

Infant & Toddler Mental Health Project in New York State



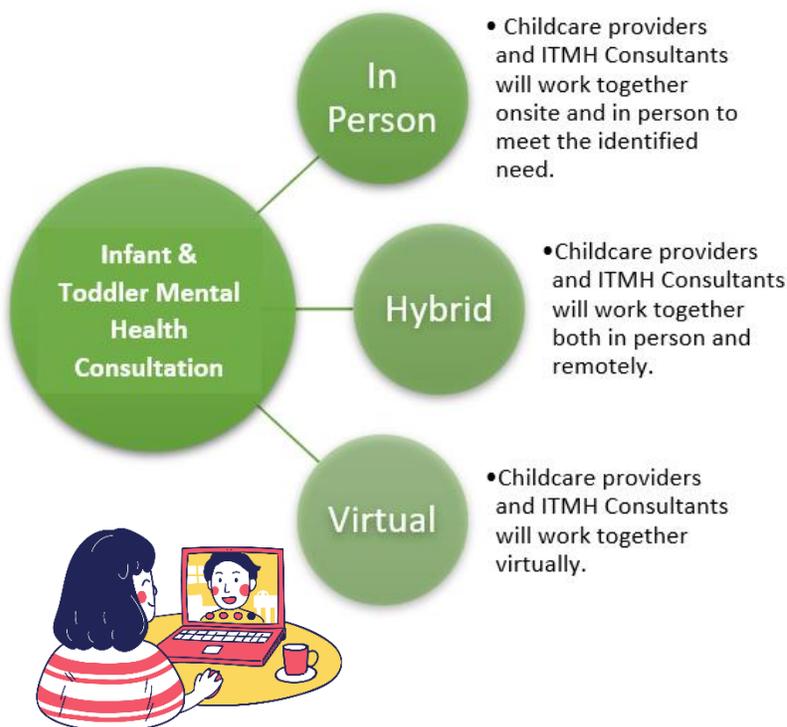
Infant Toddler Mental Health Consultants (ITMHCs)

What an Infant Toddler Mental Health Consultant is:

- A person who can talk to your childcare provider about how to work with all the children in ways that support good mental health growth. You can also talk to them about any concerns you have.
- A person who has knowledge and training that helps them understand others, and how people relate to one another. They use this knowledge to work with others for the benefit of the children.
- A person who understands that cultural factors play a role in the positive mental health development.
- A person who thinks about how their actions impact others, and also thinks about what an experience might be like for others.
- A person who will work with child's providers and family members to get the right services for anyone who needs mental health help.
- A person who works with providers and parents to make a positive classroom and home environment.
- A person who can look at a specific program to assess that program's ability to support positive mental health growth for little children and their families.
- A person who knows about lots of different systems that help children and families. The consultant can help these systems by supporting their efforts and future program designs.



ITMHC Service Delivery Models



The global pandemic has brought uncertainty to our doorsteps and calls on us regularly to adapt our plans and services. We believe that mental health services are more important now than ever and we recognize the need to adapt how we provide this service. For these reasons, we have expanded our service delivery model to include three options. Our ITMH Consultants will work with childcare providers to explore the options and to identify the best one for the program.

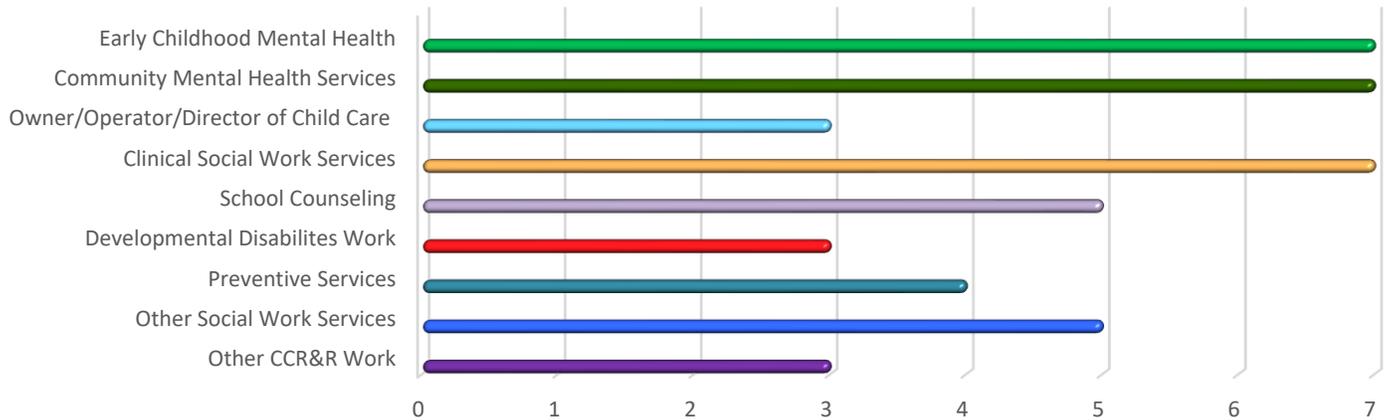
Thanks to our statewide partners, as well as colleagues from state programs in Ohio and Colorado for guidance on the development of these three options.

