

Mental Health Begins at Birth

A three-part virtual workshop on supporting
Durham's youngest children

Awareness about the importance of the first five years of life to the long-term health and well-being of children, adolescents, and eventually adults has grown exponentially in recent years. We now know more than ever about how the brain develops and how stress and trauma during these early years impact overall development, and how caregiver interventions make a difference.



Join this **READY-sponsored workshop series** to build your own understanding of infant mental health, the impact of traumatic experiences on healthy development, and your ability to make a difference for young children.

DETAILS

WHEN

Fridays,
12:00-2:00 p.m. each day:

Part I: June 9, 2023

Part II: July 7, 2023

Part III: August 4, 2023

WHO

Appropriate for providers in health and mental health care, social services, case management, early care and education, parent support, and related fields.

REGISTER

SIGN UP AT

<https://bit.ly/MHBAB2023>

FREE

*DCDEE Contact Hours
now offered*

See page 2 for learning objectives and content overviews by session.

TRAINER



Halley M. Carmack, MSW, LCSW is a Licensed Clinical Social Worker and is a graduate of both Duke University and UNC-Chapel Hill. She has been in clinical practice for 10 years with a consistent specialization in infant and early childhood mental health. Halley is currently in private practice in Chapel Hill where she holds healing space for children and families.

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Learning Objectives

PART I

June 9th
12:00-2:00 p.m.

Learn how children's experiences and environment in infancy and early childhood impact their mental health.

- Define infant/early childhood mental health and social-emotional development in young children.
- Identify common mental health symptoms in infancy and early childhood, particularly in pre-verbal children.
- Identify experiences that are uniquely stressful and/or traumatic for infants and young children.
- Describe the impacts of trauma on the development of young children.

PART II

July 7th
12:00-2:00 p.m.

Explore the vital role caregivers play in supporting children as they cope with stress and build resilience in the face of adversities.

- Explain the importance of the caregiver and the relationship in promoting good mental health in young children.
- Define what being a **safe grownup** means in interactions with young children.
- Identify the role of the caregiver in mental health treatment for infants and young children.

PART III

August 4th
12:00-2:00 p.m.

Discuss and practice concrete strategies to support children who have experienced trauma or traumatic stress.

- Understand the role of co-regulation in helping infants and young children cope with stress and trauma.
- Support developmentally appropriate coping skills for very young children.
- Select and use appropriate language to talk to young children about traumatic events.

[SIGN UP HERE](#)

This training is designed as a series. Each session builds on content from the previous session; please register with the intention to participate in the 3-part series.



QUESTIONS?

Contact Katharine Cannon, READY Project Director, at
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