

# INFANT & EARLY CHILD MENTAL HEALTH (IMH)

## About the Program

This eight-month, graduate certificate program provides you with additional knowledge and the skills required to specialize in infant and early childhood mental health. Expand your professional opportunities and learn to improve mental health outcomes across the early lifespan.

Coursework in family dynamics, attachment, brain development, health promotion and trauma will improve your knowledge of risk and protective factors, which are essential to supporting young families and promoting positive mental health. Draw on the insights of our experienced faculty for in-depth conversations on current research and practice in early intervention and mental health promotion across diverse populations.

This program will also introduce you to practical skills related to communicating with families, screening and assessment and advanced practice. Apply these skills and gain industry connections during your second semester field placement.

## Credential Awarded

Ontario College Graduate Certificate

## Duration

2 Semesters (8 Months)

## Starts

September

## Program and Course Delivery

This program is offered in Seneca's hybrid delivery format. Some coursework is online and some must be completed in person. Students will need to come on campus to complete in-person learning requirements.

### Skills

Throughout this program you will develop the following skills:

- Apply current research to support infant and early childhood mental health
- Identify and respond to risk and protective factors
- Use judgement to apply effective early intervention strategies
- Build rapport with families, colleagues and other professionals through responsive communication

## Work Experience

### Field Placement

As an IMH student you will complete an unpaid field placement in semester two. Field placements provide students with the opportunity to integrate classroom teachings into practice while working in the community with infant mental health practitioners. Students will assist children and families and learn about mental health supports in various community settings, such as health promotion, early intervention, children's mental health and family resource programs. Students are appointed field placements depending on previous experience and long-term goals.

## Your Career

When you graduate from this program, these are the types of career options you can explore:

- Early intervention and prevention
- Children's mental health
- Infant development programs
- Family support and resource programs
- Settlement programs
- Education settings
- Child welfare agencies

## Program of Study

Course Code	Course Name	Weekly Hours
<b>Semester 1</b>		
IMH101	Infant and Early Childhood Mental Health	3
IMH103	Dynamics of the Family: A Child's Perspective	3
IMH105	Integrating Attachment and Brain Development	3
IMH106	Human Development	3
IMH108	Fundamentals of Communications and Counselling with Families	3
<b>Semester 2</b>		
IMH201	Understanding and Responding to the Challenging Behaviour of Young Children	3
IMH203	Health Promotion and Education	3
IMH204	Advanced Practice in Infant and Early Child Mental Health	3
IMH205	Screening and Assessment: Infants, Young Children and Families	3
IMH206	Promoting Resilience in Infants and Young Children Impacted by Stress and Trauma	3
IMH207	Field Placement IMH	7

## Program Learning Outcomes

This Seneca program has been validated by the Credential Validation Service as an Ontario College Credential as required by the Ministry of Colleges and Universities.

As a graduate, you will be prepared to reliably demonstrate the ability to:

- Assess symptoms of mental health to respond effectively to infants, children, and families.
- Design strategies to foster safe and healthy environments for infants, children, and families.
- Identify services, supports, and counselling to educate parents and caregivers.
- Design advocacy and educational initiatives to support ethical practice, care, and treatment based on jurisdictional principles.
- Collaborate on an interdisciplinary team to serve the mental health needs of the community.

- Design health promotion initiatives and programs to reduce stigma of infant, children, and family mental health and protect human rights.
- Analyze the importance of the social determinants of health for health policy, service delivery, and practice.

## Admission Requirements

- Ontario university or college degree or three-year college diploma or equivalent  
Applicants with a two-year college diploma and at least six months of full-time work experience in early childhood development or a related field may be considered for admission. A relevant resumé and references must be provided.
- English proficiency (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/english-proficiency.html>) for graduate certificates

Canadian citizens or permanent residents educated outside of Canada must provide a World Education Services (WES) or ICAS Canada credential evaluation.

## Additional Information

To comply with the requirements of field placement organizations, you must have these documents prior to the start of the term. Documents must be valid for the duration of the placement semester:

- Vulnerable Sector Police Record Check
- Medical form: which includes current immunization and chest x-ray or tuberculin skin test reports
- Standard First Aid and CPR-C
- International students will need a valid Co-op Work permit.

To prepare for field placement students will receive an email invitation to attend an online Field Placement Orientation session. This session will provide you with helpful tips on how to complete these important documents.

If you are a current or recently accepted student and have questions about field placement documents, please email the field placement team (<mailto:senecafieldplacements@senecapolytechnic.ca>).

## Notes

Please apply early for your Police Vulnerable Sector Check because there may be waiting period of up to eight weeks.

## International Student Information

International admissions requirements vary by program and in addition to English requirements (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/english-requirements.html>), programs may require credits in mathematics, biology, and chemistry at a level equivalent to Ontario's curriculum, or a postsecondary degree or diploma, equivalent to an Ontario university or college. Program-specific pre-requisite courses and credentials are listed with the admission requirements on each program page. To review the academic requirements please visit: Academic Requirements - Seneca, Toronto, Canada ([senecapolytechnic.ca](https://www.senecapolytechnic.ca)) (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html>).

## Pathways

As a leader in academic pathways, we offer a range of options that will allow you to take your credential further in another Seneca program or a program at a partner institution.

To learn more about your eligibility, visit the Academic Pathways (<https://www.senecapolytechnic.ca/pathways.html>) web page.

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