



## MAJOR FUNDERS OF HOME VISITING

### JOINT STATEMENT ON INFANT/ EARLY CHILDHOOD MENTAL HEALTH CONSULTATION (IECMHC)

March 10, 2021

The above funders of home visiting support Infant/ Early Childhood Mental Health Consultation (IECMHC) as a critical proactive support for home visiting and other early childhood programs in Illinois.

#### The Illinois IECMHC Model

The goal of the Illinois IECMHC model is to strengthen the home visiting workforce in Illinois by building programs' capacity to promote healthy social-emotional development within the families and communities' in which children live and thrive. The model is based on Infant Mental Health principles, focusing on relationship-based, reflective practice, and is culturally responsive. Successful consultation relies on the collaboration between the consultant, program supervisor, and staff to shape a professional development plan with shared goals. Within the context of that relationship, the consultant provides a space for reflection on the system, program, and practice challenges. Through this model, consultants provide the following supports to home visiting, doula, and coordinated intake programs:

- Reflective Consultation with program supervisors, individual staff, and staff groups. Consultation provides an opportunity for reflection, cross-cultural exploration, practicing staff interactions, and embedding the skills and knowledge that the consultant cultivates in the program. Staff members are encouraged to hold steady and observe with families, as opposed to problem solving and finding a solution.
- Professional Development Opportunities: The reflective approach is balanced with content-specific training. The consultants develop 'mini-trainings' on topics staff members identify that encompass mental health and social-emotional themes such as: intimate partner violence; substance use; attachment; postpartum depression; trauma; safe sleep; child development; and assessments/screenings.
- Consultants may also discuss circumstances when support through co-facilitation of family groups is appropriate.

#### IECMHC Expenses

IECMHC is an allowable expense for home visiting, doula, and coordinated intake programs funded by the above listed funding sources. Programs funded by DHS, ISBE PI, Head Start, and DFSS may include IECMHC in their budgets. MIECHV-funded home visiting and coordinated intake programs receive funding for IECMHC in their program budgets.

To request budget amendments, programs should follow the amendment process defined by their funder(s).

#### Find an IECMH Consultant

To find an Infant/Early Childhood Mental Health Consultant in your area, please use the registry. The [current IECMHC registry](#) is housed at the [Illinois Association for Infant Mental Health](#). In Spring 2021, the consultant registry will move to [Gateways to Opportunity](#).

For more information, please see the 2020 report, [Early Childhood Mental Health Consultation to Home Visiting Programs: Addressing the Unmet Mental Health Needs of Families with Young Children](#).

## References

Illinois Children's Mental Health Partnership. (2020). *Early Childhood Mental Health Consultation to Home Visiting Programs: Addressing the Unmet Mental Health Needs of Families with Young Children*. Retrieved from <https://www.icmhp.org/wp-content/uploads/2020/03/Early-Childhood-Mental-Health-Consultation-To-Home-Visiting-Programs.pdf>