal Centers for Medicare & Medicaid Services has authority over the 1915(i) State plan amendments in each state. CMS must approve the State's requests to implement the federally funded State Plan Amendment and all subsequent program amendments and funding.

Crisis Plan: One of three components of the Plan of Care (POC). The Crisis Plan is developed by the Child and Family Team (CFT). It is a comprehensive plan that addresses reasons for referral and risks for the participant and others through utilization of services and natural supports.

CRM: Customer Record Management

DARMHA: The Data Assessment Registry Mental Health and Addiction electronic system is accessed to report CANS assessment ratings to the DMHA. The interactive website analyzes the ratings and recommends the appropriate intensity of services, based on the child and family's strengths and needs. This Behavioral Health Decision Model (algorithms that are based on patterns of CANS ratings) is used to make decisions about appropriate intensity of needed services. The Decision Model determines Level of Need (LON) for eligibility for HCBS.

DCS: The Department of Child Services protects children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes. DCS includes Child Protective Services, Child Support, Foster Care, and Adoption services.

DFR: The Division of Family Resources, a division within the Family and Social Services Administration (FSSA), is responsible for processing applications and approving eligibility for Medicaid, Temporary Aid for Needy Families (TANF, or cash assistance), child care assistance, Supplemental Nutrition Assistance Program (SNAP, or food stamps), and employment and training services for low-income clients.

FST: Family Support and Training is a common term for family training. This service has been renamed Training and Support for the Unpaid Caregiver for the CMHW program. See Training and Support for the Unpaid Caregiver.

Habilitation: Services to enhance the participant's level of functioning, quality of life, and use of social skills, as well as build the participant's and family's strengths, resilience, and positive outcomes.

HCBS: Home and Community-Based Services is a system of services provided to someone residing in a community setting, as opposed to an institutional or residential setting. For Medicaid purposes, HCBS generally refers to home and community-based services programs authorized by CMS under Section 1915(c) of the Social Security Act.

HFWS: High Fidelity Wraparound is a process of delivering services that is usually reserved for youth at risk for out-of-home placement.

HIP AA: Health Insurance Portability and Accountability Act of 1996 refers to mandated requirements for the adoption of national standards for healthcare, including the protection of health information and standard unique identifiers for all healthcare providers, as well as coding healthcare services for approving, billing, reimbursing, and tracking.

HSPP: Health Service Provider in Psychology, as defined by IC 25-33-1

IDEA: Individuals with Disabilities Education Act (1997) under the U.S. Department of Education law ensures services to eligible children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education, and related services. IDEA Part B includes special education and related services to children and youth ages 3 to 21.

IDEIA: Individuals with Disabilities Improvement Education Act (in 2004, IDEA was reauthorized and renamed to amend the 1997 act)

IHCP: Indiana Health Coverage Programs within the OMPP

INSOC: Indiana Strengthening Our Communities - Supporting Our Youth in their Communities is Indiana's System of Care name for the State-level system.

Individual Provider: Provider that practices privately and not under an agency

Intervention Plan: One of three components of the Plan of Care (POC). The Intervention Plan authorizes services and generates a Notice of Action (NOA) for providers.

JCAHO: The Joint Commission on the Accreditation of Healthcare Organizations

LCSW: Licensed clinical social worker

LMFT: Licensed marriage and family therapist

LMHC: Licensed mental health counselor, as defined by JC 25-23.6

LOC: Level of Care is one of the federal eligibility requirements for the CA-PRTF grant and the PRTF Transition Waiver.

LON: Level of Need is one of the federal eligibility requirements for the HCBS program. CMS requires that a participant must meet defined requirements for LON and eligibility to enroll in the 1915(i) HCBS services State Plan Amendment.

LPI: Legacy Provider Identifier. See Provider ID.

MCE: A **managed care entity** is contracted to provide and manage benefits for members enrolled in a managed care program, such as the Healthy Indiana Plan (HIP), Hoosier Care Connect, or Hoosier Healthwise. In a full-risk contract, the MCE agrees to provide all benefits on a per-member per-month basis, known as full capitation.

Member ID: Member identification number, also known as RID, used to identify individuals eligible for Indiana Health Coverage Programs (IHCP) services, including tracking and claim processing for eligible services. This includes the HCBS program.

MRO: Medicaid Rehabilitation Option refers to any medical or remedial services recommended by a physician or other licensed practitioner of the healing arts, within the scope of his or her practice under State law, for maximum reduction of physical or mental disability and restoration of a member to his or her best possible functional level.

NOA: Notice of Action (State Form-HCBS Form 5) is a written notice given to each HCBS applicant and participant for any action that will affect his or her HCBS benefits. The NOA includes actions to approve or deny an applicant's eligibility for HCBS; all DMHA-approved CMHW benefits; all subsequent changes to increase, reduce, or terminate any or all HCBS; the effective dates and reasons for the actions taken; and the individual's appeal rights. The designated service providers also receive a copy of the NOA for prior authorization to provide and bill the IHCP for the DMHA-approved services. The IHCP will deny reimbursement for any service that is not listed on the NOA or exceeds the DMHA-approved amount of each service.

