



Terry Kope, MD, FRCPC



Pamela Lansky, MA, MEd, RCC

Infant mental health, Part 2: Interventions for some clinical disorders

health, paying attention to the unique characteristics of each relational partner.

Infant mental health is clearly a multidisciplinary field. The broad range of clinicians who have written articles for Parts 1 and 2 illustrate this. The issues include contributions from those working in the fields of pediatrics, child psychiatry, occupational therapy, and child and family therapy. Others who might have contributed can be found providing care to young children and their families in the fields of nursing, social work, psychology, speech and language pathology, and early childhood education. A great deal of training occurs on the job, since British Columbia (unlike Ontario,¹ for example) does not offer a formal training program for infant mental health workers.

In most cases, parents certainly want to do their best. This makes working in the area of infant mental health very rewarding, as parents are usually grateful for professionals who support them in developing mutually enjoyable relationships with their young children.² We hope that with the implementation of the Child and Youth Mental Health Plan³ resources throughout the province we will see infant mental health services expanded so that required services are available to all families. To help physicians locate suitable resources, we are including a Community Resources List (**Table**).

Just as working with infants and families requires a collaborative effort,

so did the compilation of these articles. We could like to thank our colleagues and the editorial staff at the *BCMJ* for their work, patience, and support. We would also like to acknowledge the role of Dr Hira Panikkar, who pioneered infant mental health services in the province and was a mentor and dear friend to many of the contributing authors. Hira passed away almost 5 years ago; her memory continues to inspire us.

—Terry Kope, MD, FRCPC
Clinical assistant professor,
University of British Columbia
Psychiatric consultant,
Alan Cashmore Centre,
Vancouver Community Mental
Health Services
—Pamela S. Lansky, MA, MEd, RCC
Clinical counselor
Burnaby Family Life Institute
Pacific Post Partum
Support Society

References

1. Hospital for Sick Children. Certificate in infant mental health. 2006. www.sickkids.ca/imp/section.asp?s=Certificate+in+Infant+Mental+Health&slID=7512 (accessed 12 December 2006).
2. Stern D. Introduction to the special issue on early preventive intervention and home visiting. *Infant Ment Health J* 2006; 27:1-3.
3. Ministry of Children and Family Development. Child and youth mental health plan. 2003. www.mcf.gov.bc.ca/mental_health/mh_publications/cymh_plan.htm (accessed 12 December 2006).

Table. Some community resources pertaining to infant mental health.*

Province-wide services

Aboriginal Infant Development Programs in BC

- 250 388-5593
- www.aidp.bc.ca/
- Working together with families to support the growth and development of Aboriginal children birth–3 years of age.

BC Association of Clinical Counselors

- 800 909-6303 (referral line)
- www.bc-counsellors.org
- Private practice referral list
- Fee for service

BC Psychological Association

- 800 730-0522 (referral line)
- www.psychologists.bc.ca
- Psychologist referral service online, based on need and location
- Fee for service

BC Schizophrenia Society

- 604 270-7841
- www.bcscs.org/
- Can provide family respite services in some communities
- Provides education (translated) resource materials and advocacy

BC Women's Hospital—Reproductive Mental Health

- 604 875-2025
- www.bcwomens.ca/Services/HealthServices/ReproductiveMentalHealth/default.htm
- Requires physician referral
- Psychiatrists with expertise in mental health issues pertaining to women and their reproductive cycle (e.g., prenatal/postpartum depression, PMS) — adult focus
- Couples counseling may also be available

Child and Youth Mental Health Teams

- www.mcf.gov.bc.ca/mental_health/help.htm (Local child and youth MH offices)
- Web site lists specific team locations and phone numbers across the province

Children's Hospital of BC—Infant Psychiatry

- 604 875-2719
- www.bcchildrens.ca/Services/default.htm#child%20mental%20health
- Birth to 6 years of age—assessment and short-term treatment
- Accepts province-wide referrals

Doula Services Association of BC

- www.bcdoulas.org/Locate/locate.html
- Fee for service

Infant Development Program of BC

- 604 435-8166 (Vancouver)
- www.idpofbc.ca/ ("Find an IDP")
- In-home visitor support for birth to 3 years of age, children at risk developmentally

La Leche League Canada

- <http://groups.llc.ca>

Ministry of Children and Family Development

- 250 387-6121 (referral service)
- www.mcf.gov.bc.ca/contact_us.htm
- Access to Family Preservation Workers, support services (doula, homemakers, child care top-up)

Ministry of Health (Public Health)

- www.heretohelp.bc.ca/connectmeto/info_line.shtml (mental health information line)
- Fraser Health Region www.fraserhealth.ca/Home/Default.htm
- Interior Health Region www.interiorhealth.ca/Health+Services
- Northern Health Region www.northernhealth.ca/Your_Health/Programs/default.asp
- Vancouver Island Health Region www.viha.ca/finding_care

Mood Disorders Association of BC

- 604 873-0103
- www.mdabc.net/
- Support groups and resources for persons with bipolar and unipolar mood disorders and their families

Motherisk

- 416 813-6780
- www.motherisk.org
- Pharmaceutical information and reproductive risk research for health care professionals

