

NMAIMH: Making a Difference

Promoting & supporting healthy development and nurturing relationships for all infants and young children in New Mexico.

The New Mexico Association for Infant Mental Health

Annual Report

January 1, 2010 – December 31, 2010

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STANDING COMMITTEES

Executive Committee
Membership Committee
Nominating Committee
Endorsement Committee



MESSAGE FROM THE PRESIDENT OF THE NMAIMH
BOARD OF DIRECTORS

It has been a privilege to work with the fine group of professionals that comprise the New Mexico Association for Infant Mental Health (NMAIMH) Board of Directors over the past year. The willingness to give of yourselves in the name of infants and families across New Mexico is something to be admired. As a group you have helped to promote the understanding of the critical importance of that relationship between infant and parent, on which future development, learning, growth, and ultimately happiness, depends.

As we look ahead to the New Year there are many exciting opportunities on the horizon for NMAIMH. I know that I can count on each one of you to do your part in support of these initiatives and continue to spread the word about the association and the importance of focusing our efforts on infant mental health. The time and effort that we invest today will be felt for generations to come!

I thank the out-going board members for their service to the NMAIMH Board of Directors and hope to continue our relationship through future collaborations. I welcome our new board members and look forward to learning from you and to all you will bring to the association. And to all of the on-going board members, I value the relationships we have forged together as a board and know that we will build on what we have accomplished in 2010.

And finally, I need to thank the membership of the organization and all of those who are endorsed through NMAIMH. Your recognition of the importance of this work through your membership and through your endorsement is greatly valued and appreciated. I trust that you carry the message of the importance of this work to colleagues, friends, and family (and anyone else who will lend an ear!). Many of the answers to some of societies most challenging issues are right here in our hands! If we can be of service to families, if we can be of assistance in promoting healthy, nurturing and loving bonds between infants and parents, then we can rest assured that we have made a difference in this world.

Sincerely,

Joe DeBonis, MA, LPCC
President
Board of Directors
New Mexico Association for Infant Mental Health

NMAIMH YEAR IN REVIEW

The New Mexico Association for Infant Mental Health (NMAIMH) had a fruitful and productive year beginning with our Annual Meeting on January 20, 2011. Attendance was good despite weather issues that prevented some from attending. New board members were welcomed to the Board of Directors and out-going board members were thanked for their service to the association. Highlights from the 2009 Annual Report were presented as well as the 2009 Financial Report. The presentation by Deborah Harris, LISW on “Reflective Practice” in the afternoon, followed by a panel discussion, led to lively discussion afterwards. Three CEU credits were offered for Counselors and Social Workers.

NMAIMH Board of Directors meetings were held bi-monthly throughout 2010 beginning with the Annual Meeting in January. New officers were elected at the start of the year which included the President, Vice-president, Treasurers and Secretaries. A new position was created for the Executive Committee, that being a Past President position, which was very helpful for the continuity of the Executive Committee and the Board of Directors as there were many positions that were newly filled.

The Board of Directors held the annual Board retreat on May 19th from 9:00-4:00 at the United Way of Central New Mexico building in Albuquerque. Wallace Ford facilitated the retreat which included the development of an action plan for the association. Through this process the board created a 2-year Pathway for NMAIMH which included first steps that needed to be taken, action steps that needed to be accomplished in 3-6 months, then we identified what we wanted to achieve as an association by May 2011 and then May 2012. The process enabled the board to set goals for the association as well as identify all of the intermediate steps that need to be achieved to meet these long term goals. Some of the long term goals that we would like to accomplish by May 2012 include: create a training and consultation component, hire an Endorsement Coordinator, and hire an Executive Director. Our desire was to dream big, based on what we felt the association needed in order to better support the work of professionals around the state in their efforts to serve infants and families.

