Substance Abuse and Mental Health Services Administration
SAMHSA

Infant & Early Childhood Mental Health Consultation and PDG Grantees

Presenters: Elizabeth Bicio, Neal Horen, and Dawn Nixon

Thursday August 15, 2019

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THE CENTER OF EXCELLENCE FOR
Infant and Early Childhood Mental Health Consultation

SAMHSA's Center of Excellence for Infant and Early Childhood Mental Health Consultation (IECMHC)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation.

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), SAMHSA, or HHS.

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Agenda

1. IECMHC Overview
   a. What is IECMHC and how does it work?
   b. Applications across service providers
   c. Integration within child serving systems
   d. Benefits of IECMHC
   e. IECMHC programs: Scaling Partnerships and Outcomes
2. Why Include IECMHC in PDG Grantee Work?
3. Voices From the Field
4. Audience Questions to Presenters
5. IECMHC Resources

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Objectives

- Define IECMHC and understand how it works
- Describe IECMHC's applications across a wide array of service settings and providers
- Articulate why IECMHC is important and how it can be a key component of PDG Grantee work
- Identify IECMHC resources

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Section 1: IECMHC Overview

THE CENTER OF EXCELLENCE FOR
Infant and Early Childhood
Mental Health Consultation

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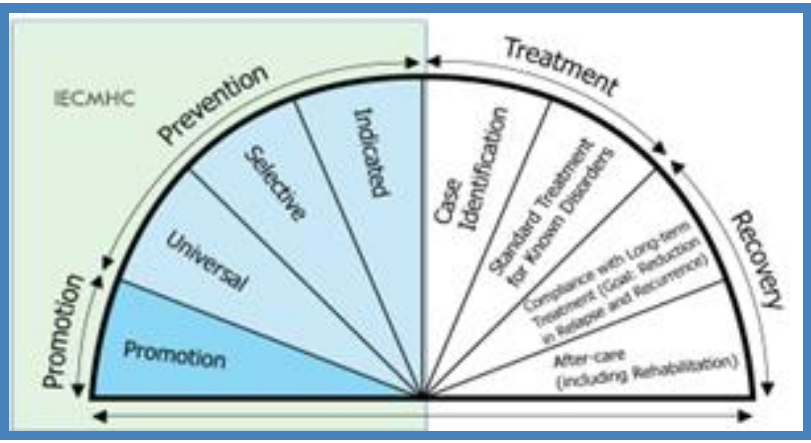
Definition: Infant Early Childhood Mental Health Consultation

It is a multi-level, preventive intervention

that teams mental health professionals and the adults who work with young children and their families

to increase their capacity to support children's social, emotional and relational health

so children learn, grow, and develop.



Adapted from the Institute of Medicine's Protractor (SAMHSA)