Parent Help Line

- 888 603-9100
- 24-hour information, support, and referral anywhere in Canada

Sunny Hill Health Centre for Children

- 604 453-8300
- www.bcchildrens.ca/AboutUs/SHHCC/default.htm
- Assessment services for infants and children with behavioral, emotional, or developmental concerns
- Accepts province-wide referrals

Supported Child Development Program

- www.scdp.bc.ca/SCD%20Program%20Locations.htm
- Centres across the province
- Consultation to child care providers for children with special needs
- Assists families with child care placement

Vancouver

Alan Cashmore Centre

- 604 454-1676
- Child and family therapy services for children birth to school age
- Dyadic services and therapeutic preschool
- Part of Vancouver Coastal Health (Child and Youth Mental Health)

Battered Women's Support Services

- 604 687-1867
- www.bwss.org/
- Free support services for any woman who has been abused in an intimate relationship as an adult

Burnaby Family Life Institute

- 604 659-2200
- www.burnabyfamilylife.org
- Family life education groups, cross-cultural services and groups, pregnancy outreach program, Family Resource Centre (family drop-ins, Mother Goose)

Continued on page 182

*This is not intended to be a complete and comprehensive list of services.

Table. Some community resources pertaining to infant mental health.* (continued)

Centre for Ability (0–5)

- 604 451-5511
- www.centreforability.bc.ca
- Speech, occupational, and physiotherapy services birth to school age
- Assisted child care services—day-care support

Changeways Depression Program

- 604 871-0490
- www.changeways.com
- Psycho-educational group therapy addressing symptoms of depression and anxiety
- Fee for service

Crisis Line

- 604 872-3311; BC-wide 800 SUICIDE (800 784-2433)
- www.crisiscentre.bc.ca/
- 24-hour phone support for crisis intervention and suicide prevention

Family Services of Greater Vancouver

- 604 731-4951
- www.fsgv.ca
- Sliding scale for service
- Counseling services for individual, couples, families
- Relationship safety, Healthy Beginnings (program for pregnant women who have experienced trauma), children who witness violence program, family life education groups

Pacific Post Partum Support Society

- 604 255-7999
- www.postpartum.org/index2.html
- Group and phone support for mothers experiencing postpartum depression and/or anxiety
- Province-wide phone consultations and trainings

Red Book Online

- www2.vpl.vancouver.bc.ca/DBs/RedBook/htmlPg/home.html
- Social services available across the Lower Mainland

S.A.F.E.R. (Suicide Attempt, Follow-up and Education and Research program)

- 604 879-9251
- Counseling, workshops, and community

education on the topic of suicide and bereavement

- Part of Vancouver Community Mental Health

Sheeway

- 604 216-1699
- Substance-using parents of children prenatal through 18 months of age
- Part of Vancouver Coastal Health

Single Mothers Support Network

- 604 215-9112
- www.singlemotherssupportnetwork.org/contact_us.html
- Support, child care co-ops, self-care services

S.U.C.C.E.S.S. Services

- 604 684-1628
- www.successbc.ca/
- Chinese help lines 604 270-8222 or 604 270-8233
- Family counseling and family life education groups for Chinese Canadian and Asian immigrant families
- Centres throughout the Lower Mainland

Vancouver Community Health Clinics, Vancouver Coastal Health

- 866 884-0888
- www.vch.ca/community/community_health_centres.htm
- Public health nurses provide primary care and prevention services for infants, children, and youth
- Some in-home support provided for new mothers
- Healthiest Babies Possible 604 877-4673; Newborn Hotline 604 737-3737
- Multicultural Mental Health Liaison Program
- Check web site for closest centre

Vancouver Community Mental Health Teams

- 604 709-4111
- www.vch.ca/community/mental_health.htm (see “adult services” and “child and youth services”)
- Assessment, treatment, and consultation services for adults, children, and youth with mental health issues
- Part of Vancouver Coastal Health

Vancouver General Hospital—Cross Cultural Outpatient Psychiatry Program

- 604 875-4115
- www.psychiatry.ubc.ca/Divisions_and_Programs/Adult_Psychiatry/Cross_Cultural_Psychiatry.htm
- Culturally sensitive and language-specific assessment and treatment and psycho education of patients and their families
- Currently offer services in 21 languages and dialects

Vancouver and Lower Mainland Multicultural Family Support Services Society

- 604 436-1025
- www.vlmfss.ca/
- Non-profit society providing culturally sensitive services to immigrant and visible minority women, children, and families experiencing family violence

West Coast Family Resources Society

- 604 254-5457
- www.westcoastfamily.org/
- Parent programs and support, family preservation workers (through MCFD contract)

Richmond

Richmond Health Services

- www.rhss.bc.ca
- Infant services, child health clinic, growth and development

Richmond Mental Health Team

- 604 273-9121
- www.rhss.bc.ca
- Part of Richmond Health Services
- 0.5 family therapist, specializing in birth through 6 years of age
- Part-time child psychiatrist, specializing in infant mental health

Touchstone Family Association

- 604 279-5599
- www.touchfam.ca/
- Parent/family counseling, with focus on preserving and enhancing family relationships
- Mostly MCFD referral

*This is not intended to be a complete and comprehensive list of services.