



Mental Health Support in Early Childhood

Community and School Health Pediatric Conference/Telephone Triage

Thursday, June 16, 2022

9:30am – 10:15am

Robin Levy MA

Theresa Rapstine MS RN

Healthy Child Care Colorado

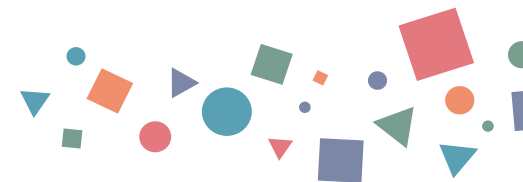
Provocation Scenario #1

- 9-month-old infant
- infant is frequently fussy; cries and staff is concerned the infant is in distress
- after further questions, the staff describes the infant's crying is loud and disruptive and interferes with activities in the classroom



What questions do you have? What do you do?

- Medical concern?
 - Illness
 - What is the program policy on illness and exclusion
 - Hungry
 - Is the program logging infant's feeding?
 - How is the program mixing formula?
- Behavioral concern?
 - Is this a new or expanding behavior?
 - Are their situational changes at home?
 - Is the child having calming /sleeping challenges?
- Other concern?



Provocation Scenario #2

- Your child care program calls you because a 2-year-old has bitten one of their classmates.



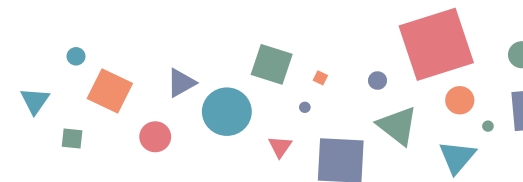
Where do you focus & what do you do?

Child receiving the bite

- Medical concern
 - Did the bite break the skin?
 - Did the area get washed with soap and water?
 - What is the program's exposure control policy?
- Behavioral concern
 - Is this a new or expanding incident?
 - Is this a pattern?
 - Is this child often the recipient of other children's behaviors

Child with biting behavior

- Medical concern
 - Vaccination status
 - What is the program's exposure control policy?
- Behavioral concern
 - Is this a new or expanding behavior?
 - Are their situational changes at home?
 - Why is this child biting, function of behavior?



Presentation Objectives

- Participants will explore 5 consultative roles which support early childhood mental health and more in Colorado's licensed child care programs
- Participants will reflect on the scenarios as they explore the differing consultative roles



Healthy Child Care Colorado

Our mission is to build safe, supportive, and healthy early childhood settings and systems where children and professionals learn and grow.



Obesity
Prevention



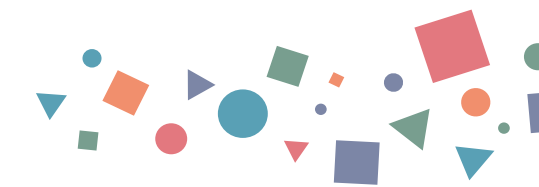
Social & Emotional
Well-Being



Oral
Health



Injury
Prevention



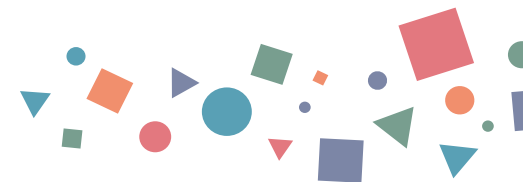
Why are we having this conversation?

Mental Health:

the developing capacity, of children birth to 5 years of age,

- to form close relationships,
- to manage and express emotions,
- and to explore the environment and learn.

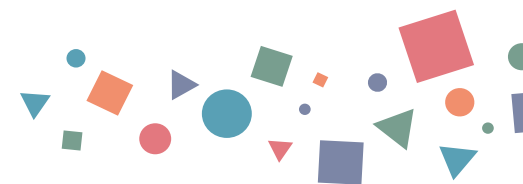
Everyone has mental health – right from birth!



