



Infant/Early Childhood Mental Health Consultation
Learning Collaborative ▪ Letter of Agency Support

August 8, 2016

Dear Agency Executive Director,

Project LAUNCH and the Georgetown University Center for Child Development have partnered to bring an Infant/Early Childhood Mental Health Consultation (I/ECMHC) Learning Collaborative to Florida professionals. The I/ECMHC project has been developed in response to existing community needs for services for children ages 0-5 and their families. Special attention will be paid to the development of agencies and clinicians serving the Lealman Corridor of Pinellas County where the Project LAUNCH project sight has focused efforts for families with young children. The I/ECMHC project is an opportunity to address the needs of our community, and change the health trajectories of children in an impactful and sustainable way. Providing evidence-based training and clinical services is critical to the impact that Project LAUNCH will have on our community and state. We have been fortunate to have engaged Neil Horen, Ph.D. and Amy Hunter, Ph.D. from Georgetown Center for Child and Human Development to provide the training for our Infant/Early Childhood Mental Health Consultation Learning Collaborative.

Early Childhood Mental Health Consultation Summary:

Infant/Early childhood mental health consultation (I/ECMHC) is emerging as an effective strategy for supporting young children's social and emotional development and addressing challenging behaviors in early care and education settings. As a result, more and more states and communities are investing in I/ECMHC programs. Georgetown faculty are nationally-recognized leaders in the field of early childhood mental health consultation, and have drawn on their expertise to help states and programs across the country build their capacity for delivering and evaluating I/ECMHC services for young children and their caregivers.

What is Early Childhood Mental Health Consultation?

Early childhood mental health consultation involves a professional consultant with mental health expertise working collaboratively with early care and education staff, programs and families to improve their ability to prevent, identify, and respond to mental health issues among children in their care. In contrast to direct therapeutic services, I/ECMHC offers an indirect approach to reducing problem behaviors in young children and, more broadly, promoting positive social and emotional development.

For more information see: <http://gucchd.georgetown.edu/67637.html>

The Proposed Learning Collaborative for Early Childhood Mental Health Consultation:

The proposed training and technical assistance will provide the needed support to develop a cadre of mental health clinicians to effectively provide infant/early childhood mental health consultation (I/ECMHC). The proposal consists of three components: 1. On-site training in Florida for mental health clinicians 2. Follow-up support through a distance-facilitated learning community 3. Technical assistance on systems development to support sustainable mental health consultation.

On-site Training

- 1.) The on-site training will introduce both a small, carefully selected cohort of mental health clinicians as well as a wider audience of interested clinicians across the state to core competency training in I/ECMHC. Training content will draw upon the Early Childhood Mental Health Consultation Center materials as well as other Georgetown products and will be offered in a one and half day on site training. Through didactic work, discussion, and scenario based practical exercises, participants will learn how to support families and providers to promote social emotional wellness in young children as well as how to identify and effectively address children's emotional or behavioral problems.

Distance Facilitated Learning Community

- 2.) The on-site training will be followed by 12 months of monthly reflective sessions for a selected cohort of clinicians. The clinicians will apply via an application process to be part of this learning collaborative. The reflective sessions will be offered via teleconference and will allow participants to interact with peers and discuss successes and challenges in their work. Each cohort member will have at least one consultation case that will be the focus of their reflective work in these sessions. Each session will consist of a 90 minute video based conference call in which cohort members will work with Georgetown staff to discuss successes, challenges, and to focus on the reflective process and consultative stance so central to this work. Another face to face meeting will be conducted at the end of Year 1 to work more intensely with the cohort.

Technical Assistance

- 3.) Technical Assistance will be provided to a planning committee consisting of state and local administrators both on-site as part of the initial on-site time and then through regularly scheduled calls or video conferences. On-going e-mail communication will take place between in-person meetings and scheduled calls. The focus of this technical assistance will be on model development, i.e. what is the model of delivery, dosage etc. Discussions will also include financing strategies, collaboration with other local and state agencies and sustainability.

Training and technical assistance goal and objectives:

Goal: To develop a cadre of I/ECMH Consultants who can effectively support families and providers to promote young children's' social emotional development and who can train other clinicians in I/ECMHC.

Objectives:

By the end of the training and ensuing reflective phase, participants will be able to:

- Recognize their individual areas of strength and growth related to competency in infant/early childhood mental health consultation
- Differentiate between a consultative approach vs. other mental health interventions.
- Identify next steps for integrating this approach in their work
- Develop a peer-to-peer network of support

Infant/Early Childhood Mental Health Consultation Requirements:

I/ECMHC trainees will include an agency licensed supervisor and licensed or license eligible

clinicians. All team members must have a master's or doctoral degree (in psychology, social work, mental health counseling, or related field).

It is important that each team member be in a position that enables them to practice I/ECMHC; supervisors are required to have 2 I/ECMHC consultations to complete the training, and clinicians are required to have 4 I/ECMHC consultations to complete training. Ideally each team member will have the opportunity to actively practice I/ECMHC throughout the year of training.