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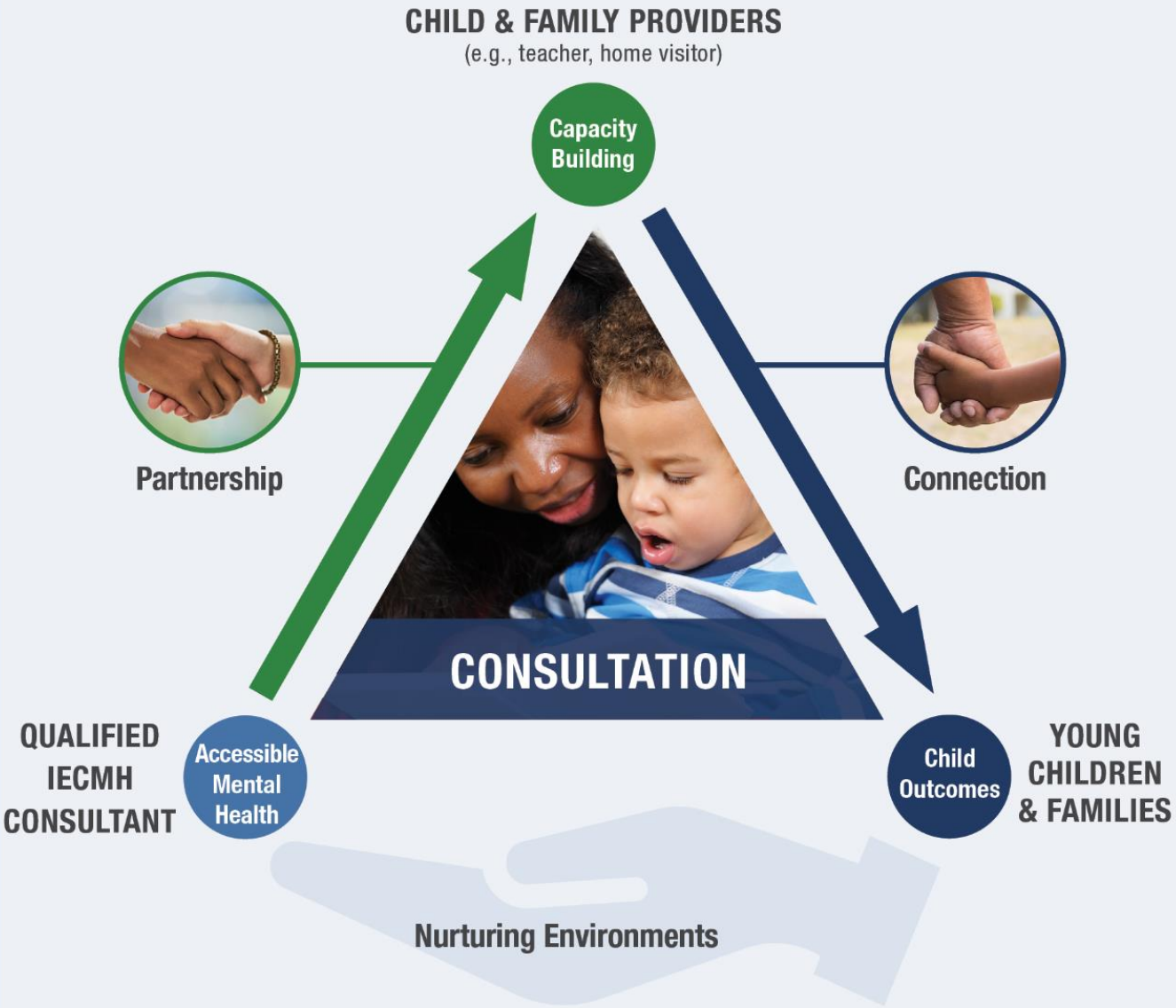
INFANT EARLY CHILDHOOD MENTAL HEALTH CONSULTATION

Fostering nurturing environments where healthy relationships grow, so children can succeed.



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Qualified IECMH Consultant

Best Practice

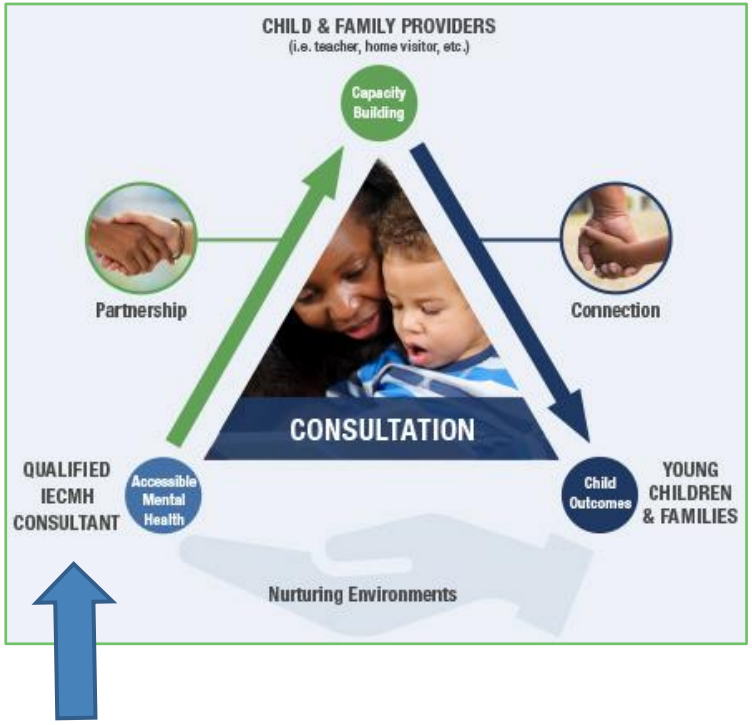
- Masters degree in Mental Health field
- Clinical license preferred
- Experience
- Cultural sensitivity/awareness

