

Alabama IECMH System of Care

Dallas Rabig, LPC, IMH-E®

State Coordinator for Infant and Early Childhood Mental Health

Endorsement Coordinator First 5 Alabama



First 5 Alabama
Alabama Association for Infant and
Early Childhood Mental Health



Serve · Empower · Support

Promoting the health and well-being of Alabamians with mental illness,
developmental disabilities and substance use disorders

Infrastructure Timeline

2014 - Alabama awarded Project LAUNCH along with GA and 13 other grantees

2015 - APL Year 2 – First consultant hired to develop a model to pilot

- IECMHC Pilot sites – Early Intervention, Home Visiting, First Class Pre-K, Early Care Settings

2016 - APL Year 3 – State Coordinator position created in partnership with Alabama Department of Early Childhood Education

- Sustained through partnership between Alabama Department of Mental Health and Alabama Department of Early Childhood Education

2017 - Alabama Partnership for Children secured funding from W. K. Kellogg to launch First 5 Alabama

- Establishing a platform for implementing a set of competencies and endorsement opened conversation with Alabama Medicaid

2019 - (January) Alabama Department of Human Resources funded the first cohort of six IECMHC

- Licensed early care providers
- This was the first expansion of APL MHC activities
- Established IECMHC Advisory Council to guide implementation activities
- Consultants served 39 children and families and 34 licensed early care programs (preventing 5 children at risk of being expelled from program) within the first 6 months.

Infrastructure Timeline

2019 - Alabama Department of Early Childhood Education awarded \$10.6 million to develop birth to five mental health system of care infrastructure

- Partnership with Troy University to develop a graduate career path
- Implement training plan for IECMHC
- Increase number of licensed clinicians trained in Child-Parent Psychotherapy

2019 - Chairman of the House Ways and Means Committee

- Created a new funding stream in the FY20 Education Trust Fund to implement the Infant and Early Childhood Special Programs as a vehicle to build an IECMH system of care which includes IECMHC

2019 - The IECMHC Advisory Committee and First 5 Alabama recommended creating the **First 5 Consultation Project**

- Any state agency partner funding IECMHC
- Legislative funding of IECMHC
- Creates a consistent message in delivery of service

2020 - (January) 8 additional IECMH Consultants

- Employed through the Department of Mental Health
- Early Intervention and First Class Pre-K
- Pilot Perinatal Mental Health Consultation

Zero to Three Financing Policy Project

2018 Alabama was selected along with 9 other states to participate in Zero to Three's Financing Policy Convening that included a year long technical assistance activity. The policy team was required to include a representative from the state Medicaid office. Alabama's participation in this project provided the opportunity to further formalize collaboration with Medicaid and deepen IECMH knowledge and commitment among Medicaid leadership.

Goals:

- Increase number of licensed mental health Medicaid providers for birth to five
- Improve billing policy for children birth to five
- Implement the use of the *DC: 0-5™ Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood*
 - Medicaid assisting in billing crosswalk specific to Alabama Medicaid codes and law

Relationship with Medicaid

A look at policy:

This relationship is key in how we think about workforce development to meet the needs of mental health providers in the state. We were able to identify gaps in access to care for the birth to five population, and change the way assessment and intervention are provided and billed.

Landscape survey of licensed mental health providers:

- Found no mental health services available for the birth to three family with infant mental health focus
- Few direct service providers adequately trained to provide birth to five family relationship-focused treatment
- Trauma-informed treatment practices were not developmentally appropriate for the birth to five family

Landscape survey of county directors of child protective services:

- Reinforced need for increase number of licensed mental health providers trained in more appropriate service delivery
- Welcoming a change