NPI: National Provider Identifier is the 1996 HIPAA-mandated standard unique identifier for all healthcare providers. Unique NPIs are assigned by application to the National Plan and Provider Enumeration System that collects identifying information on healthcare providers. (Note: An assigned NPI is not needed for CMHW service providers who do not perform healthcare services. HCBS providers may submit claims using their Provider ID.)

NWIC: The National Wraparound Implementation Center is a partnership among the University of Washington School of Medicine, Portland State University School of Social Work, and the University of Maryland School of Social Work. These universities collaborate to support communities to implement High Fidelity Wraparound (HFW) that is effective and sustainable for children and youth with behavioral health needs and their families.

OBHP: Qualifies as an Other Behavioral Health Professional, as defined in 405 IAC 5-21.5-1 (d)

MPP: The Office of Medicaid Policy and Planning is a division within the Family and Social Services Administration. The OMPP administers the Indiana Health Coverage Programs in accordance with federal and State requirements, which includes responsibility for financial oversight of the HCBS program.

Outpatient mental health services: Services defined under 405 /AC 5-20-8, formerly referred to as "Medicaid Clinic Option" services.

Participant: Refers to an individual who has been deemed eligible for HCBS services by the DMHA

POC: The Plan of Care is the individualized plan of treatment that guides the HCBS delivery and includes the Intervention Plan, Care Plan, and Crisis Plan.

Provider Agency: A DMHA-approved agency provider of HBCS

Provider Healthcare Portal (Portal) is a secure, web-based tool where CMHW providers may view CMHW authorization, claim, and other information. Provider enrollment, provider profile updates, and claims (including claims for DMHA-approved CMHW services rendered) may also be submitted via the Portal. The Portal is available at portal.indianamedicaid.com. For more information about using the Portal, see the Provider Healthcare Portal module.

Provider ID: A unique identifier, formerly referred to as the Legacy Provider Identifier (LPI), assigned to IHCP-enrolled providers, including service providers, for submission of all claims for IHCP reimbursement. This number is assigned by the Medicaid fiscal agent during the provider enrollment process.

PRTF: Psychiatric Residential Treatment Facilities were implemented in January 1, 2004. PRTFs in Indiana are licensed under 465 Indiana Administrative Code 2-11 as private, secure care institutions and must be accredited by either the Joint Commission on Accreditation of Healthcare Organizations (JCAHO); American Osteopathic Association (AOA); or the Council on Accreditation of Services for Families and Children (COA). PRTFs receive reimbursement to provide prior authorized institutional care to children with serious emotional disturbance (SED) who are under the age of 21 (or continued services to children under age 22 who were in the PRTF immediately prior to their 21st birthday).

PRTF Transition Waiver: Psychiatric Rehabilitation Treatment Facility Transition Waiver was a program administered by the Indiana Division of Mental Health and Addiction (DMHA) that provided intensive home and community-based wraparound services for youth who were enrolled in the CA-PRTF Demonstration Grant when the grant expired in September 2012. The waiver continued to provide access to the services until the youth who were enrolled achieved treatment goals and transitioned to a less intensive mode of service (or aged out of the program). This waiver is not accepting any new participants.

Rendering Provider/Rendering NPI: A provider that renders Children's Mental Health Wraparound (CMHW) services. These providers must complete a Rendering Provider Application Form to request DMHA authorization. Providers must obtain rendering National Provider Identifiers (NPIs) for each authorized staff member to be eligible for reimbursement of services.

Respite Care: Services provided to participants who are unable to care for themselves. These services are furnished on a short-term basis because of the absence or need for relief of persons who normally provide care for the participant.

RID: See Member ID.

SEO: Serious Emotional Disturbance, as defined in 440 JAC 8-2-4 (individuals from age of 6 through 17)

SMI: Serious Mental Illness refers to persons (18 years of age or older) with serious and long-term mental disorders that impair their capacity for self-care, interpersonal relationships, work, and schooling.

Tobi: The FSSA's electronic management system that processes and tracks the HCBS program. The database stores all applications, demographic information, the CANS information, documentation of choice, grant providers, pick lists, POCs, costs, and approvals and denials, and is used by the Wraparound Facilitator to manage the POC and generate and store the NO As. After the Wraparound Facilitator enters the approved POC in the DMHA database, the DMHA database interfaces with the Medicaid Management Information System to authorize the services for Medicaid reimbursement as those services are provided and billed.

Training and Support for the Unpaid Caregiver: A service provided for an individual who is providing unpaid support, training, companionship, or supervision for the youth. This service was formerly called Family Support and Training (FST).

