



# Stay Updated: 30-minute GOECD Briefing

## Infant/Early Childhood Mental Health Consultation

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Governor's Office of  
Early Childhood Development



# Agenda

- GOECD Updates
- Infant/Early Childhood Mental Health Consultation Briefing
- Closing Remarks



# GOECD Updates

- Welcome to our new Team members!
  - Jean Davis and Zach Allen
- PDG B-5: Developing and Revising Stage
- Webinar Series - Stay Updated: 30-minute GOECD Briefings

# What is Infant/Early Childhood Mental Health?

Defined as the capacity of a child from birth to age five to:

- Experience, express, and regulate emotions;
- Form close, secure interpersonal relationships; and
- Explore his/her environment and learn within the context of family and cultural expectations.



# How Does Illinois Define Mental Health Consultation and the Consultation Model?



Consultants partner with the early childhood workforce. I/ECMHC is a multi-level, proactive approach that focuses on supporting and enhancing children's social-emotional development and the overall well-being of staff as well. I/ECMHCs collaborate across the continuum with multi-disciplinary professionals who work with young children and their families in a wide variety of settings.

“I/ECMHC is not focused on ‘fixing kids’ or providing therapy directly to children. Rather, consultants typically focus on building the capacity of adults who work with infants and young children.”

## Benefits of I/ECMHC for infants and young children:

Improved  
social skills

Improved  
emotional  
functioning

Reduced  
challenging  
behaviors

Reduced  
suspensions  
and  
expulsions

## Benefits of I/ECMHC for families and caregivers:

Improved  
child-adult  
relationships

Reduced  
provider  
stress

Reduced  
provider  
burnout

Reduced  
provider  
turnover

# Scaffolding Reflective Consultation

Environmental

Such as: Reflective Consultation exploring the impact of COVID-19 on the community.

Organizational

Such as: Providing professional development opportunities.

Interpersonal

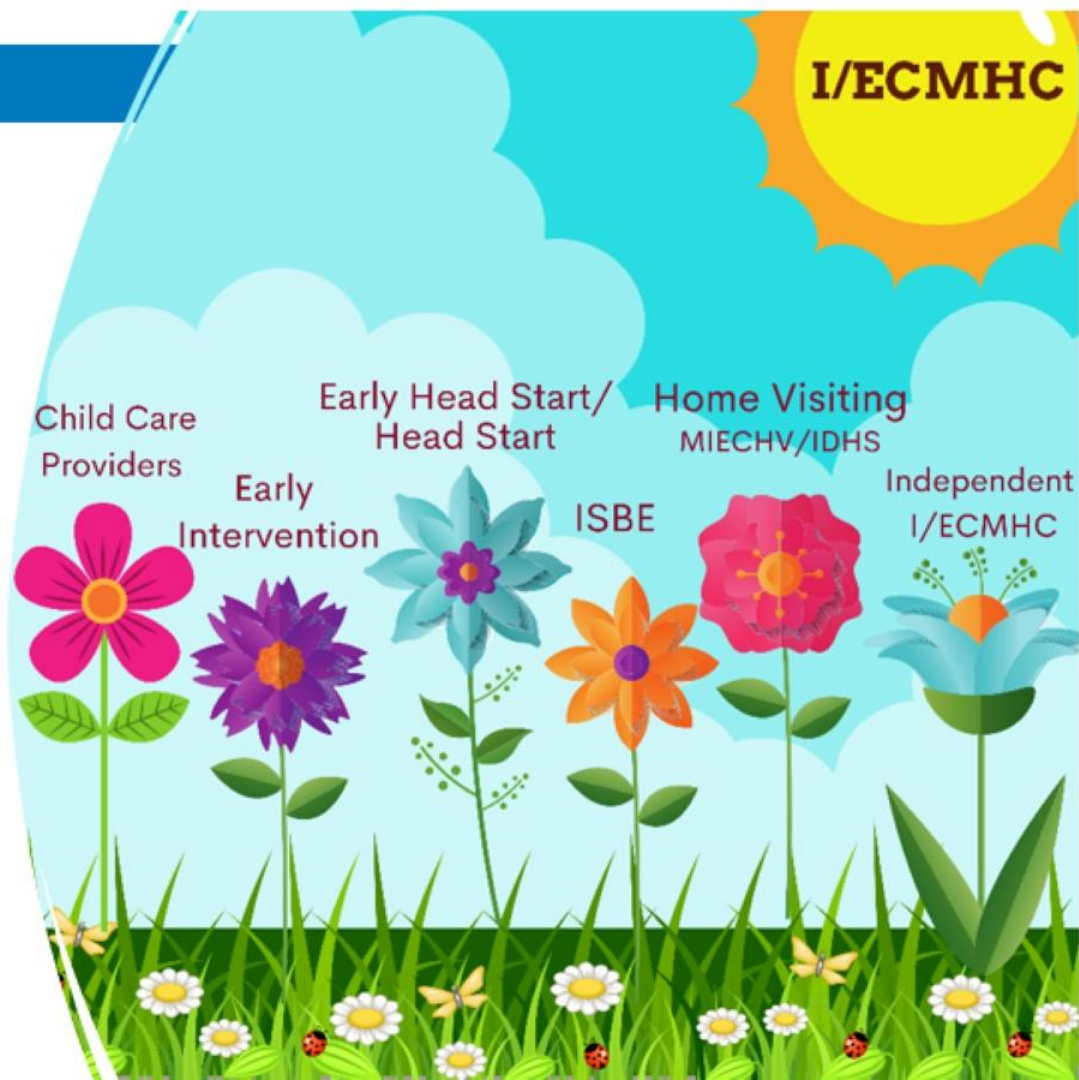
Such as: Co-facilitation of groups and observations.