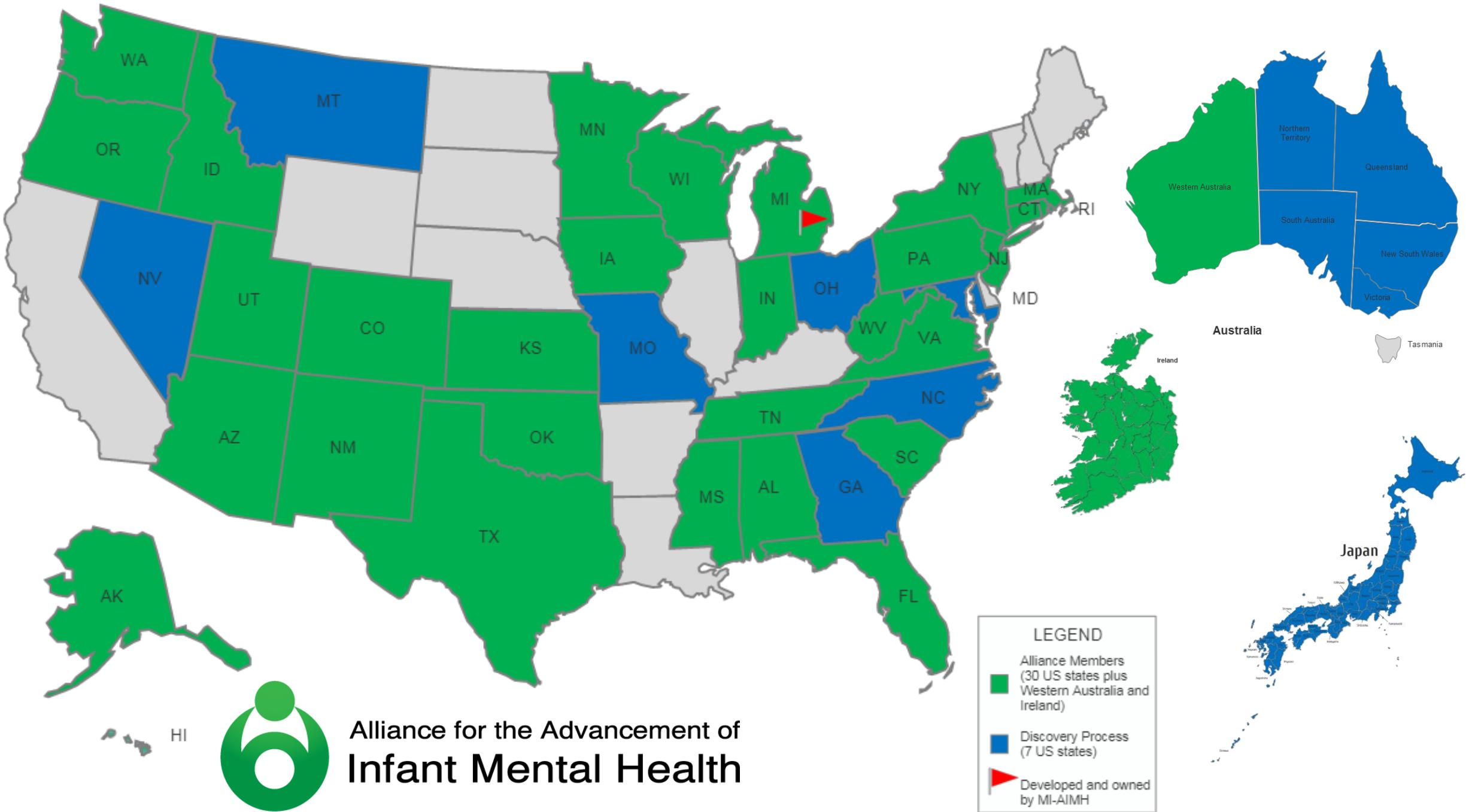
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Alabama Association for Infant and
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First 5 Alabama is a member of the
**Alliance for the Advancement of
Infant Mental Health**
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Benefits of being an Alliance Affiliate

- Being part of a national and international movement establishes credibility in such a new field;
- Participation in endorsement, research, and training committees;
- Leadership Summit and Reflective Supervision Symposium
- Systems change – entire agencies seeking endorsement, aligning professional development with competencies, working toward requirement that all licensed direct service providers be endorsed;
- Mentoring in the development of a graduate level career path;
- Overall increase in understanding of working from an IECMH lens across disciplines



**Alliance for the Advancement of
Infant Mental Health**

LEGEND

- Alliance Members
(30 US states plus
Western Australia and
Ireland)
- Discovery Process
(7 US states)
- ▲ Developed and owned
by MI-AIMH



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Benefits of being endorsed – quotes from F5A endorsees:

“Endorsement process helped me identify gaps in my own understanding, my knowledge of IECMH.”

“Going through endorsement motivated me to be a better provider.”

“I really love the professional development opportunities that First 5 Alabama which led me to becoming endorsed.”

“Because of the reflective supervision requirement for clinicians, I have been able to be more present with families and mindful of their past traumas and unresolved grief and losses.”

QUESTIONS