



P R E S S R E L E A S E

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EXTENDING HEALTHY PATHWAYS FOR INFANTS AND FAMILIES

Contract Maintains Infant/Family Mental Health Services

REDDING-----Funding from First 5 Shasta will ensure families with children under three can access services from the *Healthy Pathways for Infants* program through March 2010. This Shasta County program, which began in 2001, was the first clinical early childhood mental health effort to emerge in the north state above Sacramento. Issues addressed by *Healthy Pathways* include maternal depression, parental stress, and bonding and attachment between infant and parent. The First 5 Shasta Commission approved a contract with Northern Valley Catholic Social Service amounting to just over \$92,000 to continue the program for the next six months.

Infant/family mental health services aim to promote healthy relationships between parents and very young children. Most frequently, a licensed clinician provides *Healthy Pathways* services in the family's home. Clients may receive both therapeutic intervention and prevention mental health services. For information about the *Healthy Pathways for Infants* program, contact Northern Valley Catholic Social Service at (530) 241-0552.

First 5 Shasta, the Shasta Children and Families First Commission, was established after voters passed Proposition 10 in November 1998, adding a 50 cent-per-pack tax on cigarettes to fund education, health, child care and other programs promoting early childhood development for expectant parents and children up to age five. To date, First 5 Shasta has invested over \$12 million in local projects and programs that benefit young children and families.

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