

»» NYS-AIMH

# ANNUAL REPORT



# 2023

# ABOUT US



The New York State Association for Infant Mental Health (NYS-AIMH) is a non-profit organization whose mission is to strengthen and promote social and emotional well-being for all young children in New York State. NYS-AIMH achieves this by promoting uniform and nationally-recognized standards to ensure that *everyone* working to support young children and their families is trained in the latest research of child development and relationship-based practices.

NYS-AIMH provides professional development, creates a statewide competency system, and raises awareness about issues impacting young children and their families.

We aim to promote inclusive and equitable practice, and embrace the rich diversity that makes our communities strong and responsive, creating environments for all children and families to grow and thrive.

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NYS-AIMH is a member of the Alliance for the Advancement of Infant Mental Health and one of 34 state and 2 international AIMHs all working toward the shared goal of promoting uniform Competency Guidelines and IECMH Endorsement®.

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

# Board of Directors

- Candida Cucharro, MSW, MBA  
Co-Chair
- Sarah Fitzgibbons, LMHC, MT-BC, IMH-E®  
Co-Chair
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- Esther Piper, MS ED, IMH-E®
- Susan Rabinowicz, DPT, PhD
- Constantina Spiropoulos, MD



# ABOUT US

## Staff

- Marianne Reid Schrom | Executive Director (ending November 2023)
- Judy Frolish | Administrative Manager
- Courtney Chavis | Endorsement & Reflective Practice Coordinator

# MESSAGE FROM BOARD CO-CHAIRS

Dear NYS-AIMH Colleagues and Friends,

2023 was an important year for our organization. It was a year of transition and expansion, defined by many significant accomplishments and new partnerships. Board members, staff, partners and consultants worked together to advance our mission, collaborating with state, national and international partners to create a brighter world for infants, young children and their families.

In 2023 we successfully launched our IECMH e-learning modules, which have grown beyond our expectations. We launched dozens of new, Reflective Consultation Groups for Healthy Families New York and offered trainings to hundreds of professionals focused on IECMH Basics, Racial Health Disparities in Infant Mental Health and Pathways to Healing, Navigating Implicit Bias and Professional Boundaries, and Building Community Capacity for Reflective Supervision. We continue to support professionals across the state to earn the Endorsement and are pleased to report that the numbers of Endorsed professionals are growing significantly.

We would like to thank the NYS-AIMH staff, contractors, volunteers and consultants who continued to provide and expand the services and supports that our members and systems partners rely on. We acknowledge our Endorsement Coordinator, Courtney Chavis, who joined NYS-AIMH in 2023, our Administrative Manager Judy Frolish, and Consultants Faith Eidson, Nichole Paradis Pangburn, Lynne Andrews and Amber Keeler, whose wisdom and commitment helped make 2023 successful.

As we welcome 2024 and center babies, toddlers, preschoolers and their families, we are grateful for the ways we are all connected in this shared work. These connections make our large state feel like a small village.

We are in awe of the expertise and experience of our membership community. We are fortified by the threads that tie us together weaving the important fabric that supports, nurtures and protects our youngest citizens. Together we are building a state full of IECMH aligned professionals.

Please stay connected to us in 2024. Our work on behalf of babies, toddlers, preschoolers and their families across New York State is too important for any one individual or organization to do alone.

*“Alone we can do so little; together we can do so much.” – Helen Keller*

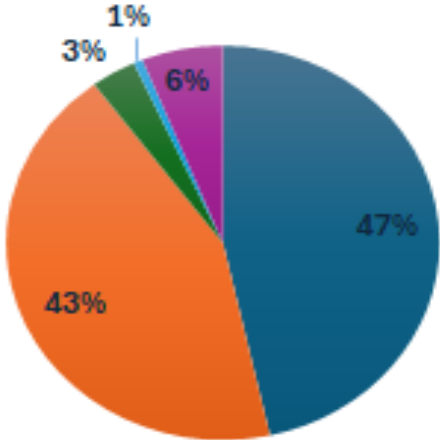
With appreciation and warmth,

**Sarah Fitzgibbons, LMHC, MT-BC, IMH-E, and Candida Cucharó, MSW, MBA**  
**Co-Chairs, NYS-AIMH Board of Directors**

# REVENUE

2023	\$310,700
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## Expenses



- Salaries, Benefits, & PD- \$173,310
- Professional Services- \$161,636
- Office & Program- \$12,600
- Insurance- \$2,600
- Marketing, Website, Computer, & Internet- \$22,540

## 2023 ACTIVITY

### IECMH Basics

- # Trainings: 5  
178 Professionals Attended

### Workshops Hosted

- # Trainings: 3  
173 Professionals Attended

### New NYS-AIMH Memberships

- # of New Members: 89

### New Endorsed Professionals

- # of New Endorsed: 25

# WELCOME



Courtney joined the NYS-AIMH team in June 2023 as the Endorsement and Reflective Practice Coordinator. She brings her experience in Early Childhood to this role. Serving families of diverse socio-economic backgrounds through instruction and program development in enrichment centers, she spent the last 10 years working closely with children and youth, including as an Administrator in Early Childhood Education.

