



CENTER OF EXCELLENCE FOR  
Infant & Early Childhood  
Mental Health Consultation  
*Growth. Advancement. Impact.*

## Section 6: Infant & Early Childhood Mental Health Consultation (IECMHC): A Prevention-Based Approach to Supporting Social and Emotional Wellness in Early Care and Education Settings

### OVERVIEW

In IECMHC, consultants with expertise in early childhood development and mental health form collaborative partnerships with adults who care for young children. Within that collaboration, professionals build their capacity to support children's healthy social-emotional development and to respond appropriately to mental health needs (Cohen & Kaufmann, 2000; rev. 2005; SAMHSA, 2014). There are IECMHC programs across the country at the state, tribal, and local levels.

IECMHC is a broad intervention that is implemented in systems serving young children, including early childhood education, home visiting, child welfare, early intervention, and primary care. IECMHC by definition is an indirect service (typically working with the provider, not with the child directly), is multilevel, and is focused on equity. IECMH consultants work at multiple levels to address systemic issues and build workforce capacity to create nurturing settings and healthy relationships for all children. During the consultation process, early care and education professionals reflect upon their relationships and interactions with families and children to build self-awareness, perspective-taking, and empathy, while also learning skills related to collaboration with families and behavior management. All consultation depends upon a trusting relationship with a consultant in which difficult topics, including racial disparities and bias, can be productively discussed.

Evidence for IECMHC consistently indicates that it has significant positive effects on early childhood professionals (e.g., improved self-efficacy, reduced stress) and on young children (e.g., increased protective factors, reduced challenging behaviors (Brennan et al., 2008; Conners-Burrow et al., 2012; Heller et al., 2011; Perry et al., 2010; Shivers, 2015).

Section 6: Infant and Early Childhood Mental Health Consultation (IECMCH): A Prevention-Based Approach to Supporting Social and Emotional Wellness in Early Care and Education Settings

## IMPLEMENTATION STRATEGIES

There are five stages to implementation of infant and early childhood mental health consultation. The phases of consultation may repeat or continue in an on-going capacity. It is critical to understand the role of the consultant and the consultee in each of these stages.

### Initiation

In this stage, there is an establishment of expectations and an alignment of philosophy. Expectations include how often and how long the consultant will be available, expectations for the consultee and how they will be available. It is a stage in which all parties come to understand what the expected outcomes are, how they will be measured, and overall philosophies of the consultant and the consultation program as well as that of the consultee be it an individual or a program.

### Exploration

In this stage, the consultant explores concerns, establishes priorities, and identifies mutually agreed upon goals. This is achieved through the collaborative relationship that has been established and a thorough examination of the concerns raised. For example, if there are challenging behaviors identified, in the exploration stage these concerns are discussed in terms of how to interpret the behavior as well as how they are impacting their consultee. Next, specific measurable priorities and goals are identified so that a plan can be established.

### Plan Development

The consultant and the administrators, staff, and/or family mutually agree upon a plan. Approaches may include implementing program-wide social-emotional supports, promoting positive relationships between members of teaching teams, adjusting the routine or the environment for a particular child, teaching new skills, and/or preventing challenging behavior.

### Plan Implementation

The consultant supports the administration, family, and/or staff to implement new strategies and approaches. This may entail modeling, and it certainly includes reflective time between consultant and consultee, measuring the approach, sharing resources and ongoing observations. Other consultation activities are employed as needed.

### Revisit Plans and Goals

The consultant and the family and/or staff plan a time to revisit the plan to determine if it is working. The goals and/or plan are updated. The consultant works with staff and families to maintain progress. This is an ongoing continuous quality improvement process and is dependent on the dosage that has been established (the length of time a consultant remains with a program).

