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**Agenda**


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**Thank you for a great year!**



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Now accepting calls!



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VMAP ECHO  
2023  
Deeper Dive  
Cohort  
Members



Suzanne Alonso,  
MSN, CPNP-PC  
Lynchburg Pediatrics, Forest



Susan Ashton-Lazaroe, MD  
ALL Pediatrics  
Lorton



Lelia Binder, MD  
Sterling AllCare Pediatrics  
Potomac Falls



Deana Buck  
Richmond



Brittany Butler, PA-C  
Tri-Area Community Health  
Ferrum



Walter Chun, MD  
The Pediatric Center  
Glen Allen



Robin Church  
The Arc of Virginia  
Richmond



Ashley D'Angelo, CPNP-PC  
Children's Medical Associates  
of Northern VA, Alexandria



Chrystal Doyle, APRN, FNP-  
BC, PMHNP-BC  
Cumberland Hospital



Jadig Garcia, PhD  
The Pediatric Center  
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Jennifer Herrera, MD  
UVA Neurodevelopmental  
Behavioral Pediatrics



Vicki Holmes  
Providence Forge



Morgan Honickel, LCSW  
Petersburg



Nadia Islam, PhD  
The Pediatric Center  
Glen Allen



Stephanie Konkus, MD  
Town Pediatrics  
Leesburg

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# VMAP ECHO 2023 Deeper Dive Cohort Members



Paula Labriola, MD  
Woodbridge



Nair Maya, MD  
Capital Area Pediatrics  
Herndon



Marina McBee, CPNP  
Capital Area Pediatrics  
Herndon



Ayanna McCray, MD  
New Heights Pediatrics  
King George



Nithiyakalyani  
Panneerchelvam, MD  
Fairfax



Maria Sacoto, MD  
Sacoto Pediatrics  
Falls Church



Liv Gorla Schneider, MD  
The Pediatric Center  
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Lowry C. Shropshire, MD  
Pediatric Associates of  
Alexandria



Allison Siegel, MD  
Capital Area Pediatrics  
Falls Church



Tracy Walters  
Virginia DBHDS  
Richmond



Jackie Winkelvoss, RN  
Capital Area Pediatrics  
Oakton

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Questions?  
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Beth Ellen Davis, MD  
Moderator



