



Mental health consultation works. Mental health consultation reduces caregivers' stress, boosts caregivers' confidence, keeps infants and young children in childcare, and keeps parents from missing work.

FROM TEACHERS

“Our consultant was a great and positive resource to our classroom! The different tools, reflective teaching practices, and strategies that she presented to staff to use within the classroom were of much help, not just for the child that we had the referral for, but also for our whole class.”

“Through our work with an IECMH consultant, we have learned to better understand that a child's behaviors are a form of communication. Through careful observation and thought we can identify a child's needs and find ways to meet those needs. I have recommended to teachers in other programs that they seek support through the IECMH program.



BENEFITS OF IECMH CONSULTATION:

- Stronger relationships between children and the adults who care for them
- Increased resiliency for children
- Increase in caregiver reflective practice skills
- Reduced caregiver stress
- Improved school readiness for children
- Fewer incidents of challenging behaviors
- Reduction in expulsion and suspension practices

TO FIND OUT MORE OR REQUEST IECMH CONSULTATION:

www.pakeys.org/iecmh

Child care providers can request services by using the **Request for Service Form (PDF)**.

Completed forms can be submitted via email PAIECMH@pakeys.org or faxed to **717-213-3749**.

Programs and families can contact the program leadership directly at PAIECMH@pakeys.org with questions or concerns.



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Pennsylvania's Infant / Early Childhood Mental Health Consultation Program

Infant and Early Childhood Mental Health (IECMH) Consultation is a free resource that supports children's social-emotional development from birth through age 5 within early learning programs participating in Keystone STARS.



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A Partnership with Providers of Early Childhood Education Programs

A free service offered through the Office of Child Development and Early Learning

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Through a reflective, collaborative, problem-solving and capacity-building relationship, mental health consultation encourages adults to build stronger relationships with infants and young children so that they feel safe, supported, and valued.

FROM PARENTS

“

Being a part of this program has been a life changer for our family. I sincerely believe that both my daughter and I have a better quality of life now and we are enjoying each other's company and the world around us more. I am very grateful that such a significant program exists, without a cost to families.”

“IECMH Consultant involvement not only facilitated improvement in my child's behavior but also promoted positive changes for the classroom setting.

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IECMH CONSULTANTS OFFER

IECMH Consultants specialize in early childhood development and mental health and well-being. They work with parents and caregivers in the early care and education setting to provide:

- Onsite or virtual classroom observations
- Screening/assessment strategies for children and classrooms
- A process to identify strengths and opportunities for growth
- Facilitate the creation of an action plan to support children and classroom staff
- Referrals for additional supports if need is identified

IECMH CONSULTATION CAN HELP:

Mental health consultation is not about “fixing kids.” Nor is it therapy. Mental health consultants partner with adults to facilitate healthy growth and development for infants and young children.



WE HELP CAREGIVERS OF INFANTS AND YOUNG CHILDREN TO

- Recognize every child's strengths and potential
- Reflect on the power and impact of nurturing relationships
- Figure out what's really going on when a child is “challenging”
- Respond to problem behaviors in a nurturing and positive way
- Help children develop important skills, like sharing, getting along with others, and resolving conflict
- Connect with children in ways that promote their growth and development
- Create supportive environments for children
- Build relationships with families
- Share about supportive services and resources in the community