The agency will ensure that all participating clinicians complete the following training requirements:

- a. Read ALL materials during the learning collaborative.
- b. Review, at a minimum, the following Tutorials/Modules from the Center for Early Childhood Mental Health Consultation at Georgetown University Center for Child and Human Development: (*Each module should take about 15 minutes to review, longer for full completion.*)
 - i. Modules Required for Clinicians:
 - *Tutorial 2: Defining Early Childhood Mental Health Consultation and the Consultant Role* <http://www.ecmhc.org/tutorials/defining/index.html>
 - *Tutorial 3: The Effective Mental Health Consultant* <http://www.ecmhc.org/tutorials/consultants/index.html>
 - *Tutorial 4: Mastering the Consultative Stance* http://www.ecmhc.org/tutorials/consultative_stance/index.html
 - *Tutorial 7: Recognizing and Addressing Trauma in Infants, Young Children, and their Families* http://www.ecmhc.org/tutorials/trauma/mod1_0.html
 - *Tutorial 10: Cultural and Linguistic Competence in Early Childhood Mental Health Consultation* <http://www.ecmhc.org/tutorials/competence/index.html>
 - ii. Modules recommended for Agency Supervisors:
 - *Tutorial 2: Defining Early Childhood Mental Health Consultation and the Consultant Role* <http://www.ecmhc.org/tutorials/defining/index.html>
 - *Tutorial 3: The Effective Mental Health Consultant* <http://www.ecmhc.org/tutorials/consultants/index.html>
 - *Tutorial 4: Module 3: Strategies for Mastering the Consultative Stance: Training, Preparation, and Ongoing Supervision and Supports* http://www.ecmhc.org/tutorials/consultative_stance/mod3_0.html
 - *Tutorial 7: Module 1: Trauma and Types of Trauma* http://www.ecmhc.org/tutorials/trauma/mod1_0.html
 - *Tutorial 7: Module 4: The Role of the Consultant and Consultation* http://www.ecmhc.org/tutorials/trauma/mod4_0.html
 - *Tutorial 10: Module 3: Consultant Preparation – Knowledge, Skills and Attributes Related to Cultural Competence* http://www.ecmhc.org/tutorials/competence/mod3_1.html
 - iii. Modules recommended for Agency Directors:
 - *Tutorial 2: Defining Early Childhood Mental Health Consultation and the Consultant Role* <http://www.ecmhc.org/tutorials/defining/index.html>
 - *Tutorial 3: The Effective Mental Health Consultant* <http://www.ecmhc.org/tutorials/consultants/index.html>

- *Tutorial 8: Developing a Vision and Strategic Planning for Early Childhood Mental Health Consultation Services*
<http://www.ecmhc.org/tutorials/developing/index.html>
 - *Tutorial 9: Implementing and Evaluating ECMHC Services*
<http://www.ecmhc.org/tutorials/effective-consultation/index.html>
 - *Tutorial 10: Module 3: Consultant Preparation – Knowledge, Skills and Attributes Related to Cultural Competence*
http://www.ecmhc.org/tutorials/competence/mod3_1.html
- c. Read at least one of the following books (optional):
- i. *Mental Health Consultation in Child Care: Transforming Relationships with Directors, Staff, and Families*, Kadija Johnston and Charles Brinamen;
 - ii. *Consultation in Early Childhood Settings*, Virginia Buysse and Patricia W. Wesley; or
 - iii. *Early Childhood Mental Health Consultation: Promotion of Mental Health and Prevention of Mental and Behavioral Disorders*, Substance Abuse and Mental Health Services Administration.
- d. Attend ALL on-site training days. I/ECMHC training days will be in-person training schedule throughout the 1 year period. **Initial on-site training will be held September 26-27, 8a-5p, at the University of South Florida at St. Petersburg.**
- e. Participate in at least 10 out of 12 coaching calls.
- f. Present and submit a case write-up on at least 2 coaching calls.
- g. Document provision of a least 5 clinical cases or 60 clinical hours of consultation.
- h. Attend weekly face to face reflective supervision, provided by the signing agency, specific to I/ECMHC. (An optional form will be supplied at the beginning of the Learning Collaborative to be used to submit proof of supervision.)
- i. Complete all other requirements as specified
- j. Agencies will provide support for full participation in the I/ECMHC Learning Collaborative
- i. The agency will ensure that adequate time is available for clinicians to fully participate in the learning collaborative.
 - ii. The agency is responsible for tracking the participants' completion of the training requirements including maintaining a log of participation on all learning collaborate elements.

Applications for participation in the I/ECMHC cohort require approval from agency Directors and below requirements:

Each Clinician should submit an application that includes:

1. Full signatures on the application form;
2. A letter describing the clinician's interest in the learning collaborative and what they hope to achieve by participating; and
3. A resume or CV.

Acceptance into the I/ECMHC training program is at the discretion of the I/ECMHC trainer and training organizers and is based on space availability and participant credentials. The clinical cohort will accept no more than 50 applicants. Clinicians must submit a letter of support from a partnering agency, not required to be the clinicians' employer. To best balance agency and clinician team participation and representation, we encourage agencies to support applications from up to five clinicians. Please indicate the number of clinicians supported and a rank for each clinician on the

application form. The clinician, supervisor, and director signatures to be provided on the application form indicate affirmation of all above requirements and the following statement:

I know that there is no out of pocket cost for this training, but that travel expenses will not be reimbursed. I understand that this training is being provided by Project LAUNCH to build community capacity for I/ECMHC in Florida; therefore I agree to be a referral source for I/ECMHC referrals from the community following this training. I have read the preceding information and the requirements for I/ECMHC and I fully agree to participate in all aspects of the training and fulfill all of the listed requirements.

Application forms without participant as well as agency supervisor and director signatures on indicating affirmation of the requirements of this letter will not be accepted.

Please submit all documents including completed application form with signatures, letter of interest, and resume or CV to Lisa Negrini at lnegrini@usfsp.edu.

Sincerely,

Florida Project LAUNCH Team