NMAIMH is proud to be part of the League of States who has adopted the Michigan Infant Mental Health Competencies and Endorsement system. Currently the 14 League of States partners include (with several more states in the process of joining):

- Alaska Association for Infant & Early Childhood Mental Health
- Arizona Infant Toddler Children’s Mental Health Association
- Colorado Association for Infant Mental Health
- Connecticut Association for Infant Mental Health
- Idaho Association for Infant Mental Health
- Indiana Infant and Toddler Mental Health Association
- Kansas Association for Infant Mental
- Michigan Association for Infant Mental Health
- Minnesota Infant and Early Childhood Mental Health Association
- New Mexico Association for Infant Mental Health
- Oklahoma Association for Infant Mental Health
- Texas Association for Infant Mental Health
- Virginia Association for Infant Mental Health
- Wisconsin Affiliate for Infant Mental Health

NMAIMH participated in monthly League calls as well as the annual League retreat. The League has several sub committees, which meet via phone conference as well. They include: 1) training 2) reflective supervision research, and 3) a call for endorsement coordinators. This year the retreat was held prior to the ZERO TO THREE National Training Institute, in December 2010 over two days (in Scottsdale, Arizona) and there were approximately 40-50 participants representing all of the member states. The two days included a presentation on a new on-line program developed by the Michigan association called Easy for endorsement application and portfolio review, which will be available for purchase, by League affiliates from the Michigan association. The remaining day and a half included networking opportunities, reflective supervision demonstrations and discussion, and a panel of states sharing activities and lessons learned regarding training, fund raising, policies and endorsement implementation. Debbie Weatherston, Director of the Michigan Association of Infant Mental Health and the League “leader”, presented with several other League partners on the Endorsement process and the League at the ZERO TO THREE National Training Institute in 2010.

The League retreats and monthly calls offer an excellent opportunity to “cross pollinate” with individuals in other states, share ideas and lessons learned regarding the promotion of infant mental health competencies and best practices. The group is supportive, energetic, enthusiastic and committed, and NMAIMH benefits from participation in this collaborative.

The NMAIMH Board of Directors has standing committees, comprised of association and board members, that help carry out the work of the association. The Endorsement Committee worked hard this year to accomplish a number of goals. To begin with, they revised endorsement level requirements to be consistent with the requirements of the League of States. They have also revised the definition of Reflective Supervision/Consultation, as well as reference forms and the Frequently Asked Questions resource on endorsement for the association. The Endorsement Committee conducted an Advisor/Portfolio Reviewer training in August, 2010. These individuals are needed to assist in the endorsement process by advising endorsement candidates and helping them assemble their endorsement portfolios. We currently have 15 individuals who can perform this function. One of the requirements for everyone who is either an advisor, portfolio reviewer or on the committee is that they already hold an endorsement. The Endorsement Committee also created a resource directory of endorsed practitioners in New Mexico that will be available on the NMAIMH website. And finally, the committee held endorsement exams in April and September in 2010 for individuals who were applying for endorsement at Levels 3 and 4.

Endorsement of individuals who work with infants, young children and their families continues to be a core function of the association. Opportunities to educate practitioners about endorsement have occurred throughout the year as board members presented at meetings and conferences, and through the association website. The NMAIMH listserv is also used as a source of educating membership about endorsement. In 2010 thirteen people received their endorsement from NMAIMH with 39 active applicants still in process at the closing of the year.

Another NMAIMH standing committee is the Funds Development Committee. During 2010 this committee wrote proposals for funding to the Con Alma, Brindle and McCune Foundations. For the second year in a row we were not awarded a grant from Con Alma. However, we did receive \$10,000 from the Brindle Foundation for operating and administrative costs (this is the second year they have made a generous grant to the NMAIMH). As of the writing of this report we are still waiting to hear from the McCune Foundation regarding our request for \$10,000 for administrative support.

In another exciting development, the Funds Development Committee has worked with CYFD and OptumHealth to develop a scope of work and contract which will support endorsement, a part-time endorsement coordinator contract position (\$25,000) and training for

infant mental health- behavioral health providers throughout the state, with an emphasis on developing resources in rural areas (\$60,000). The contract should be finalized this month (January) and a training committee has been established to develop an implementation plan for the training and support services requested. This scope of work and contract is considered by the association to be in recognition of the need for more focus on the treatment aspect of infant mental health in the state by CYFD. These funds will help encourage licensed mental health practitioners to become endorsed at Level 3 or 4 as well as providing training opportunities specifically focused on treatment.

