



All Hands on Deck: Defining the Role of Mental Health Consultation and Supports Within the Coaching Context

Amy Hunter, LICSW, Georgetown University

Ellie Martin, LCSW, Routefinder Consulting, PLLC

Mary Louise Hemmeter, PhD, Vanderbilt

National Center for
**Pyramid Model
INNOVATIONS**
ChallengingBehavior.org

Introductions



Mary Louise Hemmeter
Vanderbilt University



Amy Hunter
Georgetown University



Ellie Martin
Routefinder Consulting, PLLC



What is Infant Early Childhood Mental Health Consultation?



Infant and Early Childhood Mental Health Consultation

- IECMHC is an evidence-based approach that pairs mental health professionals with people who work with young children and their families.

Infant and Early Childhood Mental Health Consultation

Infant and Early Childhood Mental Health Consultants help caregivers support healthy growth and development in young children.

It's not about "fixing" children or providing therapy.

Mental health consultants:

- Promote strong relationships and a supportive environment for caregivers, such as home visitors and child care professionals, along with families and tribal communities
- Partner with parents and caregivers to understand what babies and young children are telling us with their behaviors, and to co-create solutions
- Equip caregivers with the tools and insights to nurture social and emotional development and healthy behaviors in infants and young children
- Help our children feel safe, supported, and valued where they are



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What IECMHC Is and Is Not

What IECMHC is

- Indirect service that benefits young children
- Promotion-based
- Prevention-based
- Provided by a master's prepared mental health professional
- Builds the capacity of families and professionals
- Supports and sustains healthy social and emotional development of young children
- Delivered in a variety of child-serving systems (ECE, HV, etc.)
- Delivered in a natural or community setting

What IECMHC is not

- Direct service and/or therapy
- Focused solely on families
- Always provided in a center-based setting
- Group therapy
- Psychological treatment for staff, families, or children
- Training and Technical Assistance (TTA)



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Mental Health Consultants Support Providers

There are three types of mental health consultation services:

Child/Family

- Help adults understand and address the child's needs by developing an individualized plan with the parents, providers, and home visitors

Classroom/Group

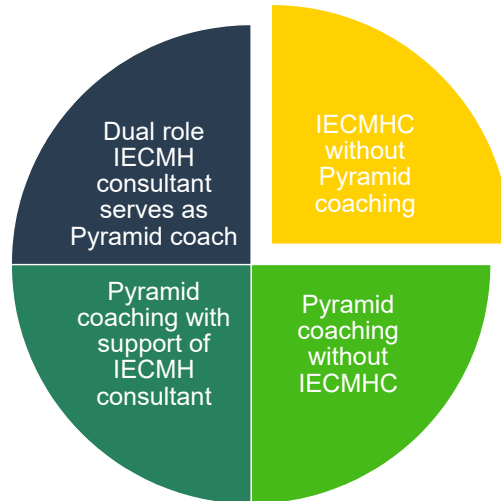
- Work with child care providers, teachers, and home visitors to improve care offered to all children by helping to identify and address attitudes, beliefs, practices, and conditions that may be undermining quality relationships between adults and children

Programmatic

- Support administrators, directors, home visitors, and other program leaders in making changes in their care practices and/or policies to the benefit of all children and adults in their setting

The image shows a young boy in a striped shirt thinking, with a thought bubble above him. Inside the thought bubble is a pyramid diagram with five levels, representing a framework for mental health support. The levels, from bottom to top, are: Effective Workforce, Mentoring & Responsive Relationships, High Quality Supportive Environments, Targeted Social/Emotional Supports, and Individualized Intervention.

Pyramid Coaching and Infant Early Childhood Mental Health Consultation (IECMHC)



Poll

What Approach Best Describes your Program?

- IECMHC without Pyramid coaching
- Pyramid coaching without IECMHC
- Pyramid coaching with support of IECMH consultant
- Dual role IECMH consultant serves Pyramid coach
- None of the above (please type in the chat box)



Collaborative Teaming to...



- Support child/family with significant mental health needs
- Support staff with mental health needs
- Support coach with teacher engagement in coaching
- Support others to look at behavior through a trauma lens





A photograph of a baby with light brown hair peeking through a hole in a piece of white paper. To the right of the baby is a thought bubble with a hand icon inside a shield, symbolizing protection or safety.

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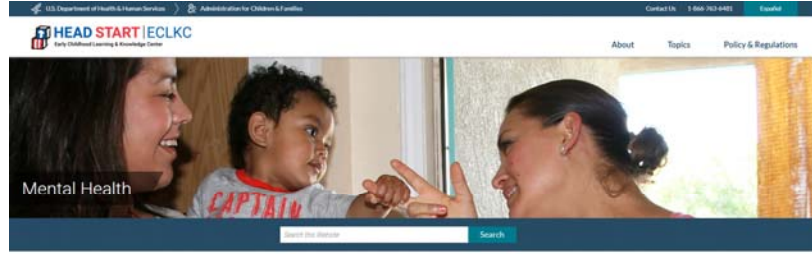
Supporting Coaches



A photograph of a woman with blonde hair sitting inside a large cardboard box. She is looking upwards and to the right, with her hand resting on the top edge of the box. The scene is lit from above, creating a dramatic effect against a dark background.

