



What is Infant/Early Childhood Mental Health Consultation?

Do you enjoy working with children and educators in early childhood?

Do you see young children having a tough time and wonder about the meaning behind behaviors?

Are you curious, a good listener and enjoy partnering with others to find solutions? If so, Infant/Early Childhood Mental Health Consultation might be just the career path for you!

What is Infant/Early Childhood Mental Health Consultation?

Infant/Early Childhood Mental Health Consultation (I/ECMHC) is a prevention-based approach that pairs [an infant/early childhood] mental health consultant with adults who work with infants and young children in the different settings where they learn and grow, such as child care, preschool, home visiting, [Early/Head Start,] and Early Intervention. Mental Health Consultation is not about behavior modification. Nor is it therapy. Mental Health Consultation equips caregivers to facilitate children's healthy social and emotional development.

— Center of Excellence for Infant and Early Childhood Mental Health Consultation at Georgetown University

What are the qualifications for I/ECMH Consultants?

- An advanced degree in Mental Health, such as Social Work, Counseling, Psychology, Marriage and Family
- Therapy, or Psychiatry; an advanced degree in Nursing or Child Development (specifically early childhood) with additional education in Mental Health.
- A minimum of a Master's Degree. License optional.
- A minimum of 2-5 years of experience in areas related to infant and early childhood development and mental health.
- A demonstrated ability to engage in reflective practice and maintain a consultative stance.

Governor's Office of Early Childhood Development
GOV.OECD@illinois.gov

bit.ly/IL-IECMHC

Scan the QR code

- Open the camera app
- Focus the camera on the QR code by gently tapping the code
- Follow the instructions on the screen to complete the action



What I/ECMHC is?

PROMOTION/PREVENTION FOCUSED

Accessing support before a crisis



INDIRECT

Primarily working with program staff



RELATIONSHIP-BASED

Working in collaboration with program staff



CAPACITY BUILDING

Helping staff and administrators to build self-efficacy



BIG PICTURE

Exploring common themes across the program



What I/ECMHC is NOT?



THERAPY

Providing clinical treatment



“FIXING THE CHILD”

Creating a behavioral modification plan



COACHING

Supporting the goals of the learner



SUPERVISION

Monitoring and managing staff performance



SOCIAL WORK

Managing family cases and referrals to resources

Where Can I Learn More?

The Illinois Network of Child Care Resource and Referral Agencies host orientations to the Illinois Model for Infant/Early Childhood Mental Health Consultation throughout the year. Contact Teresa Gammons at tgammons@inccrra.org for more information and upcoming dates for the next orientation.

Professional Development Opportunities Available for Consultants

- Reflective Learning Groups
- On-Demand Training
- Synchronous Professional Development Training Delivery
- Annual Symposium for I/ECMH Consultants
- Reflective Practice Groups
- Illinois Association of Infant Mental Health
- Quarterly I/ECMH Consultant Meetings
- Reflective Supervision
- I/ECMH Consultant Searchable Database

