

VAIMH OVERVIEW



What is infant mental health and how do we support it?

WHO ARE WE?

VAIMH is a non-profit that offers education, training, and resources for parents, caregivers, healthcare providers, and other professionals to support the development of children birth through age 6



MISSION STATEMENT

VAIMH strives to promote social emotional health and wellness in infants and young children through building awareness, promoting professional capacity, fostering partnerships and supporting policies which are in the best interest of infants, young children and their families.

How does VAIMH seek to implement these values?



Support the creation and funding of mental health programs for early childhood



Ensure training of early childhood professionals includes mental health screening and trauma-informed practices



Invest in early childcare and support policies that fund training early childcare providers



Raise awareness about the importance of infant mental health and how parents and caregivers can bolster social emotional health



Provide endorsement certification and supervision for early childhood professionals

VAIMH VALUES

1. Importance of relationships
2. Respect for ethnicity, culture, individuality and diversity
3. Integrity
4. Confidentiality
5. Knowledge and skill building
6. Reflective practice



Despite being the most sensitive period of development, infant mental health needs go unrecognized and under-funded



Infant and early childhood experiences form the building blocks for later mental health outcomes



Holistic, trauma-informed care from birth is vital for healthy brain development and optimal physical and mental health