

IECMHC 101

An introduction to IECMH Consultation

Compiled by Dawn A. Yazzie



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

Session Agenda



- What is IECMHC?
- Who is recommended to become a Consultant?
- What other roles in ECE settings are often confused with IECMH Consultants?
- What do IECMH Consultants do, and NOT do?
- What do IECMH Consultants need to know? Knowledge base?
- Knowledge base must be combined with the Consultative Stance
- What does an IECMH Consultant program look like? (3 types of consultation)
- Requesting free Technical Assistance from the CoE for IECMHC to build your IECMHC program.

What is IECMHC?



From CoE for IECMHC website:

‘IECMHC is a prevention-based approach that pairs a mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, early intervention and their home. Mental health consultation is not about “fixing kids.” Nor is it therapy. Mental health consultation equips caregivers to facilitate children’s healthy social and emotional development.’

Quiz

- Questions about IECMHC

1. Who benefits from IECMHC services?

Children only

Educators only

Parents only

Children, Family, and Educators - correct

2. What is the primary goal of IECMHC?

Diagnosing mental illness

Supporting the mental health of children and families

Supporting the ability of adults to support children & families' social and emotional development - correct

3. IECMHC is a time-limited service?

True

False

Depends - correct

4. Which of the following are true about IECMHC?

IECMHC is a direct service to children

IECMH Consultants & Pyramid Model coaches provide the same service

Consultants identify issues in children and fix them

Support the skills of adults to reduce the impact of mental health issues - correct



5. The most salient driver of change in IECMHC is:

The consultant's years of experience

The consultee's years of experience

The Center of Excellence

The quality of the consultant and consultee relationship - correct

6. IECMHC has been identified as a specific approach to address all of the challenges, except:

Early Childhood Suspension and Expulsion

Identifying Developmental Delays - correct

Enhances the overall quality of the classroom environment

7. Reflective Consultation/Supervision can be used as a space for:

Providing psychotherapy to families, teachers, and staff.

Discussing issues related to race, gender, sexuality, ableism, etc. - correct

Reflective Supervisors to check consultant's productivity

What do IECMH Consultants do, and NOT do?



What IECMHC is:

- Promotion, prevention, intervention based.
- Indirect service, benefits young children
- Provided by a master's prepared mental health professional.
- Builds the skills of families and professionals
- Supports healthy social and emotional development of young children.
- Delivered in variety of settings in the community

What IECMHC is NOT:

- Not direct service. Not treatment/therapy.
- Not focused solely on families
- Not always provided in a center-based setting
- Not group therapy
- Not psychological treatment for staff, families, children
- Not solely training, or professional development training for staff
- Not pyramid model coaching

Who is recommended to become an IECMH Consultant?

- Master's level trained mental health professional.
- Licensed or licensed-eligible.
- Seasoned MH professional who has experience using their clinical skills in the work daily.
- Adheres to all licensed/certification ethics as a MH professional/ daily use of clinical skills.
- Point of challenge for rural, tribal communities and under-resourced areas.
- Pathway to recruit and support.

Consultants are often confused with other roles in ECE settings.

- [All Hands on Deck](#) – resource about difference of Pyramid Model coaches and IECMH Consultants.
- [A Day in the Life of a Mental Health Consultant](#)
- [IECMHC Foundational Modules](#)
- [Crosswalk](#) IMH Competencies and IECMHC Competencies
- [IECMHC Self Assessment](#) (register and log in)

What does a mental health consultant need to know?