Jacqueline Cotton, MD  
Pediatrics



Mary Margaret Gleason, MD  
Child Psychiatry



Michael Mintz, Psy.D  
Psychology



Polly Panitz, MD  
Developmental Pediatrics

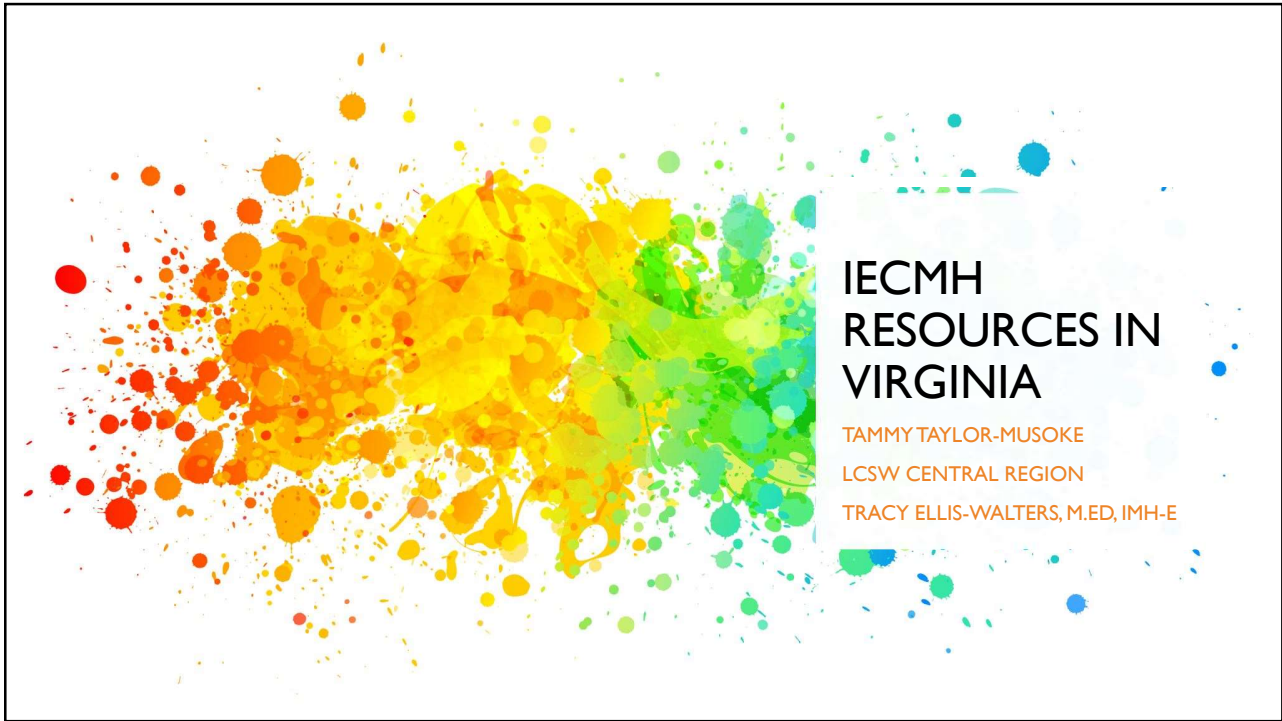


Tammy Taylor-Musoke, LCSW  
LMHP

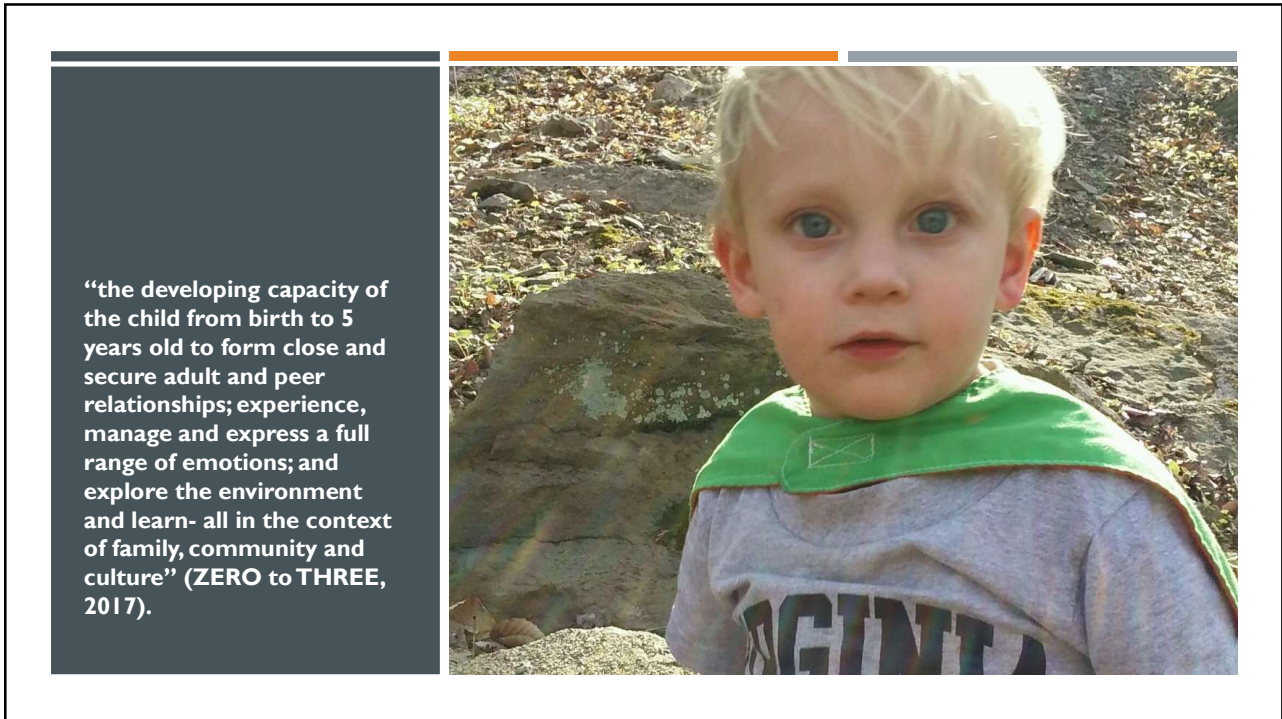


Robin Cummings, MSHA  
Program Coordinator

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“the developing capacity of the child from birth to 5 years old to form close and secure adult and peer relationships; experience, manage and express a full range of emotions; and explore the environment and learn- all in the context of family, community and culture” (ZERO to THREE, 2017).

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## WHAT IS EARLY CHILDHOOD MENTAL HEALTH?

[HTTPS://YOUTU.BE/L41K2P-YRCS](https://youtu.be/L41K2P-YRCS)

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### IECMH By The Numbers

- 10-16%
- Between 10-16% of young children experience mental health conditions including PTSD and anxiety.
- 22%
- For babies in poverty, that number is even higher—22 percent.
- \$3.64
- Funding infant and early child mental health programs is a solid investment. Each dollar invested into these programs returns \$3.64 back in prevented treatments later in life.

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## WHAT ARE THE THREE PRIMARY **GOALS** OF INFANT AND EARLY CHILDHOOD MENTAL HEALTH PRACTITIONERS?