Mental, behavioral, and developmental disorders can begin in early childhood

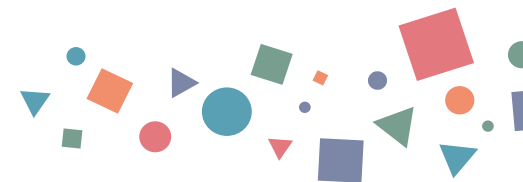
1 in 6 U.S. children aged 2–8 years (17.4%)

has a diagnosed mental, behavioral, or developmental disorder

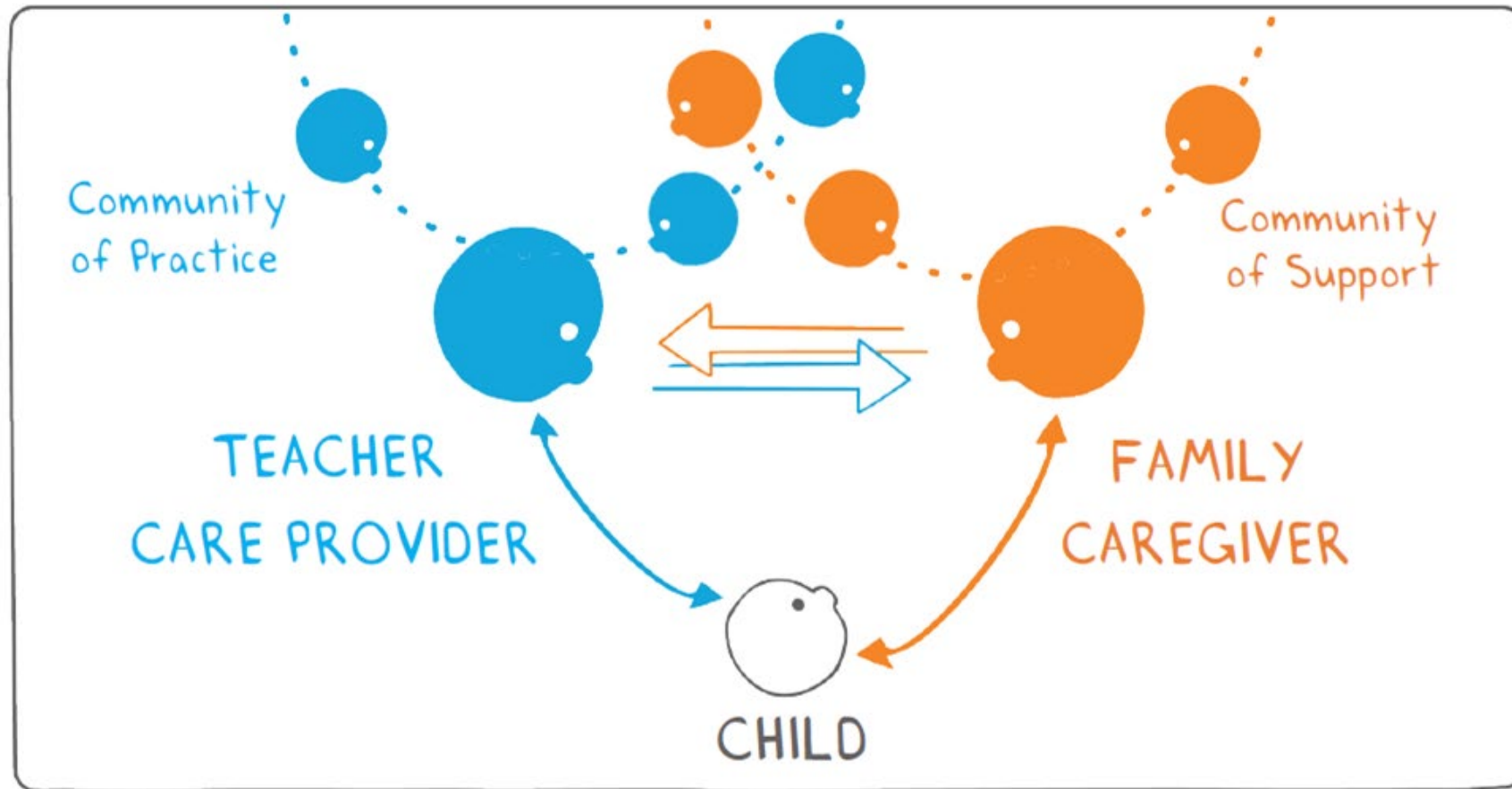


Colorado Health Institute 2018

- Nearly 609,000 children ages 0 through 8 live and play in Colorado.
- Parents report that about 15.3 percent of Colorado's children needed mental health care or counseling in the past 12 months, but almost a quarter of those children (23.1 percent) did not receive it.
- Children whose parent has depression are more than twice as likely to experience overall poor mental health, need mental health care, and receive a mental health diagnosis.



Engage coordinated supports to improve quality, equity, and inclusion in every environment and relationship



Early Childhood Consultants

A Network of Helpers:

- Certified experts across Colorado
- Offering research-based and credentialed consultation, coaching and technical assistance
- A helpful, often low or no cost resource available to caregivers and programs!



Areas of Expertise

Early Childhood Consultants have expertise in many fields, including:



Child Growth



Quality Rating



Child Care Community



Meal Preparation



Nutrition



Play



Mental Health



Social/Emotional



Physical Health

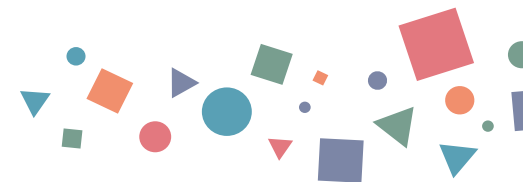


Learning

Understand what CCHCs know about the 5 different consultative roles that support early childhood providers