Additional Expertise

- Trauma
- Maternal depression
- Substance misuse
- Risk and resiliency
- Systems

Workforce Development

- IECMHC competencies
- Specialized training IECMHC
- Program fidelity training
- Supervision (including reflective)



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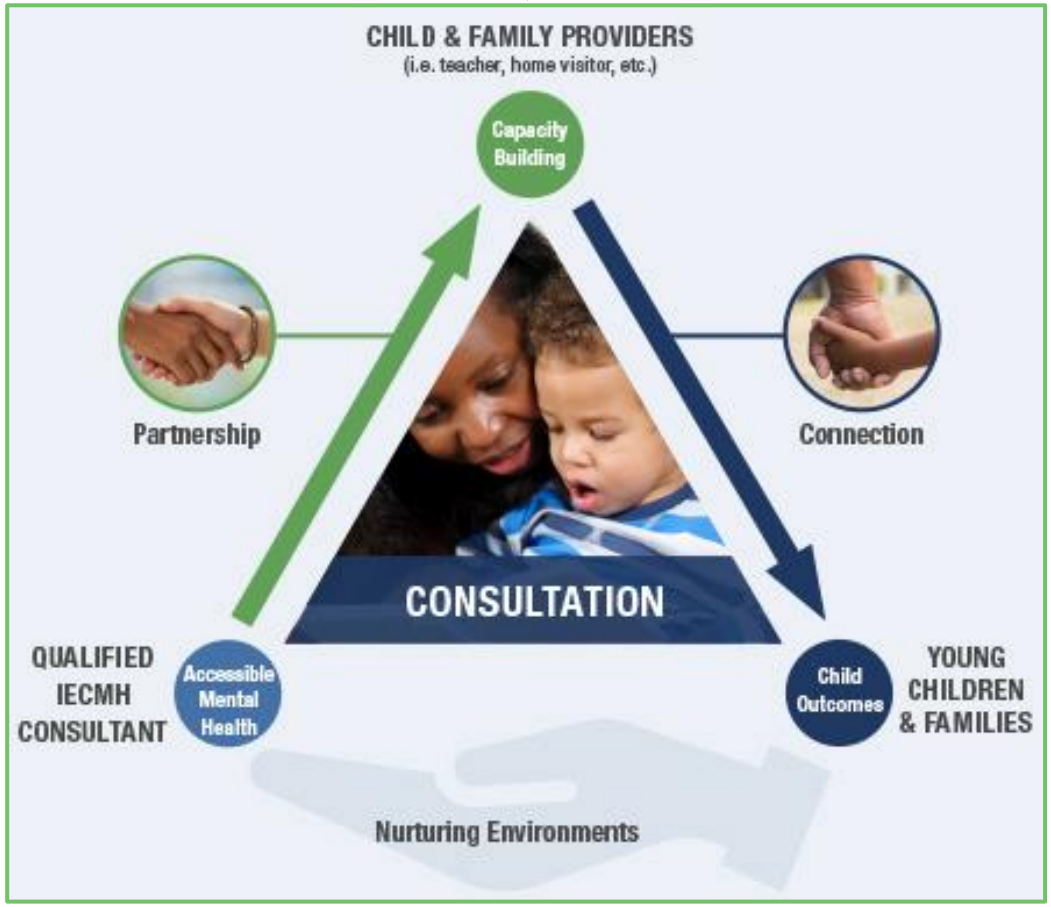
Child & Family Providers

