

Infant & Early Childhood Mental Health Resources

Compiled as a resource for VMAP Project ECHO participants
Updated 04.01.2022 | email projectecho@vmap.org with updates



Get Help Finding Mental Health Providers

Virginia Mental Health Access Project (VMAP)

<https://vmap.org>

Cameron Gallagher Mental Health Resource Center: 804-828-9897

Helps families and professionals in finding therapists, psychiatrists, and other mental health services

Virginia Association of Play Therapy

Find registered play therapists at <https://vapt.org>

PCIT International

find registered PCIT therapists by locality at www.pcit.org/united-states.html

Psychology Today Therapy Search

<https://www.psychologytoday.com/us/therapists/toddlers-preschoolers-0-to-6/virginia>

Community Services Board (CSB) for any Virginia locality

<https://vacsb.org> OR www.dbhds.virginia.gov/community-services-boards-csbs

Home Visiting Programs

Early Impact Virginia Alliance of Early childhood home visiting: <https://earlyimpactva.org>
Directory of home visiting programs by region and locality: <https://earlyimpactva.org/directory/>

Families Forward: www.familiesforwardva.org

Coordinates the work of 3 of Virginia's Home Visiting models: **CHIP; Healthy Families; and Parents as Teachers**. Offers intensive parenting education; screen children for developmental delays and other concerns; use a strengths-based, capacity building approach; are free and voluntary.

Other models include Early Head Start (Prenatal to age 3); Healthy Start/Loving Steps (prenatal); Family Spirit; Nurse-Family Partnership (prenatal); and Resource Mothers (teens).

Head Start and Early Head Start: www.headstartva.org/program-directory

Other Birth to Five Support

Infant and Toddler Connection of Virginia: www.itcva.online/central-directory

Virginia's early intervention system for kids with disabilities ages 0-36 months and their families.

Post-Partum Support Virginia: www.postpartumva.org

Information for patients, families and professionals on identifying and treating post-partum mental

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health issues. Offers resources for support groups, mental health therapists and psychiatrists, and a “warm line” for support. Has wonderful, downloadable resources for patients and families in English and Spanish

Post Partum Support International: <https://www.postpartum.net/>

Parent Resource Centers: Many school divisions in Virginia have Parent Resource Centers. PRCs link families, schools, and communities to better support children with disabilities in school settings. PRCs foster a positive relationship between parents and schools, assist parents with questions and planning and provide resources and training sessions. **To locate a specific PCR and other special education contacts:** <https://vafamilysped.org/special-ed-contacts>

PEATC (Parent Education Advocacy Training Center): www.peatc.org
Helps families understand and navigate special education services and disability service system, build effective communication skills, learns skills for self advocacy, and develop collaborative partnerships.

Early Childhood Mental Health Virginia: <https://ecmhva.partnership.vcu.edu/>
A statewide initiative to develop, implement and sustain a system of care for early childhood MH (0-8)

Virginia Association for Infant Mental Health

Interdisciplinary professional organization to promote optimal growth and development of infants, toddlers, and families through relationship based training and advocacy.

VAIMH offers an **Infant Mental Health Endorsement** <https://ecmhva.partnership.vcu.edu/infant-mh-endorsement/mental-health-endorsement-introduction/>

Zero to Three: www.zerotothree.org

Private non-profit agency serving parents, early childhood professionals and federal and state policy makers in implementing policies and services that promote the social-emotional development of children ages 0-3 and supports healthy family relationships. Lots of great information and resources for parents and professionals.