



**Strengthening Family Services in Partnership
with Early Childhood Mental Health
Consultation**

Billboard Activity

- Your name
- Where are you from?
- Number of years working in Head Start/Early Head Start
- List all the family roles that you fill (dad, mom, sister, brother, cousin, etc.)

What is Early Childhood Mental Health Consultation?

- A coordinated approach that partners with providers to create individualized plans to meet various program needs for those serving birth to five
- Consultants have specialized backgrounds in mental health and early childhood
- Together provider and consultant determine the program's needs to implement services
- This may include training, consultation, strategies and resources for specific situations or concerns related to mental health and social emotional development
- This is proven approach designed to benefit staff, families and children

ECEC's Journey with Consultation

- 2014 - Initial consultation was focused on supporting classroom teaching staff
- 2018 - expanded use of consultation to support Family Services team
- Family Services team received ongoing training in Facilitating Attuned Interactions
- Home Based team had monthly consultation meetings

Community Assessment

- 65 % of children in the region live with a single parent
- About one in five (20%) of children ages 0 to 17 living with grandparents in the region do not have a parent present in the household
- Fifty-five percent live in multigenerational homes where the grandparent has assumed responsibility for the child, despite the presence of a parent
- The Arizona Department of Health reports that on average, the age of death for American Indian residents is 16 years younger than all other racial/ethnic groups

Maternal Perceptions & Prenatal Support

- Unpacking questions in family assessment tool in order to staff enhance skills
- Learning from families about birth stories & planned vs. unplanned pregnancies
- Recognizing the connection of pregnancy experiences to maternal mental health and then early childhood mental health
- Builds staff skill & confidence to address these topics
- Parallel process: when staff experience safety & comfort to discuss, they can provide this to families

Grief & Loss

- Offering reflection time for staff when families are impacted by loss
- Time to process what has occurred
- Time to considered how to be responsive to families
- What are cultural practices for grief & loss in the Community we serve?
- How does this impact our work?



DISCUSSION



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