



Checklist

MODULE 1

Section One

What is Infant and Early Childhood Mental Health Consultation?

KNOW:

Read through Section One content.

Create a concept map that highlights what you know about IECMHC.

Review Tutorial 2, Module 1, “Defining Early Childhood Mental Health Consultation” and “A Common Misperception about Early Childhood Mental Health Consultation” at https://www.ecmhc.org/tutorials/defining/mod1_4.html.

Read the handout titled “Crosswalk of Early Childhood Mental Health Services.”

Review the resource titled *Early Childhood Mental Health Consultation Protects and Maximizes Our National Investment in Early Care and Education*.

A CLOSER LOOK AT MICHIGAN:

Read the article “Implementing a Statewide Early Childhood Mental Health Consultation Approach to Preventing Child Care Expulsion for Children Birth to Five.”

SEE:

Watch the video *Infant and Early Childhood Mental Health Consultation—It’s Time*, https://www.youtube.com/watch?v=mm_SMN3P3Pk.

DO:

Read the *Substance Abuse and Mental Health Services Administration: Expert Convening on Infant and Early Childhood Mental Health Consultation* at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/iecmhc-expert-convening-summary.pdf, and respond to four reflection questions.

REFLECTION:

Revisit the concept map and add new information. Share this information with your supervisor.

DIGGING DEEPER:

Review Tutorial 2, Module 1, “What Is Early Childhood Mental Health Consultation,” at <https://www.ecmhc.org/tutorials/defining/index.html>.

Read *Infant and Early Childhood Mental Health Consultation: A Briefing Paper* from ZERO TO THREE.



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MODULE 1

Section Two

Infant and Early Childhood Mental Health Consultation Across Settings

KNOW:

Read through Section Two content.

A CLOSER LOOK AT MICHIGAN:

Review information specific to Michigan's IECMHC services in early care and education by visiting the Michigan Department of Health and Human Services website: https://www.michigan.gov/mdhs/0,5885,7-339-71550_2941_4868_7145_81755_81782-431109--,00.html.

SEE:

Watch the video, *Voices from the Field: A Day In the Life of An Infant and Early Childhood Mental Health Consultant*, <https://www.youtube.com/watch?v=N8GTe0NUE-w>.

DO:

Read the article “Enhancing Home Visiting with Mental Health Consultation” at http://pediatrics.aappublications.org/content/pediatrics/132/Supplement_2/S180.full.pdf.

REFLECTION:

Using the *Crosswalk of Early Childhood Mental Health Services* at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/crosswalk-early-childhood-mental-health-services.pdf (also introduced in Section One), consider the ways that IECMHC fits into your local system of care for young children. Share and discuss with your supervisor.

DIGGING DEEPER:

Read “Research Synthesis: Early Childhood Mental Health Consultation” at http://csefel.vanderbilt.edu/documents/rs_ecmhc.pdf.



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MODULE 1

Section Three

The Consultative Stance

KNOW:

Read through Section Three content.

Work through *Tutorial 4: Mastering the Consultative Stance*, at https://www.ecmhc.org/tutorials/consultative_stance/index.html. Focus specifically on Modules 1, 2, and 3.

Read “Early Childhood Mental Health Consultation: Applying Central Tenets Across Diverse Practice Settings”.

SEE:

Watch the video clip at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> on Head Start’s “The Mental Health Consultation Tool” webpage.

DO:

Complete the activity “Observing the Do’s and Don’ts,” found within Tutorial 4, Module 2 from the Center for Early Childhood Mental Health Consultation at https://www.ecmhc.org/tutorials/consultative_stance/mod2_4.html.

REFLECTION:

Complete the activity “My Current Capacity to Practice the Consultative Stance” within Tutorial 4, Module 2, from the Center for Early Childhood Mental Health Consultation at https://www.ecmhc.org/tutorials/consultative_stance/mod2_2.html. Share and discuss with your supervisor.

DIGGING DEEPER:

Read the article “The Consultation Relationship—From Transactional to Transformative: Hypothesizing About the Nature of Change”.

Read the first chapter of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families*.

Review Vignette 2 in “Visiting a Child Care Site for the First Time: Meeting With the Director,” part of *A Day In the Life of An Early Childhood Mental Health Consultant*, at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf. Answer the discussion questions following the vignette, and share your thoughts with your supervisor.



Checklist

MODULE 1

Section Four

The Evolution of Infant and Early Childhood Mental Health Consultation

KNOW:

Read through Section Four content.

SEE:

Watch the video *Setting Children Up for Success: Beginning with IECMHC and the Center of Excellence*, https://www.youtube.com/watch?v=vqRopYehQu8&index=2&list=PLBXgZMI_zqfSphRqkJQKvaNZmKtaBOB25.

DO:

Review *Major Milestones for Infant and Early Childhood Mental Health Consultation*, at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/iecmhc-major-milestones-timeline.pdf.

REFLECTION:

Read *Major Milestones for Infant and Early Childhood Mental Health Consultation* at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/iecmhc-major-milestones-timeline.pdf. Select one of the events, products, or research pieces highlighted and conduct your own additional research about this topic.

Reflect on your experiences and how you have changed in your attitudes and practices in the field of IECMHC. Create a timeline of those experiences. Annotate the timeline with explanations of what you have learned through these experiences. Share with a colleague or your supervisor.

DIGGING DEEPER:

Watch a recorded webinar by the Center of Excellence for IECMHC team at <https://www.youtube.com/watch?v=lqhkz0BCAuc&feature=youtu.be> or directly from the Center of Excellence for IECMHC website at <https://www.samhsa.gov/iecmhc/podcasts-webinars>.

Read *Caplanian Mental Health Consultation: Historical Background and Current Status* found at <https://pdfs.semanticscholar.org/ebfd/5ade36968105a58989c713113bcda60b6813.pdf>.



Checklist

MODULE 1

Section Five

IECMHC As an Evidence-Based Practice

KNOW:

Read through Section Five content.

Read *Early Childhood Mental Health Consultation as an Evidence-Based Practice: Where Does it Stand?* in the handouts section.

A CLOSER LOOK AT MICHIGAN:

Review an evaluation report and findings at https://cerc.msu.edu/upload/documents/FINAL_COMPLETE_CCEP_REPORT_V2_2011-03-16.pdf.

SEE:

Watch the video *Voices from the Field: A Day In the Life of An Infant and Early Childhood Mental Health Consultant* at <https://www.youtube.com/watch?v=N8GTe0NUE-w>.

DO:

Read *Early Childhood Mental Health Consultation Protects and Maximizes Our National Investment in Early Care in Education* at http://indigoculturalcenter.org/wp-content/uploads/2015/11/RAINE-ecmhc_infographics_finalF_Proof5.pdf.

REFLECTION:

Review and respond to the reflection questions and share your thoughts with your supervisor.

DIGGING DEEPER:

Review *Tutorial 9: Implementing and Evaluating ECMHC Services* at <https://www.ecmhc.org/tutorials/effective-consultation/index.html>. Focus specifically on the part of Module 3 titled “Using Outcome Measures and Evaluation for Continuous Quality Improvement.”

Review *Early Childhood Mental Health Consultation: An Evaluation Toolkit* at <https://gucchd.georgetown.edu/products/ECMHCToolkit.pdf>, and in the handouts section.