## IMPLEMENTATION EXAMPLES

### Smart Support Arizona

The **Smart Support** program is operated by Southwest Human Development (SWHD, <https://www.swhd.org/>), Arizona's largest not-for-profit agency dedicated to early childhood development. SWHD serves as both the administrative home for Smart Support and its largest consultation services provider. The program is funded by First Things First, an Arizona citizens' initiative passed in 2006 to fund quality early childhood development and health programming through a tax on tobacco. Smart Support services are provided without cost to Arizona Department of Health Services licensed child care centers and Department of Economic Security regulated family care providers. Smart Support provides services that match the individual needs of early care and education programs, including one or a mix of child-focused consultation, classroom-focused consultation, and program-focused consultation. Mental health consultants work with teachers and family child care educators to increase their skills and capacities, rather than working directly with a child.

### Early Childhood Consultation Partnership—Connecticut

Connecticut's **Early Childhood Consultation Partnership**<sup>®</sup> (ECCP, <http://www.eccpct.com/>) is a nationally recognized, evidence-based infant early childhood mental health consultation program designed to meet the SE needs of infants, toddlers, and preschoolers. Mental health consultation is an intervention that builds the capacity of families, providers, and systems to prevent and treat social and emotional issues in young children. ECCP's statewide capacity and high quality practices position ECCP to be a solid response to the system level changes necessary to children's success.

ECCP is an Evidenced-Based, Best Practice program that is solidly backed by three rigorous Random Control Trial evaluations (Preschool (1) 2007 & (2) 2010 & a Pilot Infant Toddler 2010) conducted by W. Gilliam, Ph.D., Yale University.

ECCP is a national model identified as one of six top effective early childhood mental health consultation programs in the country. "A Study of Effective Early Childhood Mental Health Consultation Programs." Georgetown University. 2009.

ECCP has been highlighted as a promising practice by Zero To Three, Center For Law and Social Policy, National Center for Children in Poverty, Georgetown University Center for Child and Human Development, Office of Head Start, National Association for Directors of Special Education and internationally by Preschool Education (Beijing).

ECCP actively partners with statewide collaborations such as CT Infant Mental Health Association, Birth to Three, CT Department of Children and Families, CT Department of Education, (Early) Head Start, and School Readiness.

ECCP is a very cost-effective service that makes maximal use of funds in the service of children, families, and early childhood professionals.

Ninety-nine percent of children at risk of suspension or expulsion were not suspended or expelled at the one-month follow up of their classroom teacher receiving ECCP consultation services.

See **Appendix E** for Landscape of IECMHC Implementation.

## APPENDIX E. LANDSCAPE OF IECMH CONSULTATION IMPLEMENTATION

### Infant and Early Childhood Mental Health Consultation Initiatives

States	Description of Activities	For more information:
<b>Alabama</b>	The First 5 Consultation Project is a combined effort between multiple state agencies that serve children and families. It is unique in that it pairs an infant and early childhood mental health (IECMH) consultant with providers who care for infants, young children, and families to collaboratively provide a problem-solving and capacity-building intervention. Currently, IECMHC is available to licensed child care facilities, First Class Pre-K, and Early Intervention pilot sites.	<a href="https://children.alabama.gov/infant-early-childhood-mental-health/">https://children.alabama.gov/infant-early-childhood-mental-health/</a>
<b>Arkansas</b>	Project PLAY matches early childhood mental consultants with early care and education providers in Arkansas. This service offers innovative techniques proven to positively impact the social and emotional development of children.	<a href="https://familymedicine.uams.edu/research-and-scholarly-activity/red/ecpd/projectplay/">https://familymedicine.uams.edu/research-and-scholarly-activity/red/ecpd/projectplay/</a>
<b>Arizona</b>	Smart Support consultants work with programs to design an individualized plan to meet the program’s needs for children ages birth to 5. Services may include early childhood mental health consultation and professional development, implementation of classroom strategies, and resources or referrals for specific children or situations. The plan may be short- or long-term, depending on need.	<a href="https://www.swhd.org/training/smart-support/">https://www.swhd.org/training/smart-support/</a>
<b>Colorado</b>	The Colorado Office of Early Childhood supports ECMH consultants. ECMH Specialists are experts in early childhood development and mental health. They work with professionals on-site at the program or another convenient location. ECMH Specialists work with providers and parents and caregivers.	<a href="http://coloradoofficeofearlychildhood.force.com/oec/OEC_Partners?p=Partners&amp;s=Supporting-Social-Emotional-Development&amp;lang=en">http://coloradoofficeofearlychildhood.force.com/oec/OEC_Partners?p=Partners&amp;s=Supporting-Social-Emotional-Development&amp;lang=en</a>



