

Infant and Early Childhood Mental Health Consultation: Addressing Adverse Childhood Experiences In Real Time



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Infant & Early Childhood Mental Health Consultation

- A consultative, preventative approach
- Mental health/ behavioral health professionals work alongside caregivers including educators, home visitors and families to optimize development, two generation early relational health, and enhance social-emotional skills in children.
- The goals include addressing challenging behavior, promoting healthy development for young children, and supporting the adults caring for those children through consultation, coaching and training.
- By intervening early, IECMHC ensures children have safe, supportive relationships that promote healthy development.
- Children experience fewer toxic stress events.

Reducing risk of Adverse Childhood Experiences (ACEs) in real time.



Case Example: Toddler

Intervening Early Prevents Escalation



- 2-year-old experiencing daily distress at drop-off
- Teacher overwhelmed
- Other children, peers and parents feeling unsettled
- Mom in early recovery, missing work
- Childcare Program considering ‘disenrollment’

- IECMH consultant provides multi-level support
- Stabilization achieved in two weeks



Case Example 4 Year Old: Preventing Expulsion & Supporting the Workforce

- 4-year-old with escalating aggression
- Teacher fearful, stressed
- Parents missing work, frustrated
- Director facing parents' safety concerns
- Director concerned about staff retention

- Real-time consultation & observation
- Family support and Triple P coaching
- Teachers and Director feel supported
- Classroom stabilization maintained



How Infant Early Childhood Mental Health Consultation Prevents ACEs & Strengthens Systems

ACE mitigation happens in many micro moments.
Identify opportunities for positive, growth experiences.
Focus on early relational health and co-regulation..



IECMH Consultants offer support on multiple levels:

- Child
- Family
- Classroom
- Program
- Systems



Power of the Ohio Model of IECMHC

IECMH Consultants operate at EVERY level of the system

They address ACEs at the moment they are being created:

- Behaviors actively escalating
- Teacher burnout rising
- Parent stress compounding
- Exclusion risk increasing

IECMH Consultants bring clinical expertise into early childhood spaces:

- Mental health credentials
- Training in trauma, development, and relational health
- Skills in reflective practice and multi-system teaming
- The ability to collaborate across agencies

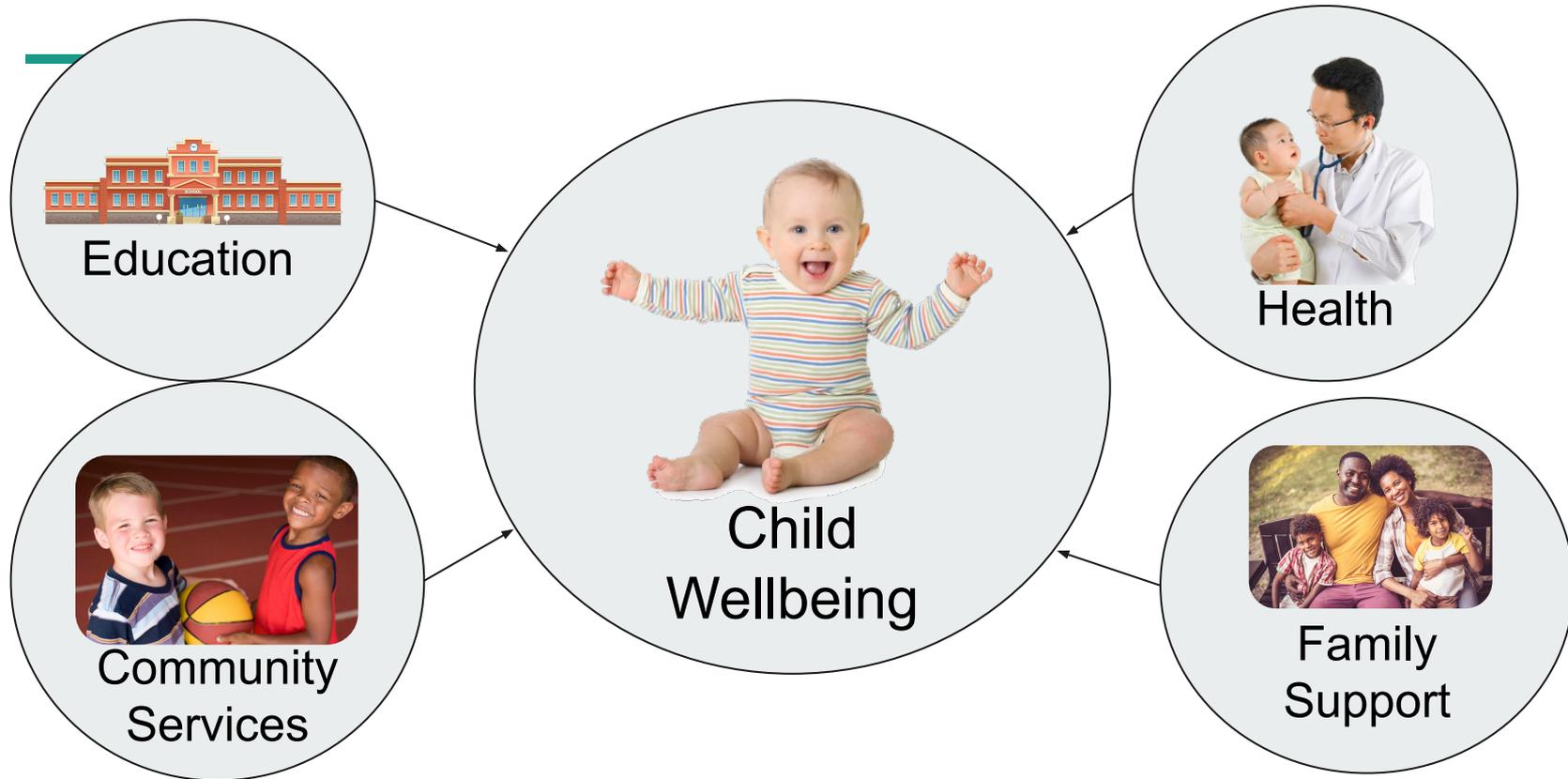
Cross-systems collaboration drives better outcomes

