

# The *What Works?* Study

- ★ *What Works?* study (2009)
  - Targeted focus on exploring the key components of effective consultation programs
  - Site visits to 6 programs with positive outcomes
  - Participation from those delivering and receiving ECMHC services
  - National Scan
- ★ Annie E. Casey & A L Mailman Foundations

# Study Sites

- ★ Child Care Expulsion Prevention (MI)
- ★ Early Childhood Consultation Partnership (CT)
- ★ Early Intervention Program/Instituto Familiar de la Raza (San Francisco, CA)
- ★ Early Intervention Project (Baltimore, MD)
- ★ Kid Connects (Boulder, CO)
- ★ Together for Kids (Central Massachusetts)

# ECMHC: The National Picture

- ★ National Scan

- ★ Brief online survey

- ★ Sent to all states' and territories' Children's Mental Health Directors and ECCS Coordinators

- ★ 35 states/territories responded

# National Scan Highlights

## ★ Prevalence of ECMHC

- ★ 29 states indicated availability of ECMHC; 21 with statewide efforts
- ★ Key factors that supported ECMHC implementation: funding, research/data, leadership, state/community concerns, and/or early childhood initiatives

## ★ Top Funding Sources

- ★ State General Funds, Child Care Development Funds, Mental Health, Private Funds (Foundation, contracts)

