



At-a-Glance Resource Directory published by Duluth-Proctor-Hermantown Thrive
Infant and early childhood mental health directory aimed at those who work with young children and families.

(January 9, 2012)

The Northland Foundation and the Duluth-Proctor-Hermantown Thrive Initiative (DPH Thrive) recently published a newly updated, condensed version of their *Infant and Early Childhood Mental Health Resource Directory*. The publication contains contact information for local providers offering mental health services to infants, toddlers, and pre-school age children and their families.

The directory was abridged from a detailed, 120-page version published in 2008. Its primary audience is physicians, nurses, psychologists, counselors, social workers, early childhood specialists, and other professionals who frequently work with young children in the region.

Infant and early childhood mental health may be defined as the developing capacity of children from birth to age five to experience, regulate, and express emotions; form secure interpersonal relationships; and explore their environment and learn ([*Zero to Three*](#)).

“The directory provides concise, conveniently listed resources about where to turn if a child is needing more support in their social emotional development or if the family could use some help in meeting the needs of their young child,” stated Barb Farrell, Early Childhood Programs, Duluth Public Schools.

In addition, DPH Thrive provided technical assistance and resources to assist Minnesota Early Childhood Initiative coalition sites to prepare five rural directories covering the following areas.

- North Shore (includes Lake and Cook County)
- Aitkin County
- Carlton County
- Itasca County
- Northern St. Louis County (Hibbing, Virginia, Aurora, Hoyt Lakes, Biwabik, Ely, Mountain Iron-Buhl, Eveleth, Gilbert)

All of the directories are available for download on the [Northland Foundation website](#). Printed copies of the at-a-glance publication have been distributed to area service providers.

“We hope these directories will be useful tools,” said Lynn Haglin, Northland Foundation Vice President/KIDS PLUS Director, “and we are grateful for grant funding provided by the Medica Foundation and Essentia Health to help us carry on the important work of Thrive.”