- Teachers
- Home Visitors
- Early Interventionists
- Child Welfare
- Pediatricians
- Parent-Teacher Partnership
- Others

"The best way to help young children is to help parents and other adults closest to them."

–Dr. Jane Knitzer



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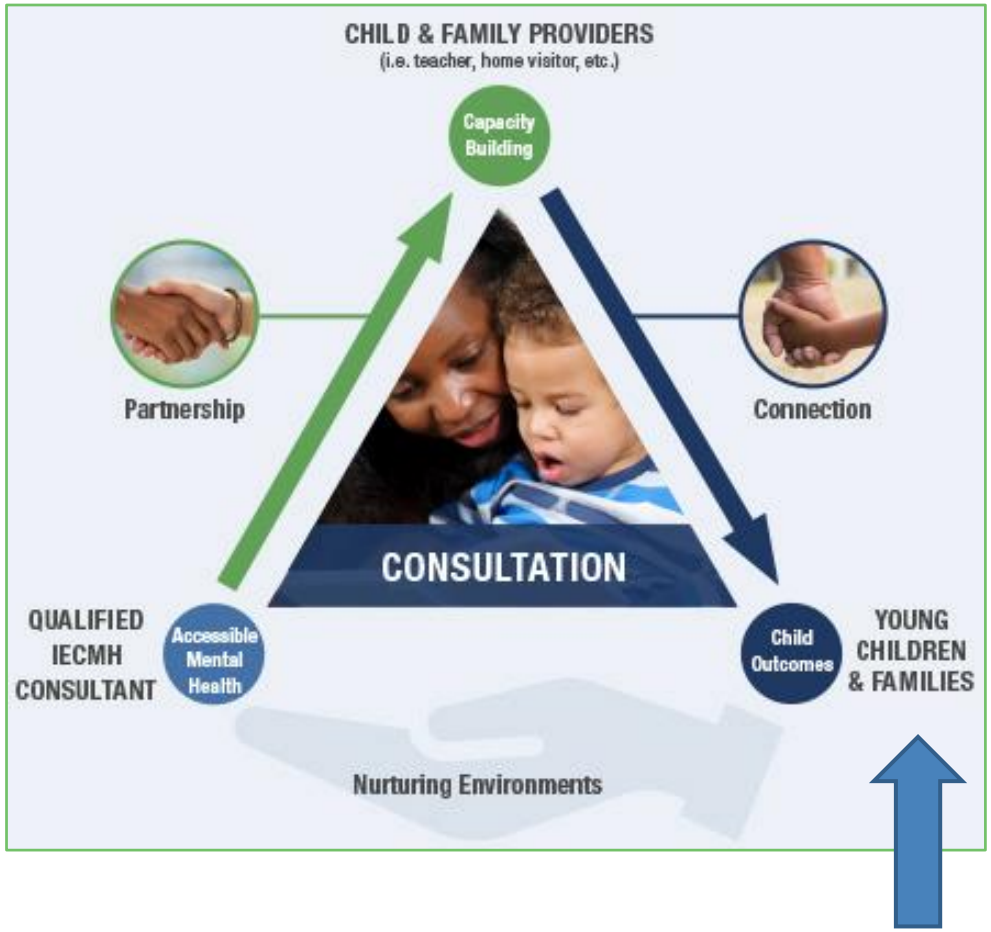
Infants, Young Children, and their Families



- Child
- Parent - Child
- Group of Children
- All Children

"A child's behavior is a feeling in need of translation. What is the child telling us?"

