



# Infant and Early Childhood Mental Health Consultation

## What we do:

The Infant and Early Childhood Mental Health Consultation (IECMHC) service is designed to equip caregivers with strategies and supports to strengthen children's social, emotional, and behavioral health development – early and before intervention is needed. Based on relationship-based practices, it also employs skill- and relationship-building efforts with the adults in a child's life.

Consultants create a bridge between classrooms and home by providing supports for families. Classrooms are supported by consultants with resources and technical assistance. Programs can look to consultants for review of policies, procedures and curriculum. See below:

### Child/Family

- Help adults understand and address the child's needs by developing an individualized plan with the parents, providers, and home visitors

### Classroom/Group

- Work with child care providers, teachers, and home visitors to improve care offered to all children by helping to identify and address attitudes, beliefs, practices, and conditions that may be undermining quality relationships between adults and children

### Programmatic

- Support administrators, directors, home visitors, and other program leaders in making changes in their care practices and/or policies to the benefit of all children and adults in their setting

## The process:

**Our consultant services are culturally sensitive and family focused.**

### Consultants:

- Promote social emotional development
- Address children's challenging behavior
- Offer primarily indirect services
- Impact child, family, staff, and outcomes

## IECMHC IS:

- Indirect service that benefits young children
- Promotion-based
- Prevention-based
- Provided by a mental health professional
- Builds the capacity of families and professionals
- Supports and sustains healthy social and emotional development of young children
- Delivered in a variety of child-serving systems (ECE, HV, etc.)
- Delivered in a natural or community setting

## FREQUENTLY ASKED QUESTIONS

**Q: What is infant mental health?**

A: Infant and early childhood mental health (IECMH) is the developing capacity of the child from birth to 5 years old to form close and secure adult and peer relations: experience, manage and express a full range of emotions; and explore the environment and learn - all in the context of family, community, and culture.

**Q: Is this the same as therapy?**

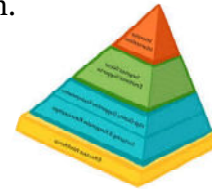
A: IECMH focuses on indirect services that benefit young children. It is not group therapy and it does not offer psychological treatment for staff, families, or children

**Q: What experience do consultants have?**

A: IECMH consultants are highly trained licensed or license-eligible mental health clinicians with specialized knowledge in child development, the effects of stress and trauma on families, and the impact of adult mental health on the developing child. Using their advanced training and expertise in mental health, consultants focus on building the capacity of early childhood professionals to promote both strong relationships and supportive environments for young children.

**Q: Does this link to Pyramid?**

A: YES! Please contact us, we'd love to explain the connection to you!



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## CONTACT US TODAY!

Meet our Infant Early Childhood Mental Health Consultants:

Andrea Piccone



Megin Insalaco



Sally Espinosa



Amanda Chapman



Please contact Child Care Council at **595-654-4720** and ask to speak to one of the Infant Early Childhood Mental Health Consultants, or email **Rose Shufelt, Director** at [r.shufelt@childcarecouncil.com](mailto:r.shufelt@childcarecouncil.com)

**Our team looks forward to hearing from you!**