Important Note: For any of the three options, the childcare provider and consultant will work together during initial meetings to develop the specific plan based on best practices and to allow all parties to feel safe. ITMH Consultants will follow state guidelines and those of their Child Care Resource & Referral Agency as it relates to re-opening, social distancing, and COVID-19. Some options may be suspended at any point based on state guidelines and restrictions as it relates to COVID-19.

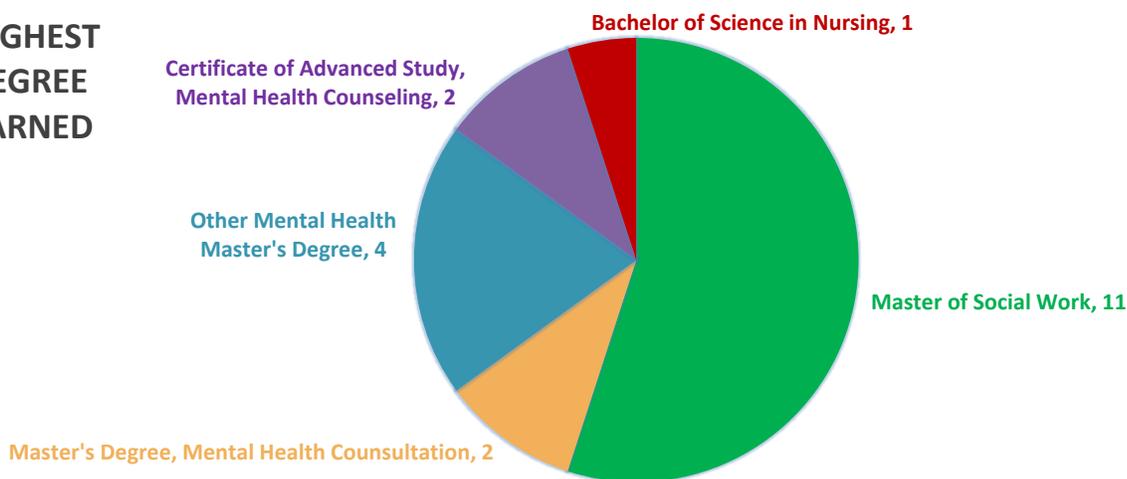
Our State's Infant and Toddler Mental Health Consultants (ITMHCs)

Through generous funding and support from the New York State Office for Children and Family Services, the Child Care Resource & Referral Agencies (CCR&R) will welcome up to 35 full-time mental health consultants to the statewide workforce. The ITMH Consultants hired so far represent a number of mental health disciplines and bring with them a variety of experiences. See below for a snap shot of the New York State ITMH Consultants so far!

CONSULTANTS WORK EXPERIENCE



HIGHEST DEGREE EARNED



Voices from the Field: Why Infants and Toddlers?

“As someone who has worked in the K – 12 school counseling field, I know how important early intervention is in the life of a child. Supporting the social, emotional and behavioral needs of the infant/toddler and their caregivers will ensure the social, emotional and academic success of the child entering the school system.”

– Sheila Tumiel, ITMHC Supervisor, Buffalo, NY

“In different cultures, infants and toddlers are seen and not heard, which affects how society can support this misunderstood age group. Introducing and educating society about mental health in young children can serve as a bridge to help society understand that mental health also impacts young children and their futures.”

– Amy Eng, LMSW, ITMH Consultant, New York, NY

“Research and wisdom says that prevention and adult capacity building have long lasting effects on community wellness. What a child receives in their heart can never be taken away from them.”

- Barbara M., ITMH Consultant, Albany