- **Promote emotional well-being in young children and their families**
- **Reduce risk factors**
- **Prevent and/or ameliorate emotional problems**

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### WHY IS CHILDREN'S MENTAL HEALTH IMPORTANT?

The Mental Health of children is important. Mental Health includes the ability to form relationships, display appropriate behavioral patterns, and have control over their thought processes and regulate their own emotional experiences.



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# 3 REASONS GOOD INFANT MENTAL HEALTH MATTERS

**BRAIN ARCHITECTURE**

We have a shared stave to make sure babies develop sturdy brain architecture, because this foundation supports a lifetime of learning and productive participation in society. A reliable caregiver who is responsive to a baby's needs is the base for secure attachment, which allows an infant to explore and learn.

**BODY & HEALTH**

Toxic stress from broken caregiver-infant relationships can push a baby's stress hormones into overdrive. When constantly present, these hormones disrupt brain and physical development. And babies can't learn if their brains and bodies are working against them. The antidote to toxic stress? Affection and protection by a nurturing caregiver.

**BEHAVIOR & RELATIONSHIPS**

Secure attachment is a fundamental building block of social function. Children need relationships with sensitive caregivers to self-regulate, get along with others, solve problems, and be productive — the basis for civic and economic prosperity.



## INFANT MENTAL HEALTH

is the optimal social, emotional, and cognitive well-being of children ages 0 to 3, developed by secure and stable relationships with nurturing caregivers.

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What Impacts a Child's  
mental Health?

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**Attachment Security Changes a Child's Brain!**



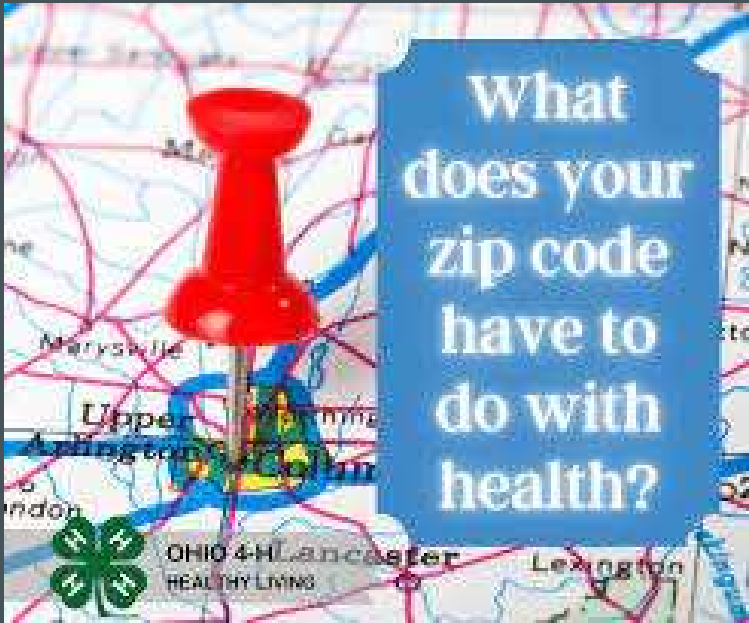
(Photo by Larry Crayton is licensed under CC BY 4.0)

**ATTACHMENT**

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**YOUR ZIP CODE**



**What does your zip code have to do with health?**

**OHIO 4-H Lancaster HEALTHY LIVING**

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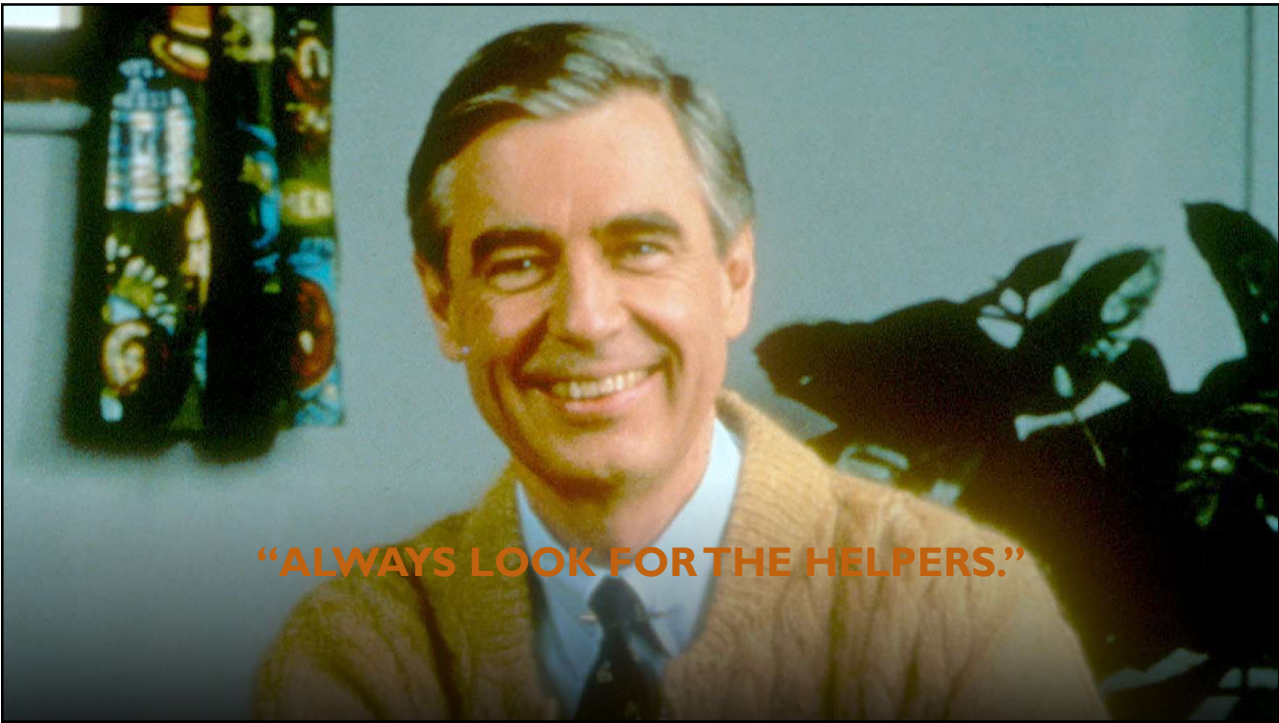
## SOCIAL DETERMINANTS OF HEALTH