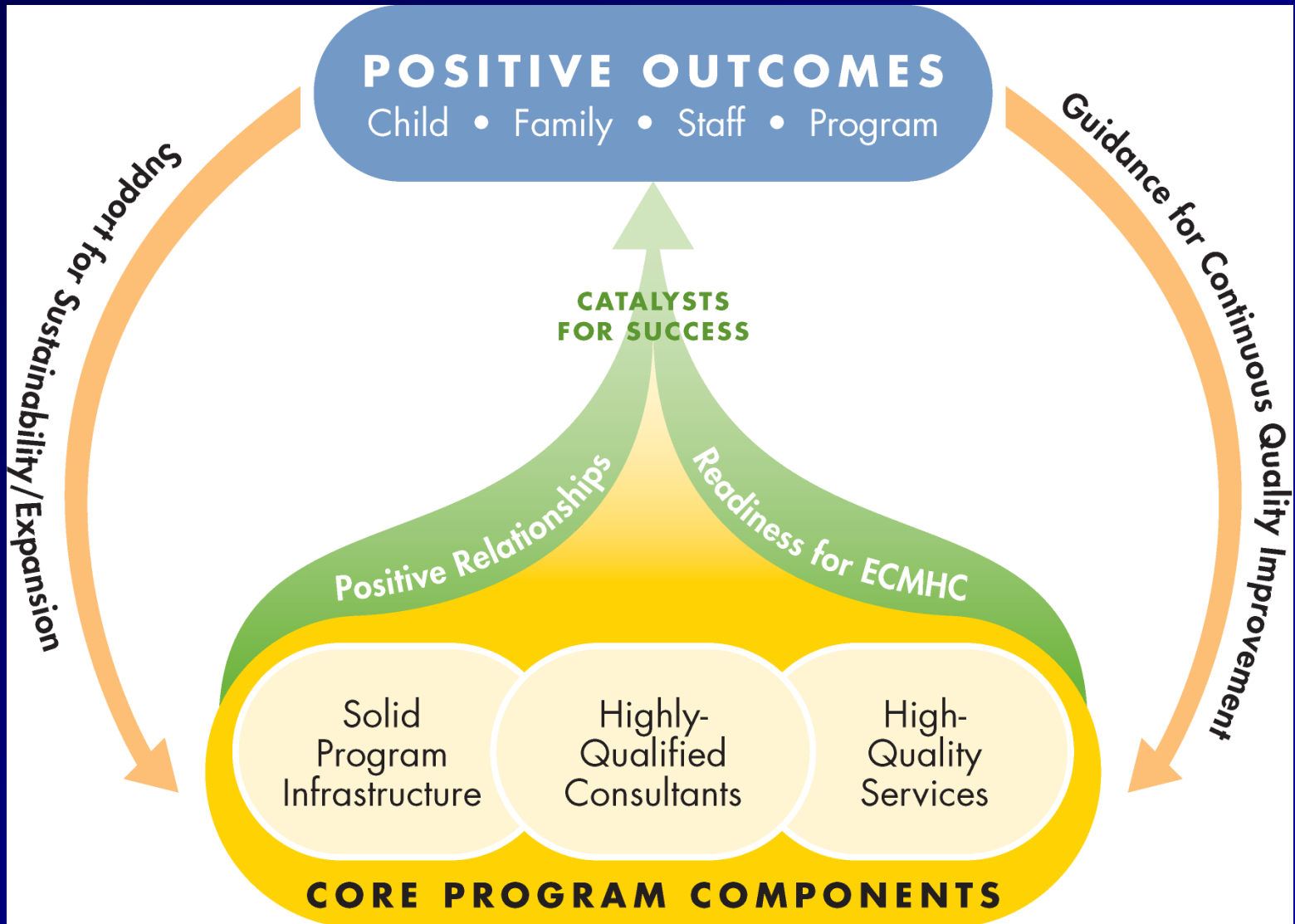
## ★ Evaluation

- ★ Most (61%) have a coordinated statewide effort

## National Scan Highlights (cont'd)

- ★ Consultant Qualifications
  - Few have state-level requirements
- ★ Common Challenges
  - Lack of funding, providers and/or expertise
  - ECMH not valued/included in systems development efforts
- ★ Lessons Learned
  - Collaboration and cross-agency cooperation is critical
  - Effective ECMHC attends to promotion, prevention & intervention
  - A highly trained *and supported* consultant workforce is crucial to effective ECMHC

# An Emerging Model for ECMHC



# Solid Program Infrastructure

- ★ Well-defined model
- ★ Strong leadership
- ★ Clear organizational structure
- ★ Strong hiring and training component
- ★ Supervision and support mechanisms for consultants
- ★ Strategic partnerships
- ★ Community outreach and engagement
- ★ Clear communication
- ★ Evaluation
- ★ Financing

# Highly-Qualified Consultants

## ★ Content Knowledge

- Infant/early childhood mental health (I/ECMH)
- Typical & atypical child development
- Best/evidence-based practices in I/ECMH
- Cultural and linguistic competence
- Service systems and community resources



# Highly-Qualified Consultants (cont'd)

## ★ Skills

- Work at multiple levels
  - Group settings and one-on-one
  - Children and adults
  - Infants, toddlers and preschoolers
- Communicate effectively
- Collaborator, educator, coach and cheerleader
- Develop targeted & *individualized* strategies
- Build strong, healthy relationships!

## ★ Attributes

# High-Quality Services

- ★ Include *both* types of consultation
- ★ Provide an array of services/activities
  - Information gathering
  - Individualized service plan development
  - Plan implementation support
  - Provider/family education
  - Provider/family emotional support
  - Linkages to services beyond consultation (e.g., direct therapy)

# Catalysts for Success

- ★ Positive Relationships
- ★ Readiness for ECMHC

# Moving Toward Fidelity

- ★ Begin with essential features: importance of clear model
- ★ Challenge of not being a manualized intervention
- ★ Approach similar to the National Wraparound Fidelity process
  - Key principles, then core practices
- ★ The NEST and modified Delphi process

# Systems-Building

- ★ Need to address complex, multi-factorial problems that evolve over time and across settings
- ★ Lack of fit between increasing specialization & real needs of young children & their caregivers
- ★ Requires integration & adaptation of evidence-based practices (EBP)

# Challenges & Opportunities

- ★ Address the mental health needs of young children and their caregivers in context of their network of services and supports
- ★ Integrate the best available science on what works for preventing and treating mental health needs of young children and their families

# Major Federal Efforts

- ★ US Department of Health and Human Services (DHHS)
  - Substance Abuse and Mental health Services Administration
    - Systems of Care grants
    - Project LAUNCH
    - Safe Schools/Healthy Students (jointly with US Department of Education)
    - National Child Traumatic Stress Network

# Federal Efforts (cont.)

## ★ DHHS

- Maternal and Child Health Bureau
  - Early Childhood Comprehensive Systems (ECCS)
  - Title V
- Administration for Children and Families
  - Center for Social Emotional Foundations for Early Learning (CSEFEL)
    - Office of Head Start and Child Care Bureau

