



National Center for
Pyramid Model
INNOVATIONS

What is

Infant Early Childhood Mental Health Consultation?

Infant Early Childhood Mental Health Consultation (IECMHC) is a prevention-based service that pairs mental health professionals with people who work with young children and their families.

The goal of IECMHC is to build adults' capacity to strengthen and support the healthy social and emotional development of young children—early and before intervention is needed.

IECMHC takes place on multiple levels often at the same time¹:

- **Programmatic consultation** involves the consultant working with program leaders to explore program-wide practices, policies and strategies that support the social and emotional development of all the children and their families in the setting.
- **Classroom consultation** is applicable to early care and education centers and involves the consultant working collaboratively with teachers in a classroom to explore strategies and problem solving approaches to promote the social-emotional competencies of all children in a classroom.
- **Child and family-focused consultation** is centered on understanding and addressing the mental health needs and challenges of a particular child and/or family.

IECMH consultants also help make connections to community services such as making referrals for mental health treatment for young children and their families when needed.

IECMHC can take place in any environment that serves young children and their families. IECMH consultants often work in early care and education programs (child care, PreK, Head Start, Early Head Start), home visiting programs, and pediatric clinics.

Outcome research associated with IECMHC has primarily been conducted in early care and education environments and includes the following outcomes:

- Decreases in children's problem behavior
- Increases in children's pro-social behavior
- Reductions in preschool expulsions
- Improvements in teacher child interactions
- Improvements in classroom climate²

¹ https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/glossary-definitions-iecmhc.pdf

² http://indigoculturalcenter.org/wp-content/uploads/2015/11/RAINE-ecmhc_infographics_finalF_Proof5.pdf

The reproduction of this document is encouraged. Permission to copy is not required. If modified or used in another format, please cite original source. This is a product of the National Center for Pyramid Model Innovations and was made possible by Cooperative Agreement #H326B170003 which is funded by the U.S. Department of Education, Office of Special Education Programs. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

