

NEBRASKA ASSOCIATION FOR INFANT MENTAL HEALTH

HOW TO FORM A LOCAL CHAPTER

We are a statewide network of parents and professionals who share a common concern for young children and their families. We believe in the power of prevention. Early intervention works! Take your enthusiasm for this issue home from this conference and keep it growing in your home community. This is the perfect time to form a local chapter.

Why?

- To build support for early childhood mental health services in your own community
- To identify and advocate for needed ECMH services in your community
- For Professional Development: continuing learning, formal and informal, about ECMH; learning across disciplines

Where can I look in my community for others interested in ECMH?

- *Mental Health Providers – private, public and non profit*
- *PT/OT/Speech Therapy*
- *Early Childhood Education/Special Education*
- *Pediatric professionals -- Public Health, nursing, and other medical settings serving young children*
- *Child Care and Preschool programs*
- *State HHS Child and Family Service Specialists and Child Welfare Providers*
- *Planning Region Teams*
- *Community service agencies serving young children and families*
- *Parent and Family Support Networks*
- *University Faculty and students in all disciplines that serve young children: psychology, social work, counseling, medicine, nursing, physical, occupational and speech therapy,*

What do local chapters do?

- ✓ **Network -- Share ideas about community resources**
 - What's new in your community? It's always changing. Invite a speaker to meet with interested professionals
- ✓ **Identify new services that your community needs**
 - "Kid Squad", an early childhood mental health consultation program in pre-school and child care settings, is an idea that came about when several members of the Omaha Coalition came together to apply for grants to fund the program

- ✓ **Learn, Read and study together.** Read journal articles, view DVD's follow up on conference presentations, learn new techniques. See what resources are available at the state and national levels
 - Check out **Trauma, Brain and Relationship: Helping Children Heal.** Buy the DVD or watch on line at no cost. Have a discussion together.
 - Learn about screening for postpartum depression.

- ✓ **Sponsor a training session** – a brown bag event, or a day long workshop. Help each other learn about new developments in early childhood.

- ✓ **Carry the message to other community and professional groups.** Tell them why Early Childhood Mental Health is important
 - The CACMH White Paper was developed to carry this message. You are welcome to use it in your community

How Can NAIMH help? Contact Us at Nebraska Children and Families Foundation
http://www.nebraskachildren.org/our_work/programs_initiatives/ne_association_for_infant.html

- We are happy to provide consultation for organizing local chapters.
- We can offer sample charters
- Early Childhood Mental Health White Paper

How Do We Become a Chapter of NAIMH?

- Check out our Membership Form at NCFE (above) or available here today
- A chapter consists of at least 5 dues paying (NAIMH) members.
- A chapter applies to the NAIMH board to be recognized
- A chapter is entitled to be represented on the NAIMH Board