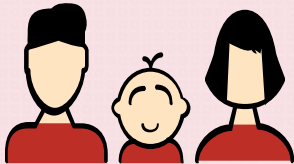
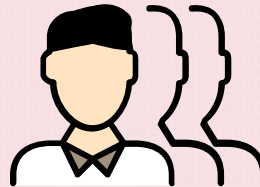


# Barriers to Accessing Infant Family & Early Childhood Mental Health Services and Resources

## Barriers



Family difficulty navigating systems



Lack of available birth to 5 mental health providers



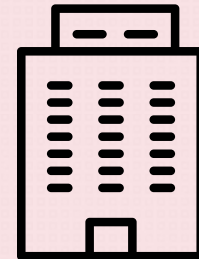
Long wait times even when there are available services



Lack of cultural and language diversity among birth to 5 mental health providers



Uneven distribution of birth to 5 mental health providers across the state



Lack of health care provider capacity to manage complex child and family mental health problems

## Strategies



Increased funding and support for the development of systems navigators



Increased funding for training infant-family and early childhood mental health providers



Greater cross-organizational collaborations focused on developing the birth to 5 mental health workforce



Economic incentives to increase number of birth to 5 mental health providers in the public sector



Increased compensation (e.g., loan forgiveness programs, higher salaries) for birth to 5 mental health providers working in areas with specialty shortages

## Best Practices



HealthySteps supports care coordination and navigation by providing families with a HealthySteps Specialist who helps them navigate across systems <sup>1</sup>



CA County First 5's have funded trainings for Transdisciplinary Mental Health Practitioners and Mental Health Specialists in several regions <sup>2</sup>

## Pediatricians' Comments

"There are resources out there, and a county mental health "Access line" but there are still so many hurdles to jump through that more often than not, this is insufficient to connect patients with appropriate resources."

"Patients are lost in a sea of forms, papers, approvals, and when everything is done, they only get 20-30 min of therapy a week."

"The key word here is appropriate. There are not enough pediatric mental health providers in our area."

### References

<sup>1</sup> HealthySteps. (n.d.). Retrieved July 27, 2019, from <https://www.healthysteps.org/>

<sup>2</sup> First 5 Monterey County. (n.d.). Make the FIRST 5 Years Count! Retrieved August 05, 2019, from <https://www.first5monterey.org/>