



Checklist

MODULE 1

Section One

What is Infant and Early Childhood Mental Health Consultation?

KNOW:

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

Review and discuss the concept map the consultant created in response to “What Is IECMHC?”

DISCUSS TOGETHER:

What comes to mind when you think of infant and early childhood mental health consultation?

What do you think families think of? Early care and learning professionals? Community stakeholders?

How do we describe our IECMHC services to others?

How do our IECMHC services work within the other child and family service agencies in our community?

How is providing IECMHC different from delivering mental health treatment services?

What additional support do you need to strengthen your understanding of IECMHC?

Watch the recorded webinar presented on April 27, 2017, *Infant and Early Childhood Mental Health Consultation and the Center of Excellence*, at <https://www.youtube.com/watch?v=lqhkz0BCAuc&feature=youtu.be>.

To learn more about infant and early childhood mental health consultation, 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*, at <https://www.zerotothree.org/resources/1952-infant-and-early-childhood-mental-health-consultation-a-briefing-paper> - downloads.



Checklist

MODULE 1

Section Two

Infant and Early Childhood Mental Health Consultation Across Settings

Review the *Crosswalk of Early Childhood Mental Health Services* to consider the ways that IECMHC fits into your local system of care for young children. Share and discuss this with the consultant. This document is at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/crosswalk-early-childhood-mental-health-services.pdf.

Create with the consultant a list of IECMH services offered within his or her role. Divide into three sections: promotion, prevention, and intervention.

Read through “Research Synthesis: Early Childhood Mental Health Consultation” to learn more about IECMHC services across settings. This article can be found at http://csefel.vanderbilt.edu/documents/rs_ecmhc.pdf.



Checklist

MODULE 1

Section Three

The Consultative Stance

KNOW:

Take time to meet with the consultant and discuss his or her learning experience and reflections.

Read through the following resources, and ask the consultant the questions (1-5) below:

“The Consultation Relationship—From Transactional to Transformative: Hypothesizing About the Nature of Change” (Johnston & Brinamen, 2010).

First chapter of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families* (Johnston & Brinamen, 2006).

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*, available at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf.

1. Have you changed any previous ideas about the work of an infant and early childhood mental health consultant?
2. What did you learn about yourself as you worked through this material related to the consultative stance?
3. How would you describe your own stance as a consultant?
4. What would you consider modifying in your own approach based on what you learned?
5. How might you better reflect the consultative stance in your work?

Work through the three modules listed below from Tutorial 4: Mastering the Consultative Stance, available at https://www.ecmhc.org/tutorials/consultative_stance/index.html.

Module 1: Relationship Based Work and the Consultative Stance

Module 2: Mastering the Consultative Stance

Module 3: Strategies for Mastering the Consultative Stance: Training, Preparation, and Ongoing Supervision and Supports

Review “Early Childhood Mental Health Consultation: Defining Characteristics and Core Features,” Section 2 of *Early Childhood Mental Health Consultation: An Evaluation Tool Kit*, available at <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/ecmhc-toolkit.pdf>.



Checklist

MODULE 1

Section Four

The Evolution of Infant and Early Childhood Mental Health Consultation

Review “Major Milestones for Infant and Early Childhood Mental Health Consultation.” This resource can be found in the handouts section or by going to https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/iecmhc-major-milestones-timeline.pdf.

Review “SAMHSA: Expert Convening on Infant and Early Childhood Mental Health Consultation,” which can be found at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/iecmhc-expert-convening-summary.pdf.

Review and discuss these two handouts with the consultant, and ask what stood out for him or her. What was the consultant curious about?

How might you use the information in these handouts to support a consultant’s understanding of the field of IECMHC?

Read “Caplanian Mental Health Consultation: Historical Background and Current Status,” found at <https://pdfs.semanticscholar.org/ebfd/5ade36968105a58989c713113bc-da60b6813.pdf>.



Checklist

MODULE 1

Section Five

IECMHC As an Evidence-Based Practice

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

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&t=50s>.

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.

Review *What Works? A Study of Effective Early Childhood Mental Health Consultation*, which highlights the critical factors that make early childhood mental health consultation an effective intervention in support of a child's social, emotional, and behavioral development, as well as the structures needed to make an IECMHC program successful at <https://gucchd.georgetown.edu/products/FINAL%20formatted%20executive%20summary.pdf>.

Take time to discuss with the consultant his or her reflections. Consider such follow-up steps as:

- Create a “cheat sheet” together that highlights useful information about this topic.
- Create with the consultant an “elevator pitch” to help summarize the main points from this section. Share this pitch with each other or with colleagues during a meeting.
- 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.

