

Infant and Early Childhood Mental Health Consultation:

Also known as Social Emotional Consultation

Infant and Early Childhood Mental Health Consultation (IECMHC) is a prevention-based intervention teaming mental health professionals with early care and education providers and families to improve adults' ability to positively develop children's social, emotional, and behavioral health from birth through age five.



1 IN 5 CHILDREN



Far too many children struggle to master social emotional skills at a young age.

From birth, children are learning to understand and manage emotions, build positive relationships, and learn from their environment.

Researchers estimate that as many as one in five children in child care have serious difficulty managing their emotions and behavior. More have challenging behaviors that compromise their ability to learn.^{1, 2}

13X HIGHER



In child care and preschool settings, behavior challenges are much more likely to result in expulsion.

Young children in child care are expelled at a rate 13 times higher than all K–12 expulsions combined.³

Black children are disproportionately represented. Research shows they are 3.6 times more likely to be expelled in preschool than their white peers.⁴

1 IN 3 PROVIDERS



Early care and education providers most often do not have the tools they need to effectively meet children's social emotional needs.

Approximately, one-third of early care and education providers report high levels of job stress and burnout, which predicts high staff turnover rates and child expulsions.⁵

1. A. Davis and D. F. Perry. (In press.) Healthy Futures: Year Four Evaluation of Early Childhood Mental Health Consultation. Washington, D.C.: Georgetown University Center for Child and Human Development.
2. H. L. Egger and A. Angold. 2006. "Common Emotional and Behavioral Disorders in Preschool Children: Presentation, Nosology, and Epidemiology." *Journal of Child Psychology and Psychiatry* 47, 313–337.
3. W. S. Gilliam. 2005. *Prekindergartners Left Behind: Expulsion Rates in State Prekindergarten Systems*. New Haven: Yale University Child Study Center.
4. Ibid.
5. M. Whitebook and L. Sakai. 2003. "Turnover Begets Turnover: An Examination of Job and Occupational Instability Among Child Care Center Staff." *Early Childhood Research Quarterly* 18, 273–293.

How IECMHCs Help



Consultants provide the specialized consultation and professional development that early care and education providers need to avoid expelling children from care, to address challenging behavior in positive ways, and to provide learning environments that are equitable and free from bias - promoting children's development and resilience.

Consultants are highly trained in their field. They are master's - prepared mental health professionals endorsed by the Michigan Association for Infant Mental Health.

Consultants use a proven model that includes **partnering with providers to listen, observe, assess, and plan** around the specific needs of children and providers. This process enhances the overall quality of care and environmental climate.⁶ These supports promote social emotional health during this critical time in development, which leads to an improved life trajectory and offsets later, more costly interventions.

Consultants improve outcomes for children, families, early care and education providers, and communities.⁷

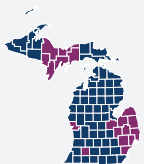
Rigorous evaluation showed:

- Children had improved social and emotional skills and fewer instances of challenging behavior.
- Parents missed fewer days of work and reduced stress.
- Early care and education providers managed all children's behavior more effectively and the social emotional quality of care was improved. Additionally, multiple evaluations have found decreases in stress and turnover among providers nationally.
- Communities benefit because this support ultimately improves children's school readiness, which decreases costly burdens on the education, mental health, court, and juvenile justice systems.

Opportunities to Sustain and Grow in Michigan Why is action required?

Federal grant funding is ending in December 2018 that currently supports one state coordinator, 13 consultants in 18 counties, and one program evaluation.

COST: \$1,195,000*



18 Counties



1 Coordinator



13 Consultants



1 Evaluation



Scale services statewide with 65 full-time consultants
COST: \$6,930,000*



Scale services to include 20–40 full-time consultants
COST: \$2,220,000
- \$4,400,000*



Sustain services through 2018–2019
COST: \$897,000*

* This option and cost estimate includes consultation, coordination, and evaluation.

6. J. S. Carlson, M. Mackrain, L. A. Van Egeren, H. Brophy-Herb, R. Kirk, D. Marciniak, S. Falvay, Y. Zheng, S. Bender, and B. Tableman. 2012. "Implementing a Statewide Early Childhood Mental Health Consultation Approach to Preventing Child Care Expulsion." *Infant Mental Health Journal* 33(3), 265–273.

7. L. A. Van Egeren, R. Kirk, H. E. Brophy-Herb, J. S. Carlson, B. Tableman, and S. Bender. 2011. *An Interdisciplinary Evaluation Report of Michigan's Child Care Expulsion Prevention (CCEP) Initiative*. Lansing: Michigan State University.