



The Pennsylvania Key IECMHC Virtual Office Hours

The Pennsylvania Key Infant-Early Childhood Mental Health Consultation (IECMHC) Program is offering a new service: **IECMHC Virtual Office Hours**

Are you an early learning program in ELRCs 11-19 who needs support with:
Helping a child who is struggling with behavior, attachment, peer relationships or emotion regulation?
Helping teachers and families with self-care, stress, and coping, but not sure what to do next?

IECMHC Virtual Office Hours is currently being piloted in ELRCs 11-19, with plans underway to make the service more widely available to other ELRCs in the future.

IECMH Consultants are available by appointment to provide *IECMH Virtual Office Hours* consultation via telephone or video conference. *IECMHC Virtual Office Hours* is a short-term, collaborative, problem-solving conversation to help you find next steps for:

Child Social-Emotional Concerns | Child Behavioral or Developmental Concerns
Emotional Well-being of Teachers and Caregivers | Partnering with Families

Who can request *IECMHC Virtual Office Hours*?

Services are available at no cost to child care programs in [ELRCs 11-19](#) who participate in Keystone STARS, including center, family, and group-based care.

How can *IECMH Virtual Office Hours* help your program?

IECMH Consultation helps adults strengthen their relationships with young children and build capacity to respond to children's social-emotional needs. IECMHC can help reduce caregiver stress, as well as increase caregivers' reflective practice skills.

- Figure out what's really going on when a child exhibits challenging behaviors
- Reflect and respond to problem behaviors with the power and impact of nurturing relationships
- Build partnerships with families
- Share community resources
- Consider your next steps and where to go from here

How can you request an *IECMHC Virtual Office Hours* appointment?

Appointments are held on the first and third Thursdays of the month, or other days/times by request. To schedule an appointment, [register here](#).



Pennsylvania's Infant and Early Childhood Mental Health (IECMH) Consultation is a free resource that supports children's social-emotional development from birth through age five within early learning programs participating in Keystone STARS.

[Learn more about Pennsylvania's Infant/Early Childhood Mental Health Consultation Program.](#)

