

# The Association of Infant Mental Health in Tennessee

2024

**AIMHiTN**

# Tennessee's Movement

**TN IECMH  
Initiative group  
began meeting**

**2010**



**AIMHiTN began an  
official non-profit  
business**

**2017**



**2016**

**First award of  
funding for a state  
IMH association  
awarded**



**2017 - 2024**

**New supports for  
professionals caring  
for young children  
across the state**

**202**

**4**



# AIMHiTN Mission and Vision

**AIMHiTN supports professionals through training, resources, and advocacy to foster the early relational health of infants, young children, and families.**

**AIMHiTN envisions a healthy, thriving Tennessee that prioritizes the social and emotional developmental needs of every infant and young child within the context of his or her relationships with family, community, and culture.**

# The Infant Mental Health Field

**Infant and Early Childhood Mental Health is the developing capacity of the child from birth to age 3 to:**

- experience, regulate, and express emotions
- form close and secure interpersonal relationships, and
- explore the environment and learn



All in the context of family, community, and cultural expectations for young children.

# The Infant Mental Health Field

**Early relationships matter.**

**We seek to foster the early relational health of infants and young children so they can achieve optimal health and development.**

## **Social Development**

The capacity to have healthy attachments to other people, especially caregivers.

## **Emotional Development**

The capacity to manage emotional states within what is developmentally expected for a child's age.

# The Infant Mental Health

**We must remember that  
what's deemed  
emotionally or socially  
healthy depends on a  
family's context and  
culture.**

**It's critical for professionals to foster a sense of belonging for all children and families seeking information, services, support, or treatment.**

# Tennessee's IECMH Professionals

## Promotion

Everyone needs to know how to relate to babies in ways that are nurturing and how to support a young child's emotions so that they can develop at optimal levels

## Prevention

Some families benefit from extra help, ensuring the social and emotional needs of their children are well cared for so that these children continue to thrive.

## Treatment

Some children need extra family-centered therapeutic services to get social and emotional development back on track.

# Tennessee's Infant Mental Health Movement

Tennessee has an invested workforce of early childhood professionals committed to ensuring that infants and young children experience strong social and emotional health.

AIMHiTN is a resource hub for professionals who work with or on behalf of children prenatal to six, their families, and communities across the state.



# Tennessee's Professionals Need Us

2nd in the world for  
number of endorsed  
professionals!

- 18+ Child-Focused Professional Sectors
- 1,654 Endorsed Professionals
- 260 professionals per month enrolled in Reflective Supervision

401,926 children under age 5

# Tennessee's Professionals Need Us

**This family really worries me. What do I do?**

**I don't think I have the knowledge to handle this.**

**Who can I turn to for extra help?**

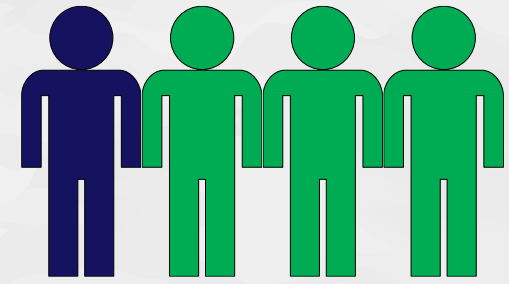
**Am I doing what other people would do?**

**I wish all of my colleagues knew about this.**

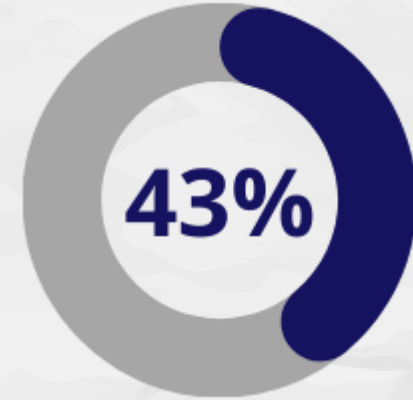
**I am so burnt out. I don't know if I can do this forever.**

**I wish all of the kids I care for could have this.**

# Tennessee's Children Need Us



1 in 4 women  
report poor  
mental health



43%  
Babies living in  
poverty

13%

Families not feeling  
resilient to  
overcome day-to-day  
challenges

12 of every  
1,000 infants  
and toddlers  
will experience  
maltreatment

## ZTT's Strong Families Policies - TN

- Paid Family Leave
- Paid Sick Leave Encompasses Caring for Children
- TANF Work Exemption
- State Child Tax Credit
- State Earned Income Tax Credit

