

What to Expect?

- Our services are confidential and voluntary.
- Parents and/or guardians will need to make the referral. The referral is made by attending our Walk in Intake Clinic on Tuesdays and Wednesdays from 9 to 3:30. The intake should be attended by the parents only (unless there are very small children) so the parents can freely speak about the issues they are experiencing.
- The process involves determining level of risk or impairment and developing a service plan that would best address the unique needs of the child.
- If a different service is needed, we will try to connect people to other, more appropriate services.



Contact us at:

Suite 301-224 West Esplanade
North Vancouver, B.C., V7M 1A4

Telephone: 604-904-4300
Facsimile: 604-987-9258
Toll Free: 1-866-823-5376

Hours: 8:30 am to 4:30pm
Monday through Friday
2016

Infant and Early Childhood Mental Health



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What is Infant Mental Health?

- Infant Mental Health is dedicated to promoting optimal mental health outcomes for infants and young children in the first 5 years of life.
- Infant mental health involves supporting healthy child and family development by intervening earlier in the lives of children who may be at risk of developing mental health problems.
- When there are identified risks and disorders in young children or in family functioning, well planned early intervention can promote optimal outcomes.



Who Does It Serve? Referral Criteria

- ◇ Is 0-5 years of age
- ◇ Child presents one or more of the following:
 - * Significant and persistent emotional regulation difficulties, difficult temperament, failure to thrive, depression, and anxiety.
 - * Behavioural issues: High activity, impulsivity, aggression, tempers outbursts, feeding and sleep difficulties, and toileting issues
 - * Parent-Child Relationship issues
 - * Exposure to traumatic experiences



What do we do?

The focus of the program is on the infant or young child within the context of the family:

- **Prevention:**
Building capacity among professionals and the community by providing education, consultation and networking
- **Assessment:**
The process involves maintaining a developmental, relational and multidimensional framework when working with young children and their families
- **Treatment:**
Our counselling services reflect a culturally sensitive and strength based approach to parent/child relationships and interventions. We offer behavioural management and emotional support to children and parents and connect them to community support and resources as needed.