

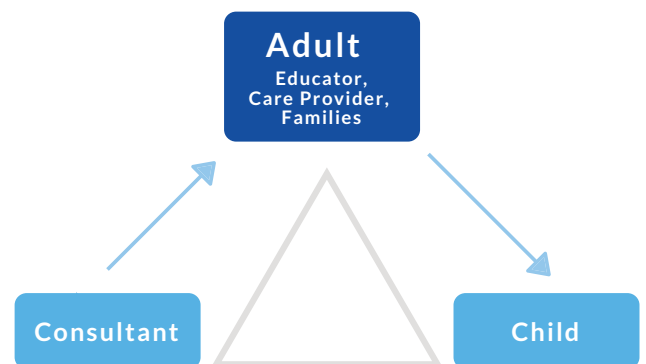


HELPING ADULTS HELP CHILDREN IN PUBLIC 3K, 4K, AND KINDERGARTEN SUCCEED

Mental Health Consultation Belongs in all Early Childhood Settings to Create Healthier, Stronger Communities in Wisconsin

What is Infant and Early Childhood Mental Health Consultation?

Infant and Early Childhood Mental Health Consultation (IECMHC) is an evidence based collaborative intervention provided by a professional with mental health expertise that improves outcomes for all children. It builds adults' capacity to strengthen and support children's social and emotional health and development.



Why it Matters:



Increases children's levels of **initiative, self-control, and attachment.**

(Wisconsin Early Childhood Association, 2016)

3.5x

Children (ages 0-4) are expelled 3.5 times more than children in the K-12 education system.

(Gilliam, 2005)

35%

There is a **35% turnover rate** in Wisconsin's ECE field annually. High turnover rate disrupts needed stability for supporting children's development.

(Wisconsin Early Childhood Association, 2016)



How Does it Work?

Consultants help teachers support healthy growth and development of young children in their pre-K and elementary school classrooms to:

APPROACHES

Problem solve challenging situations with teachers.

Meet the mental health and social emotional needs of young children and their families.

Increase communication between families and teachers.

OUTCOMES

➡ **Prevent expulsion and suspension of young children from the school.**

➡ **Increase parenting skills and reduce stress.**

➡ **Decrease teacher stress and turnover.**



\$9 Per Child

An Example of Mental Health Consultation

Mr. Johnson and Ms. Baker are teachers in a public school 4-year-old Kindergarten classroom within a elementary school building. They have 18 children in their classes. They are noticing that a couple children will retreat under a table or into their cubby during the time children are self-selecting their play and learning throughout the classroom. They also noticed that conflicts seem to arise in the same areas of the classroom. The teachers reach out to their school counselor and principal to let them know that they could use some help from Jay, the IECMH Consultant connected to their school. Jay observes the classes and then meets with the teachers and shares that he noticed the three children that were retreating under tables and into cubbies, were doing so when the classroom became loud and busy. Jay explained that sometimes children need a space where they can take a break from the loud and busy spaces in the classroom. And that creating some quieter spaces to do so could help these children. Jay suggested that they choose a space in the room that is away from the louder and busier spaces and that could be designated as a quiet space. Jay then also agreed to come back for further observations about the conflicts happening in the busy spaces in the classroom and to check in on this new plan. He also said he would send them ideas for upcoming relevant professional development opportunities.

Create an Early Childhood Mental Health Consultation System in Wisconsin

- 1. The Right Supports at the Right Time:** Consultants are able to respond to experiences with children that arise in public pre-k and elementary schools, offer support to the educators and families when they are needed, and to also assist teachers when general classroom challenges may arise.
- 2. Infrastructure:** Public pre-K and elementary schools have access to consultants whom they have relationship and rapport with, and who know their school site context.
- 3. Help the Helpers:** Consultants provide ongoing and as-needed support and training to teachers. Sometimes this is for program-wide support, teacher skill development, and support around a specific child or family.
- 4. Links to Community Resources:** Consultants have an extensive network of services and resources that they can utilize or refer teachers and families to that will provide further support for children and their families.