

**Dallas L. Rabig, MA, LPC, IMH-E®**  
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**Licensure and Endorsement:**

Licensed Professional Counselor (LPC) State of Alabama 3563  
Infant Mental Health Endorsement® - Clinical Mentor (IMH-E®)

**Education**

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**2018-**        **University of the Columbians**  
Student Counselor Education and Supervision Doctoral Program

**2012**        **Capella University**  
Post Graduate Certificate in Play Therapy

**2011**        **Liberty University**  
Master of Arts, Graduate School of Counseling  
Additional Training and Certification: Acute Stress and PTSD in Military Families

**2003**        **University of Mobile**  
Bachelor of Health Science

**Professional Experience**

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**CURRENT**    **Alabama Department of Early Childhood Education**  
*State Coordinator for Infant and Early Childhood Mental Health  
Leadership and Program Development*

- Provide oversight and leadership for development and implementation of Alabama’s *Infant and Early Childhood Mental Health System of Care Strategic Plan*
- Serve as key contact for all inquiries for information about Alabama’s Infant and Early Childhood Mental Health (IECMH) Initiatives
- Collaborate with the Young Child Wellness Council to expand Alabama Project LAUNCH IECMH initiatives
- Maintain awareness of and actively support all activities statewide related to the establishment of evidence-based interventions for supporting all children birth to 6 years and their families
- Work closely with key stakeholders of the Alabama Association for Infant and Early Childhood Mental Health (First 5 Alabama®) in the development and sustainability of a registry of IECMH Consultants, Reflective Supervisors, and trainers statewide enhancing the capacity of the mental health workforce
- Promote Alabama’s participation in the Michigan Association for Infant Mental Health Endorsement® system by maintaining an active leadership role in the Alliance for the Advancement of Infant Mental Health®
- Assist First 5 Alabama® Board of Directors in the implementation of the Infant and Early Childhood Mental Health Competencies® and Endorsement® framework in Alabama
- Actively participate on the Governor’s Opioid Advisory Council SBIRT Committee, AL Children’s Policy Council, Home Visiting Advisory Council, PreK Advisory Council, IECMH Consultation Advisory Council, Early Head Start Health Advisory Council
- Manage partnership between the Alabama Department of Mental Health and Alabama Department of Early Childhood Education
- Collaborate with Alabama Medicaid, Blue Cross/Blue Shield and other payor sources to increase equitable access to developmentally appropriate and evidence-base mental health care for infants, toddlers, young children, and prenatal parents
- Collaborate with federal grantees on research projects pertaining to children and families

### ***Workforce Development***

- Increase the use of the DC:0-5 in the diagnosis and treatment intervention of children birth to 6 years through training and technical assistance activities
- Secure funding to increase training opportunities for licensed mental health clinicians to increase equitable access to evidence-based, relationship-focused, mental health care for prenatal parents and children birth to 6 years
- Collaborate with various state conference planning teams in the development of IECMH tracks for professional development institutes
- Organize and lead training events to support all disciplines that work with children and families to increase knowledge and skills around infant and IECMH, trauma, perinatal mental health, brain development, substance use
- Collaborate with institutions of higher education to develop undergraduate and graduate IECMH career track
- Lead Alabama's Reflective Supervision/Consultation initiative by implementing Reflective Practice across early childhood disciplines to include home visiting, early intervention, state funded pre-k, community mental health centers, and child welfare
- Coordinate and support the statewide implementation of Child-Parent Psychotherapy, FAN, DC: 0-5, IECMH Consultation, and other standardized screening and assessment tools
- Develop and pilot a Perinatal Mental Health Consultation Model to address high rates of pregnant women in treatment for substance use in pregnancy
- Work closely with the First 5 Alabama® Workforce Development Chairperson to create a sustainable plan for professional development opportunities for early childhood systems
- Serve as a recognized provider of Reflective Supervision/Consultation

