

Beginning at the Beginning:

The foundational elements of Early Childhood Mental Health Consultation

Part 1

Presenter:
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Who We Are

The New York City Training and Technical Assistance Center (TTAC), is funded through **ThriveNYC**, in partnership with the **NYC Department of Health and Mental Hygiene (DOHMH)**

TTAC is a partnership between the New York Center for Child Development (NYCCD) and the McSilver Institute on Poverty Policy and Research

- **New York Center for Child Development** has been a major provider of early childhood mental health services in New York with expertise in informing policy and supporting the field of Early Childhood Mental Health through training and direct practice
- **NYU McSilver Institute for Poverty Policy and Research** houses the Community and the Managed Care Technical Assistance Centers (CTAC/MCTAC), which offer clinic, business, and system transformation supports statewide to all behavioral healthcare providers

TTAC is tasked with building the capacity and competencies of mental health and early childhood professionals through ongoing training and technical assistance

<http://www.TTACny.org>



Visit our Website

TTACNY.org

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NYC Early Childhood Mental Health **TTAC** Training and Technical Assistance Center

TTAC is funded by the New York City Department of Health and Mental Hygiene through [ThriveNYC](#).

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Events

Thursday, April 2, 2020

TTAC Webinar: Supporting Families and Caregivers of Infants and Young Children Affected by the COVID-19 Pandemic

Wednesday, May 20, 2020

Beginning at the Beginning: The Foundational Elements of Early Childhood Mental Health Consultation – Part I

Friday, May 29, 2020

Beginning at the Beginning: The Foundational Elements of Early Childhood Mental Health Consultation – Part II

Thursday, June 4, 2020

Beginning at the Beginning: Early Childhood Mental Health Consultation in Infant & Toddler Care - Part III

Wednesday, June 10, 2020

TTAC Webinar: The Loss and Grief of COVID-19: Real Challenges and Practical Suggestions

Friday, June 12, 2020

TTAC Webinar: Reducing Bias during COVID-19 using the Crawford Bias Reduction Theory & Training

[view more >](#)

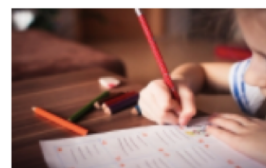


NYC DOHMH Bureau of Early Intervention E-Learning Modules



Foundations of Social-Emotional Development in Infants and Toddlers
[Learn More](#)

NYC Early Childhood Mental Health Network COVID-19 Resource Guidance



Self-care resources for child serving professionals and resources to inform your work with children and families.
[Learn More](#)

The Early Childhood Mental Health Network



Get to know the Early Childhood Therapeutic Centers (ECTCs)! Available in both English and Spanish.
[Learn More](#)

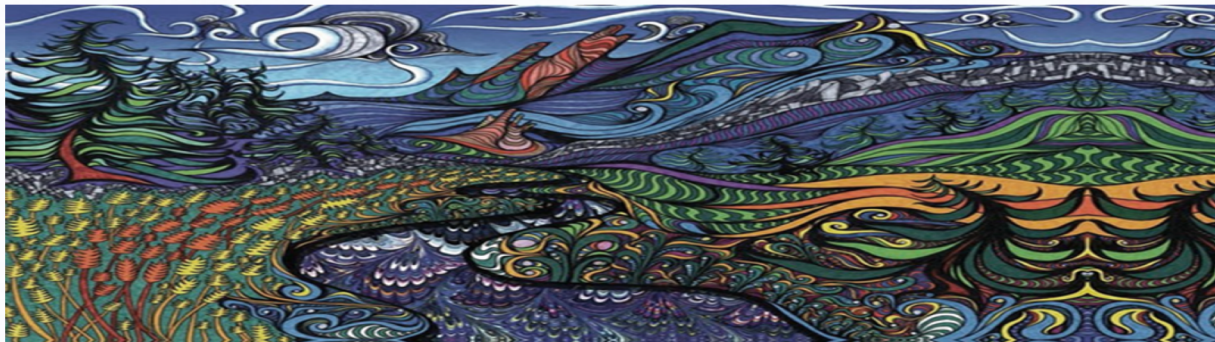
Unusual and Uncertain Times

- Acknowledge and identify the impact of the global health crisis
- Return to and rely on foundational principles
- Adaptations grounded in and guided by theory
- Variation will be in both form and content



IECMH Consultation Defined

IECMH is an indirect intervention that pairs a mental health professional with other providers to promote and when need be improve the social, emotional, behavioral and relational health of the children/families they serve. The partnership is aimed at building provider capacity.



