Infant and Early Childhood Mental Health Resources

Arizona Psychiatry Access Lines

Arizona Resources:

- Arizona Association for the Advancement of Infant Mental Health—state affiliate of national organization to support infant mental health best practice
- Expulsion Prevention—education and prevention strategies for children at risk of preschool expulsion
- Birth to Five Helpline – Free support for parents and caregivers of young children at 1-877-705-KIDS (5437)
- Smart Support – Mental health consultation for early care and education providers to support children's emotional well-being
- Family Resource Centers – Connect with other parents and caregivers to build support network in community

MIECHV (Maternal Infant Early Childhood Home Visitation) Programs:

- Strongfamiliesaz.com
- Pimaparenting.org

Developmental Intervention: AzEIP/Child Find

- AzEIP (0-3) (Arizona Early Intervention Program)
- Child Find (3-5) by school district

National:

- Tulane Provider Resources (IECMH)—ECSA and other screening tools/parent education resources
- Zero to Three—national organization focused on resources, training and advocacy to support strong early foundations for children and families
- Harvard Center for the Developing Child—science-backed strategies to understand and support young children
- Alliance AIMH—committed to promoting healthy emotional and social development of infants, young children and their families
- Nurture Connection (Early Relational Health)—network for deepening understanding of the science of early relational health
- Team Up Center—Survey of Well-being of Young Children (SWYC) tool and PPSC

AAP section on IECMH:

- Early Relational Health: Assessment of Social Emotional Development and Protective Factors
- Evidence Based Interventions for Children under 5

Books:

- Parenting from the Inside Out by Dan Siegel and Mary Hartzell
- Raising a Secure Child by Kent Hoffman, Glen Cooper and Bert Powell
- The Way of Play by Tina Payne Bryson and Georgie Wisen-Vincent

Q A

Have questions or need resources for you and your kiddos?
Call APAL at 888-290-1336

Find more at APAL.arizona.edu