



**NC Infant  
Mental Health  
Association**

Promoting strong minds from the start

# 2012 ANNUAL REPORT

First Annual Conference Edition  
January - October 2012  
Brief Report

OUR VISION: *Every infant, toddler and young child in North Carolina will grow up within nurturing relationships and supportive environments that provide the basis for emotional, cognitive and social capacities necessary for healthy future development.*

OUR MISSION: *Early relationships, experiences and the broader environment form the foundation for lifelong physical and mental health. NCIMHA is a statewide, interdisciplinary, nonprofit organization that promotes this strong foundation for infants, toddlers, young children and their caregivers through public awareness, advocacy and professional development.*

*The future follows  
in their  
footsteps*



## INTRODUCTION

The North Carolina Infant and Young Child Mental Health Association (NCIMHA) met on October 21, 2011 when participants approved our bylaws and our president signed our Articles of Incorporation. In August 2012 we obtained our federally recognized 501c3 organization. The above mission and vision were crafted and adopted during strategic planning sessions in 2012.

The Board of Directors of NCIMHA consists of a core group of founding members that represent the interdisciplinary fields that actively promote the importance of building strong social-emotional foundations for infants, toddlers, young children and their caregivers. There are currently 13 board members, including the officers. Through their dedication of hundreds of volunteer hours to the inception of this organization, there has been genuine progress in promoting public awareness, advocacy, and professional development related to infant and early childhood mental health.

## ~ RESULTS ~ PUBLIC AWARENESS



It's a difficult task to move any population to change a behavior or think differently about an opinion or act on new information. This is a major challenge for advocates of infant and young child mental health. Our society and culture is the context within which critical changes must happen. NCIMHA, as a new association, has begun to take on these challenges. Our Board of Directors, is passionate about breaking down barriers to make effective changes for children, families and communities across North Carolina. Below

are some of the accomplishments our board members and our organization have achieved in the area of public awareness in our first 12 months.

- Board members presented information related in infant mental health and our new organization to groups such as CDSAs, Smart Starts, nurse-midwifery students, university counseling students, NC Institute of Medicine, NC Partnership for Children, The First 2000 Days, and more.
- Approximately 40 emails were sent to NCIMHA Friends with related news, workshops, and job postings.
- Social media was used to disseminate information about the issues and research related to infant and early childhood mental health, as well as to get the word out about NCIMHA. We have a comprehensive website which is being updated with our new branding, an active Twitter account, an informative Facebook page, a LinkedIn friends account and a great listing of pins on Pinterest.
- NCIMHA has just received 1000 beautiful booklet/brochures to share with North Carolinians about infant/young child mental health and about our new association.

~ RESULTS ~  
ADVOCACY



Among the purposes stated in NCIMHA bylaws is the intent to promote and support nurturing relationships for all infants, toddlers, and young children. Equally important is our purpose to function as an organization to facilitate, support and encourage cooperation, coordination and collaboration among those concerned with promoting the optimal development of infants, toddlers, young children, and families.

Significant effort in the area of specific advocacy actions has been mostly reserved for future years. However, NCIMHA is taking a lead in working collaboratively with other agencies named in the NC IOM “Growing Up Well: Supporting Young Children’s Social-Emotional and Mental Health in North Carolina” report to begin addressing these needs in North Carolina.

- NCIMHA has acquired funding from both the Alamance Alliance for Children and the North Carolina Governor’s Early Childhood Advisory Council to implement regional meetings in nine areas across the state. These meetings will review the findings of NC IOM’s report “Growing Up Well” and hear from stakeholders about what is working and what barriers they face in each region.