States	Description of Activities	For more information:
<b>Connecticut</b>	<p>The Early Childhood Consultation Partnership (ECCP®) is a statewide, evidence-based, mental health consultation program designed to meet the social and emotional needs of children birth to 5 in early care or education settings. The program builds the capacity of caregivers at an individual, family, classroom, or center-wide level. It provides support, education, and consultation to caregivers in order to promote enduring and optimal outcomes for young children. The Department of Children and Families implemented this initiative through a contract with Advance Behavioral Health (ABH.) ABH is responsible for the development and administration of the program throughout the state.</p>	<p><a href="http://www.abhct.com/Programs_Services/ECCP/">http://www.abhct.com/Programs_Services/ECCP/</a></p>
<b>Delaware</b>	<p>Early Childhood Mental Health Consultants address school readiness for young children. The Division of Prevention and Behavioral Health Service in the Department of Services for Children, Youth and their Families offers Early Childhood Mental Health Consultations as a free service and partnership with Delaware early childhood education programs with a focus on children 2–5 years of age. All consultants are licensed mental health professionals with experience working in early childhood settings.</p>	<p><a href="https://kids.delaware.gov/pbhs/services-offered.shtml">https://kids.delaware.gov/pbhs/services-offered.shtml</a> and  <a href="https://kids.delaware.gov/pbhs/pdfs/pbh-brochure-ecmhc.pdf">https://kids.delaware.gov/pbhs/pdfs/pbh-brochure-ecmhc.pdf</a></p>
<b>District of Columbia</b>	<p>Children and Youth Behavioral Health Services, Department of Behavioral Health supports the Early Childhood Mental Health Consultation Project, known as the Healthy Futures Program, which operates in 24 child development centers located throughout the District. Consultation focuses on improving the overall quality of the program and assisting staff to solve a specific issue that affects more than one child, staff member, or family.</p>	<p><a href="https://dbh.dc.gov/service/children-youth-and-family-services">https://dbh.dc.gov/service/children-youth-and-family-services</a></p>
<b>Illinois</b>	<p>Illinois Action for Children’s Early Childhood Mental Health Consultants (ECMHC) provide services for center- and home-based early care and education providers who care for children from birth through 5 years old at no cost to the providers. This service is provided through the Illinois Department of Human Services, in collaboration with Caregiver Connections and the statewide consultation program, which is available throughout Chicago and Cook County.</p>	<p><a href="https://www.actforchildren.org/for-providers/early-care-learning-program-supports/consultation-services/early-childhood-mental-health-consultants/">https://www.actforchildren.org/for-providers/early-care-learning-program-supports/consultation-services/early-childhood-mental-health-consultants/</a></p>



