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| New Hampshire Association for Infant Mental Health  **“Addressing Maternal Anxiety and Depression in Primary Care”**  **2022 NHAIMH Annual Celebration Minutes**  **February 10, 2022**  **3:30 pm – 5:30 pm**  **Virtual Meeting Minutes**    Attendance: Kassie Eafrati, Maureen Gilbert-Thibault, Maryann Evers, Jennah Duchesne, Lisa Anderson, Haily Lincoln, Joan Valk, Debra Ragen-Coffman, Mary LaValley, Tessa McDonnell, Nancy Macalaster, Kristi Hart, Diane Bolduc, Alicia Angove, Beth Warner, Becky Parton, Melissa Hugener, Nancy Lucci  **Welcome and President’s Address**- Kristi Hart  As I reflect on the last year, it’s hard to believe we’ve now lived through a second year of this global pandemic. Nothing is as we had hoped it would be. We continue to meet others in a virtual environment, provide services at arm’s length, and support human connection from a distance. We’ve seen each other’s pets, children, significant others, and kitchen counters. In some ways it has brought a different kind of intimacy into our professional relationships. And yet we’ve not been able to give a hug to those we’re closest to or a handshake to new and old colleagues. The way we work and connect with one another has changed, and will likely never be the same, even after the COVID-19 pandemic has passed.  Through all the continued strangeness of 2021, we’ve persevered and carried on, because we must. We’ve continued providing high quality care and services to NH’s children and families. We’ve grown closer to our own children and families. We’ve created a “new normal” and developed new workflows. We’ve adapted and grown used to the technology required for daily operations. And we’ve adapted to increased isolation. As we move into 2022, with both optimism and trepidation, I encourage you, our members to seek opportunities for connection within your families, communities, and workplaces. Seek safety, but don’t lose sight of the value of human connection in building resilience during this time of heightened stress. This work of Infant Mental Health is rooted in human connection. We know the power that healthy connections can have for not only children but adults as well. And I encourage each of you to nurture your own connections as we enter 2022. Now, more than ever, it’s important to remain connected to one another, and to our families and friends.  While 2021 has been a year of slowing down for some, NHAIMH has continued to push forward, hosting its’ first ever virtual conference: “Understanding Bias, Celebrating Diversity” to an audience of nearly 100 attendees. Attendees participated in sessions on the topics of Preschool Expulsion, Providing Linguistically Appropriate Care for Limited English Proficiency (LEP) Patients and their Families, Understanding Race and Racism, Considerations in Refugee Health and Bridging the Gap: Working Effectively with an Interpreter, as well as a screening of the film *Dawnland* followed by a panel discussion.  The Development and Fundraising Committee focused its attention in 2021 on outreach to increase membership, both in the Association as a whole, as well as workgroup participation. The Public Awareness Committee focused its attention on utilizing social media to build awareness around the work of The Association and its work around infant mental health.  The Association has continued to put its efforts toward supporting cohorts of individuals through training and consultation in the DC 0-5 Diagnostic Assessment tool. With professionals from across the state having been trained in the use of this tool. Additionally, through the support of state and philanthropic partners, we’ve continued to support a cohort of individuals working to achieve their NH Early Childhood and Family Mental Health Intermediate and Advanced Credentials. We are grateful to our philanthropic and state partners for their continued support of these endeavors.  The Board has continued to focus its efforts on strategic planning activities, including updating the website to make it more user-friendly, and expanding our use of social media to share information. If you are not already, please follow us on Facebook.  In 2022, with optimism, we look forward to seeing all of you at our September 2022 Conference, “From Community to Clinic- Best Practices in Early Identification.” We’ll be back at Church Landing in Meredith. We have a lineup of 11 fantastic presentations. More information will be forthcoming.  As we move into 2022, NH Association for Infant Mental Health will continue our work, to expand professional development for Infant Mental Health professionals, and build awareness of family protective factors in support of healthy, thriving children and families, and we’re so glad you’ve all chosen to join us.  Be well and don’t forget to connect.    **Early Childhood & Family Mental Health Credential** – Maryann Evers  Seven individuals are participating in the credentialing process. Three are from Early Head Start settings, the other four are home visitors. Participants are from the Upper Valley, Southern NH, Gorham, Stratford County and Claremont. This cohort was funded by JSI.    **Presentation of Slate of Officers**- Kristi Hart  Slate of Officers nominations  Two Year term 2022 - 2024  President- Kassie Eafrati  Secretary- Nancy Lucci  **VOTES**: 16-yes 0-no, the slate of officers passed unanimously for a 2-year term.  **Annual Meeting Treasurer’s Report**- Tessa McDonnell  Still aware of the threats of COVID, we hosted a Virtual Conference in the spring with the theme “Understanding Bias, Celebrating Diversity.” This committed us to extra expenses for the technology to deliver multiple simultaneous workshops. We had hoped to attract 150 participants; however, 99 attended. We continued the DC 0-5 training online with 49 clinicians using carryover funds from the 2020 grant from the Endowment for Health. Our revenues amounted to $56,910 rather than the $74 106 projected, primarily due to low conference attendance. Actual expenses were $60,420, which included the conference technology, consultants from Zero to Three for the DC 0-5 project, and completion of the most recent ECFMHC reflective practice Cohort. The net loss, $3,511, was covered by reserves. The detailed Budget vs. Actual is included in the annual report, which has been emailed to all members.  We have a healthy reserve of $72,949 in checking and savings accounts and CDs. The Association is fiscally sound as we move into 2022.  **Presentation and approval of 2021 Annual Meeting Minutes** – Mary Mullen LaValley  Tessa McDonnell made a motion to approve the 2021 minutes, Diane Bolduc seconded; passed unanimously.  **“Addressing Maternal Anxiety and Depression in Primary Care”**  Featured Speakers: Fallon Cluxton-Keller, Ph.D., L.M.F.T. Assistant Professor of Psychiatry Director of Family Studies and Family Therapy Training for the Child and Adolescent Psychiatry Fellowship Geisel School of Medicine at Dartmouth Dartmouth-Hitchcock Medical Center Ardis Olson, MD Pediatrician Dartmouth-Hitchcock Medical Center  Drs. Olson and Cluxton-Keller Presenters described strategies to address depression and anxiety in pregnant and postpartum women served in primary care settings. They also shared preliminary findings from a study of a family-based collaborative care model.  Respectfully submitted,  Nancy Lucci        NHAIMH, PO Box 1421, Concord, NH 03302  [www.NHAIMH.org](http://www.nhaimh.org/)  Email NHAIMH@gmail.com |
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