CENTER OF EXCELLENCE FOR
Infant & Early Childhood
Mental Health Consultation
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Attunify
By THRIVE CENTER



A HOW-TO FOR HOME VISITING PROGRAMS AND STATES

You don't need a funded consultant to bring consultation in.

What programs told us, how three states built it, how to pay for it and where we can help. Use it to pick your first step.

NEW **See the research, read the stories and plan how to pay for it.**
iecmhc.org/evidence/home-visiting

WHAT PROGRAMS TOLD US

Our group discussions with home visiting providers and leaders revealed consistent themes

Similar findings across every state.

Help thinking through complex family situations: trauma, safety, suicidality, boundaries and a child's development or behavior. **Support for staff who face hard situations again and again.**

1 Protected time to reflect
Reflective time gets overtaken by operational supervision and compliance.

2 Consultation that fits the work
Families' homes, voluntary relationships, model and funding rules, mandated reporting and families who decline.

They also asked: Own staff or outside? Where does a non-clinician's role end? The next pages share what we've learned so far.

SOURCES

Consultation in home visiting, iecmhc.org



1 FIRST

Protect the time

Consultation only works when it happens.

Colorado asked home visiting staff, consultants and administrators what gets in the way. **Scheduling (44%), consultation that wasn't built into the program (40%) and too little time with the consultant (40%)** topped the list. Regular and consistent consultation was a top facilitator (64%). Three of four Michigan sites said time with the consultant was too short. So put it on the calendar. Give it a purpose. If you have reflective supervision, tell the team how the two fit.

SOURCES

Colorado MIECHV Mental Health Consultation Evaluation: Summary of Findings

Michigan Home Visiting Initiative IECMHC report (MPHI, 2019)



2 SECOND

Pick a consultant who understands home visiting

Colorado home visiting teams rank trauma experience above a license.

Colorado asked the same group what matters most in a consultant. **92% said experience with trauma and toxic stress. 40% said a license.** The top skills were creating an open and non-judgmental environment (76%) and cultural competence (64%). 64% said a consultant who understands the program and its families makes consultation work. Use the list when you hire, contract or train.

SOURCES

Colorado MIECHV Mental Health Consultation Evaluation: Summary of Findings

Consultation in home visiting, iecmhc.org

THIRD

Build it your way. Three states built it three ways.

Borrow from the one that looks most like yours.

Illinois
Funded through MIECHV

Illinois sets 12 hours of direct consultation a month per site as optimal. A contracted consultant costs about $18,000 a year per program. **Financing Guidance** · **How Illinois built it**

Michigan
Five consultants across four agencies

Over five to eight months they supported 23 home visitors and 14 supervisors. They met supervisors at every site and never worked directly with families. **The Michigan report**

Colorado
From 7 sites to 29

Enhanced Home Visiting started in 2017 with 7 Denver sites. By 2023 it reached 29 sites and about 150 home visitors. Supervisors meet in groups of 6 or 7 for 90 minutes a month. **Meeting Colorado Families Where They Are, 2023**

SOURCES

- Financing Guidance for IECMHC (CoE)
- Illinois: building and sustaining IECMHC
- Michigan report, 2019
- Meeting Colorado Families and Early Childhood Professionals Where They Are (2023)

FOURTH

MIECHV can pay for consultation. Some states already do.

States most often fund consultation from several sources at once. The most common include **the Child Care and Development Fund, Part C, Head Start, child welfare, MIECHV, state general funds and philanthropy.** Illinois wrote consultation for MIECHV sites into its funding application. Colorado's project runs on two local streams and one state stream. HRSA's roadmap shows how to embed consultation in a MIECHV program. Our technical assistance helps you map and braid the streams in your state.

SOURCES

- Financing IECMHC: Frequently Asked Questions (CoE)
- Financing Guidance for IECMHC (CoE)
- Embedding IECMHC in MIECHV Programs (HRSA)
- Meeting Colorado Families Where They Are, 2023

BRING IECMHC INTO YOUR HOME VISITING PROGRAM

We offer multiple ways to access IECMHC

Get consultation now

Georgetown consultants deliver it virtually within days. From $200 per person a month while you build your own. **Virtual consultation**

Train your own staff

4 months of training and 8 months of reflective supervision. More than 40 home visitors joined in June. If someone leaves, we train their replacement at no cost. Next cohort February 2027. **The Practical Certificate**

Design a system

Work one on one with a Georgetown advisor at any stage. You leave with a plan you own. **Technical assistance**

Whichever path you pick, plan for protected time, a consultant who understands home visiting and clear roles.

Not sure which path fits? Tell us about your program and we'll point you to the right option.

THE LONG-TERM ANSWER

Don't rent it. Build it.

Contracted consultation is a line item. Line items get cut. A trained staff member is capacity that stays.

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Research and stories

Train your own staff