

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Infant Mental Health (IMH)

A Promising Practice

What is Infant Mental Health?

Infant Mental Health is a promising practice for parents and their young children, aged 0 (pregnancy) to 36 months. IMH helps families at risk for relationship problems, child abuse and/or neglect, and behavioral health concerns. Families can be a part of IMH if either the parent or child have concerns that make them more prone to disruptions in the parent-child relationship. IMH is delivered weekly, usually in a families' home, by a therapist. IMH works to increase parenting skills and promote mental health and sensitive caregiving. It reduces the risk for the child and lessens the chances of intergenerational

transmission of the effects of unresolved loss and trauma in parents.



Who is IMH for?

Children ages 0-3 who display any or all of the following:

Disruptions and/or disturbances in primary attachment relationships; developmental delays; socio-emotional/behavioral problems or disorders related to the impact of experiences including neglect, abuse, separations, domestic violence, medical conditions, lack of resources and/or emotional/behavioral outcomes associated with being parented by an adult with experiences related to the impact of trauma, stress/adversity (e.g., mental health concerns and/or other familial/ environmental stressors)

And/or

Parents or Caregivers of children ages 0-3 who display any or all of the following:

Disruptions and/or disturbances in primary attachment relationships, and/or caregiving experiences related to the impact of past trauma, or stress/adversity, and/or a range of behavioral and/or environmental concerns that impact parenting and the child-parent relationship including unresolved loss, mental health issues (i.e., depression, anxiety), domestic violence, economic deprivation, systemic oppression, and lack of social support.

Who is involved in services?

This program involves the family or other support systems in the individual's treatment: The needs and contributions of significant adults (including other parents who are not direct recipients of services) and other young children in the household are considered and included in the IMH intervention.

This may include biological parents, foster parents, and/or kin; and may also involve coordination of care with child welfare system providers, medical providers, early care and education providers, and other professionals involved in support for the infant/toddler and/or family.



To Learn More

Is IMH right for your family? Talk about it with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at 989) 797-3559.