

Colorado’s Early Childhood Mental Health Consultation Program Essential Elements

Overview

Essential elements are the core functions or principles and the associated activities (“active ingredients”) that are necessary for ECMHC to produce its desired impact. The essential elements are described in three buckets: principles, context and structure, and consultation practices.

<p>Principles <i>What assumptions is ECMHC grounded in?</i></p> <ul style="list-style-type: none"> • ECMHC is focused on building the capacity of adults. It is not about “fixing kids.” • ECMHC is based on strong, positive relationships with adults providing care for young children. • ECMHC is focused on prevention and early mental health promotion. • ECMHC aims to be culturally and linguistically responsive and works to understand how culture, language, and community impact all aspects of caregiving and child-rearing. • ECMHC is strengths-based and grounded in equity. It builds upon the abilities and positive qualities of <i>all</i> children, families, and early childhood professionals. • ECMH consultants are supported through professional development and reflective supervision to deepen their practice. 	<p>Context and Structure <i>What does implementation look like?</i></p> <ul style="list-style-type: none"> • Consultants collaborate and partner with adults providing care for children age birth to 6, including the prenatal period. • Consultation occurs in settings where children learn and grow. • Consultants may be embedded within a program/organization or set of organizations. • Consultants follow program guidance on frequency, intensity and duration of service delivery, as defined here.
<p>Consultation Practices <i>What do consultants do in their day-to-day work?</i></p> <ul style="list-style-type: none"> • Consultant and consultees collaboratively develop goals and a related service plan based on assessments (e.g., observations, screening) and individually identified consultee priorities. Consultants and their consultees regularly check-in on and monitor progress toward mutually agreed upon goals and adjust consultation content to be responsive to progress and barriers over time. • Provide opportunities for coaching, training, modeling, reflection, and/or education on fostering social emotional development and mental health with respect to racial, linguistic, and cultural considerations based on the goals or action plan above and/or another identified need. • Consultants apply the consultative stance in order to cultivate knowledge, skills and reflective capacity within the adult clients with whom they partner. 	