States	Description of Activities	For more information:
Iowa	<p>The Iowa Department of Public Health is currently implementing a 5-year federal grant called Project LAUNCH. The purpose of this initiative is to support young children’s healthy mental development by focusing on strategies that foster safe, stable, and nurturing relationships and positive experiences for children, newborn through age 8. Through Project LAUNCH, Iowa is developing infrastructure to support Infant and Early Childhood Mental Health Consultation, a service that pairs mental health clinicians with direct service professionals such as childcare providers, family support workers, and early interventionists. Mental Health Consultation is designed to support direct service staff and build their capacity to promote young children’s healthy mental development.</p>	<p><a href="https://iowaprojectlaunch.org/about-us">https://iowaprojectlaunch.org/about-us</a></p>
Kentucky	<p>Kentucky's Early Childhood Mental Health Program (ECMHP) was created in state fiscal year 2003 as a component of a large, statewide early childhood development initiative, KIDS NOW, the majority of which is now administered by the Governor’s Office of Early Childhood. ECMHP is co-administered by the Children’s Behavioral Health and Recovery Services Branch within the Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) and the Early Childhood Promotion Branch within the Department for Public Health through a Memorandum of Agreement. In turn, DBHDID contracts with the 14 Regional Community Mental Health Centers (CMHCs) for program implementation. In addition, the program maintains contracts with the University of Kentucky for Early Childhood Mental Health (ECMH) training and consultation, and with Eastern Kentucky University for staffing and resources related to the ECMHP. The ECMHP supports an Early Childhood Mental Health Specialist staff position in each of the 14 CMHCs. The Specialists' time is devoted solely to their regional ECMHPs and building regional capacity to better meet the social, emotional, and behavioral needs of children from birth through age 5 and their families.</p>	<p><a href="https://dbhdid.ky.gov/dbh/ecmh.aspx">https://dbhdid.ky.gov/dbh/ecmh.aspx</a></p>
Louisiana	<p>The Tulane Infant and Early Childhood Consultation and Support Services Program (TIKES,) is an intervention that teams a mental health professional with early childhood professionals to improve the social, emotional, and behavioral health of young children in early learning settings. TIKES, previously part of the Quality Start Program, was implemented in 2007 as a voluntary program for licensed child care centers, designed to</p>	<p><a href="https://medicine.tulane.edu/departments/clinical-sciences/psychiatry/research/tikes">https://medicine.tulane.edu/departments/clinical-sciences/psychiatry/research/tikes</a></p>



States	Description of Activities	For more information:
	<p>recognize, support, and increase the quality of child care throughout Louisiana. Participating centers receive mental health consultation services from a licensed mental health professional for 6 months. In the spring of 2020, remote TeleMHC was added to support individuals in Louisiana that are caring for young children, aged 0-6 years, during this COVID-19 pandemic.</p>	
<p><b>Maine</b></p>	<p>Early Childhood Consultation and Outreach (ECCO) is a program that provides services of an early childhood expert to educators, child care staff, and parents in order to develop effective strengths-based strategies and plans that support children’s success across environments. ECCO consultants work with child care providers, Head Start centers, pre-schools, early elementary classrooms, and in homes with parents and foster parents. Services can be utilized for one child or for groups of children. ECCO responds to the unmet needs of at-risk children and changes outcomes for children in Washington County and beyond.</p>	<p><a href="https://www.cccmaine.org/services-programs/early-childhood-consultation-outreach/">https://www.cccmaine.org/services-programs/early-childhood-consultation-outreach/</a></p>
<p><b>Maryland</b></p>	<p>The Infant and Early Childhood Mental Health (IECMH) Consultation Project improves the ability of staff, programs, and families to prevent, identify, treat, and reduce the impact of social, emotional and other mental health problems among children from birth through 5 years old. Based on the Project’s success, the Maryland State Department of Education funded the expansion of the pilot program in 2006 to include 12 statewide child care licensing regions. In Maryland, the Project is both child/family and classroom/program focused. This hybrid model allows consultants to focus on specific child behaviors, while working with teachers to improve the overall quality of the classroom environment.</p>	<p><a href="https://earlychildhood.marylandpublicschools.org/infant-and-early-childhood-mental-health-iecmh-consultation-project">https://earlychildhood.marylandpublicschools.org/infant-and-early-childhood-mental-health-iecmh-consultation-project</a></p>
<p><b>Massachusetts</b></p>	<p>Early Childhood Mental Health Consultation (ECMHC) programs in the Department of Early Education and Care provide services to address and support the social-emotional development and behavioral health of children in early education and care programs. The ECMHC network provides consultation services that help support the social-emotional development and behavioral health of children in early education and care programs. ECMH consultants provide guidance to programs, educators, and families on addressing the</p>	<p><a href="https://www.mass.gov/service-details/early-childhood-mental-health-consultation-program">https://www.mass.gov/service-details/early-childhood-mental-health-consultation-program</a></p>