Individual

Such as: Direct meetings with families, assessment and screenings.

# Available Where Young Children Learn, Grow, and Play

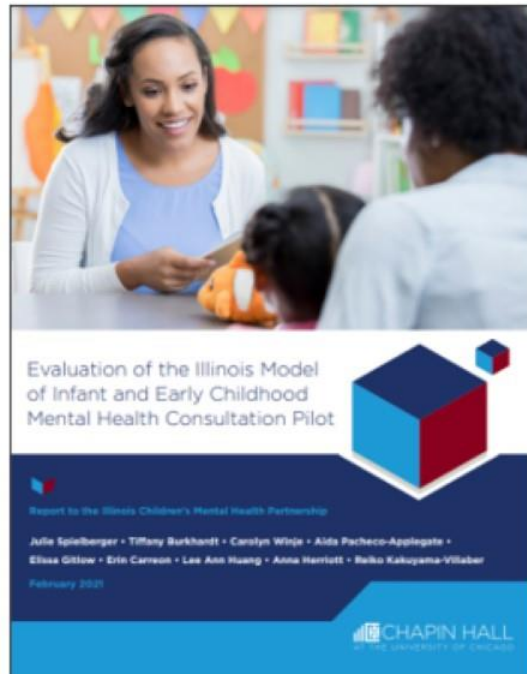
Illinois is one of few states to offer Infant/Early Childhood Mental Health Consultation services across multiple systems that serve children and families.





# Evaluation of the Illinois Model of Infant/Early Childhood Mental Health Consultation Pilot

- First of its kind to measure I/ECMHC across multiple systems.
- Preschool, center-based child care, home visiting programs.
- 15 intervention, 8 control (23 sites total).
- Chicago (urban and suburban).
- Peoria (urban and suburban/rural).
- Need buy-in at all levels of the organization.
- Consistent staff meetings.



# Positive Changes

- Teachers in the intervention were better able to manage children's behavior by enforcing clear, consistent, and developmentally appropriate rules of behavior and by using proactive and positive behavior strategies.
- More likely to promote holistic development through a child-centered and individualized approach over time.
- More equity in the classroom, worked effectively throughout diverse cultures and communities through cultural humility.
- Home visitors more frequently engaged in responsive behaviors.
- Parents of home visitors receiving I/ECMHC reported higher satisfaction in their role as parents.
- Facilitated positive parent-child interactions and encourage the parent's leadership in the visit.
- Parents reported more responsiveness and positivity in interactions with their child.

# Recommendations

- Complete a thorough readiness assessment prior to implementation.
- Establish minimum requirements, clear expectations, and regular schedule of meetings and space for the Consultant.
- Provide booster trainings every 6 months for staff and leadership, monitor implementation through data collection and periodic check-ins.
- Consistent structure and schedule based on staff size is key.
- More hours in early months, very difficult for some programs to coordinate.



