

List of IMH Core Competencies addressed in NCAST Workshops

Introduction to Infant Mental Health 101 Crosswalk 6 contact hours

<u>Topics</u>	<u>Competencies</u>
Toxic Stress Attachment Theory Parenting Behaviors	Theoretical Foundations: Infant, Young Child Development and Behavior Attachment, Separation, Trauma, Grief and Loss Pregnancy and Early Parenthood
Baby Cues	Direct Service Skills: Observation
IMH Resources/Next Steps	Systems Expertise: Community Resources

Promoting First Relationships (PFR) Crosswalk 2 Day Training: 14.5 hours

Day 1: What are the skills you need to do PFR: reflective practice/observation, providing positive and instructive verbal feedback, reflective questions, practice. Application to a case study, through activities. Attachment and observations (deeper than IMH 101). Early child development through PFR lens, application of observation.

Day 2: More behavior through development within toddler. Case study to apply concepts. Baby cues. Applied skills related to dealing with challenging behaviors. Apply to own case.

<u>Topics</u>	<u>Competencies</u>
Skills to deliver PFR IMH Attachment/apply to observations Challenging Behaviors, case studies Internalizing/Externalizing Behaviors	Theoretical Foundations: Relationship-focused practice Infant/Very Young Child Development Attachment, Separation, Trauma grief and loss Infant/very young child and family-centered practice
Reflective Observation, Questions Baby Cues Verbal Responding/feedback/joining	Direct Service Skills: Responding with Empathy Observation and Listening Listening and Responding with Empathy

Promoting Maternal Mental Health During Pregnancy Crosswalk
2 Day Training: 12.5 hours

Day 1: Transition from being a woman without a child to a woman with a child, stages of acceptance, pregnancy, mother/child relationship, social supports, how to assess psychosocial hx factors r/t pregnancy.

Day 2: Application of interventions, practical applications (including homework), self-awareness (reflection, what I bring to the relationship impacts the work -1 hour).

Topics

Competencies

Pregnancy: psychosocial	Theoretical Foundations: Pregnancy and Early Parenthood Relationship-focused therapeutic practice Family relationships and dynamics
Trauma, loss, maternal depression/anxiety	Attachment, separation, trauma grief and loss Direct Service Skills: Screening and Assessment Responding with Empathy Life Skills Safety
Screening and Assessment strategies Implementation of intervention, strategies Resources/strategies Domestic/Interpersonal Violence	
Practical Applications	Communicating: Listening Speaking

PCI (Parent Child Interaction Scales)

Teaching and Feeding Scales: 3 days (each training covers same general topics listed below)

Day 1/2: Teaching the scales (Teaching/Feeding)

Day 2/3: Practicing the scales via video

Reliabilities (including test that can qualify participant for using the scale in research if score is $\geq 90\%$)

Introduction and use of scale with parents

*need to confirm total hours with NCAST

Topics

Competencies

Parent/Child Relationship Infant Cues, practice Structure of Scales/Barnard Model, practice	Infant/Very Young Child Development and Behaviors Observation Screening and Assessment Disorders of Infancy/Early Childhood
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