



## ***Infant Mental Health: When & How to Make a Referral***

### **What is included in Infant/Early Childhood Mental Health treatment?**

IMH services incorporate relationship-focused intervention strategies to promote and strengthen attachment between infants/toddlers (age 0-3) and their caregivers during weekly, 2-hour sessions. Specifically, the core components of IECMH intervention include:

1. Building a working relationship with the child and the child's primary caregivers
2. Providing for material needs and advocating for the child/family
3. Providing emotional support
4. Providing developmental guidance in caregiving
5. Utilizing infant/child-parent psychotherapy strategies
6. Developing social support, problem solving skills and life course plans.

### **When should I refer an infant/toddler to IECMH services?**

Infant mental health services focus on promoting healthy emotional and psychological development in infants and toddler. The presence of a single trait may not necessarily warrant a referral, as child development varies, and some behaviors are typical at certain ages/ However, if you notice multiple persistent concerns or significant deviations from typical development, it's advisable to consider making a referral. Here are *some* observable traits or behaviors that might warrant a referral:

#### **Observed in the infant/toddler:**

- 🚩 Difficulty with sleep and/or eating
- 🚩 Persistent/inconsolable crying
- 🚩 Age-inappropriate fear or anxiety
- 🚩 Failure to thrive
- 🚩 Delay in developmental milestones
- 🚩 Lack of emotion/affect/crying
- 🚩 Unusually aggressive behavior
- 🚩 Difficulty transitioning and adjusting

#### **Observed in the parent(s)/caregiver(s):**

- 🚩 Over-exhaustion / extreme lack of sleep
- 🚩 Consistent expression of stress or trauma
- 🚩 Persistent annoyance with the baby
- 🚩 Little or no warmth toward the baby
- 🚩 Lack of interest in the baby's development
- 🚩 Overcontrolling the toddler's behavior
- 🚩 Harsh punishment toward the child
- 🚩 Substance abuse and/or mental illness

### **How do I make a referral?**

Wayne County currently has nine IMH providers, who are listed below. Parents can reach out to a preferred provider directly to or call DWIHN's Access Center (800-241-4949) to initiate services. Any issues or questions can be directed to the Infant & Early Childhood Clinical Specialist, Christie Spudowski at [cspudowski@dwihn.org](mailto:cspudowski@dwihn.org) or (248) 817-9467.

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>- Arab-American and Chaldean Council</li> <li>- Development Centers</li> <li>- Lincoln Behavioral Services</li> <li>- Starfish Family Services</li> <li>- The Guidance Center</li> </ul> | <ul style="list-style-type: none"> <li>- CNS Healthcare</li> <li>- Hegira Health</li> <li>- Southwest Counseling Solutions</li> <li>- The Children's Center</li> </ul> |
|---|--|