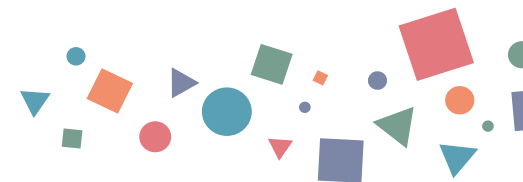
Method:

- Interactive virtual session with 53 CCHCs in May 2022
- Collected data and information using Jamboard
- Questions related to specific consultation roles in child care were posed

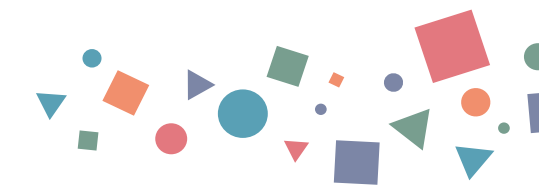


Findings

- Knowledge and experience working with the food program for special diet statements
- Knowledge of early childhood mental health consultants
- Limited or no knowledge of the 3 other roles
- CCHCs have interest and curiosity about the 3 other roles
- Learning the roles of other consultants would be helpful in own role as CCHC/SN in a variety of ways
- Shared desire to go "beyond just health needs" and want focus on the "whole child and being healthy"
- Willingness to advocate for and refer to other roles to help support providers



Consultative Roles in Colorado



Early Childhood Consultative Roles

- Important supports for teachers and family providers of children from birth - 5
- Provide research-based and credentialed consultation, coaching and technical assistance, potentially at no cost
- Teachers and family child care providers cannot do the critical work of child development alone. Collaborating with consultants helps them to:
 - build their skills and knowledge
 - boost their confidence
 - expand their tools to help young children grow and thrive

Quality relationship between consultants and providers improves the providers' success and creates a more nurturing, healthy, and safe environment for children.