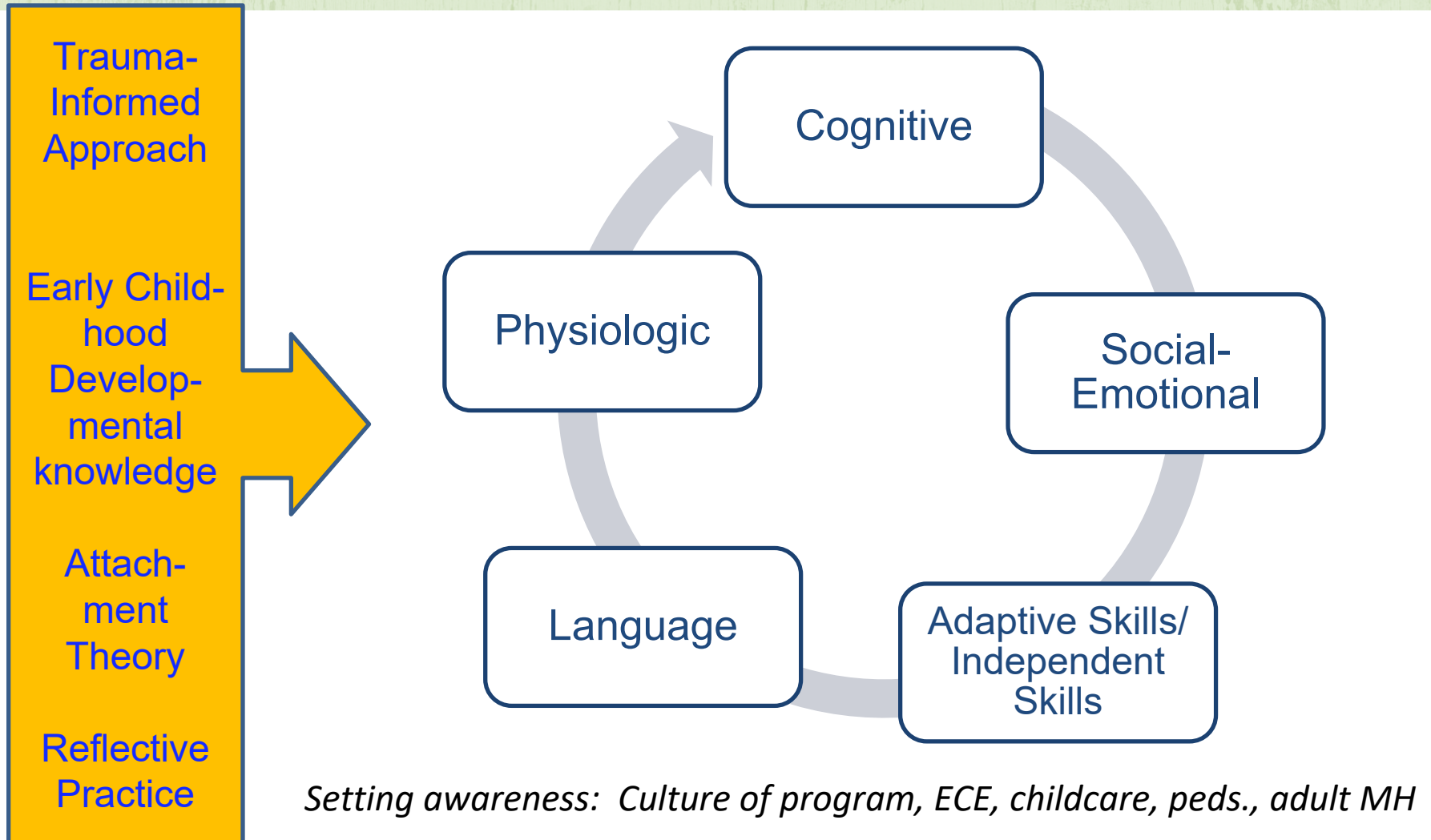
- Infant and Early Childhood Mental Health:

Infant-early childhood mental health, sometimes referred to as social and emotional health, is the developing capacity of the child from birth to 5 years of age to **form close and secure adult and peer relationships; experience, manage, and express a full range of emotions;** and **explore the environment and learn— all in the context of family, community, and culture.** Strategies to improve I-ECMH fall along a ***promotion, prevention and treatment continuum.***

- *ZerotoThree*

- Consultation is in the promotion, prevention, intervention practice. Not in the treatment practice.

What **foundational knowledge** should an IECMH Consultant have?



Foundational knowledge has to be guided by the Consultative Stance – CS Brief



1. **Mutuality of endeavor.** Consultation can only be effective when the consultee participates fully in the process.
2. **Avoiding the position of sole expert.** In accepting that the work is a collaborative effort between consultant and providers and parents, the position as exclusive expert must be abandoned.
3. **Wondering instead of knowing.** By “Wondering with, not acting upon,² ” the consultant elicits the consultees involvement in the process and properly preserves the sense of the consultee as the holder of essential information and knowledge and as the agent of change.

Foundational knowledge has to be guided by the Consultative Stance



4. **Understanding another's subjective experience.** Subjective perception and internal experience influence action. Therefore, the IECMH consultant seeks to understand individual interpretations rather than assuming shared realities.
5. **Considering all levels of influence.** In addition to personal perceptions, there are numerous other influences on a provider's views of a child/family and on their ability to respond effectively.
6. **“Hearing and representing all voices”** —especially the child's³. Eliciting the voices of all consultee organization members, the consultant is dedicated to hearing about and from each individual.

