

Introduction to Social and Emotional Early Development (SEED) Initiative

*Infant and Early Childhood Mental Health
Consultation (IECMHC)*

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NEW MEXICO

Early Childhood

Education & Care Department

Agenda

- About Presenter
- Infant and Early Childhood Mental Health Consultation (IECMHC)
- Types of IECMH Consultation Services
- Importance of IECMHC within Early Childhood Educators (ECE) Setting
- Location of Consultants in New Mexico
- Future Goals for New Mexico



About the Presenter

- Kassandra Gonzales, MA, LPCC, IMH-E[®]
- I was born and raised in Las Cruces, NM.
- I moved to Albuquerque 15 years ago to attend UNM, where I obtained a Bachelors of Science in Family Studies.
- Master of Art in Clinical Mental Health Counseling
- Graduate Certificate from Georgetown University in Infant and Early Childhood Mental Health Consultation (IECMHC)
- Early Childhood Educator- **7 years**
- Behavior Management Specialist- **2 years**
- Play Therapist- **6 years**





SEED **Initiative's Vision**

The physical, mental, emotional and spiritual well-being of New Mexico's infants and young children will be nurtured, preserved and promoted through healthy relationships.

Infant and Early Childhood Mental Health Consultation (IECMHC)

- Collaborative, relationship focused approach that strengthens caregivers' ability to promote and enhance children's social and emotional development.
- IECMHC strengthens the ability for adults in those children's lives to gain reflective skills and build their confidence in supporting the children in their care.
- IECMHC pairs a mental health professional with the early childhood educator who care for infants, young children, and their families.

“ *Young children's development depends on the relationship they have with important adults in their lives- parents AND providers. To ensure healthy adult-child relationships it is essential to increase the capacity of the grownups in children's lives.* ”

-Kadija Johnston

Videos

What is IECMHC?



<https://youtu.be/pCWuzZgkONk>

Why is IECMHC Effective?



<https://youtu.be/8-gXsTeBvn4>

Types of IECMHC Services

- 1. Child-Focused Consultation:** When a specific child's behavior is of concern to parents or teachers, the Consultant helps these adults understand, assess, and address the child's needs by developing an individualized plan with the parents and teachers.
- 2. Classroom-Focused Consultation:** The Consultant works with teachers to improve the care offered to all children in their classroom by helping to identify attitudes, beliefs, practices, and conditions that may be undermining quality relationships between teachers and children.
- 3. Program-Focused Consultation:** Directors and other program leaders are supported by the consultant to make changes in their practices and/or policies to benefit all the children and adults in their setting.

Importance of Infant Mental Health Consultation in Early Childhood Education Settings

- IECMH consultation has risen to national prominence in large measure because of its impact on **reducing preschool expulsions**.
- The practice is correlated to **gains** in young children's pro-social behavior including self-control, communication, coping skills, social-emotional functioning, and interpersonal and play skills.
- At the provider level, IECMH consultation has been shown to **reduce** staff stress and turnover, increase teachers' sense of efficacy, competence and capacities for reflection and sensitivity.
- **Improves** teachers' skills in classroom management and enhances the quality of interactions that ECE teachers have with children and their parents.



Consultative Stance: **10 Elements**

1. Mutuality of endeavor
2. Avoiding position of expert
3. Wondering instead of knowing
4. Understanding another's subjective experience
5. Considering ALL levels of influence
6. Hearing and representing all voices (especially the child's)
7. Centrality of relationships
8. Parallel process as an organizing principle
9. Patience
10. Holding hope

Where will services *be provided?*

Currently - Early Childhood Education Settings:

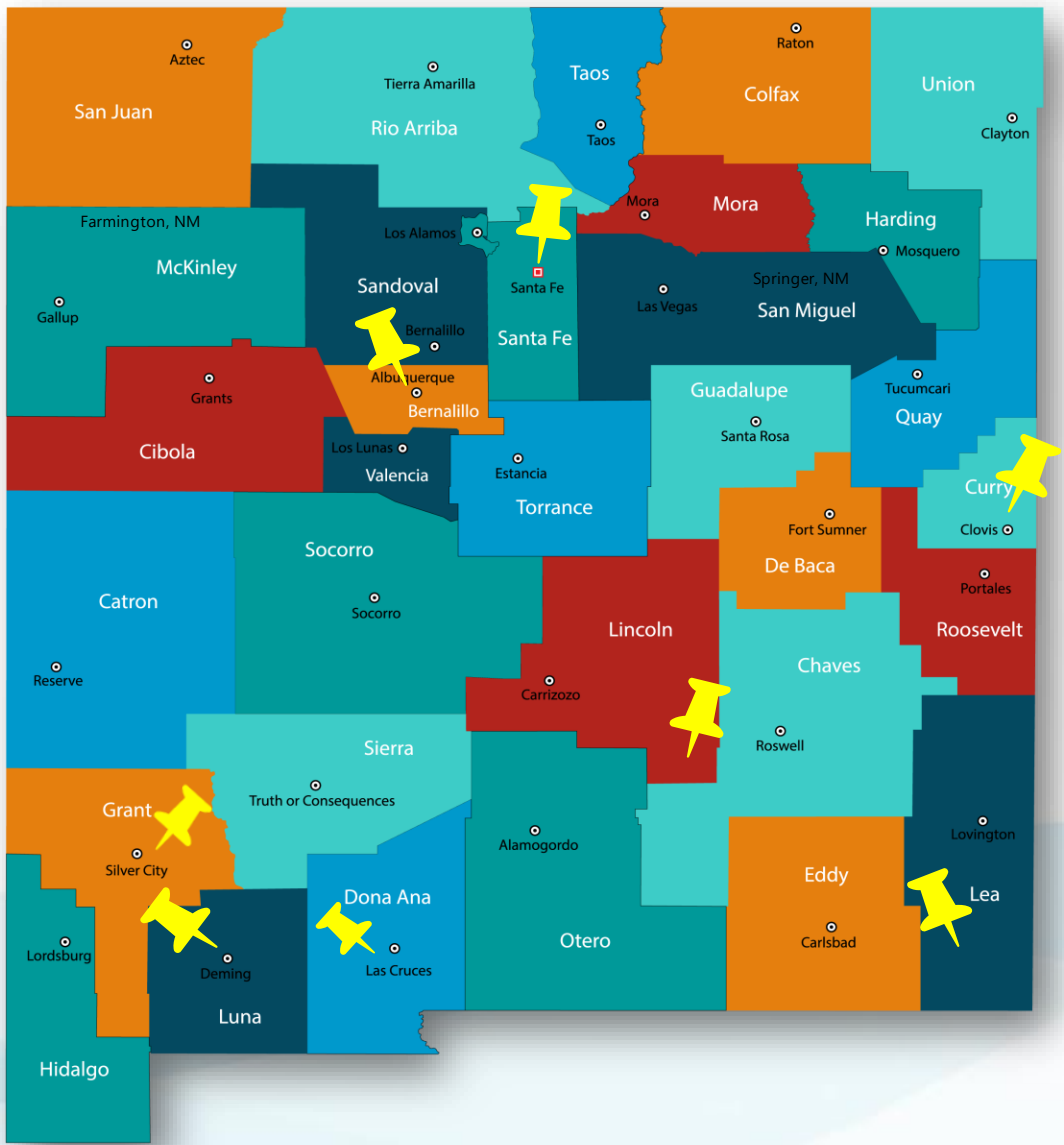
- Licensed Childcare Centers
- Licensed Family Childcare Homes
- Registered Family Childcare Homes

