

# Mental Health Begins at Birth

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

The first 5 years of a child's life is a very important development period that informs the whole lifetime. When this is negatively impacted by trauma or stress, supportive relationships can make a huge difference.

This ARCh-sponsored workshop series will build understanding of infant mental health, the impact of traumatic experiences on early development, and how you can make a difference in a young child's life.



## DETAILS

### WHEN

Fridays, 10am to 12pm

**Part I:** October 13, 2023

**Part II:** November 17, 2023

**Part III:** December 8, 2023

### WHO

Guardians ad Litem  
and other NC early  
childhood professionals

### REGISTER

### SIGN UP AT

[https://duke.qualtrics.com/jfe/form/SV\\_db8KS2we6u2PL9k](https://duke.qualtrics.com/jfe/form/SV_db8KS2we6u2PL9k)

**FREE**

*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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### PART I

Oct. 13 2023

10:00am - 12:00 p.m.

#### The Impact of Experiences and Environment

- 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.
- **Endorsement Competencies Covered:** - Infant/Young Child Development and Behavior—Attachment, Separation, Trauma, & Loss

### PART II

Nov. 17 2023

10:00am - 12:00 p.m.

#### The Caregiver's Role

- 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.
- **Endorsement Competencies Covered:** - Relationship-based, Therapeutic Practice -- Infant/Very Young Child & Family Centered Practice

### PART III

Dec. 8 2023

10:00am - 12:00 p.m.

#### Support Strategies—Discussion & Practice

- 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.
- **Endorsement Competencies Covered:** - Intervention/Treatment Planning — Infant/Very Young Child & Family Centered Practice

[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 Anoush Shehadeh, ARCh Project Manager, [Anoush.shehadeh@duke.edu](mailto:Anoush.shehadeh@duke.edu)