### ***Community Building and Community/State/National Relations***

- Collaborate with Military and Native American communities to identify and increase access to resources available to enhance the Military and Native American family serving systems in Alabama
- Coordinate and collaborate with Alabama's early childhood and mental health initiatives including but not limited to Alabama Project LAUNCH (and its subcommittees), Alabama Early Intervention System State Systemic Improvement Plan, Alabama's Blueprint Advisory Council, First Class Pre-K, First Teacher Home Visiting, Head Start Collaboration Office, Children's Policy Council, Governor's office, Department of Mental Health, Department of Human Resources, Department of Special Education, Department of Education, Alabama Partnership for Children, Alabama Chapter for American Academy of Pediatrics
- Support efforts for expansion and sustainability of IECMH Consultation and direct services in Alabama through collaboration with other state agencies, non-profit organizations, national organizations, including but not limited to, identifying funding sources, and assisting with policy development
- Active participation on the Zero to Three National Policy Center Cohort 2 Financing Policy Team guiding sustainability of Alabama's IECMH system of care

### **2015-current A Child's Life Resources, LLC**

#### **Part-time**

*Owner & Consultant, Infant/Early Childhood Mental Health Provider*

- Mental health assessments and observations with child/family using DC:0-5 and DSM 5
- Collaborate with physicians, mental health clinicians, and care providers to provide wrap around services
- Trained to administer the following assessments to formulate a collaborative strategic plan to address child behaviors and child-parent relationship issues: Child Behavior Checklist, Caregiver-Teacher Report Form, Parent Stress Index - SF, Strengthening Families Protective Factors Survey, DECA-C, Devereux System Reflective Questionnaires, Infant/Toddler Environment Rating - Revised, Early Childhood Environmental Rating Scale - 3, Preschool Mental Health Climate Scale, Edinburg Depression Scale, PHQ-9, Behavior Rating Inventory

- of Executive Function, Parent-Infant/Child Interaction Observation Tool, Working Model of the Child Interview, Modified Crowell Procedure
- Provide Child-Parent Psychotherapy, Trauma-Focused Integrated Play Therapy, Child-Centered Play Therapy, Filial Therapy, Trauma-Focused CBT, Family Systems Therapy, perinatal parent groups, and IECMH Consultation within the context of the parent-child/caregiver-child dyad
- Mental Health Provider Vendor Department of Human Resources Child Welfare – Foster Care Services providing trauma-informed case consultation and reflective support, attachment relationship observations, IECMH Consultation to foster parents, expert witness in trauma cases
- Group therapy for homeless women and children in shelter

**2015-2017 University of Alabama/Alabama Project LAUNCH**

*Infant and Early Childhood Mental Health Consultant*

- Assist evaluation team in development of mixed methods experimental design for the implementation of Infant and Early Childhood Mental Health Consultation (IECMHC) into pre-k classrooms, home visiting, and early intervention programs
- Building collaborative relationships at local and state systems levels
- Develop procedures and training manual for future IECMH consultants in Alabama
- Deliver foundational training in pilot area and state to prepare for IECMHC implementation
- Deliver professional development training/workshops on social-emotional development, trauma informed practice, toxic stress, early childhood trauma, brain development, positive behavior supports, parent depression, self-care, and reflective practice to early care providers, coaches, teachers, early interventionists, home visitors, physicians, and mental health providers
- Coordinating delivery of Reflective Supervision training to local pilot sites and state
- Conduct program and classroom assessments and provide IECMHC for early care providers, pre-K, home visiting, and early intervention.
- Conduct family/child observations, classroom observations and assessments and provide IECMHC for families and early learning programs
- Utilize assessments to formulate a strategic plan to address child behaviors, child-parent and child-caregiver relationship issues: Child Behavior Checklist, Caregiver-Teacher Report Form, Parent Stress Index, Strengthening Families Protective Factors Survey, DECA-C, Devereux System Reflective Questionnaires, ITRS, ECRS, Preschool Mental Health Climate Scale, Edinburg Depression Scale
- Support early care providers, coaches, and teachers in creating prosocial classroom environments and developing strategies for challenging behaviors
- Coordinate IECMHC sub-committee within Alabama Project LAUNCH state Young Child Wellness Council to assist in the advancement of IECMH throughout Alabama
- Assisted in the creation of the Alabama Association for Infant and Early Childhood Mental Health