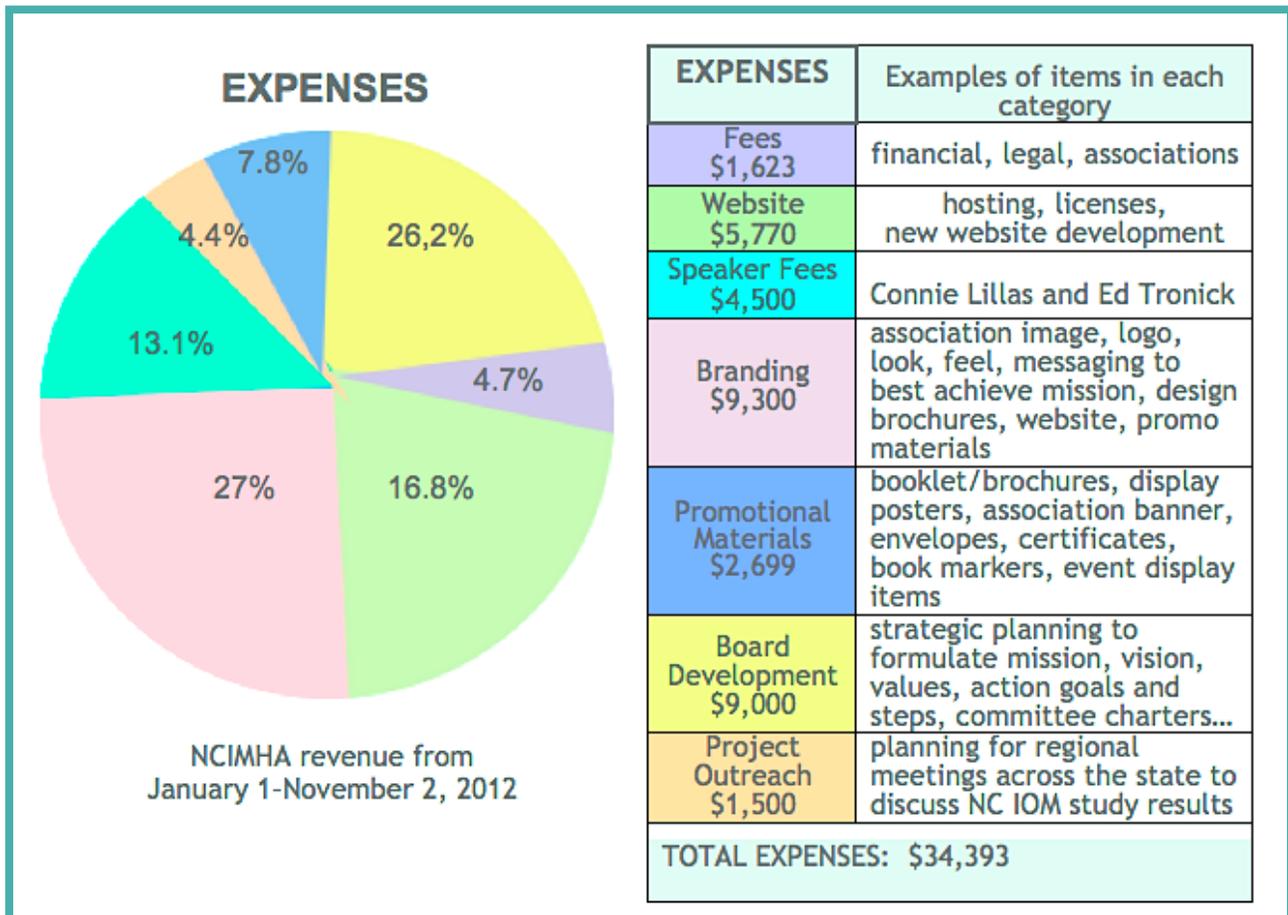
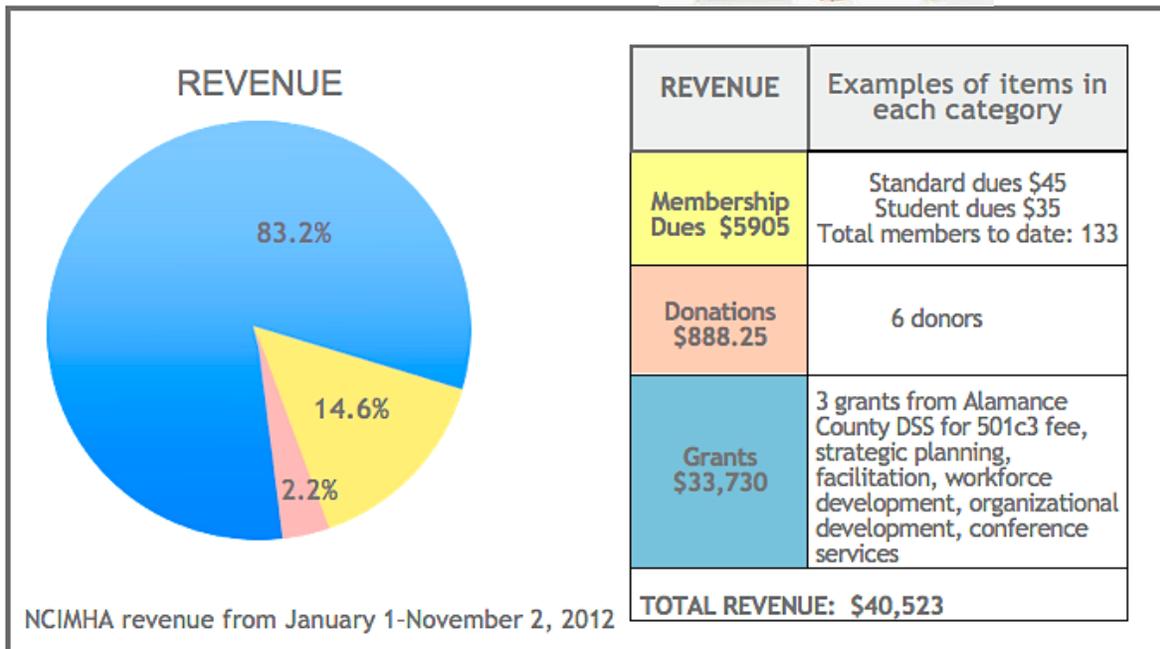
~ RESULTS ~  
PROFESSIONAL DEVELOPMENT