# Education and Workforce Equity Act (P.A. 101-0654)

- Trauma and toxic stress diminish a child's ability to thrive, which the COVID-19 pandemic has exacerbated and brought further into focus.
- This legislation codifies the State's commitment in law to support infant and early childhood mental health.
- Investing in a continuum of support is promoting trauma-informed, social-emotional responsive practices in early childhood and home visiting programs.



# Investing in Professional Development

- Illinois Legislative Black Caucus Education and Workforce Equity Act (Public Act 101-0654).
- GOECD intends to streamline the professional development of I/ECMHC.
- Illinois will increase the number of Infant/Early Childhood Mental Health Consultants across the State.
- Aiming to reduce the wait time for providers and making it easier to access this critical social-emotional support.



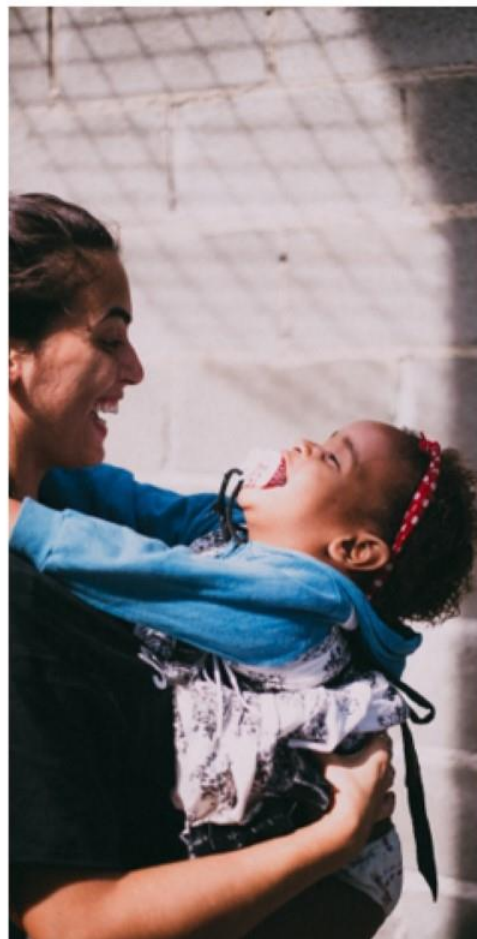
# State System Supports

## Governor's Office of Early Childhood Development

- Facilitator of Statewide Leadership Team.
- Promotes awareness of I/ECMHC.
- Attends statewide policy meetings for inclusion of I/ECMHC into cross-systems work.
- Collaborates with State Agencies to enhance and promote I/ECMHC.

## INCCRRA

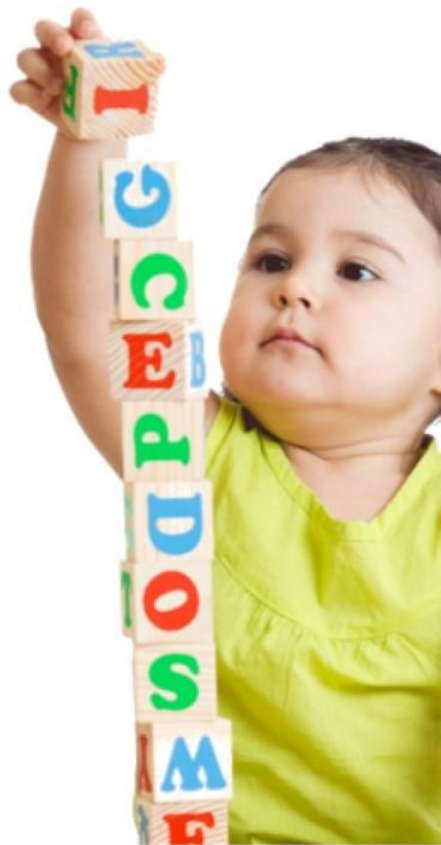
- Professional development.
- Orientation.
- Facilitator of quarterly calls.
- On-demand training.
- Reflective Learning Groups.
- Statewide Consultant Database.