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.

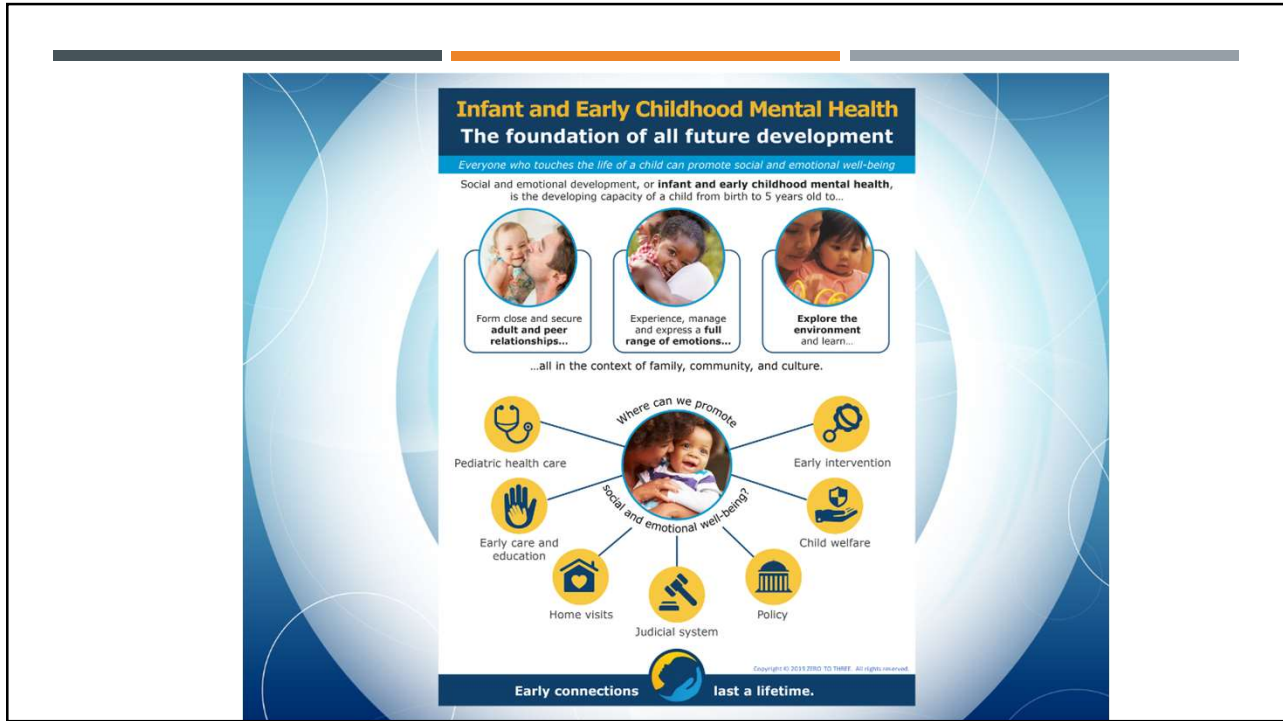
 Childhood experiences	 Housing	 Education	 Social support
 Family income	 Employment	 Our communities	 Access to health services

Source: NHS Health Scotland

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## THREE WAYS TO CONNECT ON THE STATE LEVEL WITH IECMH IN VIRGINIA...