*Our bylaws state our purposes include that we function as a forum for professionals and others regarding scientific, educational, and clinical relationship-based work with infants, toddlers, young children and their caregivers; and that we explore and promote the application of infant and young child mental health principles for all services to infants, toddlers, young children and their families, as well as expectant parents. To that end, here are some of the results we achieved in 2012:*

- NCIMHA received a grant to help ease the cost of attendance for 111 professionals to hear national speaker and author, Dr. Connie Lillas. She presented “Infant Mental Health as an Interdisciplinary Practice” at the Mountain Area Health and Education Center (MAHEC). Dr. Lillas received a 4.95 out of 5 score for satisfaction from attendees.
- Our NCIMHA First Annual Conference and Membership Meeting on November 9<sup>th</sup> with Dr. Ed Tronick exceeded expectations for registration, with a full house of 165 people. Dr. Tronick is a renowned researcher in the field of infant mental health. Organizing and obtaining such a prestigious speaker exemplifies our goal to provide cross-cutting interdisciplinary professional development activities and events.
- Other professional development accomplishments include workshops and presentations by individuals on our Board of Directors. At the NC Association on the Education of Young Children, approximately 90 NC child care and early education professionals learned about mental health issues in the 0-3 population. The presentation of “Infant mental health: What is it and why should counselor educators care?” was provided several times this year by a NCIMHA Director. In the near future, NCIMHA Directors will present at the Leo Croghan conference and for the NC Psychological Association in the spring of 2013.
- NCIMHA has just launched it’s first quarterly newsletter, Baby Steps! This initial edition will be printed for each person attending our First Annual Conference and then be available online at our new website in the future for the 2013 issues. It will have short articles about current practices, “best of” website resources, not-to-miss news about infant and early child mental health policies, programs, barriers, and successes, and even some book reviews.



# FINANCES



**ACCOUNT BALANCE: \$6130.25**

**THANK YOU !** *These are our supporters who know the value of a strong effective statewide organization to champion the critical importance of infant and young child mental health.*



### Association / Institutional Support

- Community Enterprise Clinic at Duke University Law School  
Andrew Foster, JD      Jeff Ward, JD  
Rebecca Kitchens      Kristyn Monaghan  
Donation of many hours of free legal work to give NCIMHA a strong nonprofit foundation.
- Alamance County DSS / Alamance Alliance for Children  
Substantial financial grants on 3 occasions for strategic planning, facilitation, organizational development, and conference services.
- North Carolina Governor's Early Childhood Advisory Council  
Major funding for NCIMHA to implement regional meetings in nine areas of the state in 2013 with leadership from both the NCIMHA Board and NC IOM Task Force Members.
- ZFive of Mecklenburg County  
Generous financial support to begin our logo development and contribute to promotional materials.
- Center for Youth, Family, & Community Partnerships, UNC Greensboro  
Gracious hosting of many of the NCIMHA Board of Directors meetings.

### Corporate Support

- iContact  
Free iContact account that helped us stay in touch with our members and friends through email and social media

### Individual Support

Melissa Johnson	Susan Robinson
Jackie Veloz-Jefferson	Patti Breadsley
Barbara Still	Garnett Hutchinson

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NC Infant/Young Child Mental Health Association's  
website  
[www.ncimha.org](http://www.ncimha.org)  
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