

# Our Journey with the Douglas County Infant Toddler Mental Health Cohort

There was a need for coordinated services in the ITMH Douglas County community. We saw a high Interest in this idea, but there were low resources for support.

We wanted something that was:



*It was also important that the cohort members discovered shared value and created a coordinated vision of a system of support services for families and children.*

**START OF 1ST TERM**

**Working as Individuals**

The group acknowledged shared feelings of isolation in our work and the enormity of working to make supports for families and children more accessible in Douglas County.

**MIDDLE OF 2ND TERM**

**Growing as a Community**

Relationships and connections have been established between the cohort members. An atmosphere of trust between the cohort members and agencies began to flourish. The focus became centered around how to lead the community and build supports.

**END OF 3RD TERM**

**Coordinating Efforts**

Cohort members were ready to create action plans and move forward. Project mentors created a space and format for cohort members to create coordinated, beginning action plans.

**YEAR 2**

**Supporting One Another**

A focused action plan has been agreed on by the cohort. Over the next year project mentors will support members as they advocate and become leaders in the larger DC-IMH community.

**END OF YEAR 2**

**Leading Together**

Together they will lead the larger DC-IMH community in Infant/Toddler Mental Health work.

**Building on the Foundation**

In years 2-3, new members joined the cohort. Professional activities included shared Professional Development, Community Action and Engagement, and Reflective Practices Together.

Social Services + Childcare/Early Childhood Education + Counseling Health + Family Supports