

# ECCP® Early Childhood Mental Health Consultation Delivery Strategies



ECCP® has established a set of Early Childhood Mental Health Consultation (ECMHC) delivery strategies that can be effectively implemented across the statewide ECCP® program to address the mental health needs of infants, toddlers and preschool children in their early care and education settings.

## Overview

Early Childhood Mental Health Consultation (ECMHC) is an indirect service that seeks to build the capacity of families, caregivers and systems in order to meet the social emotional and behavioral health needs of young children.

The Early Childhood Consultation Partnership (ECCP®) has established a set of Early Childhood Mental Health Consultation (ECMHC) delivery strategies that is based on the consultation work of senior level ECMH Consultants within ECCP®'s evidence based consultation model.

The delivery strategies describe the manner in which a consultant delivers the consultation to caregivers and teachers within early care and education classrooms. These are represented by 11 distinct strategies and each includes a brief training unit specific to the role of the Early Childhood Mental Health Consultant (ECMHC).

These delivery strategy units are utilized to guide consultant training, enhance fidelity to the ECCP® evidence based model of ECMHC and are aligned with ECCP®'s ECMHC competencies.

## Consultation Delivery Strategies

1. Reflective Practice
2. Relationship Building
3. Modeling
4. Coaching
5. Observe, Assess, and Provide Feedback
6. Training and Building Knowledge
7. Providing Resources, Materials and Referrals
8. Structuring the Consultation Process
9. Problem Solving
10. Advocacy and Empowerment
11. Promoting Supportive Administration

### Delivery Strategy Unit Structure:

- Title
- Definition
- Goals
- The Mental Health Consultant
- Infant Toddler Practice Considerations
- Preschool Practice Considerations
- Infant Toddler Examples
- Preschool Examples
- Suggested Reading
- References