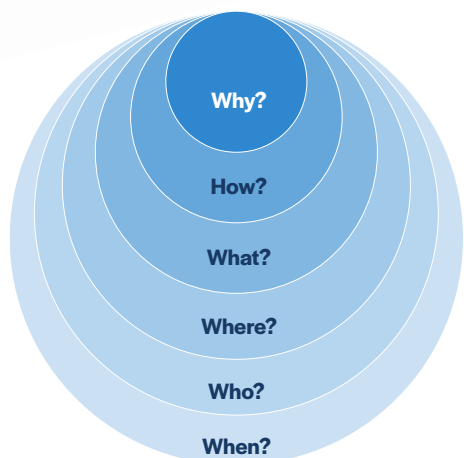


# The Why, How, What, Where, Who and When of IECMHC



## Why?

- 1 Promote healthy social and emotional skills in children
- 2 Reduce suspension and expulsions
- 3 Support early childhood providers and reduce turnover

**How?** IECMH consultants work with the providers/caregivers in young children's lives to build the providers'/ caregivers' skills to support healthy social and emotional development — early and before formalized mental health intervention is needed.

**What?** IECMHC is a prevention-based approach.

**Where?** Early childhood education, home visiting, ECI, and primary care.

**Who?** In Texas, licensed mental health providers.

**When?** Refer to IECMHC when a social-emotional, developmental, or behavioral health need is identified.



Texas Infant & Early Childhood  
**Mental Health Consultation**

## Infant & Early Childhood Mental Health Consultation in Texas (IECMHC)

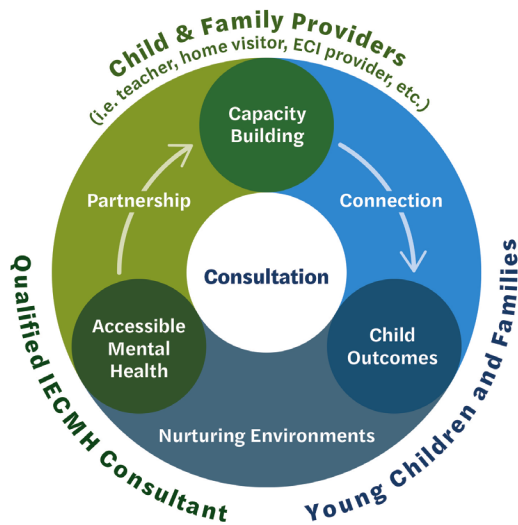


Texas Infant & Early Childhood  
**Mental Health Consultation**

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# What is IECMHC?

IECMHC promotes the behavioral, social, and emotional well-being of young children through partnering with and supporting their primary caregivers and providers. IECMHC is built on the knowledge that the relationship between adult caregiver/provider and child is central in shaping the child's health and development.



# Who provides IECMHC?

Licensed mental health providers with an advanced degree in counseling, psychology, social work (LCSW), or psychiatry.

# What is the impact?

IECMHC 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. Outcomes associated with IECMHC include<sup>1</sup>:

- » Improved child care center quality;
- » Improved child social-emotional development;
- » Improved parent-child interactions;
- » Reduction in expulsion and/or suspension risk or rates;
- » Improved school readiness;
- » Reduction in provider turnover;
- » Improved classroom climate;
- » Improved adult knowledge about social-emotional development;
- » Reduction in provider and caregiver stress;
- » Improved adult-child/caregiver-child relationship; and
- » High provider satisfaction with services.

<sup>1</sup> Center of Excellence for Infant and Early Childhood Mental Health Consultation. (2023, September 13). Searchable Evidence Database for IECMHC. Retrieved from Center of Excellence for Infant and Early Childhood Mental Health Consultation: <https://www.iecmhc.org/evidence-mapping/>

# Core Values:

- » The mental health of young children is intertwined with the well-being of their caregivers.
- » IECMHC services must be research-informed.
- » IECMHC helps to bridge gaps in Early Childhood Systems of Care.
- » IECMHC services help to promote fairness and recognize that children have different resources and opportunities to thrive.
- » Mental health consultants need ongoing support and training.
- » Family voice is an essential component for providing impactful, equitable services

