



FY24 Behavioral Health Grand Rounds

Understanding Infant & Early Childhood Mental Health Diagnostic Formulation

Cara Lucke, M.A.
Psychology Predoctoral Intern

Virtual (Zoom)
<https://childrensnational.zoom.us/j/96102569437>

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11 a.m. - 12 p.m.

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Cara Lucke is a PhD candidate in the Developmental Psychopathology & Clinical Science track in the Institute of Child Development at the University of Minnesota. She is currently completing her psychology internship at Children's National Hospital. Prior to her doctoral training, Cara obtained her bachelor's degree in Psychology from Boston College. She also worked as a research coordinator for Massachusetts General Hospital in the Department of Psychology, and in this role, studied routine psychosocial screening in the context of primary care. Her research interests include intergenerational resilience processes with a focus on pathways that buffer psychological risk, promote positive adaptation, and support effective caregiving practices. Cara will be working in the Early Childhood and Behavioral Health Program at Children's National next year with the primary responsibilities of providing intervention to young children from birth to age six and conducting autism evaluations.

Abstract

Children under six years old have similar rates of clinically significant mental health problems compared to school-age children and adolescents (CDC, 2022). The field of Infant & Early Childhood Mental Health (IECMH) aims to promote the social-emotional health of young children to promote positive developmental trajectories. This presentation will provide an overview of the historical and modern influences that shaped the core tenets of IECMH. This presentation will also review the diagnostic system used to conceptualize psychopathology among young children and the multifaceted framework for conducting comprehensive diagnostic evaluations. The strengths and limitations of this approach will be discussed in addition to implications for practice and policy.

Target audience: Psychiatrists, Psychologists, Social Workers, Psychiatry fellows, Psychology Doctoral Interns

Learning objectives:

The attendee will:

1. Define infant and early childhood mental health and explain historical and modern influences
2. Describe the multiaxial DC: 0 – 5 diagnostic system
3. Explain the difference between assessment, diagnosis, and formulation in infancy and early childhood
4. Discuss implications for practice and policy

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

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