# Professional Competencies Rubric

Master's Degree: (Social Work, Counseling, Psychology, Marriage and Family Counseling, and Psychiatry)
Master's Degree in related field (Education, Public Health, Nursing or Child Development, Etc.)
Infant/Early Childhood Mental Health Certificate/Endorsement/Credential
Work Experience with children (0-5 years old)
Additional mental health professional development
Additional early childhood (0-5) professional development or coursework
Ability to demonstrate reflective capacity

- All I/ECMHC have to attend the Orientation to the Illinois Model.
- Finalizing modules to advance expertise needed for Consultation to build on I/ECMHC core competencies.
- I/ECMHC offers an exponential impact in promoting social-emotional well-being.
- This approach is a proactive support to build the capacity of the home visiting and early childhood workforce.



# I/ECMH Consultant Database

- Search by county.
- Filter Consultants based on language preference.
- Find an experienced Consultant familiar with your program structure and needs.

The screenshot shows the 'I/ECMH Consultant Search' page. At the top, the logo for 'Gateways to Opportunity Illinois Professional Development System' is visible. Below the logo is a navigation bar with links: 'Be a Member', 'Be a Trainer', 'Be An Organization', 'Find Training', 'Dashboard Login', and 'Select Language'. The main heading is 'I/ECMH Consultant Search'. A sub-heading explains that Infant/Early Childhood Mental Health Consultants work in partnership with Early Childhood Education and Care (ECEC) providers. Below this is a search form with the following fields and options:

- Consultant Name:
- Serving Program Types:  Child Care (Center or home based),  Head Start/Early Head Start,  State-funded Prevention Initiative (0-3),  State-funded Preschool for All (3-5),  Early Intervention,  Home Visiting
- Affiliation(s):  Independent Consultant,  Caregiver Connections,  Chicago Department of Family Support Services (DFSS),  Illinois Action for Children,  Virginia Rank Child Development Center of JCRS Chicago
- Language:
- County:
- 

At the bottom of the page, there is a footer with contact information: 'Gateways to Opportunity is funded by public and private support including the McCormick Foundation, Grand Victoria Foundation, 1225 Towerline Plaza | Bloomington, Illinois 61701 | Telephone: (847) 687-8278 | www.gateways.com'. Logos for 'Incorra' and 'IDMS' are also present.



# Stay Connected and Updated

- Sign up for our E-mail communications:

[www.earlychildhood.illinois.gov](http://www.earlychildhood.illinois.gov)

- [Visit our I/ECMHC webpage!](#)
- For any questions you may have about

Infant/Early Childhood Mental Health

Consultation, contact **Christine Brambila:**

[Christine.M.Brambila@Illinois.gov](mailto:Christine.M.Brambila@Illinois.gov)

The screenshot shows a portion of the Illinois Early Childhood website. It features three main content blocks, each with an image and a text box. The first block is titled "COVID-19" and discusses the health and well-being of children, families, and early childhood care and education providers. The second block is titled "Illinois Early Learning Council" and describes the council as a public-private partnership created by Public Act 93-380, which strengthens, coordinates, and expands programs and services for children birth-to-five throughout Illinois. The third block is titled "Supports for Families" and explains that families can find care for their children in different places throughout the community, such as child care, early learning, early care and education, early childhood education, or another name. Below these blocks is a blue banner with a "Sign Up" button for GOECD's E-mail communications, which is circled in red. At the bottom of the page, there are sections for "Upcoming Events" and "What's New", each with a "View as List" or "View as Calendar" button and a "May 2021 Newsletter" link.

**COVID-19**  
The health and well-being of children, families, and early childhood care and education providers is of utmost importance. Our COVID-19 resources pages provide links to information to help keep all Illinois residents, especially families, providers, and those who support children, informed.

**Illinois Early Learning Council**  
The Early Learning Council (ELC), a public-private partnership created by Public Act 93-380, strengthens, coordinates and expands programs and services for children birth-to-five throughout Illinois. With a membership including senior state officials and non-government stakeholders appointed by the Governor, the ELC builds on current programs to ensure a comprehensive, statewide early learning system to improve the lives of Illinois children and families.

**Supports for Families**  
Families can find care for their children in different places throughout the community. This care might be called child care, early learning, early care and education, early childhood education, or another name. Navigating options for care can be complicated. Here families will find answers to some of the most basic questions for finding and paying for care.

**Sign Up** for GOECD's E-mail communications.

**Upcoming Events**  
[View as Calendar](#) [View as List](#)

**What's New**  
[May 2021 Newsletter](#)

# Thank you