IECMHC catalyzes innovation by bringing together community partners.

This unified approach is how communities **prevent ACEs**, not just respond to them



Systems Alignment



Community Level Partnerships

- Early Intervention, Help Me Grow,
- Nurse Family Partnership, Healthy Families America
- Public Health and local Pediatric Practices
- Head Start and Early Head Start
- Ohio Promise Special Education Inclusion Cohort
- Perinatal and Maternal Depression
- FASD Prevention and Awareness
- Violence Free Futures
- Public and Private Childcare Centers
- Faith Based Preschools and Kindergarten
- Public preschool and school districts
- Mental Health and Recovery Board
- Related Service Providers- OT, PT, SLP, IS and DS
- Community Mental Health and Behavioral Health
- Children's Services and Family Court
- Family and Children's First
- Drug Free Community Coalition



IECMHC Supports for Adults

Meeting Professional and Parents Where They Are

- Virtual and In-person Consultation
- Positive Parenting Sessions
 - Triple P and PECE certified
- Professional Development & Technical Assistance
- Community Coalitions/Collaborations
- Classroom Observations and Consultation
 - Yale CHILD Assessment
- Fetal Alcohol Spectrum Disorder Awareness & Prevention
- Disconnect to Connect- Screen Time Awareness
- HOPE- Healthy Outcomes from Positive Experiences

<https://positiveexperience.org/resource/hope-for-healthcare-toolkit/>

- HOPE line- Helping Ohio's Preschoolers Excel

<https://childrenandyouth.ohio.gov/for-providers/early-childhood-mental-health/hope-line-map>



FETAL ALCOHOL SPECTRUM DISORDERS	
We see FASD, offering Help, Hope, and TLC	
<p>What is FASD?</p> <p>Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing the wide range of physical and developmental differences resulting from alcohol exposure before birth.</p> <p>FASD is a common and often an "invisible" disorder or disability.</p>	<p>1 in 20</p> <p>The CDC reports as many as 1 in 20 children may have FASD, making it likely that one child per classroom has FASD.</p> <p>It is a significant public health concern that impacts people across all communities regardless of race, culture or socioeconomic status.</p>
<p>Why Red Shoes?</p> <p>Red shoes starts the conversation about FASD in a fun and loving way.</p> <p>It allows for recognition and unity in an invisible disability.</p> <p>Red shoes create a statement of support for caregivers and professionals.</p>	<p>What You May See with FASD</p> <p>Executive Functioning Difficulties: problem solving, planning, organizing, learning from mistakes, tantrums, hyperactivity, impulsivity, and emotional reactivity.</p> <p>Real-World Skills Challenges: understanding social cues, telling time, understanding money, being too friendly with strangers, and making safe decisions without supervision.</p> <p>Memory and Learning Struggles: handling more than one instruction at a time, remembering new information, recalling details and staying on top of conversations.</p> <p>Physical: impaired growth in height and weight that could lead to failure to thrive, smaller head circumference and facial abnormalities.</p>

Resources & Toolkits

HOPE for Educators and Healthcare Toolkits: <https://positiveexperience.org/positiveexperience.org/resource/hope-for-healthcare-toolkit-thank-you/#start> HOPE for Healthcare Toolkit offers ways to integrate positive experiences into daily medical practice.

Ohio HOPE Line: Early childhood professionals or caregivers can call **(844) 678-2227** or visit nationwidechildrens.org/ABCs The Ohio HOPE Line connects you to IECMH consultants for early relational and behavioral health support.

IECMH Consultation: Research-based resources and training opportunities for practitioners, educators, and caregivers on how to support emotional well-being in young children, with a special focus on trauma-informed and responsive practices. iecmhc.org and www.samhsa.gov/iecmhc/toolbox

Thank You!

Please let us know if you have any questions: ECMHTeam@greeneesc.org

