

**For Immediate Release**  
**June 30, 2015**

## **Find Answers to Children's Mental Health Questions at**

**[www.KidsMentalHealthInfo.com](http://www.KidsMentalHealthInfo.com)**

*Newly Designed Website Connects Parents to Information and Local Resources;  
Provides Free Training for Health and Child Care Professionals in Connecticut*

Farmington, CT – **The newly designed KidsMentalHealthInfo.com website connects parents and professionals working with young children in Connecticut to information, training and resources on children's mental health.** The mobile-friendly site features new training sections for professionals and recently translated Spanish-language content for parents on the critical, but often overlooked issue of infant and early childhood mental health.

The Child Health and Development Institute of Connecticut, Inc. (CHDI) initially developed [www.kidsmentalhealthinfo.com](http://www.kidsmentalhealthinfo.com) in 2010 to serve as a free, comprehensive resource on children's mental health for parents and caregivers. The site redesign and the development of the provider training sections were made possible by a grant from the Connecticut Office of Early Childhood (OEC) as part of their ongoing work to build an early childhood workforce trained and skilled in infant mental health.

"A knowledgeable workforce is key in identifying and addressing the mental health needs of our youngest children," said OEC Commissioner, Dr. Myra Jones-Taylor. "The redesigned website gives early childhood professionals the valuable resources they need to better serve young children and their families."

### **New provider sections include the following:**

- ✓ **Early Care and Education Providers:** free training information, videos and important links to help providers promote social and emotional learning in the young children they serve
- ✓ **Pediatricians:** free online training modules on Infant Mental Health and Maternal Mental Health, which include opportunities for Continuing Medical Education (CME) credit and participation in Maintenance of Certification (quality improvement) projects through Connecticut Children's Medical Center

**The expanded section for parents and caregivers is available in both English and Spanish.** It is designed to answer questions and concerns about children's behavior and mental health and covers:

- ✓ Tips to promote children's social and emotional development from birth
- ✓ How can parents and caregivers know if their child needs help
- ✓ Where to get help in Connecticut
- ✓ Special sections on child trauma, infant/early childhood and school-based mental health
- ✓ Local and national resources and publications
- ✓ Mental health providers in Connecticut offering evidence-based treatment (*TF-CBT list available, full searchable database coming soon*)

For more information, visit [www.kidsmentalhealthinfo.com](http://www.kidsmentalhealthinfo.com) and [www.chdi.org](http://www.chdi.org) or contact Julie Tacinelli [[tacinelli@uchc.edu](mailto:tacinelli@uchc.edu), 860-679-1534] or Cindy Langer [[langer@uchc.edu](mailto:langer@uchc.edu), 860-679-1538].

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