States	Description of Activities	For more information:
<p><b>Michigan</b></p>	<p>developmental, emotional, and behavioral challenges of infants and young children in early education settings.</p> <p>Michigan's RTT-ELC Grant provided, in some communities, social and emotional and family consultants to child care providers, helping them to nurture family partnerships in the care of their child(ren) and engaging families in meaningful ways and supporting their development as leaders for their own children and communities. Strategies for this project increase family access to resources designed to promote the physical, social, and emotional health of their children. RTT integrates, in some communities, social and emotional (mental health), master's degree prepared consultants into child care settings to provide programmatic coaching and support to increase the mental health climate and care for all children. In some cases, when a child and family are experiencing risk or circumstances that inhibit their ability to learn and grow (e.g., trauma, post-partum depression), the consultant can provide short-term preventative supports and linkage for the family to intervention-based services as warranted. Michigan's RTT funding ended in December 2018.</p> <p>Through continued state funding, MDHHS Mental Health Services to Children and Families is able to continue to partner with local Community Mental Health Services Programs to deploy infant and early childhood mental health consultants to support home and center-based child care providers in recognizing and meeting the social-emotional needs of young children birth to age 5 in their care.</p>	<p><a href="https://www.michigan.gov/mde/0,4615,7-140-63533_71176_71177_71178-345880--,00.html">https://www.michigan.gov/mde/0,4615,7-140-63533_71176_71177_71178-345880--,00.html</a> and <a href="https://www.michigan.gov/documents/mde/Infant_and_Early_Childhood_Mental_Health_Consultation_Infographic_654523_7.pdf">https://www.michigan.gov/documents/mde/Infant_and_Early_Childhood_Mental_Health_Consultation_Infographic_654523_7.pdf</a> and <a href="https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_7145_8175_5_81782-431109--,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_7145_8175_5_81782-431109--,00.html</a></p>
<p><b>Minnesota</b></p>	<p>The Minnesota Department of Human Services (DHS) is responsible for Children's Mental Health. Coordination occurs across divisions with the goal of system alignment so that child care providers, coaches, and families are supported by and have access to information and resources. Mental health consultation is provided to child care providers who have participated in Parent Aware, Minnesota's Quality Rating and Improvement System. This mental health consultation focuses on building child care provider capacity to support infant and young children's emotional development and to prevent, identify, or reduce mental health challenges.</p>	<p><a href="https://www.parentaware.org/programs/benefits-for-rated-programs/">https://www.parentaware.org/programs/benefits-for-rated-programs/</a></p>





