

First 5 Consultation Project

WHAT IS INFANT & EARLY CHILDHOOD MENTAL HEALTH CONSULTATION?

Infant and Early Childhood Mental Health Consultation (IECMHC) is a preventive intervention that teams a mental health professional with early childhood professionals to improve the social, emotional, and behavioral health of children in early childhood programs. The primary role of an IECMH Consultant is to build the capacity of professionals and parents to understand the powerful influence of their relationships and interactions on young children's social-emotional well-being and development.

3 CORE ELEMENTS OF IECMHC

Infant/Child/Family Centered:

Supports staff and parents in understanding and addressing child or family concerns and creates positive child-parent relationships by developing strategies to support and involve the family.

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System or Community:

Assists organizations, systems, and communities to improve infant and child social, emotional, and behavioral health by facilitating training, collaboration, and coordination across their systems of care.

Programmatic:

Focuses on providing support to improve the overall quality of the program by solving specific issues; reviewing policies and procedures; and enhancing program environment, structure, and responsiveness.

Provides Reflective Supervision/Consultation to licensed providers seeking Infant Mental Health Clinical Endorsement or Early Childhood Mental Health Clinical Endorsement.