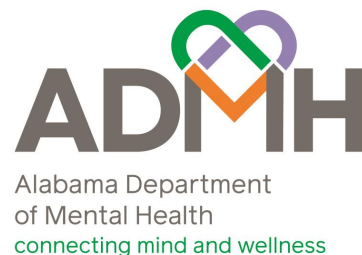
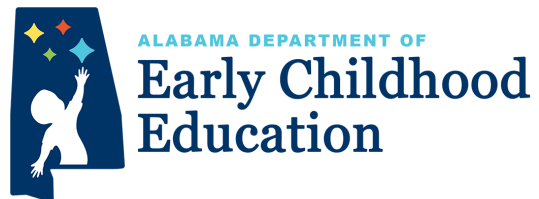


Alabama's Infant and Early Childhood Mental Health System of Care



First 5 Alabama[®]
Alabama Association for Infant and
Early Childhood Mental Health

What is infant and early childhood mental health?



....the developing capacity of the child from birth to 5 years of age to form close and secure adult and peer relationships; experience, manage, and express a full range of emotions; and explore the environment and learn-all in the context of family, community, and culture.

ZERO TO THREE, 2016

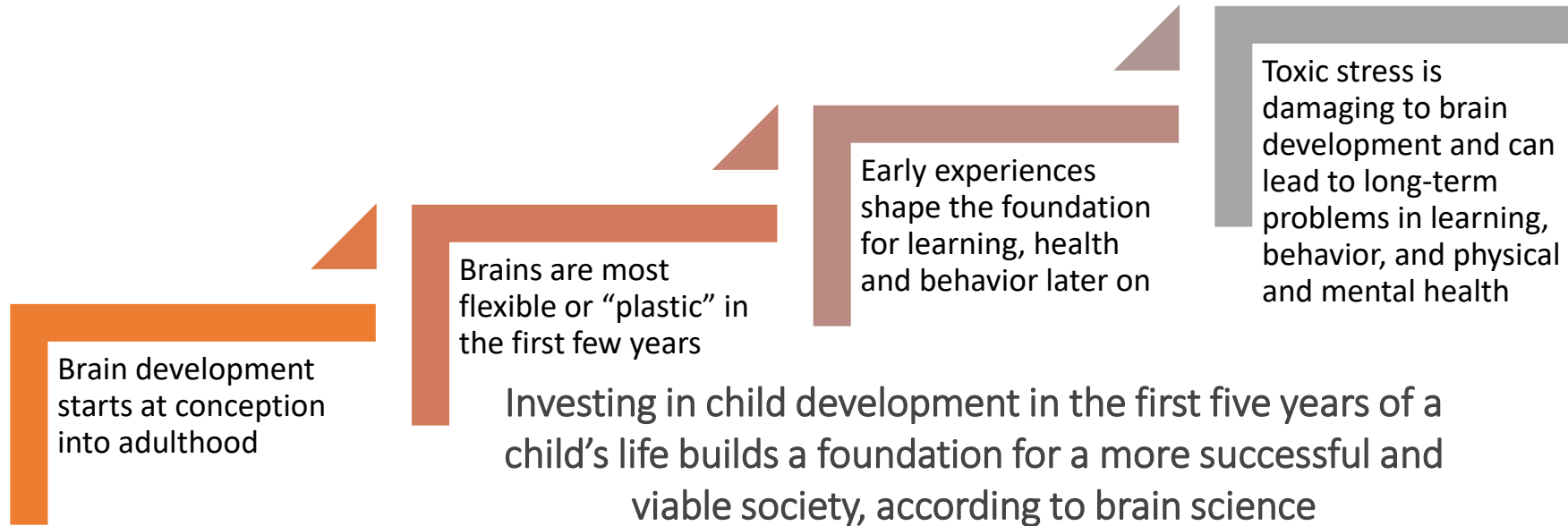


Alabama's IECMH System of Care

- **VISION** -Every child has opportunities from the start to reach their full potential within healthy positive relationships.
- **MISSION** - To create and sustain a culturally sensitive system that promotes positive early experiences through collaborative partnerships, empowering families, and building capacity across communities.