**DBHDS**

**VAIMH**

**ECMHVA**

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ENGAGEMENT ON THE LOCAL AND REGIONAL LEVEL...



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THE BASICS (INFANT & TODDLER LEARNING AND BRAIN DEVELOPMENT SUPPORT FOR CAREGIVERS & COMMUNITIES)  
[WWW.THEBASICS.ORG](http://WWW.THEBASICS.ORG)

- **Maximize Love, Manage Stress** Babies and toddlers thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to help them see, hear, and feel your love. You will help them develop a sense of security and self-control.
- **Talk, Sing, and Point** Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and a loving tone of voice, while pointing to help them know what you are talking about.
- **Count, Group, and Compare** Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.
- **Explore Through Movement and Play** Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.
- **Read and Discuss Stories** Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. With infants, point at the pictures and speak with excitement. With toddlers, just make it fun.

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## WHAT IS WIC

- WIC is a special supplemental nutrition program that helps women, infants and young children stay healthy and eat right during times of important growth by providing: quality nutrition education and counseling, a monthly food package of nutritious foods, breastfeeding education and support, and access to maternal, prenatal and pediatric healthcare services.

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## WHO CAN PARTICIPATE IN WIC?

- Women throughout their pregnancy
- Breastfeeding women for one year
- Post-Partum women for six months
- Children up to their fifth birthday

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## WHAT IS HOME VISITING

- Home visiting is a voluntary service and it's a partnership between parents and professionals that is backed by decades of evidence and driven by the fundamental desire to build strong, healthy families and children who are ready to succeed in school and beyond.
- A prevention strategy used to support pregnant and parenting families to promote positive health, behavioral health, development, and school readiness outcomes, and to help prevent child abuse and neglect.
- Coaching parents in their role as their children's first and most important teachers.
- Voluntary, reaching families in their homes when and how they choose.
- Delivered by trained professionals who provide customized coaching and guidance through pregnancy and early childhood.
- Home visitors conduct regular screenings to help parents identify possible health, behavior or developmental issues.

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## EARLY IMPACT VIRGINIA

ALLIANCE FOR EARLY CHILDHOOD HOME VISITING

- Early Impact Virginia has a website that provides a directory of the different home visitor programs across the state. Not all programs are offered in all areas.
- [www.earimpactva.org](http://www.earimpactva.org)

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## CHIP OF VIRGINIA

### VIRGINIA'S COMPREHENSIVE HEALTH INVESTMENT PROGRAM

- Visits from a registered nurse promote healthy pregnancies and help parents of young children take a proactive approach to their child's health and development as well as their own health and family stability. H
- CHIP of Virginia (CHIP) nurses work with families, and local medical and dental providers to increase access to, and successful use, of healthcare resources.
- A parent educator uses the Parents As Teachers Curriculum with participants to build important skills, such as creating routines, engaging in early learning activities that promote school readiness and using positive discipline approaches.
- Educators also assist families with achieving self-sufficiency goals, such as getting a driver's license, earning a GED or certification or pursuing higher education— all of which smooth pathways to employment.

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## HEALTHY FAMILIES

- Healthy Families Virginia is a good fit for parents with multiple stressors, such as single parenthood; low income; limited knowledge about infant and child development; history of abuse or adverse childhood experiences; personal trauma; and issues related to substance abuse, mental health, and/or domestic violence.
- Families who do best in the program are willing to receive at least one home visit per week for the first six months after the baby's birth.
- Families have the choice to receive services until the child enters preschool or until the child's fifth birthday.
- Families must enroll prenatally or within three months of birth. There are no income restrictions.

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## PARENTS AS TEACHERS

- In Virginia, many CHIP and Healthy Families programs incorporate the Parents as Teachers model or curriculum and there are also independent Parents as Teachers programs.
- Parents as Teachers is a good fit for parents who are expecting or who have a child under age five at enrollment.
- Families who are on waiting lists or don't meet the eligibility requirements for other programs can often qualify for Parents as Teachers services.
- There are no income restrictions, but most Parents as Teachers programs prioritize lower-income families with other risk factors.
- The cornerstones of the Parents as Teachers model are: personal visits, building connections, resource network and conducting child development, health, hearing and vision screenings.

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## VIRGINIA HEADSTART ASSOCIATION

- The Virginia Head Start Association dedicates itself to training and advocacy which enhances and fosters growth of individual members, member agencies, partners and others who impact the lives of children and families.
- Head Start is a national child development program for children from birth to age 5, which provides services to promote academic, social and emotional development for income-eligible families.
- Head Start is a child-centered, family focused, comprehensive and community-based program.
- Head Start provides comprehensive education, health, nutrition, dental, mental health, social services and parent involvement opportunities to low-income children and their families.

