



September 19, 2019

Early Care & Learning Council's (ECLC) Infant Toddler Mental Health Project



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An Overview

Early Care & Learning Council (ECLC) Building a NY State System of Infant Toddler Mental Health Consultation:

Leveraging Child Care Resource & Referral (CCR&R) Network for Scope and Scale

- ▶ **ECLC's Project Vision**: Long-term, sustainable improvement in the mental health of New York State's infants and toddlers, through mental health consultation: building the capacity of adults in children's lives; equipping caregivers to facilitate children's healthy growth and development.



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- ▶ **ITMH Project Purpose**: To create a cross-systems, state-wide model of quality infant toddler mental health consultation that will ensure a high level of positive impact that is both comprehensive and measurable, including: improvement in children's social and emotional functioning; reduction of challenging behaviors; reduction of suspensions and expulsions.



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▶ Scope of Work:

- ▶ Training a network of up to 35 ITMH Consultants across 7 Regions
- ▶ Providing professional development, technical assistance and ongoing support for the ITMH Consultants
- ▶ Develop a plan for monitoring, data management and evaluation of the model



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ITMH Project Partners

Early Care & Learning Council (ECLC) ~ Organizing and lead entity for ITMH Project; holds database

7 Regional IT CCR&R Lead Agencies ~ Coordinate and align work of up to 35 ITMH Consultants across the state with regional efforts including Pyramid and the IT Project

Statewide CCR&R Network ~ Hires & hosts ITMH Consultants, integrates them into practice & community work



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ITMH Project Partners

ITMH Consultants - Located within IT Lead Agency or CCR&R and deliver services based on ITMH Project timeline, core competencies, and data requirements

New York Center for Child Development ~ Consultant assisting in development of core activities and approach for ITMH Project; deliver training & onboarding, ongoing support & PD

Docs for Tots ~ Consultant assisting in development of core activities and approach for ITMH Project; develop logic model; outcome measures; develop data system to track fidelity, improvement & outcomes.



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Overview: What Is Infant Toddler Mental Health Consultation

- ▶ “A problem-solving and capacity- building intervention implemented within a collaborative relationship between a professional consultant with mental health expertise and one or more individuals with other areas of expertise primarily child care, child development, and families - or individuals with child care responsibilities.”

(Cohen & Kaufmann, 2000)



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What IECMHC is

- ▶ Focuses on building the capacity of families and professionals
 - ▶ ITMHC seeks to equip the adults in children's lives with the knowledge, skills and strategies to support the health social emotional development.
- ▶ Provided by a masters level mental health professional
- ▶ It focuses on Prevention and Promotion
- ▶ Indirect service that benefits children



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What IECMHC isn't

- ▶ Direct service and/or therapy
- ▶ Psychological treatment for staff, families or children
- ▶ Case Management Services



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Impact of IECMHC

IECMHC has been shown to:

- Reduce preschool expulsion and suspensions
- Improve children's social skills
- Improve caregiver-child relationships
- Reduce provider stress, burnout and turnover
- Reduce challenging behaviors



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Types of Services Provided

IECMH Services take place on multiple levels, often at the same time:

- ▶ **Programmatic Consultation** involves the consultant working with program leaders to explore program-wide practices, policies, and strategies that support the social emotional development of all the children and their families in the setting.
- ▶ **Classroom/Group Consultation** is applicable to early care and education providers and involves the consultant working collaboratively with providers in a program to explore strategies and problem solving approaches to promote the social-emotional competencies of all children in the program.
- ▶ **Child and Family-focused Consultation** is centered on understanding and addressing the mental health needs and challenges of a particular child and/or family



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Next Steps

- ▶ Consulting with National Experts to help define the model and to think how best to adapt current models to both the Infant/Toddler age group as well as family child care providers
- ▶ Drafted a job description for the ITMH consultants
- ▶ Planning for the staff development and evaluation components for the project



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Questions?



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