- an IECMH consultant

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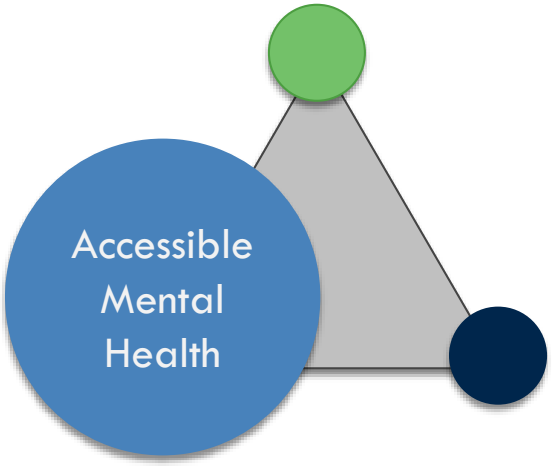
Brings mental health supports into natural settings where young children are and where child and family providers work.

- Accessible
- Applicable
- Adaptable



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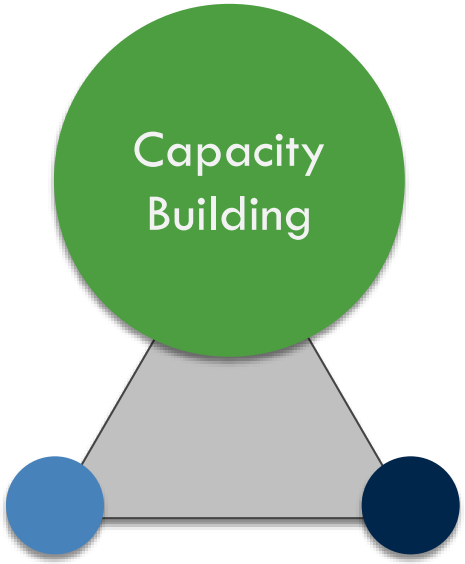
Builds the capacity of child and family providers to create nurturing environments where young children thrive.

1. Capacity Building
2. Provider Outcomes
   - Improved child-adult relationships
   - Improved parent teacher partnerships
   - Reduced provider stress, burnout, and turnover
   - Improved classroom quality
   - Increased access to community providers



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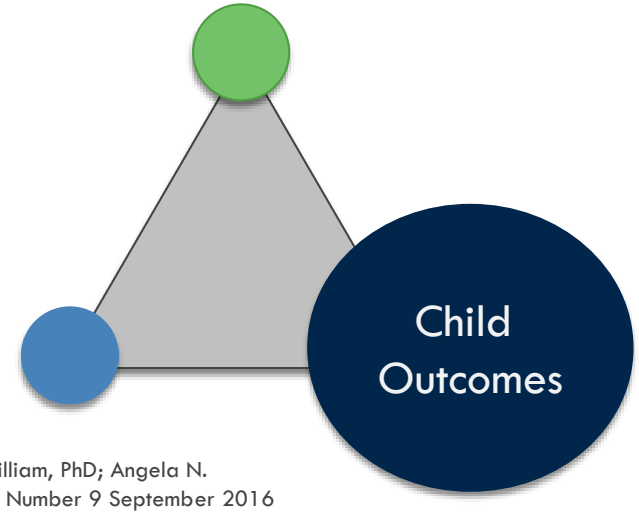
Young children succeed in learning and relationships

IECHMC is an approach that is backed by evidence for:

- Reducing challenging behaviors*
- Reducing impulsivity*
- Improving children's social skills
- Preventing preschool suspension and expulsion
- Improving child-adult relationships
- Children succeeding in learning and relationships



* Early Childhood Mental Health Consultation: Results of a Statewide Random-Controlled Evaluation- Walter S. Gilliam, PhD; Angela N. Maupin, PhD; Chin R. Reyes, PhD Journal of the American Academy of Child and Adolescent Psychiatry Volume 55 Number 9 September 2016

