



WESTSIDE INFANT-FAMILY NETWORK

Providing infant mental health care and community resources to families in need

THE NEED FOR INFANT MENTAL HEALTH

Just like adults, infants can suffer from mental health issues. Untreated, these issues can develop into a lifetime of mental and physical illness, behavior problems, school failure and challenges with employment and social relationships. Timely intervention can prevent a future of pain and trauma for children and families, and a host of ongoing social costs to education, medical and legal systems for society in general. Later interventions carry substantial costs and are not generally as impactful.

WHAT WE DO

WIN provides free mental health care to families with young children among our three partner agencies—Westside Children's Center, Venice Family Clinic, and St. Joseph Center. Through these partners, WIN also connects families to basic resources they need to help them stabilize and thrive.

HOW WE DO IT

- Weekly in-home parent/child (dyadic) **infant mental health therapy** with bilingual, Masters-level clinicians;
- Intensive, **cross-agency case management** for the entire family including basic needs, transportation and in-home services;
- Professional-level, multidisciplinary **infant mental health training** to ensure that our network and clinicians throughout Southern California can better recognize and address infant mental health problems as they arise.

OUTCOMES

- Since our founding in 2005, WIN has provided mental health therapy and/or case management services to approximately 1,132 individuals (324 families), at an average cost of \$2,350 per client.
- Of families served in 2009-2010, outcomes after 12 months of therapy include:
 - 95% of children showing developmental delays demonstrated improvement one year later as evidenced by screening within the typical range in one or more developmental areas (i.e. communication, gross motor skills, fine motor skills, problem solving)
—per *Ages & Stages Questionnaires (ASQ)*
 - 91% of parents and children showed improvement in behaviors associated with secure attachment (i.e. eye contact, back and forth play, parents and babies better responding to each other's cues)
—per *Parent-Infant Relationship Global Assessment Scale (PIR-GAS)*
 - 81% of parents showing significant levels of parenting stress decreased their levels to a range that was more typical for an average parent
—per *Parenting Stress Index short form (PSI-SF)*
- In 2010, WIN trained over 500 staff, clinicians and community members

ACCOMPLISHMENTS

- WIN was recognized by the W.K. Kellogg Foundation as one of eight “exemplary early childhood initiatives” in the nation that has successfully integrated efforts across multiple service sectors.
- WIN will achieve 501(c)3 status in January 2011, becoming its own nonprofit organization.

FUNDING PARTNERS

WIN services are **free to families** and are underwritten by 14 local and national foundations that include: Ahmanson Foundation, Angell Foundation, The Atlas Family Foundation, Carl & Roberta Deutsch Foundation, Carrie Estelle Doheny Foundation, First 5 Los Angeles, Marianna & David Fisher, Conrad N. Hilton Foundation, Jewish Community Foundation, Ralph M. Parsons Foundation, Rose Hills Foundation, Tikun Olam Foundation, Weingart Foundation, WestEd Center for Prevention and Early Intervention

Project:	Westside Infant-Family Network (WIN)
Grantee:	Westside Children's Center (WCC)
Total Grant Amount:	\$500,000 (2008-2011)

Robert Wood Johnson Foundation Local Funding Partnerships joins the resources of a national foundation with local grant makers and nonprofit organizations, so better health can take root in our communities. Together we support ambitious new community solutions that meet people where health starts—where they live, learn, work and play.