Foundational knowledge has to be guided by the **Consultative Stance**



7. **The centrality of relationships.** Because we know that development for both young children and adults is transactional, relationships are the focus of IECMH consultation.

8. **Parallel process as an organizing principle.** The consultant's way of being emanates from her conviction that the ways in which people are treated affect how they will feel about themselves and treat other people.

Foundational knowledge has to be guided by the Consultative Stance

9. Patience. Just as consultants encourage and attempt to foster patience in provider's and caregiver's relationships with children, consultants must also be patient with consultees and the pace of change.

10. Holding hope. Providers often lose hope in the face of daily crises and persistent challenges.

What could an IECMH Consultation program look like?

- 5 components to support an effective, robust IECMHC system: Equity, Workforce, Policy and Financing, Research and Evaluation, Program Structure (formerly labeled 'Model')
- Program Structure – Could have 3 levels of IECMH Consultation services.
 - ECE programs – Child focused, classroom focused, programmatic focused.
 - HV programs – Family focused, HV group focused, programmatic focused.
 - Pediatric clinic – Family focused, Provider/Nurse group focused, programmatic focused.
 - Other programs? **Delphi brief**

Program Structure Requirements



- How often will you visit to build a relationship? Frequency
- How much time will you be at the site?
- How long will you engage in Consultation at the program? Months? Years?
- How many Consultants will you have? What will their caseload be?
- Who will be the Reflective Consultation Supervisor for your Consultant? (Not solely administrative supervision.)
- What service setting will you provide Consultation to? (ECE, pediatric, HV, family childcare, etc.)
- How will you fund Consultant positions year after year?

Training to learn about Infant & Early Childhood Mental Health

- [GeorgetownUniversity - IECMH Consultation Certificate](#) *
- [Georgetown University - Infant Mental Health](#)
- [Harris Institute](#)
- [Erikson Institute - Infant Mental Health](#)
- [Universities with IMH programs](#)
- [Alliance for the Advancement of Infant Mental Health in various states](#)
- [ZTT clinical training](#) for 0-5 yr. old therapy and diagnosing for insurance billing

* GU also has a Certificate program for IECMH Consultation. Introductory.

Infant and Early Childhood Mental Health perspectives can support all other areas of services for children and families.



- [Consultative Stance of IECMHC](#) can be used from any helping profession perspective.
- [Diversity Informed Tenets of Work with Infant, Young Children and Their Families](#)

Resources

- Zero toThree (ZTT): https://www.zerotothree.org/resources/?issue_area=infant-and-early-childhood-mental-health
- Center of Excellence for Infant and Early Childhood Mental Health Consultation (CoE for IECMHC): www.iecmhc.org
 - <https://www.iecmhc.org/wp-content/uploads/2020/12/CoE-Annotated-Bibliography.pdf> - IECMHC research articles compiled and annotated.
- National Child Traumatic Stress Network: <https://www.nctsn.org/resources/introduction-infant-and-young-child-mental-health>
- Alliance for the Advancement of Infant Mental Health: <https://www.allianceaimh.org/>
- World Association for Infant Mental Health: https://waimh.org/page/infant_mental_health
- *DC:0–5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood*: <https://www.zerotothree.org/our-work/learn-professional-development/dc0-5-manual-and-training/>
- <https://childparentpsychotherapy.com/about/>

Resources

- <https://www.neurosequential.com> (Dr. Bruce Perry)
- Crosswalk between the IECMH Endorsement Competencies and the CoE IECMHC Competencies <https://www.iecmhc.org/crosswalk/>
- <https://www.iecmhc.org/resources/foundational-modules/> - IECMHC Foundational Modules
- Davis Schoch, A., Catherine, E., Perry, D.F., Tidus, K.M., Duran, F., & Rabinovitz, L. (2022). The Essential Activities of Infant and Early Childhood Mental Health Consultation: Guidance for the Field from a Consensus Building Study. Center of Excellence for Infant and Early Childhood Mental Health Consultation, Georgetown University.
<https://www.iecmhc.org/documents/CoE-Delphi-Report-120822.pdf>
- https://www.iecmhc.org/wp-content/uploads/2023/04/CoE_Resource_Consultative-Stance.pdf - 10 Elements Comprise the Essential Core of an Effective Consultative Stance

THANK YOU!
CONNECT WITH US!



www.iecmhc.org
IECMHC@Georgetown.edu
[@IECMHC](#)

This product was developed [in part] under grant number 1H79SM082070-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.