## ★ US Department of Education

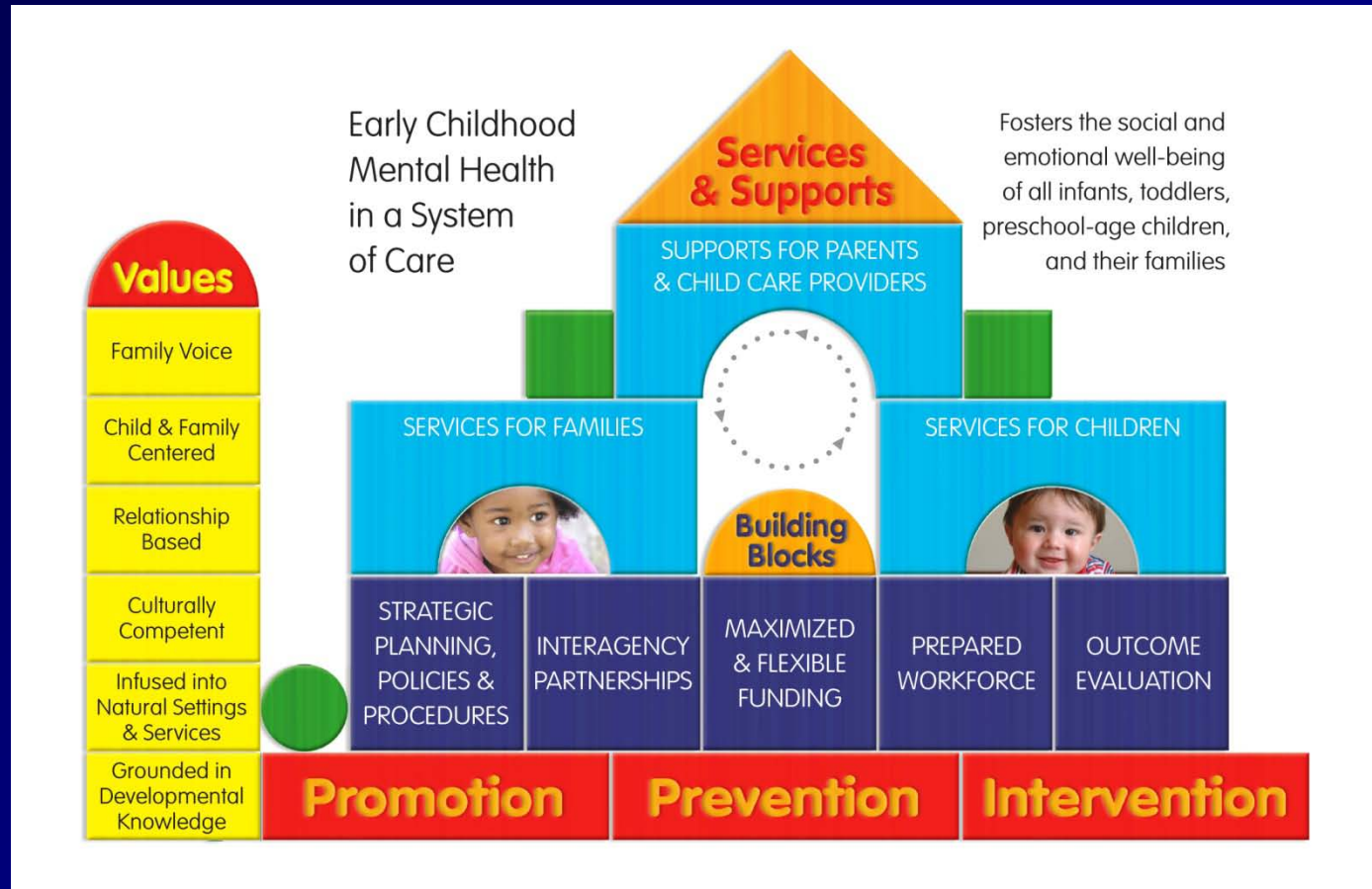
- Office of Special Education
  - Technical Assistance Center for Social Emotional Interventions
  - Part C of IDEA



# Other National Efforts

- ★ Selected foundation-funded efforts:
  - BUILD Initiative
  - ABCD I, II and III

# An Early Childhood Systems' Framework



# Resources

- ★ *What Works?* study

<http://gucchd.georgetown.edu/78358.html>

- ★ *Early Childhood Mental Health Consultation (2000)*

<http://mentalhealth.samhsa.gov/publications/allpubs/svp05-0151/>

- ★ Center for Effective Mental Health Consultation

<http://www.ecmhc.org>

- ★ Social and Emotional Health in Early Childhood Perry, Kaufmann, and Knitzer, 2007 Paul H. Brookes

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# For More Information

★ Roxane Kaufmann

[kaufmanr@georgetown.edu](mailto:kaufmanr@georgetown.edu)