

WELCOME TO OUR

Quarterly Newsletter

Dear NMAIMH Community,

As we close out 2025, we extend our heartfelt appreciation to Judy Hudson, Lindsey Lopez, and Rachel Williams for their dedicated service on the NMAIMH Board of Directors. Your leadership, insight, and care have helped shape our path forward, and we are deeply grateful for the time and heart you've shared with us. We're also delighted to welcome three new board members, Jeannie Baca, Julia Bergkamp, and Iliana Perez, whose expertise and passion will strengthen our collective work in the years ahead. We look forward to the perspectives and energy they bring to our mission.

To our incredible membership: thank you for making 2025 a year of connection, growth, and shared purpose. I am especially grateful for your continued commitment to the well-being of infants, young children, and families across New Mexico. Your dedication inspires and sustains our work. To all of our stakeholders, partners, funders, collaborators, and community champions, thank you for walking alongside us. Your trust, insight, and shared vision have been vital to our progress and will continue to guide our future.

We're pleased to share our new three-year strategic plan in early 2026, an equity-centered framework grounded in reflection, care, and a shared commitment to supporting professionals, children, and families across our state. This plan reflects a deep respect for where we've been, where we are, and where we're headed. It honors the foundation built by those before us and charts a thoughtful path forward as we continue this meaningful work together.

As I complete my two-year term as Board President, I want to express my deepest gratitude to our staff, fellow board members, and everyone who has supported our collective journey. It has been an honor to serve in this role, and I'm grateful to continue serving on the board as we carry this important work forward. I step into the new year with hope and anticipation for what's ahead as NMAIMH continues to grow in service of our communities across New Mexico.

With warmth and appreciation,
Diana O'Brien
Board President, NMAIMH

2025 Year in Review

Advancing Infant and Early Childhood Mental Health in NM

As we reflect on 2025, our community has made significant strides in supporting infant and early childhood mental health across New Mexico. Here are this year's highlights:

Membership & Endorsement Growth: Our network includes 315 members and 318 endorsed professionals, demonstrating our expanding reach and commitment to quality.

Professional Development: We hosted a variety of trainings to support the field of Infant Mental Health, including:

- Infant Mental Health Spotlights
- Echoes of Care: Reflective Practices for Stronger Connections
- Back to the Basics of Reflective Supervision Consultation
- Regulate Then Educate: A Trauma Sensitive Lens
- Trauma Responsive Care for Infants & Toddlers in Childcare

Sustainable Funding: Our work was made possible through membership and endorsement dues and generous support from the Community Foundation of Southern New Mexico and the Brindle Foundation.

Ongoing Learning: We launched six cohorts focused on understanding early childhood trauma, ensuring continuous growth and knowledge sharing among professionals. Additionally, we developed a trained cohort of five Endorsement Navigators.

Strategic Partnerships: Our collaborations with the NM Children Youth and Families Department, NM ECECD Home Visiting, and the NM ECECD SEED (Social and Emotional Early Development) Initiative have strengthened our ability to support providers through endorsement, reflective supervision consultation, and infant and early childhood mental health consultation.

Thank you to all members, partners, and supporters for your dedication and passion. Together, we are building a brighter future for New Mexico's youngest children and their families.

Liz L Martinez, LMSW, IMH-E, ERS
NMAIMH Executive Director



NMAIMH Membership Benefits

| | | |
|---|--|---|
| <p>Thank you for your Membership to the NMAIMH. Your contributions to the field of Infant Mental Health are greatly appreciated. Please take advantage of these benefits that are available to you!</p> | Professional Development in IMH Competencies | Access to RSC Trainings at no cost Access to monthly training opportunities, the IMH Spotlights at no cost Admission to the annual NMAIMH Annual Meeting and Training at no cost. CEU's available at no cost with eligible trainings |
| | Board of Directors Connections | Opportunity to serve on NMAIMH Committees. Active involvement in the elections of NMAIMH board members. |
| | Endorsement | Endorsement registration and portfolio submission (most categories) and all renewals <i>Weekly Endorsement Office Hours (available to Members and Non-Members)</i> |
| | RS/C | Listing included in NMAIMH Reflective Supervision/Consultation Directory |
| | In Community (Accessible to both Members and Non-Members) | <i>Presentations to promote infant mental health, Endorsement, and the IMH Competencies</i> <i>NMAIMH listserv, website, and social media to access to share upcoming events, trainings, conferences, and other items related to IMH</i> <i>Interface with a diverse and interdisciplinary group of infant mental health professionals.</i> <i>Connection to the global organization, the Alliance for the Advancement of Infant Mental Health</i> |

