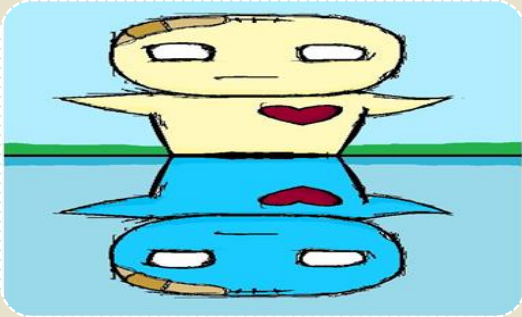


Reflective Supervision in Early Childhood Mental Health



LIZZIE MCENANY
RACHEL THOMAS

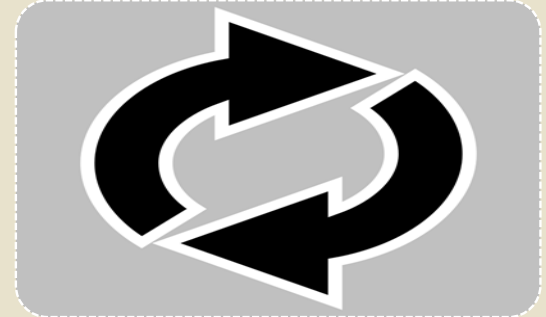
What is reflective supervision?



Reflection



Collaboration



Regularity

Reflective Supervision



Builds on supervisee's use of:

- Thoughts
- Feelings
- Values



Rooted in infant & early childhood practice BUT applicable to other domains



Complements the goals and practices of trauma-informed services.

Shahmoon-Shanook, R. (2009) What is reflective supervision? In Heller, S.S. & Gilkerson, L. (Eds.) *A Practical Guide to Reflective Supervision* (p. 9). Washington, DC: ZERO TO THREE.

<http://multiplyingconnections.org/become-trauma-informed/what-reflective-supervision>

Overview



**IHT INFANT AND EARLY CHILDHOOD
MENTAL HEALTH INITIATIVE AND LEARNING
COLLABORATIVE**

RS Learning Community



- Began in the spring of 2015 supported by funds from a federal Race to the Top grant.
- Focused on how to raise the capacity of agencies and practitioners providing IHT services to provide services for families with very young children, 0 to 5.

Provider Selection & Participation



- **Providers**

- Child & Family Services, New Bedford
- Children's Friend and Family, Salem
- Community Counseling of Bristol County
- Lahey Health Behavioral Systems
- North Suffolk
- The Home
- Wayside Family Works
- Y.O.U., Inc

- **28 IHT Supervisors**

Learning Community Activities



Training

- 18 hours for IHT supervisors

Meetings

- Four three-hour meetings with administrators
- Focused on implementation

Coaching

- In-person & telephonic sessions

Making it Real!



- Story from the field – Rachel Thomas of CFS, New Bedford