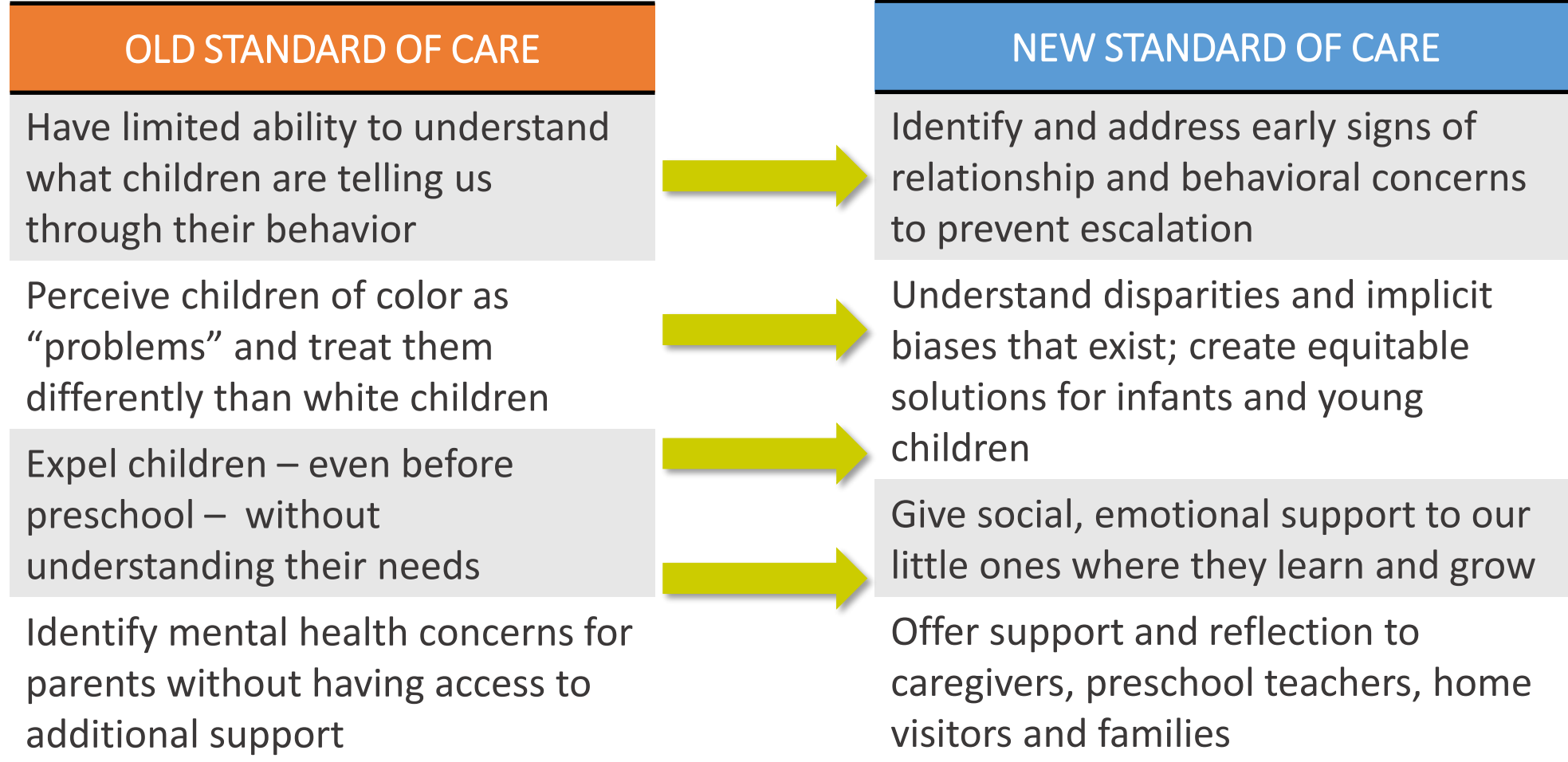
Early Childhood is a Critical Time for Brain Development

Children's brains grow by processing everything and everyone around them. That's why environment and relationships matter so much to their development



Epigenetics is an emerging area of scientific research that shows how environmental influences—children's experiences—affect the expression of their genes. ...This collection of chemical marks is known as the “epigenome.” The different experiences children have rearrange those chemical marks.

