Seeing the Need Through the Eyes of the Child

Sheri L. Hill, PhD
Early Childhood Policy Specialist
hill@earlychildhoodpolicy.com
www.earlychildhoodpolicy.com
Cell: 206.940.0892

My Goal: Change Systems
I work with decision and policy makers to include infant mental health principles in the many decisions they make that affect very young children and their families.

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Today’s Topics
- Why Change Systems?
- Practical Steps to System Change
- Working in WA
- National Resources

From Clinic to Congress
- Exterior Impacts on Services
  - Who can you serve?
  - What kind of services can you provide?
  - How do providers get paid?
- Challenges Outside the Clinic
  - Community Risks Block Individual Gains
  - Stuck Systems Block Solutions

Compelling Aspects of Early Childhood Work
- Prevention and Promotion
- Power of Community
  - “There is no such thing as a baby.” (Winnicott)
- Relationship, Relationship, Relationship
- The infant mental health mantra
- Setting the Stage for Healthy Brains and Bodies
  - Success in school and life
Resources Mismatched with Science

www.aecf.org/upload/publicationfiles/ec365k756.pdf

Identify Potential Partners and Champions

- We need respected community leaders.
- We need powerful agents for change.
- We need a judge!

Steps to System Change

- Collaboration and Relationship Building
- Keep the Community Interested in the Story
- Cultivate Change in Multiple Areas
- Maintain Change

Engage in Information and Resource Sharing

- Respect for Other Disciplines is Key
- "It is important to remember that being right does not necessarily make you effective."
  - Hill, S (2009) Zero to Three
- Provide info but listen for local needs

Start with Collaboration and Relationship Building

Abused or Neglected Young Children

- Infants and toddlers constitute 34% of abused or neglected children
- Infants account for almost 1 in 4 (22%) new admissions to foster care
- In Washington, approximately 1 in 3 (32%) of abused or neglected children are infants or toddlers
  - Orme, N (2009)
Start With What they Need

- What are the goals of the family (system)?
- Where are they ready for change?

Repairing Families

- Infants reunify less often and more slowly (Harris & Courtney, 2003)
- In Washington
  - "Infants reunify at less than half the rate of teens." (Partners for Our Children, Data Dashboard: The Children, 8/10)
  - Higher % infants in care => lower regional reunification rates (WSIPP, 2004)

Demonstrating Relevance

- Relate your information to your audience
- Remember your audience's audience
  - elected official's answer to voters
  - Agency heads answer to ......
- A very few numbers are often enough

Keeping the Community Interested in the Story

Young Children in Child Care

- Colorado 0-5 (low income)
  - 23% of children were identified as having significant emotional behavioral problems
- Illinois 0-3 year olds
  - 16% - 24% had significant social-emotional problems
    - Colin et. al. (2003)

Young Children – Flying out of Child Care

- Washington 3-5 year olds
  - 1 in 10 pre-K teachers expelled a child
  - Twice the rate of school-age children
- Illinois 0-3 year olds
  - 42% of programs expelled an infant or toddler
  - Programs unable to handle social-emotional problems
    - Colin et al. (2003)
Show Me the Baby

Share the Science
- Convey Respect
  - Jargon can feel ‘over their heads’
  - Not far to ‘smarter than them’

Setting the Stress Thermostat
http://developingchild.harvard.edu/library/multimedia/inbrief_series

Share the Science
- Consider Connections to “Hot Topics”
  - Brain Science
  - Evidence Based Interventions
  - Adverse Childhood Experiences
  - School Readiness

Share the Science
- Share Solutions Not Just Problems

provide Relationship Based Treatment
Sometimes mental health intervention is needed to get things "right side up" for young children and their caregivers.
**Child Parent Psychotherapy**

- A dyadic attachment-based intervention for young children exposed to interpersonal violence and other traumas.
- Empirically validated for children under 6.

**Improvements with CPP**

- **Dyad**
  - Relationship Interactions
  - Attachment Security
- **Parent (Typ. Mother)**
  - Mood
  - PTSD symptoms

- **Child**
  - Behavior
  - PTSD Symptoms
  - Attributions
  - Cognitive Functioning

Lieberman & Van Horn (2008)

**Change the Conversation**

- "...when we move a baby in care from one home to another home... or one placement to another placement... what we are really doing is... moving a baby from one relationship to another relationship." Dorothy Henderson, PhD, LCSW

- "Babies don't see legal or blood relationships -- they only see interpersonal relationships." Hill, S. & Solchany J. (November, 2005) Mental Health Assessments for Infants and Toddlers. *ABA Child Law Practice Journal*.

**Balancing Needs**

- Respond to the need for immediate help
- Yet keep an eye on the big picture

**Find Your Place**

Promotion →

Prevention →

Early Intervention/Treatment

Helping Young Children Succeed

Miami-Dade CPP

Cultivate Change in Multiple Areas
Keep the Conversation Going
Repeat, Repeat, Repeat

“Systems work in communities”
Hill (2009)

Open Wide to New Partners
Judges and Dentists

Maintaining Change

Never Stop Relationship Building

- Keep out your welcome mat
- Find your partners
  - Local
  - State
  - National

Keep All Eyes on the Prize
My Vision
A stronger more secure future for young children in Washington State and beyond.

Keep Spreading the Word
Early Relationships Are Important!!!
Working in Washington

\[ S = \text{Resources Available in Spanish} \]

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Get In On The Action!