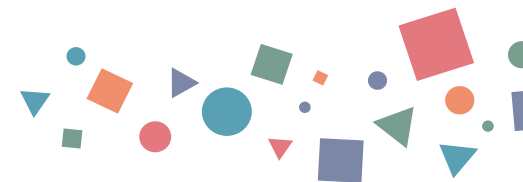
Child and Adult Food Program (CACFP) Specialist

- Provide coaching and support for participants in the CACFP program
- Includes sponsors, field representatives, and State Consultants
- In Colorado, licensed child care providers – both family child care homes and child care centers (including programs outside of school hours and Head Start), are eligible to participate in CACFP and receive reimbursements for serving healthy meals and snacks to children
- [CACFP Information Here](#)



Continuous Quality Improvement Coaches/Consultants

- Provides ongoing strengths-based collaborative support to providers going through the Colorado's quality improvement rating system
- Completes various normed and validated observation tools, including CLASS, and ERS tools
- Is informed by the Colorado Coaching Competencies to engage in an interactive process of inquiry and reflection with providers/caregivers
- Assists in purchasing materials to enhance early childhood settings
- Creates and shares a program wide continuous quality improvement plan related to Colorado's quality improvement rating system
- More Information Here: [Colorado Shines Program Guide\(pg .52\)](#)



Expanding Quality Infant Toddler (EQIT) Specialist Network

- Focused on increasing quality and availability of respectful, responsive infant and toddler care
- Build relationships with caregivers to help them improve knowledge about infants, toddlers, and care
- Build skills in responsive care practices in various infant and toddler child care settings
- [EQIT Specialist Network information](#)



Pyramid Model

for Promoting Social Emotional Competence in Infants and Young Children

- Conceptual framework of evidence-based practices for promoting young children's healthy social and emotional development
- Builds upon a tiered public health approach to providing universal supports to all children to promote wellness, targeted services to those who need more support, and intensive services to those who need them
- Developed by two national, federally-funded research and training centers: The Center for the Social and Emotional Foundations for Early Learning (CSEFEL) and Technical Assistance Center on Social Emotional Intervention for Youth Children (TACSEI)



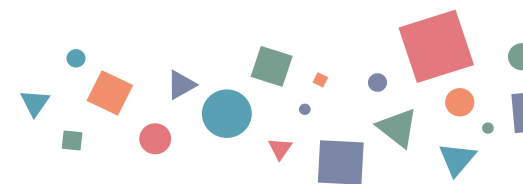
Early Childhood Mental Health Consultant (ECMHC)

- Licensed and license eligible mental health practitioners
- Comfortable working in early childhood settings
- Expertise in infant, toddler and preschool social-emotional development and family systems
- Coach caregivers on ways to support children's healthy social and emotional growth and development
- [ECMH Support Line and Referral Information](#)



Child Care Health Consultants

- Licensed health professionals (registered nurse or physician)
- Knowledge and experience in maternal and child health
- Address health, safety and wellness needs of children in early childhood settings
- Provide services to ensure children with special health care needs are included in child care
- Support staff with training and delegation on health procedures and medication administration
- www.healthychildcareco.org



Scenario #3

A teacher reports to you that 4-year-old child diagnosed with hyperactivity is being disruptive to the point of distracting others from their learning experiences and over the last month their disruptive behaviors have increased.

Do you know what to do?

Do you know which consultative role can help?