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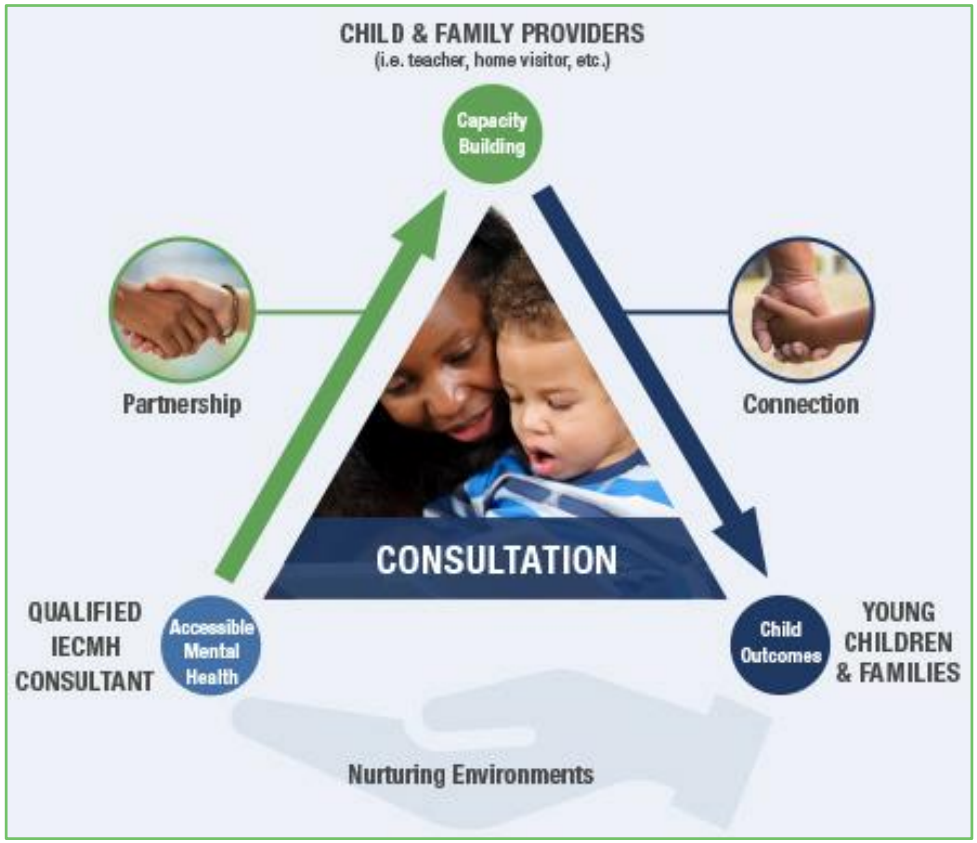
Types of IECMHC

- Child level
- Classroom level
- Program level
- Community providers
- Early Childhood System

IECMHC is provided within the unique cultural context of each community (e.g., tribal, rural, urban).



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Universal Standards

IECMHC is applicable to a wide array of service providers and settings

Home Visiting (HV)

Early Care & Education (ECE)

Child Welfare & Indian Child Welfare (ICW)

Early Intervention

Other

Tailored approach/cultural adaptations

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IECMHC Service Delivery Program: Scaling Partnerships and Shared Outcomes

Program

Funding, strong partners & political will

High quality services

Accessible to all service participants especially those who need it most

ECMHC Scale

- Pilot
- Community
- Tribal
- Statewide

Benefits

- Program level outcomes
- Systems integration
- Evaluation: building evidence base

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Connecticut's Early Childhood Consultation Partnership®

www.eccpct.com

- Statewide
- Evidence based
- Manualized
- Central administration and information management system
- Specialized IECMHC workforce
- Embedded in early childhood systems
- Cost effective

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Early Childhood Consultation Partnership

ECCP® Partners

"The ECCP is a tremendously helpful resource to the School Readiness Programs in New Britain. Their collaboration in training and services are something extremely valuable to the teachers, children and families of our community."

