

# Infant and Early Childhood Mental Health (Birth to 5)

**The CEBC defines Infant and Early Childhood Mental Health Programs (Birth to 5) as those that address mental health issues and early attachment disruptions by intervening through parental/caretaker guidance, supportive counseling, and parent/infant dyadic psychotherapy in children birth up to five years of age.** Infant and early childhood mental health approaches support the child within the context of their relationship with their parents and other primary caretakers. Infant and early childhood mental health programs also help develop capacity in the child for expressing emotions, forming close and secure relationships, and mastering their environment. Infant and early childhood mental health programs can potentially interface across the child welfare service continuum, from working with parents and their infants/young children in prevention-based voluntary services to supporting structured visitation processes with the infant/young child and their parental/caretaker while attempting to reunify. Infant and early childhood mental health programs could also potentially play a key role in supporting the relationship between the care provider and the reunifying parent through a permanency teaming approach. *Per the DC:0–5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood Version 2.0:*

*Diagnosing an infant/young child who is experiencing mental health problems must include developing an understanding and appreciation of the family's cultural background and the parents' socioeconomic conditions, national origin and history, immigration status, ethnic and racial identity, sexual orientation, religious and spiritual practices, and other sources of diversity (p. 9).*

## Infant and Early Childhood Mental Health Programs (Birth to 5) Topic Area criteria:

- **Target population:** Children from birth up to five years of age
- **Services/types that fit:** Typically outpatient services, either individual or family, that target the child directly, work with the parent and child together, or target the entire family
- **Delivered by:** Mental health professionals or trained paraprofessionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target mental health or attachment issues in children from birth up to five years of age
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines outcomes related to mental health or attachment in young children or their parents, such changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Infant and Early Childhood Mental Health Programs \(Birth to 5\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Attachment and Biobehavioral Catch-up - Infant (ABC-I)</a>	Targets several key issues that have been identified as problematic among children who have experienced early maltreatment and/or disruptions in care	1	High
<a href="#">Child-Parent Psychotherapy (CPP)</a>	Treatment for trauma-exposed children, typically, the child is seen with his or her primary caregiver, and the dyad is the unit of treatment	2	High
<a href="#">Promoting First Relationships (PFR)</a>	Manualized home visiting intervention/prevention program which includes parent training components based on strengths-based practice, practical, and in-depth strategies for promoting secure and healthy relationships between caregivers and young children	2	High
<a href="#">Reminiscing and Emotion Training (RET)</a>	Brief, relational intervention designed to improve the caregiver-child relationship, improve caregiver emotion socialization, and to facilitate healthy development among children (aged 3-6 years) who have experienced, or who are at risk for, child maltreatment.	2	High
<a href="#">Attachment and Biobehavioral Catch-up - Early Childhood (ABC-EC)</a>	Developed for children ages 2 through 4, this intervention targets key issues among children who have experienced adversity and/or demonstrate socioemotional or behavioral concerns. Through three targeted components, it helps caregivers provide nurturance, follow children's lead with delight, and implement calming strategies to support behavioral and regulatory capabilities	3	High
<a href="#">Child First</a>	Two-generation, home-based mental health intervention designed for young children	3	High
<a href="#">The Early Childhood Consultation Partnership® (ECCP®)</a>	Strengths-based approach to Infant and Early Childhood Mental Health Consultation	3	Medium

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Group Attachment Based Intervention (GABI)</a>	Designed to help parents manage stress, increase their social support network, foster secure attachment, and improve parent-child relationships by bringing together groups of parents who are socially isolated and affected by disparities across multiple systems of care	3	Medium
<a href="#">Mellow Babies</a>	Postnatal group programs for moms and dads, with gender-specific sessions for moms and dads run separately	3	Medium
<a href="#">The Michigan Model of Infant Mental Health Home Visiting (IMH-HV)</a>	Needs-driven, relationship-focused intervention for parents and infants/toddlers	3	Medium
<a href="#">Mom Power®</a>	An integrated mental health and attachment-based parenting program that applies attachment theory, cognitive-behavioral and dialectical behavioral strategies to facilitate growth and new skills	3	Medium
<a href="#">Mothering from the Inside Out (MIO)</a>	A brief individual parenting intervention developed as an adjunct to substance use treatment and primarily targets parental reflective functioning in caregivers with children under 5 years of age	3	Medium
<a href="#">Theraplay</a>	Structured play therapy for children and their parents with a goal to enhance attachment, self-esteem, trust in others, and joyful engagement	3	Medium
<a href="#">Watch, Wait, and Wonder (WWW)</a>	Focus on strengthening the attachment relationship between caregiver and child, to improve the child's self-regulating abilities and sense of efficacy and enhance the caregiver's sensitivity with the use of infant-led play sessions	3	Medium