Unpaid Caregiver: Refers to any individual who does not receive compensation for providing care or services to a Medicaid member.

WFI 4.0: Wraparound Fidelity Index measures fidelity to the wraparound process, as established by the NWIC.

Wraparound: An ecologically based process and approach to care planning that builds on the collective action of a committed group of family, friends, community, professional, and cross-system supports, mobilizing resources and talents from a variety of sources and resulting in the creation of a Plan of Care (POC) that is the best fit between the family vision and story, team mission, and youth and family's strengths, needs, and strategies. Wraparound provides youth and their families with access, voice, and ownership in the development and implementation of their POC. *(Indiana Health Coverage Programs)*

Wraparound Facilitation: A CMHW service. Children and youth who participate in the HCBS program must receive Wraparound Facilitation. The individual who facilitates and supervises this process is the Wraparound Facilitator.

YSS: Youth Satisfaction Survey, used for evaluation purposes, is a consumer satisfaction survey used for monitoring participant satisfaction with HCBS.

YSSF: Youth Satisfaction Survey for Families is a consumer satisfaction survey used for CMHW evaluation purposes to monitor family members' satisfaction with HCBS.

Appendix C:

Types of Early Intervention Strategies and Approaches

Attachment-Based Interventions

Attachment-based therapy is an approach to therapy that specifically targets those thoughts, feelings, communications, behaviors, and interpersonal exchanges that patients have learned either to suppress and avoid or to amplify and overemphasize because of early attachment experiences. A number of attachment-based interventions have been developed to support parents, enhance caregiving quality, and promote children's attachment security with the aim of improving children's mental health.

Child Parent Relationship Therapy

Child Parent Relationship Therapy (or Filial Therapy) is a play-based treatment program that equips parents to use many of the same skills used by Registered Play Therapists in order to help children experience healing from social, emotional, and behavioral problems. The Parent-Child Relational Problem describes the difficulties created between a child and a parent that often manifest in communication and challenging interactions. Such problems can occur at any time during the child's development. It is important to note that this problem is not considered a mental disorder however, some behaviors that can be found or created because of the conflict can result and be associated with other psychiatric conditions. Such problem tends to rather be associated with impaired functioning in behavioral, cognitive, or affective domains. For example, there is an inadequate parental control, supervision or there is a lack of involvement with the child.

Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. In many studies, CBT has been demonstrated to be as effective as, or more effective than, other forms of psychological therapy or psychiatric medications. CBT treatment usually involves efforts to change thinking patterns, and is based on several core principles, including:

1. Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
2. Psychological problems are based, in part, on learned patterns of unhelpful behavior.
3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is a laser focused therapy to address the root issue of trauma/negative experiences, as well as helping address symptoms of anxiety, depression, grief, panic, trauma and much more. It is possible for people of all ages and experiences to benefit from EMDR. EMDR therapy does not require talking in detail about the distressing issue or completing homework between sessions. EMDR therapy, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain.

Parent-Child Interaction Therapy (PCIT)

PCIT is an evidence-based treatment for young children with behavioral problems. PCIT is conducted through "coaching" sessions during which parent and child are in a playroom while the therapist is in an observation room watching them interact with their child through a one-way mirror and/or live video feed. The parent wears a "bug-in-the-ear" device through which the therapist provides in-the-moment coaching on skills the parent is learning to manage their child's behavior. PCIT is done across two treatment phases. The first phase of treatment focuses on establishing warmth in the relationship between parent and child through learning and applying skills proven to help children feel calm, secure in their relationships with their parents, and good about themselves. The second phase of treatment will equip the parent to manage the most challenging of their child's behaviors while remaining confident, calm, and consistent in their approach to discipline. In this phase, parents will learn proven strategies to help their child accept limits, comply with directions, respect house rules, and demonstrate appropriate behavior in public.

Play Therapy

Play therapy is a form of therapy used primarily for children. A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors. The Association for Play Therapy defines Play Therapy as "the systematic use of a theoretical model to establish an interpersonal process wherein trained Play Therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."

Trauma Based Cognitive Therapy (TF-CBT)

Trauma-focused cognitive behavioral therapy (TF-CBT) addresses the mental health needs of children, adolescents, and families suffering from the destructive effects of early trauma. The treatment is particularly sensitive to the unique problems of youth with post-traumatic stress and mood disorders resulting from sexual abuse, as well as from physical abuse, violence, or grief. Because the client is usually a child, TF-CBT often brings non-offending parents or other caregivers into treatment and incorporates principles of family therapy. The original intent of TF-CBT was to better serve children and adolescents who had experienced sexual abuse. TF-CBT has expanded over the years to include services for youths who have experienced many forms of severe trauma or abuse.

Trust-Based Relational Intervention (TBRI)

TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.