

Infant and Early Childhood Mental Health Consultation (Birth to Age 5)

Also known as Social Emotional Consultation

Infant and Early Childhood Mental Health Consultation (IECMHC) is a prevention-based intervention teaming mental health professionals with early care and education providers and families to improve adults' ability to positively develop children's social, emotional, and behavioral health from birth through age five. Additionally, this model has been proven to significantly reduce suspensions and expulsions from child care settings.



1 IN 5 CHILDREN



Far too many children struggle to master social emotional skills at a young age.

From birth, children are learning to understand and manage emotions, build positive relationships, and learn from their environment.

Researchers estimate that as many as one in five children in child care have serious difficulty managing their emotions and behavior. More have challenging behaviors that compromise their ability to learn.^{1,2}

13X HIGHER



In child care and preschool settings, behavior challenges are much more likely to result in expulsion.

Young children in child care are expelled at a rate 13 times higher than all K–12 expulsions combined.³

Black children are disproportionately represented. Research shows they are 3.6 times more likely to be expelled in preschool than their white peers.⁴

1 IN 3 PROVIDERS



Early care and education providers most often do not have the tools they need to effectively meet children's social emotional needs.

The consequences of challenging behavior most reported from Michigan providers were:

- an increase in teacher stress
- inability to teach or support the child's learning adequately
- removal of children from care⁵

1. A. Davis and D. F. Perry. (In press.) Healthy Futures: Year Four Evaluation of Early Childhood Mental Health Consultation. Washington, D.C.: Georgetown University Center for Child and Human Development.
2. H. L. Egger and A. Angold. 2006. "Common Emotional and Behavioral Disorders in Preschool Children: Presentation, Nosology, and Epidemiology." *Journal of Child Psychology and Psychiatry* 47, 313–337.
3. W. S. Gilliam. 2005. *Prekindergartners Left Behind: Expulsion Rates in State Prekindergarten Systems*. New Haven: Yale University Child Study Center.
4. *Ibid.*
5. Granja, M.R., Smith, S., and McCann, C. (2020) *The Voices of Michigan's Early Care and Education Teachers: Children's Challenging Behavior, Expulsion, Disparities and Needed Program Supports*. New York: National Center for Children in Poverty, Bank Street Graduate School of Education.

"Our consultant provides tremendous support for staff, children, and parents. Our program runs much more smoothly with her support." - Michigan child care provider



Consultants provide the specialized consultation and professional development that early care and education providers need to keep children in care, support positive behavior skills, address challenging behavior in positive ways, and provide learning environments that are equitable - promoting children's development, resilience, and overall well-being.

Consultants are highly trained in their field. They are master's level mental health professionals endorsed by the Michigan Association for Infant Mental Health.

Consultants use a proven model that includes **partnering with providers to listen, observe, assess, and plan** around the specific needs of children and providers. This process enhances the overall quality of care and environmental climate.⁶

These supports promote social emotional health during this critical time in development, which leads to an improved life trajectory and offsets later, more costly interventions.

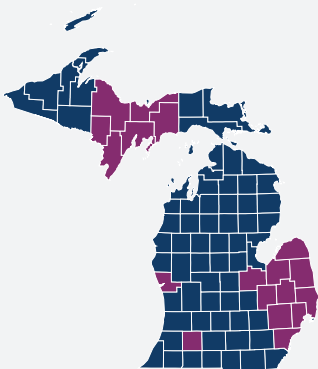
From 2019-2022, IECMHC has supported over 12,700 infants, toddlers, and young children and their caregivers.

Using an Evidence-Based Model that Gets Results

- Children increase attachment, initiative, and self-regulation skills and decrease behavioral concerns (e.g., emotional control, depression, aggression, attention issues), including a 50% reduction in suspensions/expulsions.⁸
- Parents miss fewer days of work and reduce stress.
- Early care and education providers manage all children's behavior more effectively; increase skills in the areas of consistency, attunement, and safe care; and improve the social emotional quality of care. Additionally, multiple evaluations have found decreases in stress and turnover among providers nationally.
- Communities benefit because this support ultimately improves children's school readiness, which decreases costly burdens on the education, mental health, court, and juvenile justice systems.

Consultants improve outcomes for children, families, early care and education providers, and communities.⁷

Opportunities to Sustain and Grow in Michigan Why is action required?



"This program currently only serves 18 counties, leaving children, families, and providers in 65 counties without this critical social-emotional support. Sustainable funding is needed to reach every county in Michigan."

18 Counties **1 State Coordinator**
10 Full Time Positions **1 Evaluation**



Scale services statewide with 65 full-time consultants

COST: \$6,030,000*



Scale services to include 40 full-time consultants

COST: \$3,780,000*



Scale services to include 20 full-time consultants

COST \$1,980,000*



Sustain services including 10 full time consultants

COST: \$1,500,000*

"Yes, (I would recommend this service). If you feel lost as a parent, they are very helpful." - Michigan parent

* This option and cost estimate includes consultation and evaluation. 10% of service costs are covered by Prevention Direct Medicaid Service (PIHP/CMHSPs)

6. J. S. Carlson, M. Mackrain, L. A. Van Egeren, H. Brophy-Herb, R. Kirk, D. Marciniak, S. Falvay, Y. Zheng, S. Bender, and B. Tableman. 2012. "Implementing a Statewide Early Childhood Mental Health Consultation Approach to Preventing Child Care Expulsion." *Infant Mental Health Journal* 33(3), 265-273.
7. L. A. Van Egeren, R. Kirk, H. E. Brophy-Herb, J. S. Carlson, B. Tableman, and S. Bender. 2011. *An Interdisciplinary Evaluation Report of Michigan's Child Care Expulsion Prevention (CCEP) Initiative*. Lansing: Michigan State University.
8. Michigan Social Emotional Consultation database March 2022