**2012-2015 Centennial Mental Health**

*Early Childhood Specialist (ECS)/Outpatient Mental Health Provider III*

- Early Childhood Mental Health Consultant for Elbert, Lincoln, Kit Carson, and Cheyenne Wells counties
- Provided IECMHC services to Head Start, and early childhood developmental programs
- Promote social-emotional development in children birth to 8 years old in classroom and home environments
- Utilize DC:0-3R and crosswalk to DSM IVTR to diagnoses children and families
- Utilize assessments to formulate a strategic plan to address child behaviors and child-parent relationship issues: Child Behavior Checklist, Caregiver-Teacher Report Form, Parent Stress Index SF, Strengthening Families Protective Factors Survey, DECA-C, Devereux System Reflective Questionnaires, ITRS, ECRS, Preschool Mental Health Climate Scale, Edinburg Depression Scale, PHQ-9, Working Model of the Child Interview

- Develop strategies with early care providers, teachers, and families that address difficult behaviors at home and in the classroom through Reflective Consultation
- Conduct training for early childhood providers in social-emotional development, traumatic stress and brain development, maternal depression, promoting resiliency in families and the classroom, and toxic stress.
- Deliver direct services to children and families using treatment models: Child-Parent Psychotherapy, Trauma-Focused Cognitive Behavioral Therapy, Child-Centered Play Therapy, Traumatic Grief Therapy, Solution Focused Brief Therapy, Filial Therapy, Child-Parent Interactive Therapy, Family Systems Therapy
- Provide critical incident debriefing to early care providers, coaches, teachers, administrators, and Child Protective Service Case Workers
- Trauma art therapy groups for women with substance use disorders, Celebrating Families group with children and family with substance use disorders

**2011-2012 The Lighthouse Domestic Violence Shelter**

*Child Advocate/Child Therapist/Associate Licensed Counselor*

- Teach healthy parenting skills
- Teach healthy living, safety planning, resiliency skills to children and adolescents
- Provide Traumatic Grief Therapy, Child-Centered Play Therapy, Parent-Child Psychotherapy
- Individual and group therapy

**2010-2012 Focal Point Professional Services, LLC**

*Counseling Staff/Associate Licensed Counselor*

- Developed Play Therapy program, adolescent groups with a focus on self-esteem, and art therapy groups
- Provide treatment of children, families, and young adults with acute stress disorders, PTSD, early childhood trauma exposure, and substance use disorders

**2003-2010 Chamberlin Edmonds and Associates**

*Senior Healthcare Representative*

- Conduct health, mental health, income, and resource assessments
- Apply for disability benefits for individuals and families
- Educate families regarding disability benefits, application process, and representation
- Case management and referral to community resources
- Recover revenue for hospitals while advocating for uninsured
- Collaborating with disability attorneys and the Social Security Administration

**2005-Current Army National Guard**

*Bandsman/Vocalist*

- Special training: Recruiting and Retention Non-Commissioned Officer Course and Master Resiliency Trainer Course
- Provide musical support for the Governor and Troop Command one weekend a month and two weeks in the summer
- Provide security and ground support during natural and manmade disasters
- State National Anthem Vocalist, performing at most recruiting sponsored sporting events

**Grant Support**

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Funding Institution: U.S. Department of Health & Human Services, Administration for Children & Families

Grantee: Alabama Department of Early Childhood Education

Project Title: Preschool Development Birth through Five (PDG B-5) - Mixed delivery infrastructure building

Total Award: \$10,620, 000 for 1 year (2018-2019)

Effort Toward IECMH Infrastructure and Workforce Development: \$700,000

Principal Investigator: Tracye Strichik, PhD

Role: Mental Health Consultant and Co-Author

Funding Institution: Substance Abuse and Mental Health Services Administration (SAMHSA)

Grantee: Alabama Department of Mental Health

Project Title: Alabama Project LAUNCH

Total Award: \$3,200,000 over 5 years (2014-2019)

Principal Investigator: Jane Duer

Role: Mental Health Consultant (2015-2019)

## **Professional Presentations, Trainings & Workshops**

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### **National Conference Presentations**

Rabig, D. (May 2019). Angels and ghosts in the nursery: Infant mental health in minority populations. NBCCF Bridging the Gap Symposium: Eliminating Mental Health Disparities. Atlanta, GA.