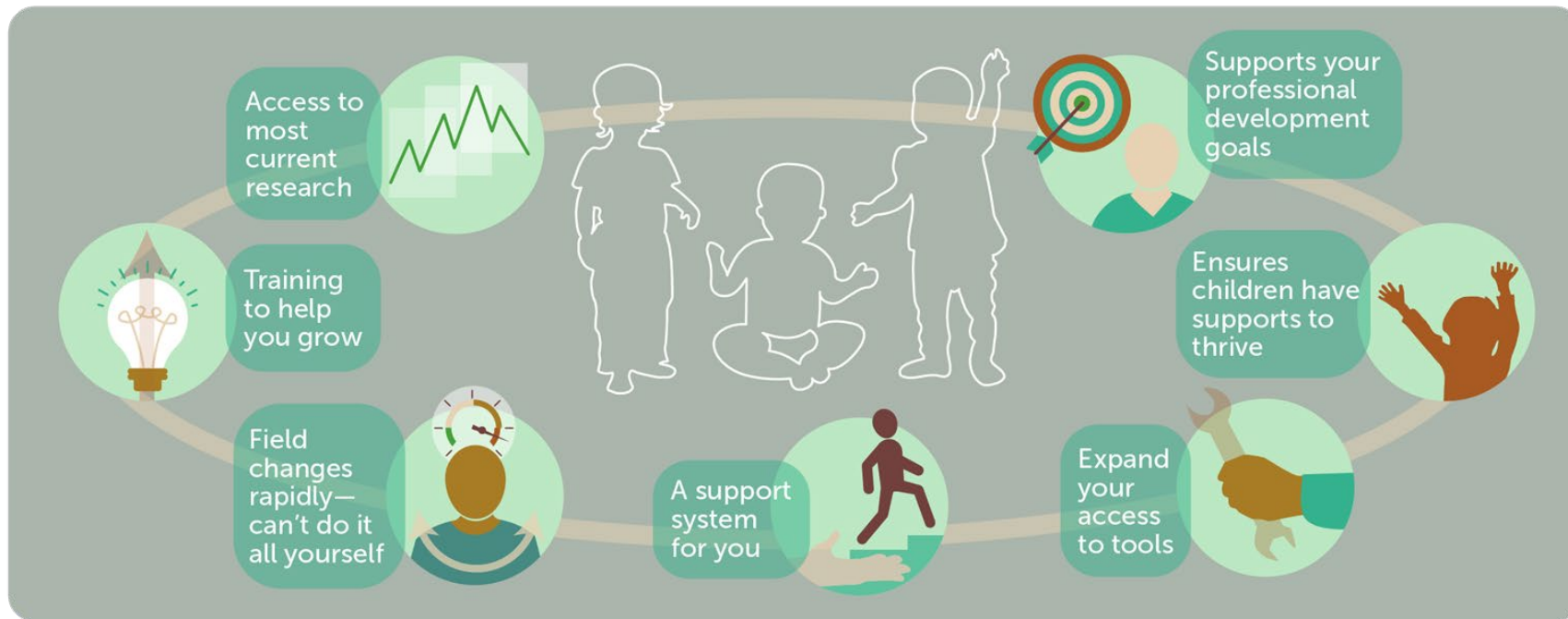


Early Childhood Consultative Roles

**A Team Approach to
Supporting Child Development**

Connecting the Team is Critical

90% of a child's brain develops between birth and age 5.
Secure relationships between teachers, family caregivers and children are essential to their healthy development.
Early Childhood Consultants support those relationships.



What is coming next?

Whole Child Consultative Conference

Fall 2022

Provider and Nurse Support

Early Childhood Mental Health Support (ECMH) Line connects callers with a live, qualified consultant who can provide a brief consultation, create a new referral, and/or connect caregivers, including families, to additional resources to support children's social, emotional development and mental health. Call 303-866-4202

Educator Well-being Support Line, operated by the University of Colorado's Department of Psychiatry, was established during COVID to respond to educator's mental health needs. This line provides a space for venting, validation, problem-solving, and access to therapy. Call or text the support line at 303-724-2500

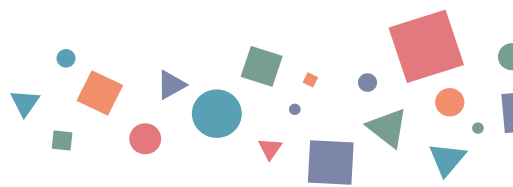
Colorado Crisis Services is a trusted, free and confidential resource for you and your loved ones when you're feeling overwhelmed, helpless, or need to talk to someone. Call 1-844-493-8255 or text "TALK" to 38255, the line is open 24/7.



Questions



HEALTHY *child*
care COLORADO





Thank you!