October Celebrate Babies Week Recap

Throughout Celebrate Babies Week, we came together to reflect on what makes the earliest relationships so powerful. Each day offered a new way to connect — from the Tiny Signals Hunt and Caregiver Tip Swap to uplifting stories and heartfelt messages from our board members about why they celebrate babies. We explored how NMAIMH continues to strengthen infant mental health supports across New Mexico through free trainings, the NM SEED program, and a community built on care, culture, and collaboration. These daily moments of reflection, gratitude, and shared learning reminded us that supporting babies begins with supporting the caregivers and professionals who nurture them every day. Thank you to everyone who joined in, shared stories, and spread awareness of the vital role early relationships play in lifelong wellbeing.



NMAIMH Endorsed Professionals

NMAIMH would like to congratulate and welcome the following providers who became endorsed since July 1, 2025. Thank you for your continued dedication to the IMH field and helping us to promote and support healthy development and nurturing relationships for all infants and toddlers in New Mexico.

Jessi Stockwell

Uganda Richardson (ERS)

Desbah Yazzen-Thompson

Nahomy Trejo Garcia

Mariaseleste Ponce

Margarita Jara

Estreya Orozco

Grecia Hernandez

Angela Swatzell

Katherine Armendariz

Esmeralda Montes

Susannah Garrett

Alyssa Hill (ERS)

Vanessa Gonzalez

Ivana Vidal

Reba Cobos

Adriana Lopez

Rebecca Sanabria

Juan Ramirez

Jael Galvan

Laura Doctorman

Sarah Burghauser

Sandy Sandoval

Ericka Arreola

Alexandra Herrera (ERS)

Jessica Luther (IFS and ERS)

Karla Nunez

Hannah Hagan

Isabella Prudencio

Irma Tarwater

Kathleen Quirk

Celia Banderas

Ana Guzman

Priscilla Guerrero

Angie Robles

Marianna Eanone (ERS)

Marlene Lopez Rodriguez

Nancy Bonney

Bryana Diaz

Felicia Chavez

Krystal Gonzalez

Valeria Holloway

Brenda Garcia

Diana Munoz

Cecilia Rodriguez

Dianna Perea

Madeline Cedillos

Juliana Noriega

Ercilia Gonzales

Zoey Sell

Michelle Garcia

Interested in joining the list of Endorsed professionals in 2026?

Drop-in for Office Hours with our Endorsement Coordinator, Katrina Diaz-Castillo, held every Tuesday from 7:30-8:30am. Office Hours is an opportunity to have your questions answered regarding Endorsement and the application process. Visit our website for more information.



Join the NMAIMH Listserv

Find out about Infant Mental Health training opportunities and stay connected with the network of Infant Mental Health Professionals! All we need is your name and email. Thank you for passing this message along to others!

<https://forms.office.com/r/50eHNdzMU4?origin=lprLink>



Check out the NMAIMH website

The NMAIMH website is now better than ever—organized, clear, and reflects up-to-date information! Check us out at <https://www.nmaimh.org/> and save as a bookmark!

Jessica Mullen, Web Designer from Las Cruces, is the mastermind behind this improved website! Contact Jessica at jmullenmktgdesign@gmail.com if you need help with your website needs.

Upcoming Events

2026 Annual Training & Meeting

Registration is open for our keynote presentation: Regulate Then Educate—Trauma Sensitive Lens. This hybrid event will be held January 30, 2026 from 8:30am-4:30pm. Free to those with a 2026 NMAIMH membership. Visit our [website](#) for more information or register [HERE](#).

Contact Us

Instagram: @nmaimh
Facebook: NewMexicoAIMH
communication@nmaimh.org