Future

- Home Visiting Programs
- Early Intervention Programs



Where are consultants located in New Mexico?



Who should submit a referral?

- Early Childhood Program Directors
- Licensed Family Home Providers

Why should a program submit a referral?

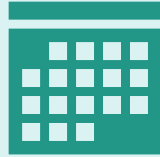
- Support collaboration between classroom and administrative staff
- Challenging behaviors in a classroom
- Addressing improving relationships between staff due to challenging classroom conditions

Things to know

- **Referrals are submitted through website**
 - nmececd.org/seed
- **SEED is a pilot program with a limited amount of opening for programs and all referrals will be reviewed against specific criteria**
- **Programs that participate in the pilot will be limited to:**
 - Programs that serve infant/toddler will be prioritized
 - Programs that are in the service area of consultants
 - Programs that demonstrate readiness for consultation

Save the Date!

Referral Portal Opens:
November 13, 2023



➔ Learn more: nmececd.org/seed
and [IECMHC Report](#)

What is SEED?
The New Mexico Early Childhood Education and Care Department (ECECD), has developed an Infant and Early Childhood Mental Health Consultation (IECMHC) focus called the Social Emotional and Early Development (SEED) initiative, which offers free IECMH Consultation in early learning environments through pairing mental health professionals with early childhood educators and caregivers.

Learn more at nmececd.org/seed
ECECD.IECMHCD@ececd.nm.gov

Facebook, Instagram, LinkedIn, Twitter
@NewMexicoECECD

Scan to learn more

Social Emotional and Early Development Initiative (SEED)
Cultivating Healthy Relationships and Programs

What is IECMH?
IECMHC is a collaborative, relationship-focused approach to strengthening the caregiver's ability to promote and enhance children's social emotional development. In addition, IECMH offers the ability for adults in those children's lives to gain reflective skills and build their confidence in supporting the children in their care. IECMH consultants develop relationships with adults and caregivers in young children's lives and help build their capacity and skills to strengthen and support children's social and emotional development.

Family Outcomes:

- Decreased externalizing behaviors
- Decreased numbers of children expelled for behaviors
- Greater gains in socialization, emotional competence, and communication
- Improved social skills and peer relationships

Staff Outcomes:

- Access to mental health services
- Improved communication with staff
- Improved parenting skills
- Improved self-efficacy
- Increased confidence working with children
- Reduction in teacher stress levels
- Increased teaching skills and communication with families
- Increased sensitivity when working with children
- Increased involvement with parents

Program Outcomes:

- Reduced staff turnover
- Shared philosophy of mental health

How to apply to provide IECMH services?
Qualified consultants may apply to provide IECMH services! Check nmececd.org/seed for updates.

Consultants' qualifications:

- Experience working with children birth to 5 years and their families.
- Clinical experience with young children.
- Experience working in a classroom setting and/or consulting with early childhood educators.
- Experience working with historically marginalized and culturally diverse populations
- Consultants have a Master's degree in mental health, they are licensed or license-eligible and well-trained in their field.

Consultants avoid the position of expert and rely on the provider's experience to guide the work.

requires a referral via the ECECD website. Services are free to Early Childhood Education (ECE) providers, children, and their families.

“Young children's development depends on the relationships they have with important adults in their lives – parents AND providers. To ensure healthy adult-child relationships, it is essential to increase the capacity of the grownups in children's lives. A proven way to do this is through Infant Early Childhood Mental Health Consultation.”

- Kadja Johnston
New Mexico Technical Assistant



Questions?

Stay Connected with the New Mexico Early Childhood Education and Care Department

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Bi-weekly newsletter sign up:

<https://bit.ly/36kZEQC>.



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