**Current Services, Needs, Challenges, and Recommendations**

RE: Jane Doe DOB 1/26/15

May 12, 2021

Jane is enrolled in the Family Wellness Program (FWP) with services provided by Alaska Center for Children and Adults (ACCA) Infant Early Childhood Mental Health (IECMH) specialists. I have been working with her foster family since September 2020, through videoconferencing at least once a month. We discuss her needs and challenges, and how to access possible resources. Jane is in counseling with a local mental health provider through videoconferencing. The foster family has worked with ACCA to help figure out how to best support Jane with all the big events she has experienced.

Jane is a curious 6 year old girl who loves dancing and music. She likes to help cook and helps make a great grilled cheese sandwich. She is in school, goes to an after school program, has friends, and has tap dancing lessons. She is also a child who has been in many different homes, with different family members, and being with and being separated from her siblings. Jane requires a higher level of support. She has experienced a great deal of trauma, some from alleged neglect. She is doing her best to deal with some very big feelings. She hides food under her bed and gets worried about when the next meal will be, always asking what’s for lunch or dinner. This is typical for children who have experienced food insecurity and are now hypervigilant about changes and even possible changes. She is very young and learning to cope. She will not react as a typical child and may be influenced by these early experiences for years to come.

Neglect, if it is chronic or severe, may alter development of the stress response system in ways that can compromise a child’s ability to cope with adversity. It can also leave a child at greater risk for emotional, behavioral, and interpersonal relationship problems later in life. Consistent and responsive caregiving, which includes providing physical and psychological safety, meeting basic needs, especially with regard to quality of relationships, all support early childhood mental health.

Recommendations:

* Continued support of mental health specialists, especially appropriate mental health therapy focused on the caregiver/child relationship.
* Participation in activities that will encourage safety and security around food – such as planning menus, helping with shopping, helping with preparing meals, and talking about her feelings about food.
* Continue at her current school and dance classes for consistency and feelings of safety

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