



# Universally Offered Home Visiting: An Infant Mental Health-Informed Springboard to Optimal Infant and Family Well-Being

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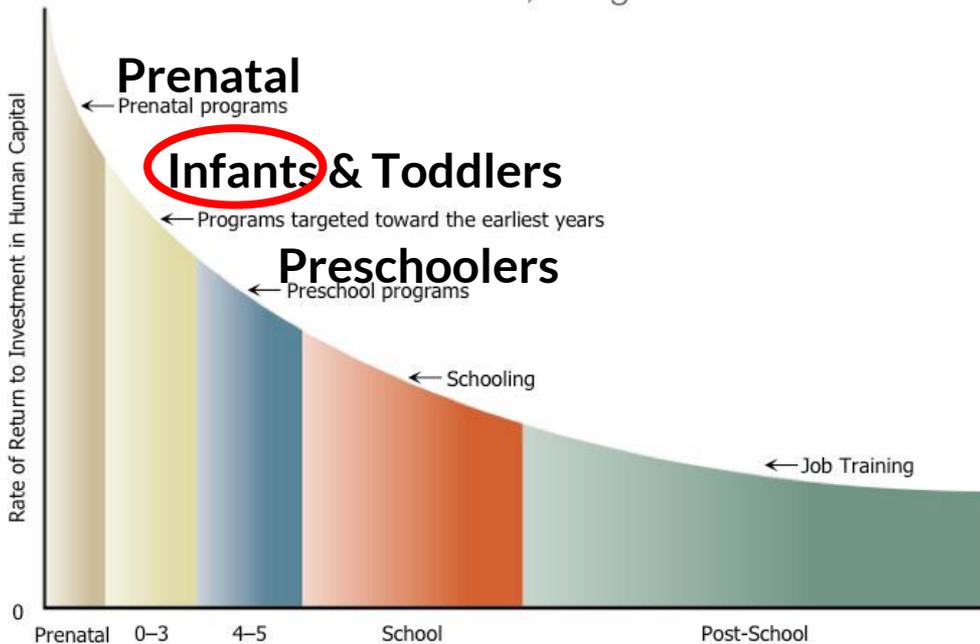
# Cradle-to-Prison Pipeline



Moffitt et al. 2011

# EARLY CHILDHOOD DEVELOPMENT IS A SMART INVESTMENT

The earlier the investment, the greater the return



Source: James Heckman, Nobel Laureate in Economics

## Rate of Return to Investment by Age



# Children are not small adults

- Physically
- Mentally
- Behaviorally



# Babies are not small children

- Physically
- Mentally
- Behaviorally

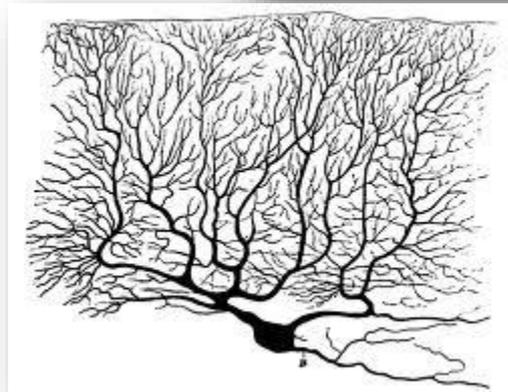
# Brain Growth in Infancy

- Most undifferentiated organ in the body
- More than doubles in mass in the first
- Infant brains have neuroplasticity
- Neuroplasticity is both an opportunity & a vulnerability



# Brain Development

- Neurogenesis
  - 250,000 cells/minute
- Synaptogenesis
  - 40,000 synapses/minute
  - 10,000 synapses/neuron