Robin Levy MA

Theresa Rapstine MS RN

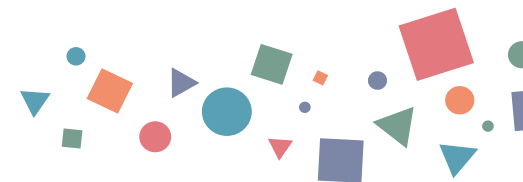
Healthy Child Care Colorado

303.339.6800

Info@healthychildcareco.org

References

- American Academy of Pediatrics. (2009, August 1) *Emotional and Social Development: 8 to 12 Months*. Ages and Stages. <https://www.healthychildren.org/English/ages-stages/baby/Pages/Emotional-and-Social-Development-8-12-Months.aspx>
- American Academy of Pediatrics. (2021, June 4) *10 Tips to Prevent Aggressive Toddler Behavior*. Ages and Stages. <https://www.healthychildren.org/English/ages-stages/toddler/Pages/Aggressive-Behavior.aspx>
- Caldwell, A. & Keeney, T. (2018). *Risk, Reach, and Resources. An Analysis of Colorado's Early Childhood Mental Health Investments*. Colorado Health Institute. https://www.coloradohealthinstitute.org/sites/default/files/file_attachments/ECMH%20for%20Web.pdf
- Center for Disease Control. (2022, June 9). *Facts about mental disorders in U.S. children*. Children's Mental Health. <https://www.cdc.gov/childrensmentalhealth/data.html>
- Colorado Department of Public Health & Environment. (2022). Child and Adult Care Food Program. <https://cdphe.colorado.gov/CACFP>
- Colorado Office of Early Childhood. (2015, May). *Colorado Shines Program Guide*. https://www.coloradoshines.com/resource/1440607605000/asset_pdfs/asset_pdfs/ColoradoShinesProgramGuide.pdf
- Colorado Office of Early Childhood. (2022). Early Childhood Mental Health Consultation. https://www.coloradoofficeofearlychildhood.com/oec/OEC_Providers?p=Providers&s=Early-Childhood-Mental-Health-Consultation&lang=en



References continued

- Colorado Office of Early Childhood. (2022). *Expanding Quality in Infant Toddler Care Initiative*. https://www.coloradoofficeofearlychildhood.com/OEC_Providers?p=Providers&s=Expanding-Quality-in-Infant-Toddler-Care-Initiative&lang=en
- Healthy Child Care Colorado. (2022). *Child Care Health Consultation*. <https://healthychildcareco.org/programs/child-care-health-consultation/>
- Infant Family Routine Guide. Adapted for Team Tennessee/Pyramid Model State Partnership by Vorhaus, E. (2012). Nashville, Tennessee: Tennessee Voices for Children from: Lentini, R., Vaughn, B. J., Fox, L., & Kwang-Sun Blair (2009). *Creating teaching tools for young children with challenging behavior* (3rd edition). Tampa, Florida: University of South Florida. https://challengingbehavior.cbcs.usf.edu/docs/RoutineSupportGuide_family_relationships-infants.pdf
- National Center for Pyramid Model Innovations. (2022). *About Us*. <https://challengingbehavior.cbcs.usf.edu/Pyramid/inclusion/index.html>
- Positive Solutions for Families – Family Routine Guide. (2021, June 29). National Center for Pyramid Model Innovations. https://challengingbehavior.cbcs.usf.edu/docs/Positive-Solutions_Family-Routine_Guide.pdf
- Zero to Three. (2016, February 10). *Infant-Early Childhood Mental Health*. Parenting Resource. [https://www.zerotothree.org/resources/110-infant-early-childhood-mental-health#:~:text=Infant%2Dearly%20childhood%20mental%20health%20\(1%2DECMH\)%20is,explore%20the%20environment%20and%20learn](https://www.zerotothree.org/resources/110-infant-early-childhood-mental-health#:~:text=Infant%2Dearly%20childhood%20mental%20health%20(1%2DECMH)%20is,explore%20the%20environment%20and%20learn)

