

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 Colorado’s Early Childhood Mental Health Consultation (ECMHC) program to produce its desired impact. The essential elements are described in three buckets: principles, context and structure, and consultation practices.

<p><u>Principles</u> <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 intervention. • ECMHC is strengths-based. It builds upon the abilities and positive qualities of the children, families, and early care and education providers. • ECMH consultants are supported through professional development and reflective supervision to deepen their practice. 	<p><u>Context and Structure</u> <i>What does implementation look like?</i></p> <ul style="list-style-type: none"> • Consultants work 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><u>Consultation Practices</u> <i>What do consultants do in their day-to-day work?</i></p> <ul style="list-style-type: none"> • Consultant and adult clients collaboratively develop goals and a related service plan based on assessments (e.g., observations, screening) and individually identified client priorities. Consultants and their clients 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 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. 	