The Standard of Care is Evolving



Creating Alabama's IECMH System of Care

Building Infrastructure

FY15 – Marked the Beginning of IECMH in Alabama

Alabama Project LAUNCH (APL) – 5-year SAMHSA grant awarded to ADMH that established IECMH Consultation and laid the groundwork for the Alabama IECMH System of Care through the following activities:

- The Alabama Partnership for Children (APC) hired State Young Child Wellness Expert (Director of APL), Local LAUNCH Coordinator (Tuscaloosa Co.)
- Help Me Grow Alabama expanded from Central Alabama only to West Alabama with hiring of another Help Me Grow Care Coordinator
- First IECMH Consultant hired to help develop and implement the Alabama model for consultation piloted in Tuscaloosa County
- Environmental Scan conducted, Strategic Plan and Evaluation Plan developed
- State Young Child Wellness Council created which formed the foundation of state partnerships for IECMH in the future

Building Infrastructure

FY 16- APL Year 2

- Additional IECMH Consultant hired for APL
- Reflective supervision/consultation capacity in the state was initiated
- IECMHC Pilot sites – Early Intervention, Home Visiting, First Class Pre-K, Early Care Settings, Pediatric Primary Care Settings

FY 17- APL Year 3 – Creation of Alabama's Association for Infant and Early Childhood Mental Health (First 5 Alabama)

- Alabama Partnership for Children (APC) secured funding from W. K. Kellogg to launch First 5 Alabama
- An affiliate of the Alliance for the Advancement of Infant Mental Health, First 5 Alabama is licensed to use the IMH Competency Guidelines (MI-AIMH Copyright© 2017) and Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health®
- Seven state agencies formed the initial First 5 Alabama Board
- IECMH State Coordinator position created in partnership with Alabama Department of Early Childhood Education and ADMH

Building Infrastructure

FY18 -APL Year 4- Sustainability and Expansion of IECMH Began to Take Shape

- Alabama selected to participate in the ZERO TO THREE IECMH Policy and Financing Project and Convening which established a partnership with Alabama Medicaid Agency and created a sustainability plan for expansion of IECMH beyond Project LAUNCH

FY19 –5th and Final Year of APL

- Alabama Department of Human Resources funded the APC to establish IECMH Consultation statewide in licensed early care settings
- Six IECMH Consultant positions were established to provide support to licensed early care providers (referred to commonly as *First 5 Consultants*)
- First 5 Alabama established the IECMHC Advisory Committee to guide implementation of consultation activities

New Partnerships and Services Created

FY19 - ADMH awarded \$2 million by HRSA through a Pediatric Mental HealthCare Access(PMHCA) Grant to provide MH services access to rural primary care physicians

- Contract established with Children's Hospital of Alabama for implementation of Pediatric Access to Telemental Health Services (PATHS), providing MH training, consultation and telehealth support to rural primary care physicians treating patients ages Birth-21
- One of the APL IECMH Consultants included on the MH Team for PATHS to specifically address mental health concerns for Birth-5 patients

Sustaining and Expanding IECMH

FY20 Alabama Department of Early Childhood Education (ADECE)

ADECE awarded \$10.6 million through the Preschool Development Grant Birth through Five (PDG B-5) by DHHS Office of Early Childhood Development to develop birth – five system infrastructure including enhancing MH workforce capacity through:

- Partnership with Troy University to develop a graduate career path for IECMH which resulted in the first IECMH graduate certificate program in the state
- Training cohorts of MH clinicians in Child-Parent Psychotherapy (CPP) to increase availability of MH services to children birth-5
- Many IECMH professional development opportunities provided statewide to infant and early childhood workforce

Sustaining and Expanding IECMH

FY 20 Alabama Department of Mental Health (ADMH)

ADMH received new state Education Trust Fund dollars to sustain the IECMH work begun with APL creating IECMH Services within the newly created Office of Infant and Early Childhood Special Programs which also included Early Intervention Services.