Prior to that role, Courtney taught in Early Childhood, providing Behavioral Therapy support to children with autism and advocacy for at-risk youth. All of which provided a diverse background in education. Courtney holds two bachelors degrees in Child Psychology and Child and Family Studies. She resides in the Syracuse region.

# THANK YOU



On behalf of the entire Board and our membership we want to acknowledge and thank Gil Foley, EdD, IMH-E<sup>®</sup>, one of our founding Board members, who retired from the Board in 2023. Gil served on the NYS-AIMH Board for 8 years and was integral to the creation of our organization. His wisdom and care helped make us what we are today.

Gil was one of the first Endorsed professionals in NYS and thoroughly supported our mission, advocating for professional development across disciplines throughout the state. As an educator at Adelphi University, at Ferkauf Graduate School of Psychology at Yeshiva University, and now as consulting Clinical Psychologist for the NY Center for Child Development, Clinical Co-Director of the NYC Early Childhood Mental Health Training and Technical Assistance Center (TTAC), and senior faculty at DIR Profectum Academy, he continues to champion the learning of early childhood development and Infant Mental Health. Gil is also the author of 4 books and over 50 scholarly articles. His recent book "Linking Sensory Integration and Mental Health" is a widely regarded, ground-breaking book.

Gil Foley is a national treasure. He has been a leader both nationally and internationally in the field of early childhood development. We were honored to have him serve on our Board and we thank him for his commitment and continued support of NYS-AIMH.

# INFANT & EARLY CHILDHOOD

## MENTAL HEALTH: THE BASICS.

Infant mental health (IMH: birth to age 3) and Early Childhood mental health (ECMH: ages 3-6) define the emotional and social growth, development, and overall well-being of infants and young children.

Recognizing young humans must rely on caregivers for their basic needs during their early years, infant and early childhood mental health naturally includes early relationships and the impact these relationships have on learning physical and emotional regulation through predictable, sensitive and responsive interactions. Each interaction with a caregiver(s) fosters a sense of well-being to build secure attachment, an essential function for growth, social and emotional learning, and feeling safe in their environment.

These first relationships serve as the building blocks for all further relationships and forms the foundation of the infant's mental health and emotional growth.



### 01. Emotions.

Infants and toddlers depend heavily on adults to help them experience, regulate, and express emotions.



### 02. Relationships.

Via secure interpersonal relationships with parents/caregivers, infants and toddlers learn what people expect of them and what they can expect of other people.



### 03. Explore + Learn.

Young humans have an internal drive to explore their environment and learn from their surroundings.

## Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health®

The Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health® (IECMH-E®) is an internationally recognized credential based on a set of competencies within the framework of infant and early childhood mental health. Competency is demonstrated through one's individual pathway of education, work, specialized training, and reflective supervision experiences.



## IFA | ECFA

Infant Family Associate  
Early Childhood Family Associate

### FOCUS: PROMOTION

- Early Care & Education
- Administration
- Health Care
- Case Management Child Welfare

## IFS | ECFS

Infant Family Specialist  
Early Childhood Family Specialist

### FOCUS: PREVENTION

- Early Intervention
- Early Head Start
- Home Visiting
- Mental Health Consultation

## IMHS | ECMHS

Infant Mental Health Specialist  
Early Childhood Mental Health Specialist

### FOCUS: TREATMENT / INTERVENTION

- Infant Mental Health Clinician
- Interaction Guidance
- Infant/Child-Parent Psychotherapy

## IMHM | ECMHM

Infant Mental Health Mentor  
Early Childhood Mental Health Mentor

### FOCUS: LEADERSHIP

- Clinical
- Policy
- Research/Faculty

## ERS

Endorsed Reflective Supervisor (Add-On)

### FOCUS: Reflective Supervision

- I/ECFS Endorsed
- I/ECMHS Endorsed

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# Infant & Early Childhood Mental Health: A Multi-Disciplinary Approach



Working with New York's youngest citizens requires specialized training and experience, and NYS-AIMH's Endorsement® ensures professionals have attained a standard level of expertise for working with very young children and their families.



NYS-AIMH values diversity, equity, and inclusion and intentionally seeks to embed these principles into our work. We have an unwavering commitment to individual and organizational efforts to recognize and address bias, to embracing cultural and lived experiences, to removing historically oppressive barriers to inclusion, and continuing to evolve as an organization where all infants, young children, their families, and the adults and professionals who care for them feel that they belong.

# NYS-AIMH



## CONTACT US

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