Conceptual Influences

What are the conceptual influences on a relationally focused, dynamically & equity informed approach to early childhood mental health consultation?



Consultation as Traditionally Transacted

- Consultation has always been voluntary, nonhierarchical & collaborative (Caplan, 1964)
- Early conceptualizations adhered to a deficit perspective
- What was lacking resided within an individual – either the client or the consultee
- The consultee's contribution is focused upon when inadequacies are identified.

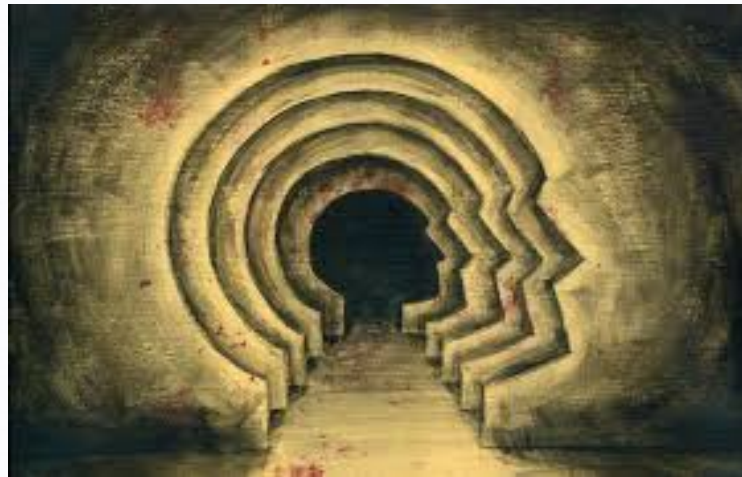
Infant Mental Health

- Development is viewed as transactional
- Conceptualize dilemmas as dynamic rather than static states
- Ameliorating difficulty or distress is also relational



Mental Health

- Unconscious processes influence attributions and action
- Past experiences effect current responses
- Defenses can distort the ability to respond contingently



Equity Informed

- Start with Self Awareness
- Work to Acknowledge Privilege
- Recognize Non-Dominant Bodies of Knowledge
- Honor Diverse Family Structures



Purposes & Parameters of ECMH Consultation

- Focus on fostering healthy development of ALL children
- Aimed at preserving a positive state of mental health
- Simultaneously address acute mental health concerns
- By building the capacity of adults
- Addressing racial bias in disciplinary & expulsion practices

The Aim of Consultation

Improve the quality of relationships,
especially the provider-family relationship
The surrounding adult relationships are also
attended to
Build Provider Capacity
Address Bias



