

Infant Mental Health Evidence-Based Practices

Prevention Models:

- **Circle of Security**

An evidence-based parent education model focused on attachment. There is also a home-visiting intervention model.

<https://www.circleofsecurityinternational.com/>

- **FLIP-IT**

The Center for School-Based Mental Health Programs at Miami University recently published an evaluation of the OH Department of Mental Health and Addiction Services' state-wide pilot of the FLIP IT strategy. The researchers also reported that parents were "overwhelmingly satisfied" and "100% of the comments described positive outcomes." They recommended that the state continue to sustain and support the use of FLIP IT concluding that it "offers parents effective parenting skills that can improve the lives of their children and family members."

<https://centerforresilientchildren.org/dcrc-shop/flip-it/>

- **Infant & Early Childhood Mental Health Consultation (IECMHC):**

"IECMHC is a prevention-based approach that pairs a mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, early intervention and their home. Mental health consultation is not about "fixing kids." Nor is it therapy. Mental health consultation equips caregivers to facilitate children's healthy social and emotional development. IECMHC is nationally recognized by the Association of Maternal and Child Health Programs (AMCHP) as a best practice." - Center of Excellence for IECMHC website

<https://www.samhsa.gov/mental-health/children-and-families/early-childhood/coe-iecmh>

<https://www.iecmhc.org/>

Intervention Models:

- **Conscience Discipline:**

Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

<https://consciousdiscipline.com/>

- **Pyramid Model:**

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country.

https://csefel.vanderbilt.edu/resources/training_modules.html

- **Parent-Child Interaction Therapy (PCIT)**

A model that's effective for treating children who have experienced trauma, such as disruptive behavior or exposure to child abuse.

<https://www.pcit.org/>

- **Attachment and Biobehavioral Catch-up (ABC)**

A model that's effective for treating children who have experienced trauma.

<https://www.abcparenting.org/>

- **Child First**

An evidence-based model that addresses emotional and behavioral problems, developmental and learning problems, and abuse and neglect

<https://www.childfirst.org/>

- **Child-Parent Psychotherapy (CPP):**

Addresses symptoms of post-traumatic stress

<https://childparentpsychotherapy.com/>

- **TBRI® (Trust-Based Relational Intervention)**

Evidence: Multiple studies have demonstrated its effectiveness for improving attachment and behavioral regulation in children with trauma histories.

<https://child.tcu.edu/about-us/tbri/#sthash.D6Mtfcpj.dpbs>

- **DIR/Floortime**

Evidence: Supported by peer-reviewed studies on developmental interventions for autism and early childhood development.

Level: Promising practice, nearing evidence-based depending on implementation fidelity.

Promotes emotional connection through play and child-led activities.

Can be implemented informally without full certification.

<https://www.icdl.com/floortime>

- **Parents as Teachers (PAT)**

Evidence-Based: Research supports its effectiveness in promoting child development and strengthening parent-child relationships.

<https://parentsasteachers.org/>

- **Theraplay:**

Theraplay is a dyadic child and family therapy that has been recognized by the Association of Play Therapy as one of the seminal psychotherapies for children. Developed over 50 years ago, and practiced around the world, Theraplay was developed for any professional working to support healthy child/caregiver attachment. Strong attachment between the child and the important adults in their life has long been believed to be the basis of lifelong good mental health as well as the mainstay of resilience in the face of adversity. Modern brain research and the field of neuroscience have shown that attachment is the way in which children come to understand, trust and thrive in their world.

<https://theraplay.org/>

- **Dyadic developmental psychotherapy (DDP):**

A type of intervention that works with the parent and infant together

<https://ddpnetwork.org/>