The Nominating Committee did a fine job soliciting potential board members to fill vacancies on the Board of Directors for those board members whose terms were coming to an end. NMAIMH members were asked to vote on a slate of candidates to be elected or re-elected to the board through e-mail. There were 7 candidates on the ballot to fill 6 board positions. All of the candidates were highly qualified for the position. I am pleased to point out that 3 of the 6 elected board members were re-elected to the board, and a fourth had been acting in the capacity of proxy for another board member throughout 2010. As a result this will help the board maintain continuity as we move into 2011, while the 2 new board members will bring in new ideas and talents to the board and the association as a whole.

From January 2010 until July 2010 the Membership Committee was chaired by Joe DeBonis and Holly Harrison who organized the 2010 annual meeting along with committee member help. During their tenure membership issues were discussed at the annual board retreat which included looking to other groups of professionals to increase membership, including those working with Child Protective Services, mental health practitioners, and early childhood educators. The committee also explored developing additional ways for members to connect with other members in their community for support, training, or to form study groups.

Beginning in July 2010 Mary Lou Mendenhall agreed to take on the responsibilities of being the committee chair for the Membership Committee. The committee had three meetings during the remainder of 2010. During the first meeting in August they organized the steps needed for a successful NMAIMH Annual Meeting for 2011 and reviewed membership committee responsibilities. At the second meeting in October, committee members followed-up on the remaining tasks that needed to be completed for the annual meeting. They also discussed ways to increase membership, which included revisiting and expanding on some of the ideas

from the board retreat such as expanding our circle of members from a variety of professions related to early childhood and mental health. These focus areas included soliciting members from early childhood education, students in early childhood education, psychology students, counseling students, family studies students, and social work students. The committee's last meeting of 2010 was conducted on December 15th and was specifically focused on a strategic plan for increasing membership. At the close of 2010, NMAIMH membership stood at 112 members. One of the goals of the committee over the next two years is to double our membership.

On February 8, 2010, NMAIMH proudly sponsored a day of training presented by Chandra Ghosh-Ippen, Ph.D in Albuquerque. This training titled "***When our bridges don't connect: Core concepts for understanding how culture and context affect clinical intervention***" drew an attendance of 58 people and netted a profit of \$2,244.40 for the association. Feedback from participants about this training was very positive.

The Training and Outreach Committee was formed in part to continue to provide quality infant mental health training opportunities in New Mexico like the training by Dr. Ghosh-Ippen. In addition, the board was approached by Susan Scott, MD with a request to present information about infant mental health to medical students and law students at UNM. The committee met to develop this presentation and coordinate with the UNM medical school to incorporate this presentation on an ongoing basis into the training of medical and law students each semester. Coordinators at the medical school were not able to incorporate this presentation into the Fall semester but the possibility to provide this opportunity in the future will be explored.

Finally, the NMAIMH Executive Committee met monthly to coordinate association business, make recommendations to the larger Board of Directors, and explore new possibilities for the association. This committee is comprised of the President, Vice-President, Secretaries, Treasurers, a Member-at-Large, the Past President, and the Administrative Coordinator. Since this committee meets on a monthly basis (the Board of Directors meet bi-monthly), they are often the arm of the board that first fields board business. Often members of this committee will research topics for board consideration such as the possible need for insurance for the association and the board or the advantages/disadvantages to contracting or hiring our administrative coordinator as an employee.

Which leads me to Karolyn Wilson's position as the NMAIMH Administrative Coordinator. This position continues to be a crucial and cornerstone position for the association. Karolyn has spent a good portion of her time coordinating endorsement for the association, along with various other administrative duties, to keep the association running. Many thanks to Karolyn for the fine job she has done this year. However, as the demand for endorsement increases as anticipated, the addition of an Endorsement Coordinator is essential to keep up with the increase in those seeking endorsement.

In closing, the New Mexico Association for Infant Mental Health has experienced an exciting year of growth and continued service to its members, the early childhood community, and ultimately, to children and families across New Mexico. The new group of professionals who joined the Board of Directors in 2010, as well as those who continued on the board in 2010, brought vitality and a forward looking approach to the mission and functioning of NMAIMH. I am excited about the possibilities before us in 2011, and am confident that the NMAIMH Board of Directors will dedicate themselves to taking the association to a new level of excellence!

Sincerely,

Joe DeBonis, MA, LPCC
NMAIMH President
January 20, 2011