School Readiness Liaison – New Britain

ECCP Provider Agencies

Community Partners

Early Childhood Stakeholders

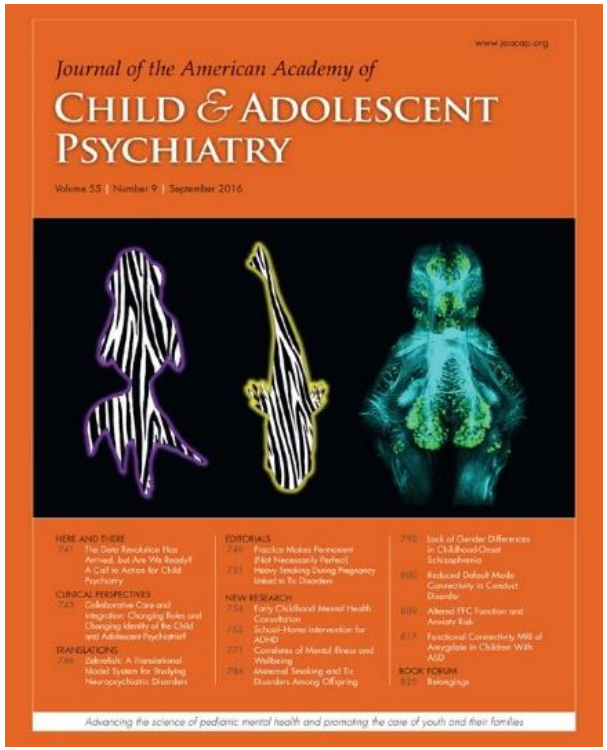
Workforce Development Partners

State Partners

ECCP® is Evidence Based

Results

- Decreased externalizing behaviors
- Decreased impulsivity
- Increased parent teacher partnerships
- 98% not expelled at 6 month follow-up



Nationally Recognized
Evidence Based 3 RCT
Best Practice

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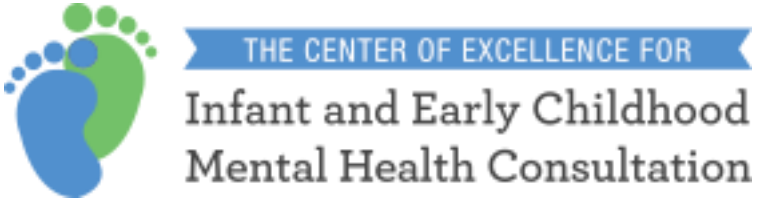
Section 2:
Why Include IECMHC in PDG Work?



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Supports Family Engagement

- Holds focus on family engagement
- Facilitates family-provider relationships
- Promotes trauma-informed care
- Embeds cultural sensitivity and relevancy
- Envisions resiliency and early relational health for all as a foundation for school and life success

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IECMHC is an Integrated Approach Spanning All Levels of the Child Service System

Provider/Community level

- Early childhood provider access to IECMHC
- Aligns with providers existing program goals and initiatives
- Coordinates or extends the reach of existing resources
- Engages with community collaboratives

State/Tribe Level

- IECMHC serves as a mental health resource at state, tribe and local levels
- IECMHC leadership facilitates or participates in cross system partnerships

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IECMHC is an Important Component of a Comprehensive High Quality Child Service System

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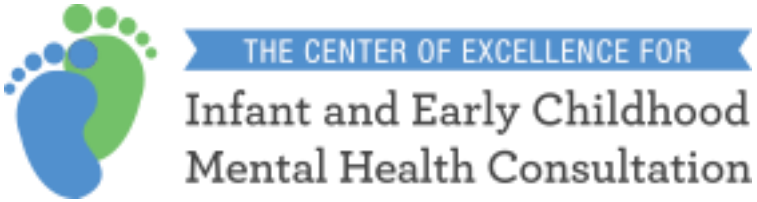
Section 3: Voices from the Field



