




# Infant & Early Childhood Mental Health Consultation

CITY OF MADISON – COMMUNITY DEVELOPMENT – CHILD CARE  
AMY ALT, MS, IMH-E  
IECMHC

Photo credit: babygizmo.com

## City of Madison IECMHC

2018	2019	2020-2021	2022
<ul style="list-style-type: none"> <li>• Research indicates high rates of expulsion and suspension in Pre-K settings</li> </ul>	<ul style="list-style-type: none"> <li>• Investigation of potential solutions/supports</li> </ul>	<ul style="list-style-type: none"> <li>• WELL, COVID!</li> </ul>	<ul style="list-style-type: none"> <li>• IECMHC was hired</li> <li>• Begin Building the City of Madison IECMHC program</li> </ul>



### City of Madison IECMHC: What is it?

An intensive service promoting positive mental health through social and emotional learning to prevent children's use of challenging behaviors.

- Centering interactions around equity and inclusion
- Building the capacity of Early Care and Education professionals to feel confident and capable to provide high quality care and education to children experiencing challenging behaviors
- Reducing the use of expulsion and suspension

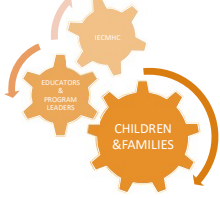
### City of Madison IECMHC

#### What it is...

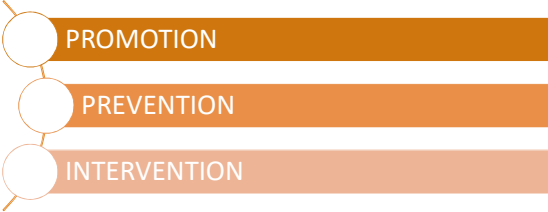
- ❖ Capacity building of ECE professionals and systems
- ❖ Increasing young children's social and emotional competencies while addressing challenging behaviors
- ❖ Relationship-based
- ❖ Culturally-sensitive
- ❖ Collaborative
- ❖ Partnerships

#### What it is not...

- ❖ Direct services to children and families



### Multi-Level Interventions



PROMOTION

PREVENTION

INTERVENTION

### Why is IECMHC Effective?

<https://www.youtube.com/watch?v=8-gXsTeBvn4>



### What does IECMHC LOOK like?

- ❖ Consultation in classrooms
- ❖ Training & Coaching
- ❖ Screening
- ❖ Assessment
- ❖ Policy reviews, revisions, writing, and implementation
- ❖ Referral services





Photo Credit: Unsplash, Kiana Bosman



- Child Level Outcomes**
  - Increased SE competences
  - Decrease challenging behaviors
  - Reduced use of suspension/expulsion
- Educator Level Outcomes**
  - Increased confidence and capability to address challenging behaviors
  - Greater SE development knowledge
  - Lower levels of stress
- Family Level Outcomes**
  - Improved family/educator communication
  - Increased parenting skills
  - Access to supporting mental health and/or other referral services
- Program Level Outcomes**
  - Reduced staff turnover
  - Increase in program quality
  - Improved classroom climate

Image Credit: Unsplash, unplash.com, accessed 8/27/2022

[CoE for Infant and Early Childhood Mental Health Consultation, 2020c]

### We're in the building phase:

- ❖ Collaborations
- ❖ Identifying needs
- ❖ Feedback to determine priorities
- ❖ Slowly introducing to programs
- ❖ Researching data systems
- ❖ Developing marketing materials



Photo credit: Unsplash, Ryan Fields



### Early Success Stories:

- Referrals to Community Partners for early intervention
  - Child stays in program
  - Staff feels confident and capable to care for child
  - Mom has accessed direct early intervention services for severe developmental delays
- Environment/Daily schedule support to reflective child's interests and needs
  - Shift in mindset from a concern about child's "behavior" to understanding the adults role in the promoting the "behavior."
  - Drawing connections between administrative support and classroom outcomes
- Training and coaching
  - Changing practices, values and beliefs
- Individual child concerns
  - Teachers reassured
  - They are doing all that the child needs
  - Child is right where they need to be
- Community Connections
  - Birth to 3 – introductions and collaborations
  - MMSD collaboration – community and district SE implementation sites
  - WI-AMMI: Statewide SE acknowledgement pilot work
  - 4-C: Behavior Help and Training

### What the community is saying...

"I was on the fence about Pyramid Model training, but it was recommended by people I respected. I am so glad I said yes. The training has been by far, the most valuable EC professional development courses I've taken. It's helped to push me to be a better teacher and see my practices from a different lens."

The training has opened my eyes to so many details and ideas to use when working with children, families, and colleagues. There were great ideas shared that truly made the training invaluable as the trainer was able to resonate with so many teachers, share her own experiences as a mother and a teacher, in implementing this work.

I am more aware of what I say and of the things I hear others say in my classroom.

Administrator: I understand now that we need to do more than share information when staff is together. They need to be nourished and cared for so they can do that for the kids.

It's a judgement free zone and very comfortable.

### Questions




Image credit: Pixabay, Eliza Piva

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[www.tinyurl.com/MadisonIECMHC](http://www.tinyurl.com/MadisonIECMHC)