

Infant Mental Health Endorsement® (IMH-E®) for *Birth to 3* Program Professionals

**Endorsement for Culturally Sensitive, Relationship-Focused
Practice Promoting Infant Mental Health®**

IMH-E® is an internationally recognized credential that supports and recognizes the development and proficiency of professionals who work with or on behalf of infants, toddlers, and their families, including early intervention providers. IMH-E® builds capacity among *Birth to 3* Programs. Anyone on the team can work towards earning IMH-E®, including: Program Coordinators/Supervisors, Service Coordinators, Social Workers, Educators, OTs, PTs, SLPs, etc.



Why should I pursue Endorsement?

Good for You:

Demonstration of Infant Mental Health (IMH) competencies enhances *Birth to 3* Program professionals' credibility and confidence in working with infants, young children and their families. Professionals gain recognition and belong to a cross-systems, multi-disciplinary network of endorsed professionals in WI.

Good for Babies and Families:

Demonstration of IMH competencies through Endorsement® serves to support infants, toddlers, families, and professionals in a culturally competent, reflective, and relationship-based way.

Good for Communities:

Demonstration of IMH competencies through Endorsement® provides assurance to families, agencies, employers, and the public at large that the endorsed professional meets high standards of care.

Good for Employers:

Verifies that professionals have attained a specified level of functioning and understanding about the promotion of IMH and relationship-based practices.

Good for the Field:

Informs professional development and career planning within an organized framework and creates a competent, high quality workforce leading to desired child/family outcomes.

Good for the WI *Birth to 3* Program:

IMH-E® aligns with the *Birth to 3* Program's statewide goal to positively impact social and emotional development of young children.



Lincoln, 7 weeks



WISCONSIN ALLIANCE FOR
INFANT MENTAL HEALTH
— Early Relationships Matter —

IMH-Endorsement® and the *Birth to 3* Program

Infant Mental Health competencies and the Wisconsin *Birth to 3* Program practices naturally align in the following ways:



- Demonstration of IMH competencies comprehensively prepares early intervention professionals for how to intervene around social and emotional development and attend to the relationship between the parents/caregivers and their infant or toddler.
- IMH-Endorsement® supports the belief that positive social-emotional development is foundational to other learning, and that healthy development happens within the context of nurturing relationships and environments.

Earning IMH-Endorsement®, particularly at the *Infant Family Specialist* level, recognizes and validates the therapeutic work early interventionists do with families during home visits.

IMH competencies provide a professional development “road map” for acquiring the knowledge and skills needed to attend to the often complex nature of early childhood social and emotional development and parent-child relationships.

IMH-Endorsement® recognizes the value of reflection. When intervening with the dyad, awareness of one’s own powerful attitudes and feelings is as essential as the acquisition of scientific knowledge and therapeutic skill. The IMH-Endorsement® process requires integration of ongoing reflective practices. This further prepares professionals to be with families as they experience a variety of emotions, and also creates opportunities for professionals to care for themselves and attend to their own emotions through ongoing reflective practices.



**Questions? Contact the Wisconsin Alliance for Infant Mental Health
Call (608) 442-0360 or visit <http://wiaimh.org/endorsement/>**