



Checklist

MODULE 3

Section One

Self-Awareness and Reflective Practice

Review Head Start's "The Mental Health Consultation Tool" webpage (Reflective Practice, Supervisor and Supervisee) at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>.

Watch the video segments of a reflective practice meeting 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, (Reflective Practice, What Do You Think?, Supervisee).

Review Vignette 12, "Reflective Supervision: The Day It Made Sense to Me," which is part of the resource titled *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 and in your handouts. Review the discussion questions with the consultant.

Read through the article titled, Balance in Jeopardy: Reflexive Reactions vs. Reflective Responses in Infant/Family Practice, located in your handouts.

Read through the article titled, Reflective Communication Cultivating Mindsight Through Nurturing Relationships, located in your handouts.

Learn more about your supervisory and leadership style by completing The Leadership Self-Assessment, <https://www.zerotothree.org/resources/413-leadership-self-assessment-tool>.

Read through "A Collection of Tips on Becoming a Reflective Supervisor" at: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/rs-supervisor-info-sheet.pdf>.



Checklist

MODULE 3

Section Two

Types of Consultation Across Settings

Review the document “Types of Consultation Services,” at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/types-consultation-services.pdf.

Review Vignette 7, “A Child/Family-Centered Consultation Planning Meeting with a Teacher, Parent, and Grandparent,” which is part of the resource titled *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. Review the discussion questions with the consultant.

Read chapters 6-9 of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families*



Checklist

MODULE 3

Section Two A

Targeted Consultation

Review the identified Required and Optional forms noted throughout the “A Closer Look at Michigan” area located in the handouts, also found in Appendix A.

Review Vignette 11, “Talking to a Family about a Community Referral for Additional Services,” which is part of the resource titled *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. Review the discussion questions with the consultant.

Visit Head Start’s “The Mental Health Consultation Tool” webpage, <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> to access additional information within the Child & Family section.



Checklist

MODULE 3

Section Two B

Programmatic Consultation

Review the identified Required and Optional forms noted throughout the “A Closer Look at Michigan” area located in the handouts, located in Appendix A.

Review Vignette 8, “Talking with a Teacher about Programmatic Strategies,” which is part of the resource titled *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. Review the discussion questions with the consultant.

Visit Head Start’s “The Mental Health Consultation Tool” webpage, <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> to access additional information within the Classroom & Home section.



Checklist

MODULE 3

Section Three

Working Across Multiple Relationships

Read the article titled, Honoring Diversity Through a Deeper Reflection: Increasing Cultural Understanding Within the Reflective Supervision Process; found on page 46 of ZERO TO THREE, Nov 2010 issue, located in your handouts.

Read the article titled, Step Back and Consider: Learning From Reflective Practice in Infant Mental Health, located in your handouts .

Review the handout “Expansive Listening” at <http://www.onwardthebook.com/wp-content/uploads/2018/09/Expansive-Listening.pdf>. Review the questions with the consultant.

Review Vignette 3, “Visiting a Child Care Site for the First Time: Entering the Classroom,” which is part of the resource titled *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. Discuss and talk through the discussion questions (on page twenty of the resource) with the consultant.

Read chapter 4 of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families*.



Checklist

MODULE 3

Section Four

Reflective Supervision

Read the article titled, Reflective Supervision: Supporting Reflection as a Cornerstone for Competency, page 22 of the ZERO TO THREE, Nov 2010 issue, located in your handouts.

View a video from MI-AIMH's Reflective Supervision Video Training Series (2012). Access the video using the following link: <https://drive.google.com/file/d/1RSxEA2pBosYYEZ-pQEN4kriJAeCOAXUMB/view>. Review the discussion questions with the consultant.

Read the article titled, The Building Blocks for Implementing Reflective Supervision in an Early Childhood Mental Health Consultation Program, located in your handouts.

Review "Types of Supervision and Oversight Required to Effectively Support Infant and Early Childhood Mental Health Consultants in the Field" found at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/types-supervision-oversight-required-effectively-support-iecmhc-consultants.pdf.

Read the article "The Reflective Supervisor's Role as a Team Leader and Group Supervisor" (Heffron & Murch, 2010) page 51 of the ZERO TO THREE journal, Nov 2010 issue, in your handouts.

Review the November 2016 issue of ZERO TO THREE's journal in your handouts. Discuss 1-2 articles with the consultant.

