Mental Health Consultation

Family Connections – a Cross-Systems Means of Building ECE Capacity to Meet the Needs of Families, Children, and the ECE Workforce

Wednesday, July 29, 2020
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How to Make the Most of This Webinar

• Choose Your View.

• Nonverbal Feedback.

• Chat With Us.

• Participate in Polls.
Presenters

Catherine C. Ayoub, M.N., Ed.D.
Associate Professor, Harvard Medical School
CO-PI National Center on Parent, Family, Community Engagement
Brazelton Touchpoints Center

Debra Sosin, LICSW
Family Connections – Project Director
Brazelton Touchpoints Center

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Welcome

Overview of Session

Learning Goals
Learning Goals

• Deeper understanding of infant and early childhood mental health consultation (IECMHC).

• Key components of an IECMHC model to ensure:
  - Implementation as a preventive strategy.
  - Means of addressing emotional and behavioral issues that arise within the ECE setting.
  - Capacity building for staff.
  - Social-emotional well-being for children, families, and staff.

• Strategies and challenges for the effective implementation of IECMHC.
Getting to Know You Introductory Poll

3 Questions will pop up, please take a minute to answer all 3. Scroll down if you don’t see them all at once.
Brief overview of the field of IECMHC

SAMSHA Expert Convening on IECMHC
September, 2014

Infant and Early Childhood Mental Health Consultation
How does comprehensive Mental Health Consultation make an impact in early care?

• Systems and leadership consultation and capacity building.
• Provider consultation, skill building, and workforce development.
• Family – psycho/social education, therapeutic support and intervention.
• Child – group and individual assessment, therapeutic support and intervention, social-emotional skill building.
Examples of Program-Focused Outcomes

**Director**
- Expulsion prevention policies
- Access to reflective supervision for staff

**Staff**
- Reduced stress and burnout
- Less attrition

**Child**
- Fewer expulsions
- Improved school readiness

Georgetown University, Center for Child and Human Development
How does Mental Health Consultation make an impact on teachers?
• Increased teacher sensitivity.
• Enhanced classroom management skills.
• Improved classroom climate.
• Increased capacity in managing children’s difficult behaviors.
• Reduced job stress.
• Reduced sick time.
Expert Convening on Infant and Early Childhood Mental Health Consultation

Evidence of Change in Provider-Level Outcomes

- **Gain skills**
  - Supporting social-emotional development
  - Behavior management

- **Improve quality**
  - Teacher-child interactions
  - Staff interactions

- **Improve outcomes**
  - Reduced staff stress & turnover
  - Classroom quality

Average remaining sick time in hours among staff at JPHS from 2000 - 2007

Staff use of sick time with Family Connections consultation
How does Mental Health Consultation make an impact on children?

• Fewer problem behaviors.
• Reduced conflict with teachers.
• Reduced expulsion.
• Improved capacity for emotional exchange on difficult topics.
• Accelerated positive social-emotional development.
Family Connections and Teacher/Child Conflict

![Graph showing the relationship between Family Connection Index (FCI) and Teacher/Child Conflict over different seasons (Fall and Spring) and different levels of FCI (Low, Average, High). The graph indicates a decrease in conflict with increasing FCI.]
How Does Mental Health Consultation Make an Impact on Parents?

- Parents miss fewer work days.
- Parents are better connected to services, especially mental health services.
- Parents report improved well-being and engagement with program and community.
Expert Convening on Infant and Early Childhood Mental Health Consultation

Evidence of Change in Child- and Family-Level Outcomes

- Prevention of preschool suspensions/expulsions
- Improvements in dyadic relationships
- Reductions in missed work days for parents

Family Connections

- Prevention model.
- Strengths-based – Relational.
- System-wide consultation.
It is easier to build strong children than to repair broken (men) adults.

Frederick Douglass
Word Cloud
Competencies of an IECMHC
What Guides Our Work

• Many families with young children experience adversity, including racism, poverty, exposure to violence, and social isolation.

• Professionals working in early childhood programs are also at risk for experiencing related adversities.

• Depression is a common response to such adversities.
What Guides Our Work

• These adversities and the resulting trauma and depression may affect the ability of parents and staff to relate effectively with others.

• This affects the experience of the children at home and while in the early childhood program.

• Increasing the capacity of each provider and providing support for mental health improves the quality and climate in early care settings.
Addressing Mental Health and Wellness in Early Care

Clinical Intervention & Identification

Targeted Prevention (At Risk Parents/Children)

Universal Prevention (All Children & Families)

Community & Systems Development (All Early Care Start Staff)
System-Wide Consultation

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Our Approach

• Readiness Guide.

• Collaborative Action Plan.

• Professional Development.

• Mental Health Consultation:
  o Tell Me a Story.
  o Classrooms.
  o Children, Parents, Providers, Community.

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The Readiness Guide Process: A Preview of the Family Connections Model

• Self and Shared Reflection.

• Collaborative Team Approach.

• Perspective Taking - Diversity of the Participants.
Family Connections

- Self-Reflection.
- Self-Care.
- Perspective Taking.
Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin
The Consultative Stance

• Collaborative process.
• Avoiding the position of experts.
• Parallel process as an organizing principle.
• Understanding another’s subjective experience.
• The centrality of the relationship.

Change happens at the speed of trust.

Source not clearly established.
Gary Gunderson, D.Div. Wake Forest University
Wondering instead of knowing

Hearing and Representing All Voices – Especially the Child’s

Patience


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A Day in the Life Video
Acknowledgements

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Evaluation

Please respond to the two questions that pop up on your screen.

Also, please tell us in the chat box what was useful, significant, or new and how we can improve the webinar.