# Our Programs

Endorsement

Emergency  
Preparedness

TN First Five  
Training  
Institute

Training/  
Technical  
Assistance

IECMH  
Consultation

Belonging

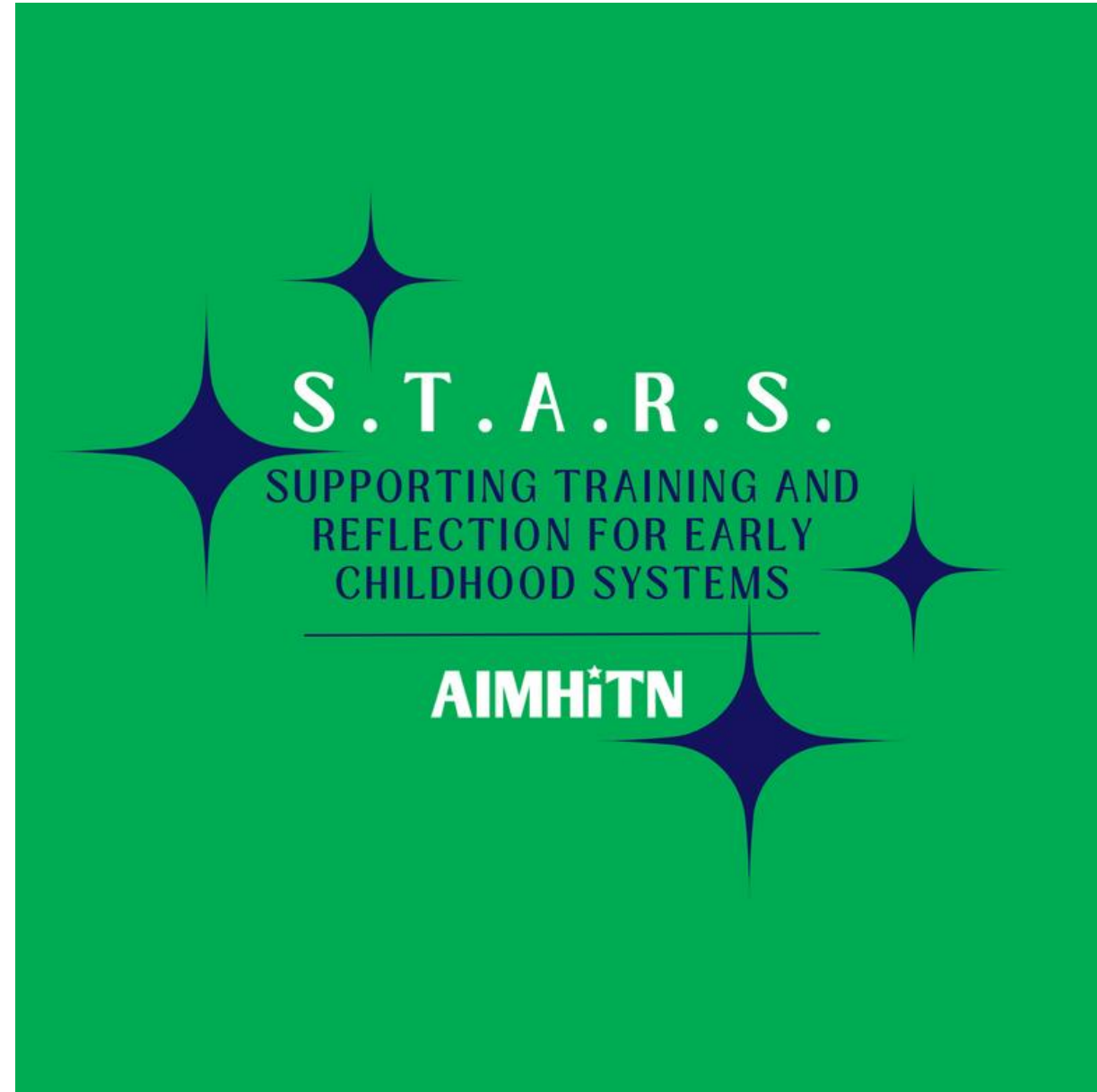
Reflective  
Practice

Warmline

Community  
Engagement

Inclusion for  
children w/  
differing  
abilities

# Program Highlight



- Endorsement
- Reflective Practice
- IECMH Consultation
- Warmline
- Emergency Response Toolkit
- Training/ Technical Assistance
- Embracing Little STARS Curriculum
- Facilitating Attuned Interactions (FAN)
- HOPE

# AIMHiTN<sup>★</sup>



Scan the above QR for access to AIMHiTN's website, social media links, and other resources.