IECMH Services included:

- Eight IECMH Consultant positions created and filled using the new ETF dollars and Office of School Readiness funds given to ADMH by ADECE
- IECMH Consultants received a year of training through the PDG-B-5 grant funds received by ADECE and began providing consultation to First Class Pre-K staff
- Alabama selected to receive TA support from Georgetown University and the National Center on Children in Poverty for piloting IECMHC in 2 EI programs
- ADMH IECMH Services partnered with ADMH Substance Abuse Treatment Services to pilot IECMHC in a Substance Use Disorder treatment program for women

Sustaining and Expanding IECMH

FY20 Further Expansion State Level IECMH Leadership and Partnerships

- IECMH State Coordinator position is sustained after APL through partnership between Alabama Department of Mental Health and Alabama Department of Early Childhood Education
- State Reflective Supervision Coordinator and IECMH Services Coordinator positions created by ADMH
- IECMH and Medicaid Policy committee created with ADMH, ADECE, First 5 Alabama and Alabama Medicaid Agency to begin working on an Alabama crosswalk for the DC:0-5, DSM-V, and billing codes to establish a way to bill for IECMH services in the future

Further Expansion

FY21 Focus on Multidisciplinary IECMH Workforce Development and Multi Agency IECMH Policy and System Oversight

- Partnership with GA and SC Association of Infant Mental Health (AIMH) to fund first regional CPP Learning Collaborative
- 7 training teams established in Alabama: DC: 0-5, The Growing Brain, Facilitating Attuned Interactions (FAN), Mothers and Babies, and Infant Mental Health Foundations
- IECMH Policy and Systems Committee formed to include ADMH, ADECE, APC/First 5 Alabama, Troy University, and more

Further Expansion and Impact

FY22 IECMH Consultation and System of Care Growth

- Ten additional IECMH Consultant positions added between APC/First 5 Alabama and ADMH, for a total of 20 positions statewide serving various sectors
- 20 professionals completed Troy University IECMH Certificate since the program started
- 104 professionals IMH or ECMH Endorsed and over 250 members of First 5 Alabama
- Continued participation in the ZERO TO THREE IECMH Financing and Policy Project Collaborative with many other states and D.C.
- ADMH IECMH Leadership team adds First 5 Alabama Director to better coordinate all consultation throughout the state
- IECMH Leadership team members are selected to participate in the 7-month Georgetown's Center of Excellence for IECMHC Program Implementation Collaborative Training

Where is IECMH Consultation Currently Provided?

First 5 Consultants support staff, families, and children statewide in:

- Licensed Childcare Centers
- Licensed Group Childcare Homes
- Licensed Family Childcare Homes

(including Early Head Start and Head Start)

ADMH Consultants support staff, families, and children in:

- PATHS enrolled primary care practices- statewide (limited)
- Part C Early Intervention- statewide
- First Class Pre-K -statewide
- Lovelady Center –Birmingham (the only location they have)

Looking to the Future

- Continued participation in ZTT and Georgetown IECMH Collaboratives
- Expanding IECMHC into more pediatric care settings
- Applying for federal grants to expand IECMHC and messaging of IECMH statewide
- Providing training and consultation support to more child/family serving agencies such as:
 - Additional women and children's homeless shelters
 - Substance use treatment programs for pregnant and postpartum women
 - Day Reporting Centers (Pardons and Paroles)
 - Family /drug courts
 - DHR child welfare staff and foster parents
- Collaborating with higher education institutions to educate students and faculty about IECMH and IECMHC in hopes of increasing workforce capacity in the future

Key Partnerships in the Alabama IECMH System of Care

Leads in the IECMH System of Care include:

- Alabama Department of Mental Health
- Alabama Department of Early Childhood Education
- First 5 Alabama®, whose board of directors include :
 - Alabama Partnership for Children, manages First 5 Alabama
 - Alabama Department of Mental Health
 - Alabama Department of Early Childhood Education
 - Alabama Department of Education
 - Alabama Department of Human Resources
 - Alabama Department of Public Health
 - Alabama Department of Rehabilitation (Office of Early Intervention)
 - Alabama Medicaid Agency



Alabama Department
of Mental Health
connecting mind and wellness

Alabama Department of Mental Health
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ALABAMA DEPARTMENT OF

Early Childhood Education

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First 5 Alabama is a member of the
**Alliance for the Advancement of
Infant Mental Health**

mi-aimh.org/alliance



Susan Griffin, LICSW, PIP, CHCQM
PATHS Director

Susan.Griffin@childrensal.org

<https://www.childrensal.org/services/behavioral-health-ireland-center/paths-pediatric-access-telemental-health-services>

QUESTIONS??

