



Understanding Early Childhood Mental Health Consultation Need Types

This document is intended to support families and programs caring for children under six in completing the Consultation Need question on the Early Childhood Mental Health Consultation [Online Referral form](#). After submitting your online referral request, a consultant will follow up with you to better understand your needs and work together to make a plan to address the situation you have included in your request. For more information on the ECMH Consultation Program, please visit our website [MentalHealthStartsEarly.com](#).

Consultation Need	Description
<p style="text-align: center;">Child</p>	<p>Child-focused consultation can support caregivers and families to better understand and respond to the needs and behaviors of a child. Families do not need to be enrolled in child care to receive support.</p> <p>Examples:</p> <ul style="list-style-type: none"> • One-on-one support for families • Reflection, brainstorming, and recommendations • Observation of child in classroom environment (if applicable) • Strategies to support the child at school and home • Group meetings with family and classroom teachers <p>Consultants do not provide direct behavioral intervention to children, provide therapy, evaluation or diagnosis.</p> <p><i>*If you oversee a classroom and plan to submit referrals for more than 2 children, it is recommended that instead you submit one referral for 'Classroom/Teacher' as Consultation Need to start.</i></p>
<p style="text-align: center;">Classroom/ Teacher</p>	<p>Applicable to early care and education programs. Involves the consultant partnering with teachers or staff to explore strategies and problem solving approaches to promote the well-being of all children and staff in a classroom.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Strategies for supporting social emotional development and reducing challenging behavior within the classroom • Support better communication and relationships between teachers, co-teachers and/or families • Tools and approaches for strong classroom routines and structures • Support for creating and maintaining an inclusive classroom environment • One-on-one support for teachers on topics such as self-care, stress management, reflection, overall well-being and more <p><i>*If you oversee a program and plan to submit referrals for 2 or more classrooms, it is recommended that 'Program/Professional Development' is selected as Consultation Need to start.</i></p>

Consultation Need	Description
<p>Program/ Professional Development</p>	<p>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 and/or the well-being and confidence of program staff.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Consulting with director on topics such as staff well-being, family engagement, social and emotional development, and more • Training/workshops for program staff and/or families • Reflective practice with director and/or program staff • Tools and approaches for inclusive and culturally responsive caregiving practices and policies program-wide

For more information, call the ECMH Support Line at (833)-ECMH-411 ((833)-326-4411) Monday through Friday between 10:30am - 5:30pm to speak directly to a consultant. Language interpretation services are available.

♥ EVERY CHILD'S MENTAL HEALTH MATTERS | (833)-ECMH411

References: <https://challengingbehavior.org/docs/What-is-IECMHC.pdf>