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IECMHC & PDG and Cross System Integration

- Engage cross system partners - (incl. parent and tribe)
- Value and utilize complementary capacities of diverse partners
- Align goals, strategies, and outcomes
- Use data to inform decisions and secure resources

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Montana

Darla Dexter

Young Child Wellness Expert

Montana Project LAUNCH

Early Childhood Services Bureau

Department of Public Health and Human Services

Stage of System Development: Initial

"Picture columns supporting a roof. In Montana, the columns are our 'columns of excellence', our different service delivery systems. The roof represents the way our early childhood system (including mental health consultation) connects and unifies early childhood service delivery systems."

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Wisconsin

Kim Eithun

Special Initiatives Coordinator

Wisconsin Child Welfare Professional Development System

Stage of System Development: Emerging

"Wisconsin has embedded their infant and early childhood mental health initiative into their Children's Mental Health Collective Impact in order to provide a cross-system implementation of a universal model of consultation, include the voice of lived experience in every level of decision-making, garner funding from multiple sources and develop a data system that can be used across disciplines for case management and evaluation."

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Illinois

Colette Lueck, Director

Infant/Early Childhood Mental Consultation Initiative

Illinois Children's Mental Health Partnership

Stage of System Development: Intermediate

"Illinois has established a cross system public/private partnership in order to pilot test a consistent model of consultation, grow the pool of well trained and well supported consultants, establish a cross system data platform, and commit to ongoing multi-system shared leadership and infrastructure development. "

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Panel Question 1

Given that a goal of the PDG grant is to integrate all the early childhood systems, in what way are you CURRENTLY (or planning) to include IECMHC across different partner agencies?

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Panel Question 2

How did you initiate partnerships in order to support/integrate IECMHC across systems? Please provide specific examples.

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Panel Question 3

Can you speak to the importance of needs assessment (data) and/or program outcomes (data) as they relate to engaging partners around IECMHC? How does it cut across systems? Does it drive your early childhood efforts?

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Questions from the Audience

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Take Home Message

IECMHC supports states, tribal communities, programs, and providers so they can respond to children's needs. IECMHC…

- Makes social emotional and mental health supports accessible
- Complements and aligns with the services of other service providers
- Unifies strategic goals across agencies for efficient and effective service delivery
- Supports cross-system partnerships and building an integrated, high quality, and comprehensive early childhood system
- Contributes to improved population health outcomes, school success, and relational health

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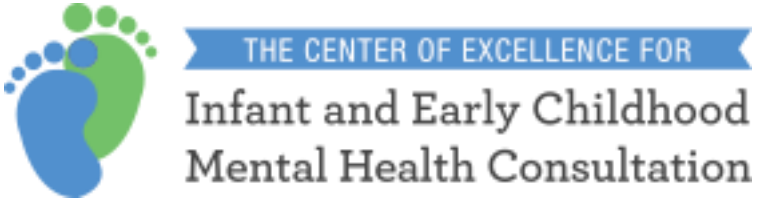
Section 4: Resources



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Resources

https://www.samhsa.gov/iecmhc/toolbox

- ✓ Provides Technical Assistance
- ✓ Offers Guidance through the Toolbox

Experts in the field can support your IECMHC efforts with:

- Cross-sector system building
- Tribal and rural communities
- Identifying and training workforce
- IECMHC program design and start up
- Program monitoring and outcomes (Information Technology)
- Tailoring to service settings (e.g., HV, ECE)
- Needs Assessment and Evaluation
- Exploring funding options

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Thank You!

IECMHC Toolbox can be found here: https://www.samhsa.gov/iecmhc/toolbox

If you have additional questions, please contact us at IECMHC@edc.org

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