APPENDIX: Additional information for previous talking points



First 5 Alabama®

Alabama Association for Infant and
Early Childhood Mental Health

Benefits of child and family serving professionals becoming IMH or ECMH Endorsed – quotes from F5A endorsees:

“Endorsement process helped me identify gaps in my own understanding, my knowledge of IECMH.”

“Going through endorsement motivated me to be a better provider.”

“I really love the professional development opportunities that First 5 Alabama which led me to becoming endorsed.”

“Because of the reflective supervision requirement for clinicians, I have been able to be more present with families and mindful of their past traumas and unresolved grief and losses.”



First 5 Alabama is a member of the
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Infant Mental Health

mi-aimh.org/alliance

ZERO TO THREE'S IECMH FINANCING AND POLICY PROJECT OF 2018

<https://www.zerotothree.org/our-work/policy-center/infant-and-early-childhood-mental-health-financing-policy-project/>

- The Alabama team was selected by ZERO TO THREE to participate in the Second Cohort of the IECMH Financing and Policy Project for 12 months
- Teams consisted of 5 members, including three required representatives: state's agency responsible for IECMH services, an IECMH clinician, and a decision-maker level person from the state's Medicaid agency. Alabama's team included:
 - Jane Duer (ADMH, team lead)
 - Dallas Rabig (ADECE, IECMH Clinician)
 - Cathy Hall (Ala. Medicaid at the time)
 - Ada Katherine van Wyhe (ADECE's legislative liaison at the time)
 - Sarah-Ellen Thompson (APC and Project LAUNCH director at the time)
- Alabama's team and 9 other teams in Cohort 2 joined Cohort 1 states for a two-day Convening in Minneapolis for training on IECMH financing and policy topics

ZERO TO THREE: IECMH Financing and Policy Project 2018

- Each team developed an Action Plan for which ZERO TO THREE's IECMH Policy Center staff provided technical assistance for one year.
- Alabama's **Action Plan** consisted of the following goals:
 - Increase number of licensed mental health Medicaid providers for birth to five
 - Improve billing policy for children birth to five
 - Implement the use of the *DC: 0-5™ Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood*

ZERO TO THREE IECMH Financing and Policy Project

2018-Present Impact

Results of this Action Plan include:

- The IECMH Medicaid Policy committee was formed in 2019 and has met nearly every quarter since and collaborated on a billing crosswalk for IECMH services specific to Alabama Medicaid codes and law.
- Members include IECMH leaders from ADMH, ADECE, and First 5 Alabama (APC) as well as higher education representatives and practicing clinicians
- MH provider survey was conducted in 2018/2019 to identify workforce capacity and gaps in services for Birth-5. Results indicated definite gaps in access to MH care for Birth-5 population including:
 - No mental health services available for the birth to three family with infant mental health focus
 - Few direct service providers adequately trained to provide birth to five family relationship-focused treatment and trauma-informed treatment practices were not developmentally appropriate for the birth to five family
 - Need to change the way assessment and intervention are provided and billed.

ZERO TO THREE IECMH Financing and Policy Project 2018-2023 Impact

- Through PDG- B5 grant funding:
 - Child Parent Psychotherapy (Birth -5 evidence-based treatment model) is being provided to mental health clinicians across the state. The goal is to have at least one provider of CPP in each county (67) by 2025
 - Alabama has 8 in-state trainers for *The DC:0–5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood* and has trained and continues to train professionals across the state to use this guide
 - The IECMH Medicaid Policy Committee is currently working on a more accessible payment pathway for those clinical professionals serving the birth - 5 years population.



Childhood Mental Health: Working With the Youngest Patients

<https://today.troy.edu/news/childhood-mental-health-working-with-the-youngest-patients/>



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