Children’s Alliance

www.childrensalliance.org

- Action Hub
  [http://action.voices.org/site/PageNavigator/Act_page](http://action.voices.org/site/PageNavigator/Act_page)
- Early Learning Action Alliance
- Investing in Children Coalition of South Central WA:
  - meets the first Wednesday of each month, 2-4pm
  - ESD 105/33 S 2nd Ave, Yakima.
  - Coordinator: Stacie Marez, (509) 853-1107
  - [stacie.marez@esd105.org](mailto:stacie.marez@esd105.org)

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What Are Your Issues?

- What matters to you?
- Where could you start?
- What is the right frame for your picture?

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Local Early Childhood Collaboration Connections

- Project LAUNCH National
  [http://projectlaunch.promoteprevent.org/contacts-for-grantees/washington_state](http://projectlaunch.promoteprevent.org/contacts-for-grantees/washington_state)
- State and Local
  - Rebecca Timmen, Project Director WA State
    - 360-236-3509
    - [Rebecca.Timmen@doh.wa.gov](mailto:Rebecca.Timmen@doh.wa.gov)
  - Jan Thoemke, Project LAUNCH Director, Yakima
    - (509) 574-2978
    - [jan.thoemke@co.yakima.wa.us](mailto:jan.thoemke@co.yakima.wa.us)
- Children’s Village
  - [www.yakimachildrens village.org](http://www.yakimachildrens village.org)

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Collaboration Building

**Kids Matter**

A strategic framework for building an early childhood system

Medical, Mental Health, Child Care, Parenting Support

[www.earlylearning.org/kidsmatter.html](http://www.earlylearning.org/kidsmatter.html)

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WA Early Childhood Resources

- Department of Early Learning:
  - [www.del.wa.gov](http://www.del.wa.gov)
- Thrive by Five WA:
  - [www.thrivebyfivewa.org](http://www.thrivebyfivewa.org)
- Parent Trust for Washington Children:
  - [www.parenttrust.org](http://www.parenttrust.org)
  - They also have a Family Help Line 1-800-932-HOPE (4673).
- Conscious Fathering – specifically for dads

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WA Early Learning Plan

- Department of Early Learning
  www.del.wa.gov/plan/
- Infant and Toddler Plan
  www.del.wa.gov/development/infant/Default.aspx/
- Office of Superintendent of Public Instruction
  www.k12.wa.us/earlylearning/

Early Support for Infants and Toddlers

Washington State Part C
Early Intervention Program for Infants and Toddlers with Developmental Delays and Disabilities

www.del.wa.gov/development/esit

Regional Public Health Activity

- Northwest Bulletin
  Serving maternal and child public health professionals in AK, ID, OR, and WA
  http://depts.washington.edu/nwbfch/
- Topics of Interest
  Rural Health - Summer 2012
  Military Families - Summer 2010
  Preventive Oral Health Care - Winter 2010
  Domestic Violence - Winter 2009
  Off to a Good Start: Mental Health Promotion for Young Children - Winter 08
  Preventing Perinatal Depression - Summer 07

Casey Family Programs Early Learning Symposium

Applying the Science of Early Childhood Development to State Policy and Practice: a Case for Action and a Call for Innovation (Nov. 2010)
www.casey.org/resources/events/earlylearning/wa/default.htm

- Watch videos of proceedings
- Lots of great local and national resources

ZERO TO THREE – National Center for Infants, Toddlers and Families

www.zerotothree.org

- Great stuff for professionals, advocates and parents
  - From Baby to Big Kid - monthly developmental newsletters
  - School Readiness Birth to 3 - interactive learning tool for readiness activities
ZERO TO THREE – Policy Network

www.zerotothree.org/public-policy/
- Get on their Policy Network!
  www.zerotothree.org/public-policy/action-center
- Early Experiences Matter: A Guide to Improved Policies For Infants and Toddlers
  www.zerotothree.org/policyguide

National Scientific Council on the Developing Child

www.developingchild.net
- Collaboration - neuroscience, early childhood development, pediatrics, and economics.
- Don’t Miss the In Brief Series!
  http://developingchild.harvard.edu/library/multimedia/inbrief_series/
- Short Videos and 2-Page Briefs On:
  - The Science of Early Childhood Development
  - The Impact of Early Adversity on Brain Development
  - Early Childhood Program Effectiveness

National Conference of State Legislatures

www.ncsl.org
- Helping Young Children Succeed:
  Strategies to Promote Early Childhood Social and Emotional Development
  By Julie Cohen, ZERO TO THREE; Ngozi Onunaku, ZERO TO THREE; Steffanie Clothier, NCSL; and Julie Poppe, NCSL  (September 2005)

Health Oriented Sites

- National Academy on State Health Policy
  www.nashp.org
- American Academy of Pediatrics – Children’s Mental Health
  www2.aap.org/commpeds/dochs/mentalhealth/
- Docs for Tots – WASHINGTON
  www.docsfortots.org/DFTWA.asp
Pyramid Model for Promoting Social-Emotional Competence in Infants and Young Children

- Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children
  www.challengingbehavior.org
- Center on the Social and Emotional Foundations for Early Learning (CSEFEL)
  http://csefel.vanderbilt.edu/
- Tons of great handouts for parents too like “Reading Your Child’s Cues from Birth to Age 2” & “Making Life Easier: Running Errands”

References

(not otherwise listed)