States	Description of Activities	For more information:
<b>New York</b>	<p>With support from the Office of Children and Family Services, and the Child Care Development Block Grant Funding, the New York Early Childhood Learning Council has:</p> <ul style="list-style-type: none"> <li>• Hired an Infant Toddler Mental Health Director (ITMH) and a Director of Research and Evaluation to co-direct project activities.</li> <li>• Collaborated with the New York Association for Infant Mental Health to support Infant Toddler Specialist in initiating the process to obtain their Infant Family Associate Endorsement.</li> <li>• Established a collaboration with New York Center for Child Development and Docs for Tots for to support the implementation of the statewide CCR&amp;R ITMH Project.</li> </ul> <p>Next Steps:</p> <ul style="list-style-type: none"> <li>• Up to 35 Infant Toddler Mental Health Consultants (ITMHC) will be hired, statewide, at CCR&amp;R agencies.</li> <li>• The ITMHCs will:                             <ul style="list-style-type: none"> <li>○ Collaborate with Infant Toddler Specialists to promote healthy socio-emotional skills and practices.</li> <li>○ Work with providers and early childhood teachers to better understand mental health risk factors and to enhance their skills to support children and the classroom environment.</li> </ul> </li> </ul>	<p><a href="https://earlycareandlearning.org/wp-content/uploads/2020/06/2020-Q1-ECLC-ITMHC-Fact-Sheet.pdf">https://earlycareandlearning.org/wp-content/uploads/2020/06/2020-Q1-ECLC-ITMHC-Fact-Sheet.pdf</a></p>
<b>North Carolina</b>	<p>North Carolina Infant Mental Health Association is currently exploring an IECMH Consultation Network.</p>	<p><a href="http://www.ncimha.org/">http://www.ncimha.org/</a></p>
<b>Ohio</b>	<p>The Ohio Department of Mental Health and Addiction Services, Early Childhood Mental Health Consultation (ECMHC) Program’s objectives are to build protective factors in young children, increase skills of parents, and promote the competencies of early childhood providers, especially for children ages birth to 6 years who are at risk for abuse, neglect, and poor social and emotional health. ECMHC targets the healthy social and emotional development of all young children in Ohio to ensure that they thrive and are ready for school. ECMH consultants team with early childhood providers to help them understand and problem-solve challenging child behaviors, both in and out of the classroom. Services</p>	<p><a href="https://mha.ohio.gov/Schools-and-Communities/Educators/Early-Childhood-Mental-Health#2791880-ecmh-consultation-and-treatment">https://mha.ohio.gov/Schools-and-Communities/Educators/Early-Childhood-Mental-Health#2791880-ecmh-consultation-and-treatment</a></p>



States	Description of Activities	For more information:
	<p>include on-site child/family-focused technical assistance to parents, teachers, and staff; resources for parents, including art therapy, play therapy, or physical health referrals; and training and professional development. Consultants offer interventions for children and respond to the providers' programming needs, which include providing family enrichment activities and modeling helpful interactions with children.</p>	
<p><b>Oregon</b></p>	<p>The Early Childhood Mental Health Consultation program provides prevention services, including Child and Family Consultation and Program-Level Consultation, in Multnomah County and the City of Portland. They serve young children, their families, and early care and education staff in early childhood settings that include: Head Start, Early Head Start, childcare centers, and family home childcare providers.</p>	<p><a href="https://morrisonkids.org/programs/prevention-education/early-childhood-consultation/">https://morrisonkids.org/programs/prevention-education/early-childhood-consultation/</a></p>
<p><b>Pennsylvania</b></p>	<p>The Infant Early Childhood Mental Health Consultation (IECMHC) Program is a child-specific consultative model that addresses the social-emotional development of young children within their early care and education (ECE) program. Services are provided at the request of the director or teacher and with the permission of the child's parent or guardian. The program includes an array of customized services that are based on the Pyramid Model for Promoting the Social Emotional Competence of Young Children (Center on the Social-Emotional Foundations for Early Learning). Infant Early Childhood Mental Health Consultation (IECMHC) is designed to assist early care and education programs in meeting the social and emotional needs of children who exhibit challenging behaviors in the classroom.</p>	<p><a href="https://www.pakeys.org/getting-started/ocdel-programs/early-childhood-mental-health-ecmh/">https://www.pakeys.org/getting-started/ocdel-programs/early-childhood-mental-health-ecmh/</a></p>
<p><b>Rhode Island</b></p>	<p>SUCCESS (Supporting Children's Competencies in Emotional and Social Skills) is a free service that pairs early learning programs with Early Childhood Mental Health Consultants to support the social, emotional, and behavioral health needs of identified children. They strive to collaborate with early learning programs to ensure that all children have access to a safe and supportive learning environment, enter school ready to learn, and are poised for future success. SUCCESS offers consultation services to support children's social and emotional development and to reduce challenging behaviors in the classroom.</p>	<p><a href="http://exceed.ri.gov/success">http://exceed.ri.gov/success</a></p>