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Motivational Interviewing Resources



Motivational Interviewing Suite

Motivational Interviewing has been demonstrated to be an effective tool in promoting relationships and behavior change. These principles and strategies can be used to enhance relationships and help staff feel more confident when addressing challenging issues.

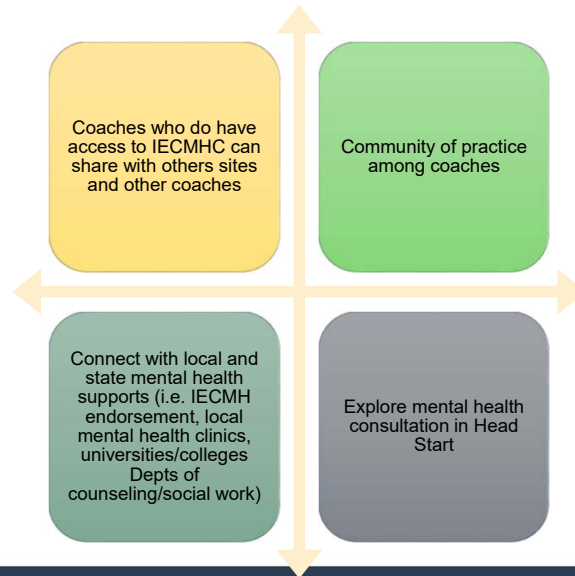
These short videos provide examples of how to use Motivational Interviewing strategies in everyday conversations between Head Start and Early Head Start staff and families. In the first video, watch as a parent and a teacher talk about a child's challenging behavior in the classroom. The second video shows a home visitor talking to a parent about a positive depression screening. Staff can use these videos to identify skills to enhance their relationships with families. Use the Motivational Interviewing Viewers Guide (PDF, 1.4 MB) to note the Motivational Interviewing skills and strategies you observe in the videos.

Watch the accompanying briefs to see how the strategies impact how the participants think and feel. Use the related materials to deepen your knowledge.

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/motivational-interviewing-suite>

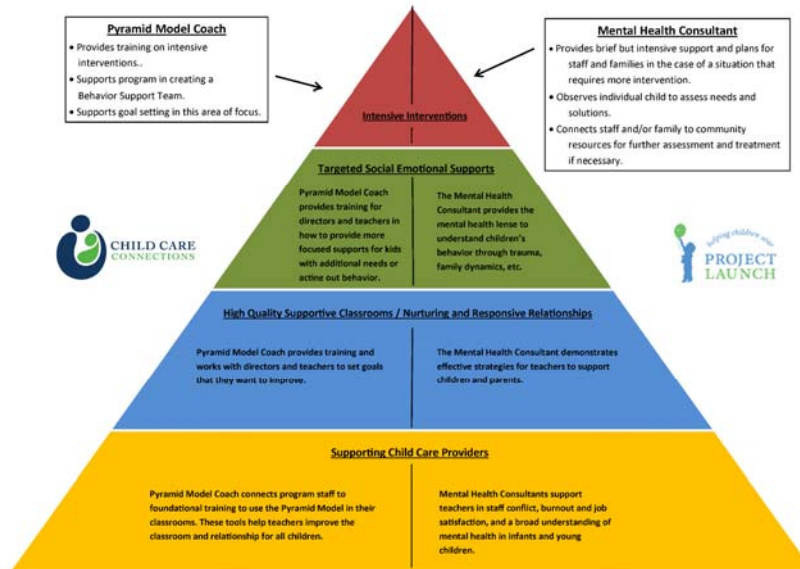


Other Available Supports



Infant Early Childhood Mental Health Consultation Pilot

Montana: Pyramid Model Coaching and Early Childhood Mental Health Consultation



Live and Recorded Webinars



Infant & Early Childhood Mental Health Consultation

- What is IECMHC? Factsheet
- Understanding IECMHC and the Pyramid Model
- All Hands on Deck: Partnering with Infant and Early Childhood Mental Health (IECMH) Consultants to Implement the Pyramid Model
- (Webinar) Partnering with IECMHC Consultants to Implement the Pyramid Model
- (Webinar) Integrating IECMHC and the Pyramid Model



All Hands on Deck are Needed

- Multiple lenses are beneficial
- Often children's behaviors and life circumstances are complicated needing all expertise and perspectives
- Sometimes coaches and IECMH consultants get stuck
- The field needs more support than is available – the field needs both IECMHC and Pyramid Model coaches



Contact Us



Ashley Nemec
ashley.c.nemec@vanderbilt.edu




Amy Hunter
ah1122@Georgetown.edu



Ellie Martin
ellie@routefinderconsulting.com

Questions?

Use the Q&A panel to submit your questions.



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Survey and Certificate

Live Viewers

- Email with survey link (in 1 hour)

Recording Viewers

- Type URL below into a web browser window
- *URL is case sensitive*

<http://bit.ly/WTF100719>



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Recorded Webinars,
Resource Library,
and more...



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Thank You



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