Cowan 1979  
Bourgeois 1994

# 3 Year Old Children



Normal



Extreme Neglect

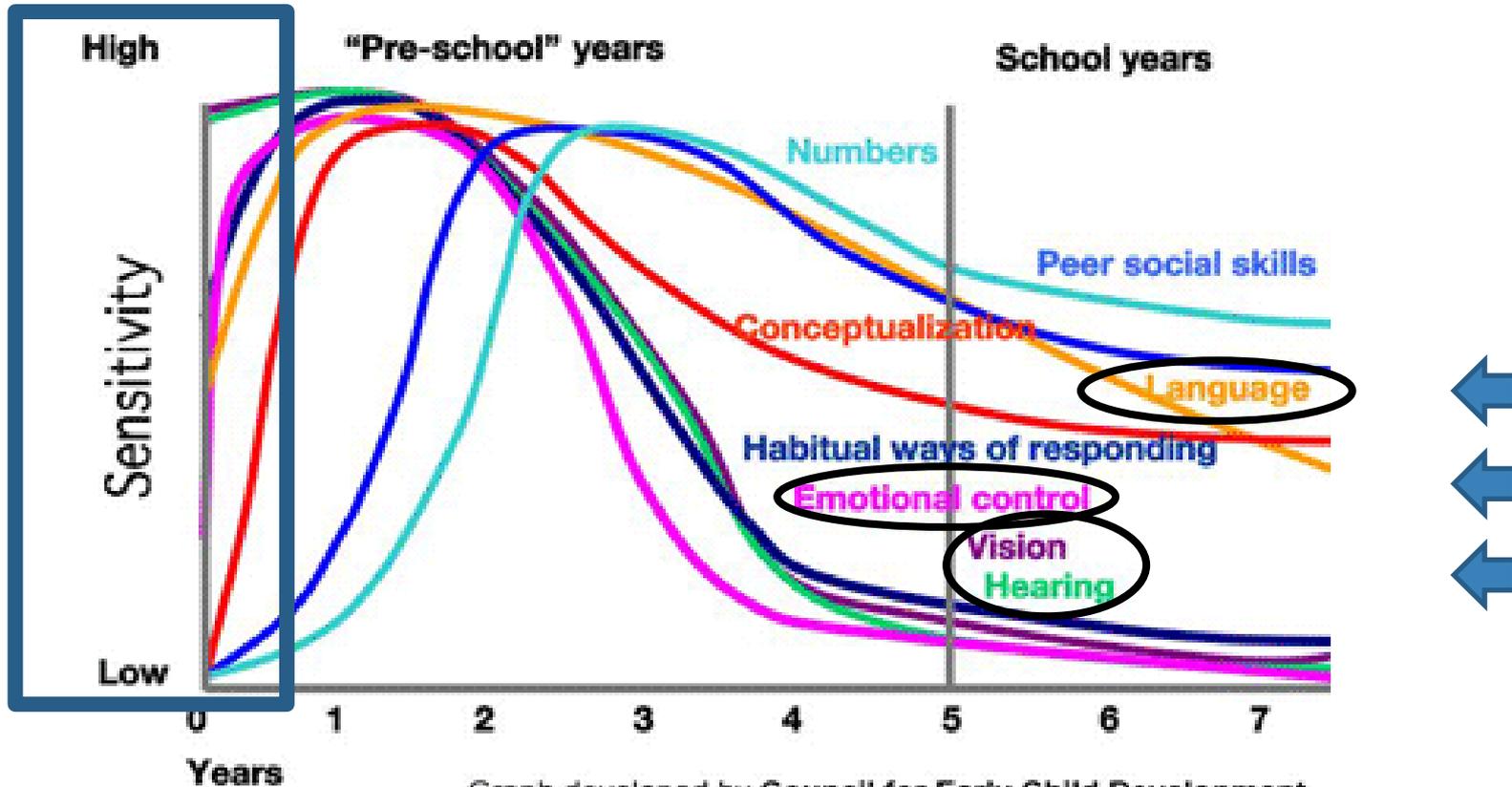
CIVIT & S. ChildTrauma Programs

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Effect of Severe Neglect on the Developing Brain

Dr. Bruce Perry

## 'Sensitive periods' in early brain development



Graph developed by Council for Early Child Development  
(ref: Nash, 1997; Early Years Study, 1999; Shonkoff, 2000.)

# Sensitive Periods



## *Infant Mental Health*

A young child's capacity to experience, regulate, and express emotions, form close and secure relationships, and explore the environment and learn.