States	Description of Activities	For more information:
<b>South Carolina</b>	South Carolina Infant Mental Health Association is launching an IECMH Consultation Network in Fall 2020.	<a href="https://www.scimha.org/IECMH-Consultation-Network">https://www.scimha.org/IECMH-Consultation-Network</a>
<b>Utah</b>	The Children’s Center is now offering Infant/Early Childhood Mental Health (IECMH) Consultation. These consultation services are offered at no cost to providers seeking support related to serving young children and their families. Examples of available consultation services include the following: Case Consultation, Provider Collaboration Support, Referral/Resource Coordination, Reflective Supervision, and Technical Assistance. They provide an online request form for providers to complete to request virtual services.	<a href="https://childrenscenterutah.org/our-services/iecmh-teleconsultation">https://childrenscenterutah.org/our-services/iecmh-teleconsultation</a>
<b>Vermont</b>	Early Childhood and Family Mental Health (ECFMH) Program Consultation: ECFMH providers serve as consultants to child care programs of various sizes, and to other types of programs as requested (e.g., DCF, other child focused agencies).	<a href="https://mentalhealth.vermont.gov/services/children-youth-and-family/services-and-support-children-youth-and-family/early-childhood">https://mentalhealth.vermont.gov/services/children-youth-and-family/services-and-support-children-youth-and-family/early-childhood</a>
<b>Virginia</b>	Virginia Infant and Toddler Specialist Network offers infant and toddler mental health consultants (ITMHCs.) ITMHCs work regionally throughout the state to provide on-site coaching, mentoring, and parent education, training and technical assistance, as well as child observations and developmental screenings.	<a href="http://www.va-itsnetwork.org/">http://www.va-itsnetwork.org/</a>
<b>Wisconsin</b>	Wisconsin sees the <i>Preschool Development Grant Birth to 5</i> Strategic Plan for 2021–2023 as Wisconsin’s opportunity to connect the dots to improve Wisconsin’s Early Childhood State System.  Two of their strategies are related to IECMHC, one within access and one within quality: Enhance access to programming for infant/early childhood mental health consultation (e.g., Wisconsin Pyramid Model) available to professionals across all infant/young child and	<a href="https://dcf.wisconsin.gov/files/childcare/pdf/pdg/b5-strategic-plan.pdf">https://dcf.wisconsin.gov/files/childcare/pdf/pdg/b5-strategic-plan.pdf</a>  <a href="https://wiaimh.org/iecmh">https://wiaimh.org/iecmh</a>

States	Description of Activities	For more information:
	<p>family serving disciplines including child care, home visiting, child welfare, Early Head Start, Birth to 3 early intervention, and pediatricians.</p> <p>Expand systems that give people who touch the lives of infants and very young children support through high-quality infant and early childhood mental health consultation to promote healthy social and emotional development.</p>	

## Resources

ZERO TO THREE. (2017). *Infant and Early Childhood Mental Health Consultation: A Briefing Paper*.

<https://www.zerotothree.org/resources/1952-infant-and-early-childhood-mental-health-consultation-a-briefing-paper>.

This briefing paper describes the core components and the evidence base for IECMHC. Policy recommendations are offered to guide efforts in states across the country.

Center for Early Childhood Mental Health Consultation. (n.d.) *Best Practice Tutorial Series*.

<https://www.ecmhc.org/tutorials/index.html>.

Series of tutorials designed to enhance skills and knowledge around how to implement effective mental health consultation in Head Start and Early Head Start (HS/EHS) programs.

Center for Early Childhood Mental Health Consultation (CECMHC), Georgetown University Center for Child and Human Development.

<https://www.ecmhc.org/index.html>.

CECMHC is a group of university researchers that develop strategies to help Head Start programs build a strong mental health foundation for their children, families and staff. The team's approach is grounded in a set of principles and a research-based model of delivering high quality mental health consultation services.

## IECMHC RESOURCES

### ECMHC and the Early Childhood System

This resource provides an overview of how IECMHC fits within a larger early childhood system. It offers information on the different components of an integrated IECMHC approach and identifies important strategic partner.

