Welcome

September 19, 2019

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

**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.
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

**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
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
**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.
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)
What IECMH 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
What IECMHC isn’t

- Direct service and/or therapy
- Psychological treatment for staff, families or children
- Case Management Services
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
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.
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
Questions?
THANK YOU