



Infant Mental Health

Infant Mental Health (IMH) is a program that helps children from birth to 5 years old to experience, regulate, and express emotions. The goal is to help these young children form close relationships and explore their environment with their family, community, and culture.

The hope of IMH is to see young children cared for and protected by an adult caregiver. When children have a safe relationship with their caregiver, they can grow emotionally, cognitively (thinking), and socially (getting along with others).

IMH also helps expectant or new mothers to bond with their babies. The focus is always on the relationship between the mom and the baby to make sure the baby's mental health needs are met.

Infant Mental Health asks, "What About the Baby?" Babies and young children learn about the world through their relationships with caregivers. They are active partners in these relationships. The relationship between a child and caregiver helps the child learn to trust themselves, others, and the world.

The brains of babies and young children grow quickly, and each positive experience helps this growth. The connections created become a base for future learning.

Babies and young children need attention, even when parents or caregivers are very busy.

How a parent was raised affects how they raise their own children. Parent's good and bad experiences may be explored to strengthen the relationship between children and their caregivers.

IMH is an intensive, family-focused, in-home therapy program. You will meet with an IMH therapist 4-8 hours each month. **This service happens in your home rather than the office.** If you cannot keep this time commitment, please tell your therapist so that they can help you find a better program for your family.

We know life can get busy and sometimes schedules change. If you need to cancel an appointment with your IMH therapist, call the office. If your child or someone else in your home is sick, please contact your IMH therapist to make new plans. It is possible to use telehealth services if someone is sick or reschedule the appointment when everyone is well.

If you miss an appointment, your IMH Therapist will call you. They will try to reach you at least twice by phone before sending a letter. If you don't respond to the calls or the letter, your case will be reviewed for closure.

I have had the above reviewed with me and I understand. I got complete and unbiased information on services and supports available through The Right Door, community resources if I need them, and options for providers at The Right Door. I understand that if I want to change providers or see a listing of providers, I can request a copy or log onto the website at www.rightdoor.org and view the provider listing. Please contact customer service at any time if you have concerns about the services and supports, community resources, or provider options at 616-527-1790.

Signature of Person-Served/Parent/Guardian

Printed Name signer

Date

Signature of Provider that reviewed