

# Infant/Early Childhood Mental Health Consultation

## *Facts and Myths*

Infant/Early Childhood Mental Health Consultation is partnering with adults to facilitate healthy growth and development for infants and young children. IECMHC is not about fixing kids. Nor is it therapy.

### *How IECMHC Works*

IECMH Consultants 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, classroom staff and families
- Referrals for additional supports if need is identified

### *IECMH Consultants Help Caregivers to:*

- Recognize every child's strengths and potential
- Reflect on the power and impact of nurturing relationships
- Explore the meaning of a child's behavior
- Respond to challenging 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

### *Benefits of IECMH Consultation*

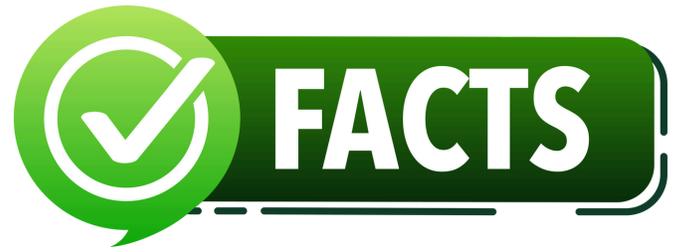
- Stronger relationships between children and the adults who care for them
- Increased resiliency for children
- Increase in caregiver reflective practice skills
- Reduced caregiver stress
- Improved school readiness for children
- Fewer incidents of challenging behaviors
- Reduction in expulsion and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

For more information, visit

[www.pakeys.org/iecmh](http://www.pakeys.org/iecmh)

Contact the Infant Early Childhood Mental Health Consultation (IECMH) Program at

[PAIECMH@pakeys.org](mailto:PAIECMH@pakeys.org)



IECMH Consultants can diagnose mental health disorders.

IECMH Consultants will not provide diagnosis for any child. However, screeners are utilized to identify areas of concern to determine whether a referral will be made for more intensive services.

IECMH Consultants work one on one with students.

IECMH Consultants work with the important adults in the child's life.

IECMH Consultants can access IBHS/Early Intervention services faster.

Participation in IECMH consultation does not fast track children to other community services.

IECMH Consultants can provide counseling or therapy services.

An IECMH Consultant will support the family with pursuing additional community supports.

IECMH Consultants monitor the implementation of IEP's, IFSP's, Behavioral Plans or other written supports from outside agencies.

IECMH Consultants will monitor IECMH Action Plans.

IECMH Consultants provide Keystone STARS Quality Coaching.

If it is determined a provider requires more additional program consultation, support with grant requests, facilitation with Keystone STARS regulations/requirements and professional development, contact will be made with a Quality Coach.

IECMH Action Plans are binding documents.

A child's enrollment is not bound to a signed action plan.

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