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## LOVING STEPS

### GIVING KIDS A HEALTHY START

- Loving Steps is implemented in three localities that were selected due to high infant mortality rates (IMR) and significant perinatal health disparities. (Westmoreland County, Petersburg and Norfolk)
- The program strives to primarily serve African American and Hispanic families who are at highest risk for life stressors and loss during pregnancy and parenting.
- The Five Healthy Start Approaches
  - Improve women's health before, during and after pregnancy
  - Promote quality services, with a focus on required core competencies and standardized interventions
  - Strengthen family resilience, by engaging both parents and addressing some of the stress that underlies many disparities in birth outcomes
  - Achieve collective impact, serving as a community hub that drives collective improvements
  - Increase accountability through quality improvement, performance monitoring and evaluation

## FAMILY SPIRIT

### PROMOTING MATERNAL & EARLY CHILD HEALTH

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## NURSE-FAMILY PARTNERSHIP

HELPING FIRST TIME PARENTS SUCCEED

- Must be a first-time mom that is pregnant 28 weeks or less
- Proved a personal nurse to provide support, advice and information that is needed during pregnancy and when the baby arrives
- Call or text [\(844\) 637-6667](tel:8446376667)

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## RESOURCE MOTHERS

CRADLE THE FUTURE

- Resource Mothers seeks to lower infant deaths and low birth weight rates in Virginia's pregnant and parenting teens.
- Any pregnant teen, 19 years or younger, is eligible for the program. The program's main goal is to improve birth outcomes for the teen and the baby.
- Educational and support services are also available to other family members such as the partner, the teen's parents, and the infant

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## EARLY INTERVENTION

### INFANT & TODDLER CONNECTION (ITC) -VIRGINIA

- Part C IDEA- 40 local systems (not counties & cities) but linked through 211.
- GOTO [WWW.ITCVA.ONLINE](http://WWW.ITCVA.ONLINE) and make an online referral
- Serves families with children Birth to Three, in their homes, if child:
  - Is functioning 25% or more below their chronological age or adjusted age in one or more areas of development (i.e., having a 25% or greater delay in cognitive, physical, communication, social, emotional or adaptive development); and/or
  - Show atypical development (e.g., behavioral disorders, affective disorders, abnormal sensorymotor responses); and/or
  - Have a diagnosed physical or mental condition that has a high probability of resulting in a developmental delay. Conditions include those such as significant central nervous system anomaly, congenital or acquired hearing loss, myelodysplasia (spina bifida), and visual disabilities.

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## EARLY CHILDHOOD SPECIAL EDUCATION

- Families have the option to switch to ECSE (IDEA Part B) at 2 years, into the Public School system.
- Preschool-aged children from age two (whose birthday falls on or before September 30) through five with a disability may be eligible for Early Childhood Special Education services under one or more of 13 disability categories: including DEVELOPMENTAL DELAY
- This is the “IEP process”
- Families cannot keep both ITC and ECSE. Usually, if therapists are coming to the HOUSE it is ITC and if child is going to the school, it is ECSE, but not always (Important to figure out because ITC ends at 3 and ECSE goes through age 5).

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## KEY PUBLICLY-FUNDED ECCE PROGRAMS

- Five key Publicly-funded early childhood programs in Virginia
  - Virginia Preschool Initiative (VPI)
  - Early Childhood Special Education (IDEA Part B, Section 619)
  - Mixed Delivery Preschool Grant Program
  - Head Start and Early Head Start
  - Child Care Subsidy Program (CCSP)

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## OVERVIEW OF PUBLICLY-FUNDED ECCE PROGRAM

	Ages served	Settings	Eligibility	Parent payment required?	Duration/ schedule	Where to apply
Virginia Preschool Initiative	3- and 4-yearolds	Local public schools; licensed child care centers or family day homes	<ul style="list-style-type: none"> <li>• Family income below 200% FPL</li> <li>• Experiencing Homelessness</li> <li>• Parents did not complete high school</li> <li>• Student with a disability</li> <li>• Other local eligibility criteria</li> </ul>	No	School day/year	Local school division
Early Head Start	Infants and toddlers (birth up to age 3)	Same as above or homebased	<ul style="list-style-type: none"> <li>Under 130% FPL</li> <li>• Selection criteria to identify students with a disability</li> </ul>	No	Varies by recipient agency	Early Head Start provider
Head Start	3- and 4-yearolds	Same as above	Same as above	No	Varies	Head Start provider

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OVERVIEW OF PUBLICLY-FUNDED ECCE PROGRAMS (CONTINUED)

	Ages served	Settings	Eligibility	Parent payment required	Duration/ schedule	Where to apply
Mixed Delivery	Children ages birth through 5, not yet in Kindergarten	Licensed child care centers and family day homesschool	<ul style="list-style-type: none"> <li>• Family income below 200% FPL</li> <li>• Experiencing Homelessness</li> <li>• Parents did not complete high school</li> <li>• Student with a disability</li> <li>• Other local eligibility criteria</li> </ul>	No	Full-day (typically MF), full-year	Mixed Delivery provider

