



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

Definition:

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 from 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).

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 [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

Programs

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
Attachment and Biobehavioral Catch-up – Infant (ABC-I)	Targets several key issues that have been identified as problematic among children who have experienced early maltreatment and/or disruptions in care	1	High
Child-Parent Psychotherapy (CPP)	Treatment for young children aged 0-5 who have experienced a traumatic event and/or are experiencing mental health, attachment, and/or behavioral challenges. Typically, the child is seen with their primary caregiver in a dyadic format	1	High
PlayReadVIP	A birth to 3-year universal prevention/early intervention parenting program that promotes parent-child early relational health and early child social-emotional and cognitive language development, preventing mental health, early literacy and school readiness challenges before they emerge	2	Medium
Promoting First Relationships (PFR)	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
Reminiscing and Emotion Training (RET)	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
Attachment and Biobehavioral Catch-up – Early Childhood (ABC-EC)	Developed for children ages 2 through 4, targets several key issues that have been identified as problematic among children who have experienced adversity and/or demonstrate socioemotional or behavioral concerns	3	High
Child First	A two-generation, home-based mental health intervention for the most vulnerable young children (prenatal through age five years) and their families, who likely have current or past Child Welfare Services involvement	3	High
The Early Childhood Consultation Partnership® (ECCP®)	A strengths-based approach to Infant and Early Childhood Mental Health Consultation	3	Medium

Programs

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Group Attachment Based Intervention (GABI)	Designed to help parents who have experienced significant trauma, who have mental health challenges, and/or experienced removal of a child to manage stress, increase their social support network, foster secure attachment, and improve parent-child relationships	3	Medium
HealthySteps (HS)	A program of ZERO TO THREE, designed to identify challenges early and prevent others from happening, so that young children have a strong foundation for a lifetime of healthy development, learning and growth.	3	Medium
Mellow Babies	Postnatal group programs for moms and dads, with gender-specific sessions for moms and dads run separately	3	Medium
The Michigan Model of Infant Mental Health Home Visiting (IMH-HV)	A needs-driven, relationship-focused intervention for parents and infants/toddlers	3	Medium
Mom Power [®]	An integrated mental health and attachment based parenting program that incorporates a manualized intervention with corresponding parent- and child-group curricula and applies attachment theory, cognitive-behavioral and dialectical behavioral strategies to facilitate growth and new skills	3	Medium
Mothering from the Inside Out (MIO)	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
Theraplay	Structured play therapy for children and their parents with a goal to enhance attachment, self-esteem, trust in others, and joyful engagement	3	Medium
Watch, Wait, and Wonder (WWW)	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