

NEWS RELEASE

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Michigan Model of Infant Mental Health Home Visiting Added to California Evidence-Based Clearinghouse for Child Welfare (CEBC) Program Registry

ANN ARBOR, Mich. – The Michigan Model of Infant Mental Health Home Visiting (IMH-HV) has been approved for the California Evidence-Based Clearinghouse for Child Welfare (CEBC) Program Registry. Review of the published IMH-HV evaluation studies, including both community-based implementation trials and a university-based randomized controlled trial, led to a favorable rating and IMH-HV is now officially recognized by CEBC as a program with supportive research evidence to demonstrate positive outcomes for families in the topic area of “Infant and Early Childhood Mental Health Programs (Birth to 5). This rating indicates that a program has established reliable positive outcomes using rigorous experimental design.

Infant Mental Health Home Visiting is a relationship-focused, needs-driven intervention promoting the social, emotional, and cognitive development of infants and toddlers while supporting the multi-faceted needs of parents. IMH-HV is intended for families in pregnancy up to toddler aged 36 months and seeks to address disruptions to the parent-child relationship and mitigate the impact of experiences related to trauma, separations, stress and adversity, abuse and neglect, mental health, domestic violence, systemic oppression and/or lack of resources or social support.

“The CEBC aims to advance the effective implementation of evidence-based practices for children and families who are, or may become, involved with the child welfare system,” said Katherine Rosenblum, PhD, Professor and Co-Director of Zero to Thrive at Michigan Medicine. “The addition of our research to the registry will help us to distribute this proven model to mitigate the multi-generational effects of inequity, trauma, and adversity for families.”

Michigan is widely recognized as the “birthplace” of infant mental health practice. While IMH-HV has been implemented and delivered to families eligible for Medicaid through the public mental health system in Michigan for 50 years, it previously lacked efficacy data to meet specified state and federal standards, thus risking the sustainability of the treatment model and its ongoing funding. The Michigan Department of Human Health and Services (MDHHS) approached the Zero to Thrive (Z2T) faculty at the University of Michigan (UM) to pursue rigorous evaluation of IMH-HV program effectiveness. Principal Investigators Dr. Katherine Rosenblum and Dr. Maria Muzik coalesced a leadership team comprised of policy and infant mental health advocacy organizations and a research team comprised of prominent infant and early childhood researchers across 8 regional universities, who collectively designed, implemented, and analyzed data from two quasi-experimental studies completed in the community and one university-based randomized control trial. Data and subsequent publications from these evaluations provided the basis for IMH-HV’s 2021 CEBC submission and eventual rating. MDHHS, Z2T, and the Alliance for the Advancement of Infant Mental Health will collaborate in ongoing efforts to disseminate the model.

“Since 2015, the IMH-HV projects have been an ongoing collaboration between Zero to Thrive and the MDHHS to demonstrate the outcomes of IMH-HV services for families, as well as develop and support an advanced training curriculum. We are grateful to the many IMH-HV providers, supervisors and support staff for their contributions. We are pleased by the outcomes of the research and are looking forward to distributing and training on this work,” said Mary Ludtke, Evidence Based Practice and Grant Development Section Manager at Michigan Department of Health and Human Services.

You can learn more about the Michigan Model of Infant Mental Health Home Visiting on the Zero to Thrive website: <https://zerotothrive.org/research/imh-hv/>.

About Zero to Thrive

Zero to Thrive is a multi-disciplinary research center housed within the Department of Psychiatry at Michigan Medicine. The program is dedicated to the well-being and resilience of families, with a focus on effects of inequity, trauma, and adversity from pregnancy through early childhood. Zero to Thrive's mission is to spark robust scientific discoveries, quality training and vibrant cross-sector initiatives that create breakthrough solutions to transform the well-being and resilience of families from conception to early childhood with impacts for generations to come.