

# Infant & Toddler Mental Health Project in New York State



ECLC Infant & Toddler Mental Health Consultation Project

Together with CCR&Rs, New York Center for Child Development, & Docs for Tots

## What is Infant & Toddler Mental Health Consultation?

Infant & Toddler Mental Health Consultation (ITMHC) is an intervention that **benefits infants and toddlers**, by providing a service **in partnership with adult caregivers** in their lives. By definition, the goal of mental health consultation (MHC) is to improve “the ability of staff, families, programs, and systems to prevent, identify, treat, and reduce the impact of mental health problems” among young children (Cohen and Kaufmann, 2005)<sup>1</sup>. For our project, **we will be focusing on those children ages 0-3 years of age**.

By connecting with other States that have implemented these programs, Georgetown University Center for Child and Human Development (GUCCHD), has identified the following practice-based principles of mental health consultation<sup>1</sup>:

- Relationship-based
- Collaborative
- Individualized
- Culturally and linguistically responsive
- Grounded in developmental knowledge
- Evidence-informed
- Data-driven
- Delivered in natural settings
- Spans the continuum from promotion through intervention
- Integrated with community supports



We believe that **“the change occurs within the content of the relationships”** (p 7)<sup>1</sup>. Infant and Toddler Mental Health Consultation will connect a mental health professional from one of New York States CCR&Rs with child care providers. They will work together to “problem-solve, identify and teach new skills, and increase the reflective capacity” in adults, to ultimately benefit the infants and toddlers in their care (p 7)<sup>1</sup>.

## Why Infants & Toddlers?

**Brain development happens through the child’s RELATIONSHIPS & EXPERIENCES**

**Therefore:  
Infants and Toddlers need  
CARING RELATIONSHIPS  
HUMAN INTERACTIONS  
STABLE ENVIRONMENTS  
ENCOURAGEMENT**

**NEW YORK’S INFANTS AND TODDLERS**

**80%**



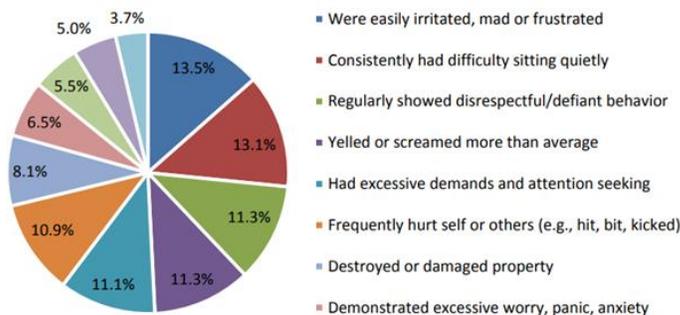
**of brain growth happens in the first 3 years of a child’s life**

**An intentional focus on relationships with and among infants and toddlers through mental health consultation will:**

- **Improve overall education outcomes**
- **Improve social-emotional health**
- **Build resilience**

# Child Care Providers & Children's Challenging Behaviors

Types of Behaviors That are Challenging to Staff

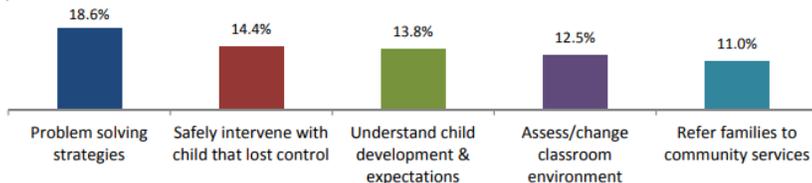


Based on a 2015 survey of over 1,000 childcare administrators in New York State, respondents showed a high level of interest in receiving further information and training about supporting young children who exhibit challenging behaviors.<sup>2</sup>

Overall, respondents acknowledged that they are **challenged by children's behaviors**, rely on a range of resources for support and would **enthusiastically welcome additional training in this area**.