IECMH Consultation Services Are Increasing

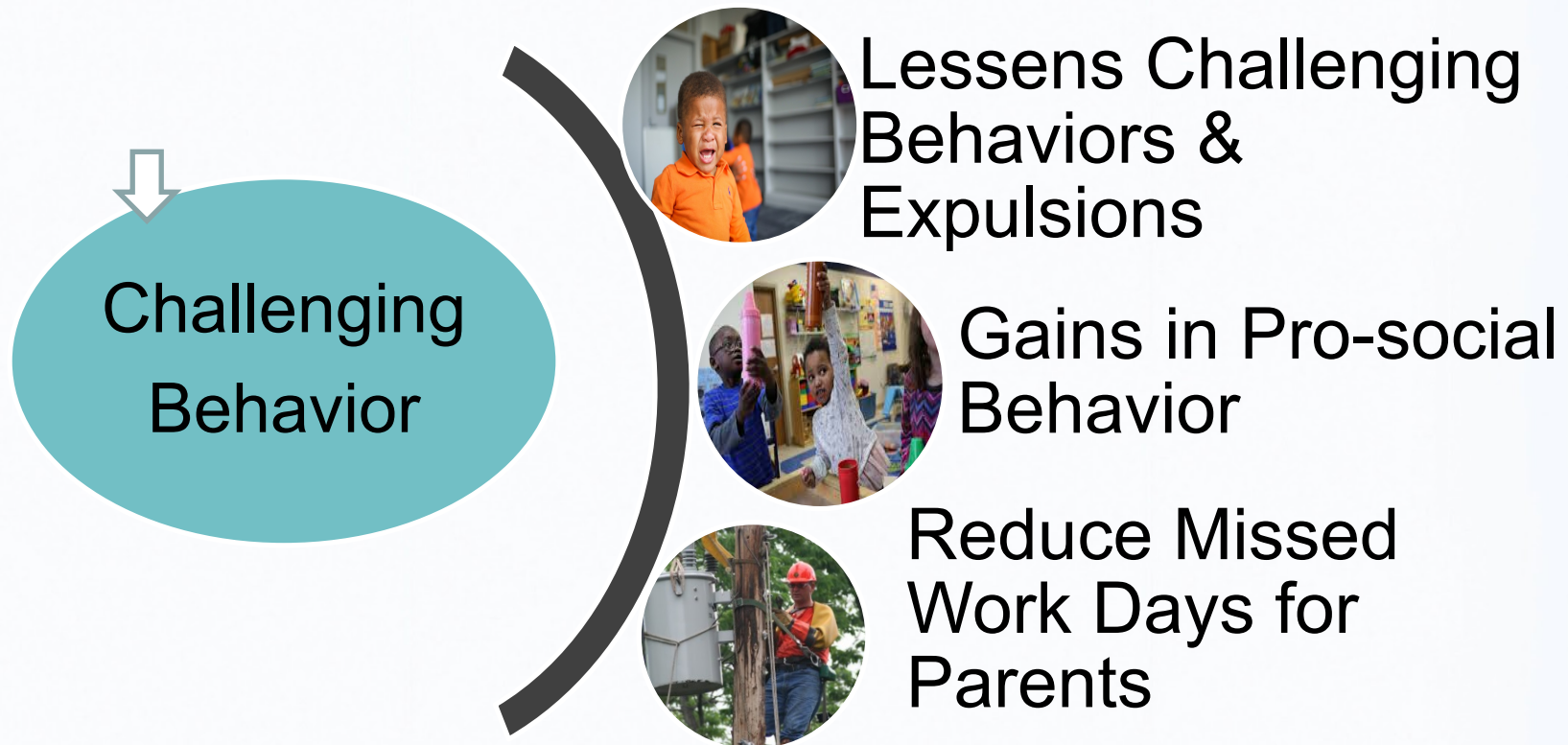
- 26 States and 11 Statewide Efforts
- Especially in Early Care and Education
- Spreading to other Systems including
Home Visiting, Child Welfare, Health Care, Family Resource Centers,
Domestic Violence and Homeless Shelters and Substance abuse Treatment
Programs



Why is IECMH Consultation Spreading?

- Appreciation of the importance of early experience
- Increase in identification of early disturbance & difficulty
- Providers are well positioned to support optimal child development
- Correlated with reduced rates of expulsion

Evidence of Changes in Child & Family- Level Outcomes



The RAINE Group (2015). Early Childhood Mental Health Consultation.

Evidence of Provider-Level Changes

Enhanced Abilities

- Reflective Capacity
- Sensitivity
- Efficacy
- Classroom Management

Improved Quality

- Teacher-Child Interactions
- Parent Interaction
- Staff interactions

Improved Outcomes

- Reduced staff stress & turnover
- CLASS Scores

The RAINE Group (2015). Early Childhood Mental Health Consultation.

Pathway of IECMHC Transformative Process

Quality of the consultant-staff relationship is the single most salient predictor of perceived efficacy



(Davis, 2018; Duran et al., 2009; Green et. al, 2006, Johnston & Brinamen, 2006; Sheridan, Rispoli, & Holmes, 2014; Virmani, 2009; Virmani & Ontai, 2010)

Effective Relational Characteristics

- Asks about and values others opinions
- Finds “common ground”
- Shows compassion
- Responds to needs promptly and effectively



What Now?

Function Follows Form

- Crisis calls for more direct action
- Offering concrete assistance in staying connected is meaningful
- Replace missing transitional markers and disrupted routines
- Stay present and amplify expression



What Now ?

Content Colored by COVID

- Acknowledge uncertainty, while remembering what remains the same
- Anticipate and make room for feelings of anxiety, disorientation, loss and grief
- Don't overlook opportunities
- Move to meaning making



Thank you!



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