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OVERVIEW OF PUBLICLY-FUNDED ECCE PROGRAMS (CONTINUED)

	Ages served	Settings	Eligibility	Parent payment required?	Duration/ schedule	Where to apply
Child Care Subsidy Program	Children ages 6 weeks through 12	Licensed and license exempt child care centers and family day homes	For families with children ages 5 and younger, not yet in kindergarten, 85% of the state median income Parents or guardians must be working, looking for work, or in school or job training	Yes, for families with incomes > 100% FPG	Based on parent/ caregiver work or school schedule	Online or at the local department of social services

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## CENTER OF FAMILY INVOLVEMENT (TARGET AUDIENCE: PEOPLE WITH DISABILITIES)

- The Center for Family Involvement works with families to increase their skills as advocates, mentors, and leaders so families, children, and young adults with disabilities can lead the lives they want.
- Provide 1:1 emotional, informational and systems navigational support to families across the Commonwealth through local Family to Family Network of Virginia offices
- Provide technical assistance on increased the engagement of families in planning for their child's services
- Maintain a Cultural Broker Initiative working with culturally & linguistically diverse populations in the Commonwealth
- Produce a variety of written and on-line materials for families of children with intellectual and developmental disabilities such as Creating Collaborative IEPs; the Care Coordination Notebook
- **Website:** <https://cfi.partnership.vcu.edu/>

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## POSTPARTUM SUPPORT VIRGINIA

- Postpartum Support Virginia's **MISSION** is to educate families, healthcare providers and communities about Perinatal Mood & Anxiety Disorders (PMADs) and to provide resources to help new and expectant mothers and their families overcome anxiety, depression, and other PMADs.
- The **#1 complication of pregnancy and childbirth** is Perinatal Mood & Anxiety Disorders (PMADs)—most commonly, anxiety and depression.
- The good news is PMADs are **temporary and can be treated** with a combination of self-care, social support, talk therapy, and medication if necessary.
- [www.postpartumva.org](http://www.postpartumva.org)
- Peer led Warmline 703-829-7152
- Text 540-698-1277 (English) 757-550-4234 (Spanish)

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## REACH OUT AND READ

- Reach Out and Read, believe that all families should have the tools and information they need to make reading aloud a daily routine.
- Reach Out and Read help integrate reading into pediatric practices, advise families about the importance of reading with their children, and share books that serve as a catalyst for healthy childhood development.
- <https://www.youtube.com/watch?v=90w3FtNQFT8&t=4s> (Reach Out and Read Video)
- <https://reachoutandread.org>

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## EVERY RIDE SAFE RIDE

- Every Ride Safe Ride is designed increase pediatric provider knowledge, confidence, and frequency in addressing safe transportation of children through technical assistance to address unintentional childhood injuries and deaths related to motor vehicle transportation.
- Every Ride Safe Ride, designed by the VDH Child Passenger Safety Program team, is a public health technical assistance model of evidence-based industry practices that supports healthcare providers working with families of young children to effectively screen, counsel, and refer caregivers to resources towards the safe transportation of children during every stage and transition.
- Technical Assistance provided through interactive live trainings, consultation and tools and resources.
- <http://www.virginia-pediatrics.org/every-ride-safe-ride-home>

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## RESOURCE LIST

- Child Development Services Program Centers- 5 VDH Centers ChildDevelopmentServicesProgramCenters.pdf
- VDH Care Connections City-County-Map-Apr-2023-CCCCenters-5-1-2023.pdf
- Autism Drive Autism DRIVE (virginia.edu) UVA NDBP Program (PCP referral 434-924-8184)
- VMAP Birth-5 Expansion [www.vmap.org](http://www.vmap.org)
- [Vdh.virginia.gov/wic](http://Vdh.virginia.gov/wic)
- [Bridge2ResourcesVA.org](http://Bridge2ResourcesVA.org)
- [www.thebasics.org](http://www.thebasics.org)
- [www.ITCVA.online](http://www.ITCVA.online) (make a referral to early intervention online)

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## RESOURCE LIST (CONTINUED)

- <https://reachoutandread.org>
- <https://www.youtube.com/watch?v=90w3FtNQFT8&t=4s> (Reach Out and Read Video)
- [www.earlyimpact.va](http://www.earlyimpact.va)
- <https://cfi.partnership.vcu.edu/>
- [www.helpmegrow.org](http://www.helpmegrow.org)
- <http://www.virginiapediatrics.org/every-ride-safe-ride-home>
- Book: How to Talk so Kids Will Listen and Listen so Kids Will Talk By: Adele Faber & Elaine Mazlish

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## RESOURCES (CONTINUED)

- “Learn the Signs. Act Early.” | CDC
- Membership Directory - Virginia Head Start Association
- Children with Disabilities | ECLKC
- Head Start Center Locator | ECLKC
- Division for Early Childhood
- Special Education and English Language Learners | Colorín Colorado
- Videos on Early Childhood Development | Pathways.org
- Just in Time Parenting
- Center For Family Involvement, PEATC

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# 90\$3 3URYLGHU (CSDWLRQ



A dynamic 3-day, 16-hour interactive course focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems. (Followed by a 6-month, case-based distance-learning program.)