**Mental Health Consultation has been shown to improve children's social skills and emotional functioning, promote healthy relationships, reduce challenging behaviors, reduce the number of suspensions and expulsions, improve classroom quality, and reduce provider stress, burnout, and turnover.**<sup>3</sup>

Top Five Areas for Staff to "Learn More"

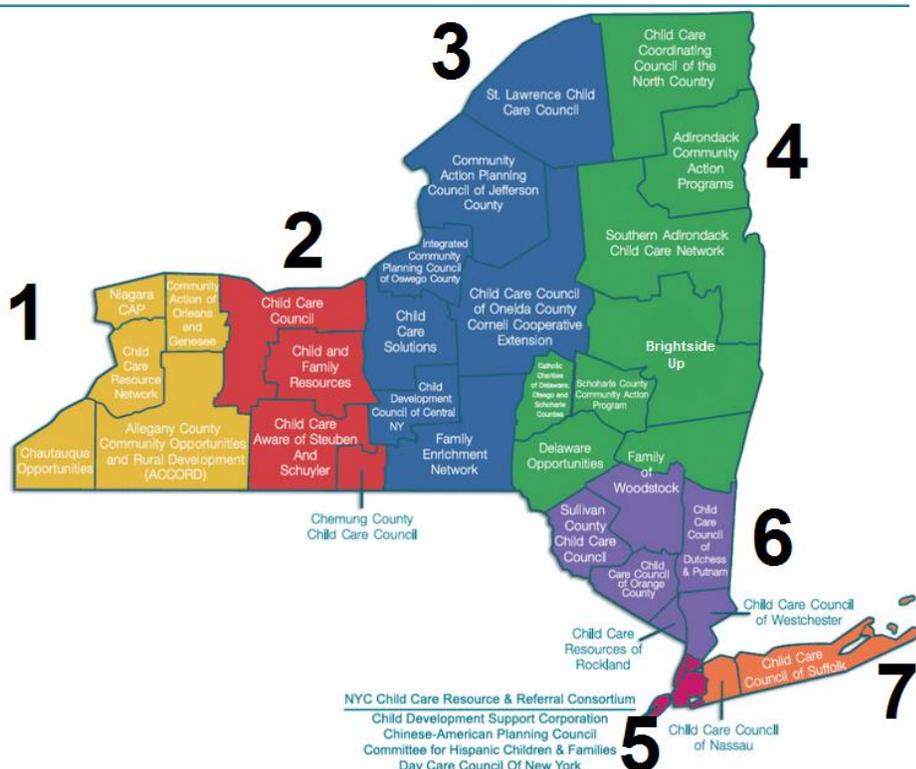


Graphics: NYS Council on Children and Families (2016). Building System Capacity in New York to Support Children's Social-Emotional Development. Retrieved from [https://www.ccf.ny.gov/files/3515/1265/6373/Child\\_Care\\_Dismissal\\_Survey\\_May2016.pdf](https://www.ccf.ny.gov/files/3515/1265/6373/Child_Care_Dismissal_Survey_May2016.pdf)

## How to Access Services

Funded by the New York State Office of Children and Family Services, the New York State ITMHC Project is supported by the Early Care & Learning Council, in Albany, NY, with **the service being provided by the statewide network of CCR&Rs**. For more information on how to request an ITMH Consultant for your child care program, please connect with your regional Lead Agency, identified below:

1. Yellow: Child Care Resource Network (Buffalo)
2. Red: Child Care Council (Rochester)
3. Blue: Child Care Solutions (Syracuse)
4. Green: Brightside Up (Albany)
5. Maroon: NYC Child Care Resource and Referral Consortium
6. Purple: Child Care Council of Westchester (Westchester)
7. Orange: Child Care Council of Suffolk



### References

1. Hunter, A., Davis, A., Perry, D.F., Jones, W. (2016) The Georgetown model of early childhood mental health consultation: For school-based settings. [https://www.ecmhc.org/documents/FCC\\_SB%20ECMHC%20Manual.pdf](https://www.ecmhc.org/documents/FCC_SB%20ECMHC%20Manual.pdf)
2. NYS Council on Children and Families (2016). Building System Capacity in New York to Support Children's Social-Emotional Development. Retrieved from [https://www.ccf.ny.gov/files/3515/1265/6373/Child\\_Care\\_Dismissal\\_Survey\\_May2016.pdf](https://www.ccf.ny.gov/files/3515/1265/6373/Child_Care_Dismissal_Survey_May2016.pdf)
3. SAMHSA (2016) What is IECMHC? Retrieved from: <https://www.samhsa.gov/iecmhc/about>