



Infant and Early Childhood Mental Health Consultation

Mental Health Consultation is based on a collaborative approach between Family/Group Family Child care providers, classroom teachers, program administrators, and the mental health consultant. Through problem solving, and skill-building interventions, the approach strives to build the capacity of the adult caregivers in children's lives, to prevent, identify, treat, and reduce the impact of mental health problems among children (Georgetown University Center for Child and Human Development, 2009, adapted from Cohen & Kaufmann, 2005).

Because we recognize the importance of early experience to build the foundation for healthy later life outcomes, we will be providing mental health consultation in support of infants and toddlers, ages 0-36 months of age. We at Child Care Council, Inc. are looking forward to collaborating with you to provide this support to benefit the infants and toddlers in your setting.

Below are the Six Steps our consultants follow as they work with directors, staff and classrooms.

- 1 Initiation
- 2 Needs assessment
- 3 Collaborative action planning
- 4 Implementation
- 5 Transition and sustainability
- 6 Monthly Communities of Practice



What you can expect at a visit:

- Collaborative conversations: Discussing the roles of the consultant and the teacher/provider.
- Observation exploration: Using observation tools to identify and prioritize concerns before creating potential goals.
- Evaluations and assessments: Utilizing many tools to gather data about the classroom environment, child behavior and quality interactions. (Our consultants use **CLASS, ITERS/FCCERS, and DECA**)
- Resource share: Whether it is for the classroom teacher, the program or a family, our consultants are eager to share information, community resources and referrals.