Biology  
Relationships  
Culture

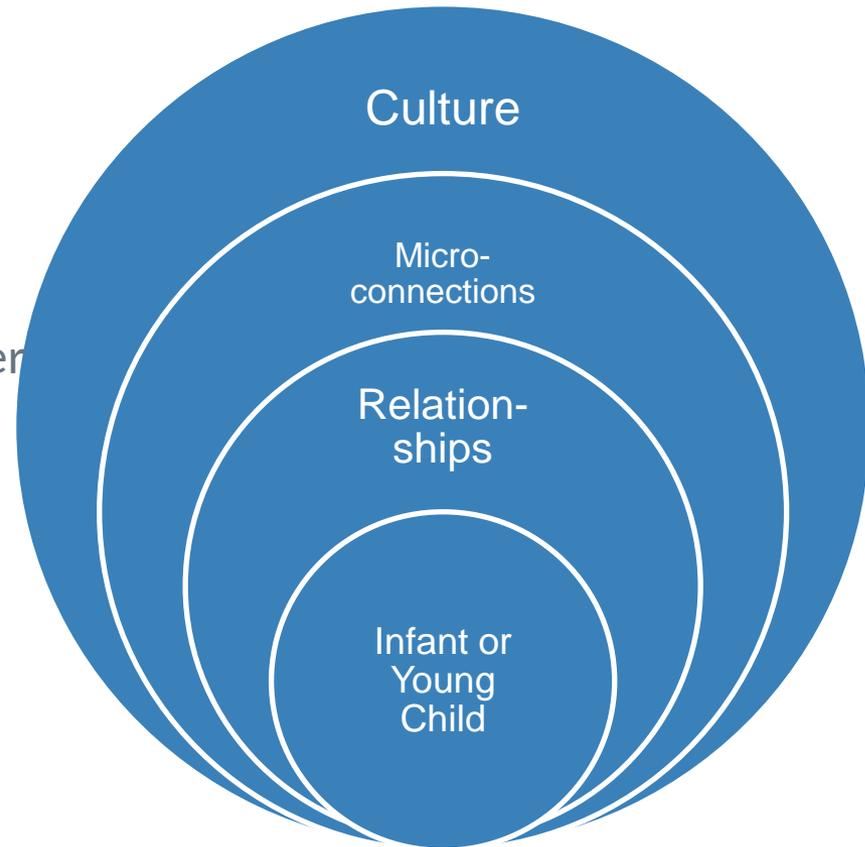


## *Early Relational Health*

The capacity for, and ongoing engagement in, growth-fostering, empathic and empowering interpersonal interactions

# It's about relationships and MORE

- “Keeping the baby in mind”
- Positive Experiences & Relationships
- “Holding” the parent/caregiver
- “Keeping the baby in mind”





Without parenting education and repair, we parent the way we were parented before our first birthday.

# 4 Principles to Improve Outcomes for Children & Families

1. Support responsive **relationships** for children and adults
2. Strengthen core **life skills**
3. **Reduce** sources of **stress** in the lives for children and families
4. Child and family-friendly communities

Center on the Developing Child at Harvard University 2017

# Oregon Leads the Nation

1. Universally Offered Home Visiting
2. Medicaid waiver—holistic health care
3. Early Learning Division
4. School Readiness
5. Committee on Early Childhood
6. Paid Family and Medical Leave

# Oregon Quick to Catch Up

1. Trauma-Informed Oregon
2. Formal Endorsement of infant mental health professionals
3. Infant Early Childhood Mental Health Consultation

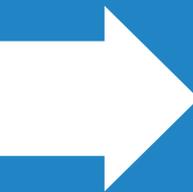
# Oregon Yet to Realize

1. Safe Baby Court Teams
2. Mother-baby residential facilities in prisons
3. Developmental Behavioral Pediatrics
4. International Convention on the Rights of the Child



*How we care for our children is  
how, at last, we take charge of our  
destiny.*

Laurence Frank, 1939



Thank you!

Questions:  
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