Rabig, D. (June 2017). Infant mental health: The importance of attachment relationships in brain development. National Association of Family Child Care. Mobile, AL.

### **Lectures by Invitation**

Rabig, D. (September 2019) Self-care for the early childhood educator. Early Head Start Migrant Programs.

Rabig, D. (May 2019). Reflective supervision/consultation in family service programs. Alabama Project LAUNCH Professional Development Institute.

Rabig, D. (January 2019). Infant mental health: Risk, resiliency, and attachments. Alabama Early Childhood Conference – Infant & Early Childhood Mental Health Track.

Rabig, D. (January 2019). The trauma-responsive classroom: Looking at development and learning through a trauma lens. Alabama Early Childhood Conference – Infant & Early Childhood Mental Health Track.

Rabig, D. (November 2018). Introduction to trauma-informed approaches: Becoming a trauma-sensitive school. Tuscaloosa City School System and Tuscaloosa County School System Professional Development Day, Tuscaloosa, AL

Rabig, D. (October 2018). Community resources for families in drug court. Alabama Drug Court Conference, Birmingham, AL

Rabig, D. (July 2018). A trauma informed approach to building resilient classrooms. Alabama State Department of Education Summer Learning Institute, Mobile, AL

Rabig, D. (May 2018). Infant and early childhood mental health: Being innovative with building workforce capacity. Discussion Panel Higher Education Summit, Montgomery, AL

Rabig, D. (February 2018). Infant and early childhood mental health initiatives across the state: What you need to know. USA Pediatric Grand Rounds, Mobile, AL.

Rabig, D. & Blancher, MD, M. (October 2017). Promoting infant and early childhood mental health competency in primary care and pediatrics. Fall CME, Alabama Chapter American Academy of Pediatrics, Birmingham, AL.

Rabig, D. (May 2016). Introduction to play therapy in clinical practice. Guest lecturer for The University of Alabama, College of Environmental Sciences, Marriage and Family Therapy, Tuscaloosa, AL.

Rabig, D., & Duer, J. (January 2016). Building protective factors and why it is important in building resilience. Oral presentation at the Alabama Department of Rehabilitative Services Medical Aspects of Disability Training Conference, Birmingham, AL.

### **State Conference Sessions**

- Rabig, D. (November 2018). Infant and early childhood mental health: How best practice is influencing policy in Alabama. Alabama Counseling Association Annual Conference, Birmingham, AL
- Rabig, D. (November 2018). Reflective supervision: Does it have a place in clinical supervision? Alabama Counseling Association Annual Conference, Birmingham, AL
- Rabig, D. (October 2018). The trauma-responsive classroom: Looking at development and learning through a trauma lens. Alabama Head Start Association, Birmingham, AL
- Rabig, D. (October 2018). Building a trauma-informed system of care. Alabama Head Start Association, Birmingham, AL
- Rabig, D. (October 2018). The effects of secondary traumatic stress. Early Intervention Fall Conference, Birmingham, AL
- Rabig, D. (October 2018). Infant mental health: Risk, resiliency, and attachments. Early Intervention Fall Conference, Birmingham, AL
- Rabig, D. (August 2018). Through the looking glass: A trauma-informed approach to development and learning. Cheaha Regional Head Start 2-day pre-service training.
- Rabig, D. (February 2018-October 2018). Online professional development modules on brain development, toxic stress, culture and diversity, grief and loss, pregnancy and early parenting. Eliademy Online Learning Management System. First 5 Alabama.
- Rabig, D., Snead, S., Daugherty, S., Covarrubia, S., Land, R. (July 2018). Take2! For IECMHC. In partnership with Alabama Project LAUNCH and First 5 Alabama, Montgomery, AL.
- Rabig, D., Winchester, J. (January 2018). Through the looking glass: Trauma informed approaches in the classroom. Alabama Department of Early Childhood Education, First Class Pre-K Teacher Professional Development, Mobile, AL.
- Rabig, D. (November 2017). Reflective Supervision in Professional Counseling. Alabama Counseling Association Professional Development Conference, Mobile, AL.
- Rabig, D. (October 2017). Infant mental health: What it is and why it is important. Alabama Early Intervention/Preschool Conference, Huntsville, AL.
- Rabig, D. (October 2017). Reflective Supervision/Consultation. Alabama Head Start Association Conference, Orange Beach, AL.
- Rabig, D. (October 2017). Through the looking glass: A trauma informed approach to development and learning. Alabama Head Start Association Conference, Orange Beach, AL.
- Rabig, D. (September 2017). Addressing ACEs in home visiting. Alabama First Teacher Home Visiting Conference, Montgomery, AL.
- Rabig, D. (July 2017). Through the looking glass: A trauma informed approach to development and learning. National Association for Family Child Care Annual Conference, Mobile, AL.