[Illinois's Approach to Building and Sustaining IECMHC](#)

This brief focuses on how Illinois has utilized multiple funding sources and strategic partnerships across the state to build IECMHC into numerous early childhood systems. Lessons learned and action steps are provided.

### Financing IECMHC Efforts

[Funding IECMHC: Lessons Learned from Arkansas's Project PLAY](#)

This resource provides an overview of Project PLAY, the statewide IECMHC program in Arkansas. Financing lessons learned are presented including information on the use of a pilot project, building infrastructure, and partnerships.

[IECMHC Funding Tip Sheet: Engaging Foundations](#)

This tip sheet was designed to assist IECMHC programs plan for applying for financial support from foundations. Information is provided on the process of applying for a foundation grant, what foundations typically are interested in, and how a program can be prepared to respond quickly to these funding opportunities.

### Empirical Studies on IECMHC Programs

[What Works \(2009\)](#)

This seminal reports summarizes the results of a mixed methods study that focused on six effective IECMHC programs in early care and education settings. A conceptual framework was developed that continues to influence the design of IECMHC programs nationally.

[What's Working \(2018\): IECMHC and Family Friend and Neighbor Care](#)

This report summarizes work done through a grant from the Robert Wood Johnson Foundation to the Georgetown University Center for Child and Human Development in 2018 to explore the role that IECMH consultants can play to support Family, Friend and Neighbor providers.

### IECMHC and the Pyramid Model

[Understanding Infant and Early Childhood Mental Health Consultation and the Pyramid Model: How do these approaches fit together and how are they different?](#)

This resource was completed as part of the Center of Excellence for IECMHC, Phase 1. Many programs have both IECMH consultants and Pyramid coaches working together or in parallel. This brief provides information on how consultation and coaches fit together and highlights important differences.

[All Hands on Deck: Partnering with Infant and Early Childhood Mental Health \(IECMH\) Consultants to Implement the Pyramid Model](#)

This product was created by the National Center for Pyramid Model Innovations to explore the relationship between IECMH consultants and Pyramid Model coaches. The focus is on how consultants can support coaches in early childhood settings.

**Designing an IECMHC Program**

[Developing and Implementing a Program-wide Vision for Effective Mental Health Consultation](#)

This in-depth guide provides guidance and support for early childhood program administrators with respect to ensuring IECMHC is implemented in coordination with a wide vision for the center. It includes specific guidance on programmatic elements of IECMHC from hiring to supporting consultants.

[Designing an IECMHC Program: Four Essential Building Blocks \(Accompanying Worksheet\)](#)

Designing an IECMHC program is complicated and requires careful planning through a coordinated team of stakeholders. These two parallel resources simplify the design of IECMHC programs into four building blocks and provides guidance for how to explore each of these areas. A worksheet was created to help programs assess what has been completed and track progress.

[Sample Needs Assessment](#)

Conducting a needs assessment with stakeholders is a crucial first step in designing an IECMHC program. This resource provides a comprehensive overview and template of the necessary areas for data collection to complete a needs assessment specific to IECMHC program development.

[The Georgetown Manual for School-Based Early Childhood Mental Health Consultation Services](#)

This manual describes a framework to the provision of ECMHC in school settings. Georgetown University Center for Child and Human Development articulated this framework for ECMHC as implemented in a pilot program in a DC charter school for Pre-K 3- and 4-year-old classrooms. ECMHC services are organized into phases and described at multiple levels: child-/family-focused, classroom-focused, and programmatic consultation. The Appendix contains foundational materials describing the GU practice-based principles for ECMHC as well as tools to gather ECMHC data on children and classrooms. This document is intended as a resource that could aid other programs in the development of their manuals, though program manuals go beyond this content to also include site-specific implementation details.

[A Day in the Life of an Early Childhood Mental Health Consultant](#)

This resource contains a series of real-life vignettes that describe the different phases of the work that an MHC may encounter in the course of an average day. Reflective questions are included that make this a great resource for on-boarding a new consultant.