### Now Enrolling for 2024

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60 minute didactic and case discussion sessions once per month X

### Enrolling Now for 2024 VMAP ECHO

- ‡ **Common Conditions in Pediatric MH**  
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- ‡ **Depressive Birth to Five**  
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- ‡ **Adolescent & Young Adult MH**  
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o • Up to 75 CME+MOC Points!  
Optional MOC-4!

Monthly discussion sessions + optional enhanced QI project on SDOH screening and referral

### Enrolling Now for 2024

### Early Childhood Learning Collaborative Systems of Care for Kids

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Up to 75 CME+MOC Points!  
Optional MOC-4!

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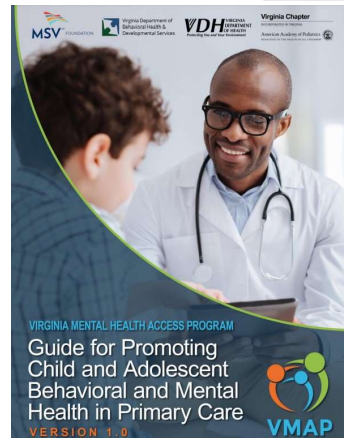
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Compilation of evidence-based practices, up-to-date resources, and practical knowledge specifically geared towards pediatric and adolescent health care providers

- Contains case guides on the following topics**
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**Your next steps..**

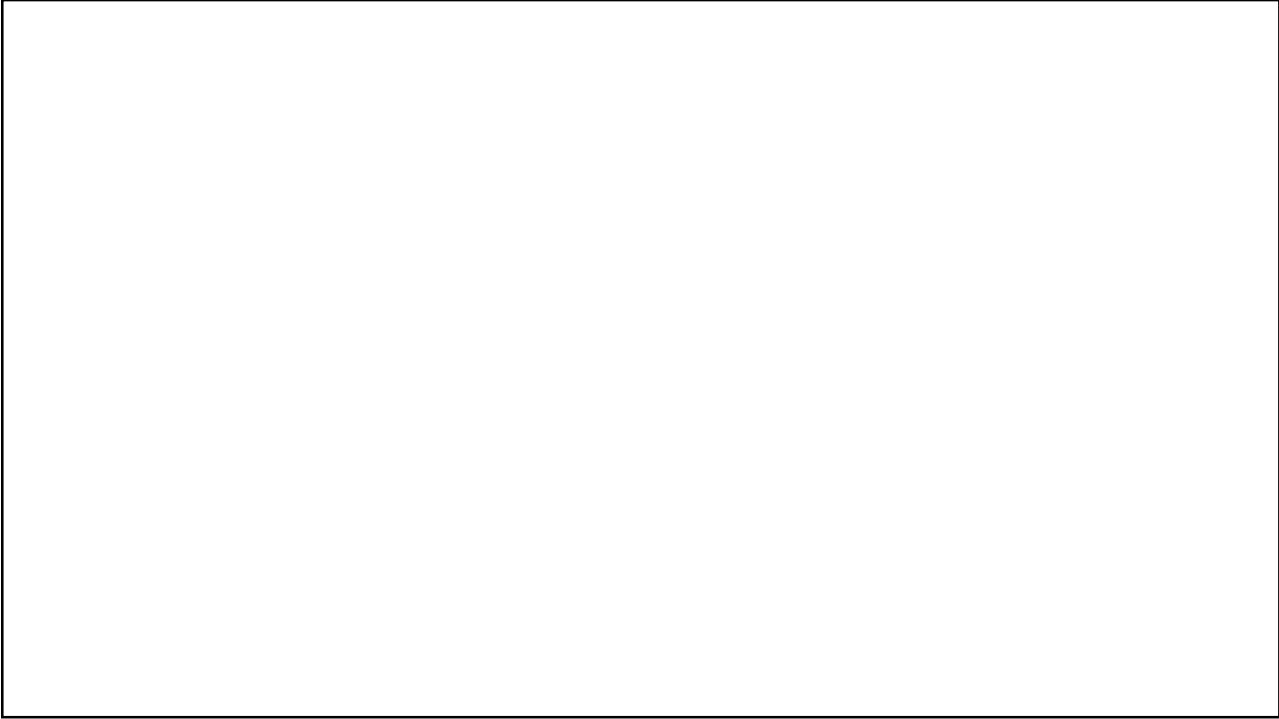
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