- Rabig, D. (January 2017). Through the looking glass: A trauma informed approach to social emotional development. Oral presentation presented at the Annual Alabama First Class Pre-K Conference, Mobile, AL.
- Rabig, D. (July 2016). Trauma informed approach to home visiting: Understanding the families we serve. Oral presentation presented at the Annual Alabama First Teacher Home Visiting Conference and Infant Toddler Academy, Montgomery, AL.
- Rabig, D. (May 2016). Introduction to Infant/Early Childhood Mental Health Consultation: A new approach for Alabama. Oral presentation at the 2<sup>nd</sup> Annual Early Childhood Professional Development and Summit, Tuscaloosa, AL.
- Rabig, D., & Ayers, B. (February 2015). Promoting resiliency in early childhood settings. Oral presentation at the 5<sup>th</sup> Annual Rocky Mountain Early Childhood Conference, Denver, CO.
- Rabig, D. (2013-2015). Pre-service Professional Development Series. Elbert County Early Childhood Programs, Elizabeth, CO.

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### **Advisory Councils and Speakers Bureaus**

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#### *Current:*

Trauma Informed Systems and Toxic Stress Speaker  
 Zero to Three Infant and Early Childhood Mental Health Financing Policy Convening Team Cohort 2  
 Alabama State Young Child Wellness Council (Project LAUNCH)  
 Alabama Governor's Infant Mortality Task Force (SBIRT Workgroup)  
 Alabama Maternal Child Health Council  
 Preschool Collaboration Council  
 First 5 Alabama<sup>®</sup> Board of Directors – Advisor to the Board, Endorsement Committee Chair, Workforce Development Co-Chair  
 Alabama Interagency Autism Community Council DECE Representative  
 Leadership Council – The Alliance for the Advancement of Infant and Early Childhood Mental Health<sup>®</sup>  
 Endorsement Council – The Alliance for the Advancement of Infant and Early Childhood Mental Health<sup>®</sup>

#### *Past:*

Colorado Project LAUNCH Young Child Wellness Council  
 Essentials for Childhood Collective Impact Team (State of Colorado)  
 Elbert, Kit Carson, Lincoln Early Childhood Councils  
 Elbert/Lincoln Baby Bear Hugs Advisory Council  
 Early Childhood Council Executive Council NE Colorado  
 Colorado Toxic Stress Speakers Bureau

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### **Professional Organizations**

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American Counselors Association (ACA)  
 Alabama Counseling Association (ALCA)  
 Omega Zeta Chapter Chi Sigma Iota (University of the Cumberlands)  
 Association for Play Therapy (A4PT)  
 Military Child Education Coalition (MCEC)  
 Zero to Three  
 Alliance for the Advancement of Infant Mental Health – Endorsement & Leadership Committees, Research & Policy Workgroups  
 Alabama Association for Infant/Early Childhood Mental Health (First 5 Alabama) – Founding Member, Advisor to Board of Directors and Chairperson of Endorsement<sup>®</sup> Committee

### **Awards**

Alabama National Guard Scholarship (2018, 2019)  
 Omega Zeta Chapter Chi Sigma Iota Honor Society (2018)

