

Working Together to Support Early Childhood Mental Health



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WELCOME



Patrice Relerford

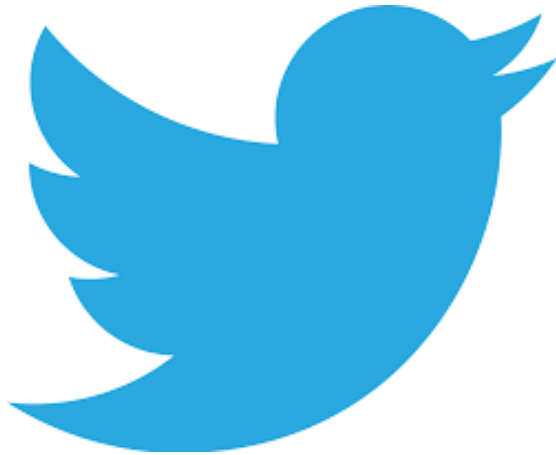
Director, Impact Strategy

The Minneapolis Foundation



#HealthyMindsHealthyKids

Join The Conversation



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Irving Harris Training Programs

Based in the science of early development, the Harris Training programs work:

- to promote self-sustaining systems of care that are multidisciplinary, multigenerational, and multicultural,
- to support diverse leadership development, and
- to ground policy, training, and practice related to young children and their families within a life course developmental framework.



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CEED | Center for Early Education
and Development

UNIVERSITY OF MINNESOTA



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Addressing Mental Health Needs in Early Care and Education

Dr. Brenda Jones Harden, Ph.D.

University of Maryland, College Park

Chair, Committee of the Board, ZERO TO THREE



#HealthyMindsHealthyKids

Program Emcee

Denise Mayotte

Executive Director

The Sheltering Arms Foundation



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Supporting Mental Health & Positive Social-Emotional Development in Young Children



Judy Ohm, Wilder Child Development Center

Deidre Quinlan, Circle of Security International

Julie Ellefson, Southside Family Nurturing Center

Moderated by Dr. Anne Garity

University of Minnesota and Washburn Center for Children

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Mental Health Consultation Pilot

Catherine Wright

Early Childhood Mental Health Program Coordinator

Minnesota Department of Human Services



Minnesota Department of **Human Services**

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MENTAL HEALTH CONSULTATION

OCTOBER, 2016

Catherine Wright, PsyD,
MS, LPCC
Early Childhood Mental
Health System
Coordinator
State of MN, Children's
Mental Health

Minnesota's childcare Mental health consultation system

- The State is in the process of developing a mental health consultation system for childcare.
- The system is being developed with Children's Mental Health (Catherine Wright and Michele Fallon, Jessica Niemi, Sheila Sweeney- under contract) and the Childcare Division
- The system will be finalized in September, 2016
- The system will be delivered by the new Early Childhood Mental Health Grantees under contract with the Children's Mental Health Division

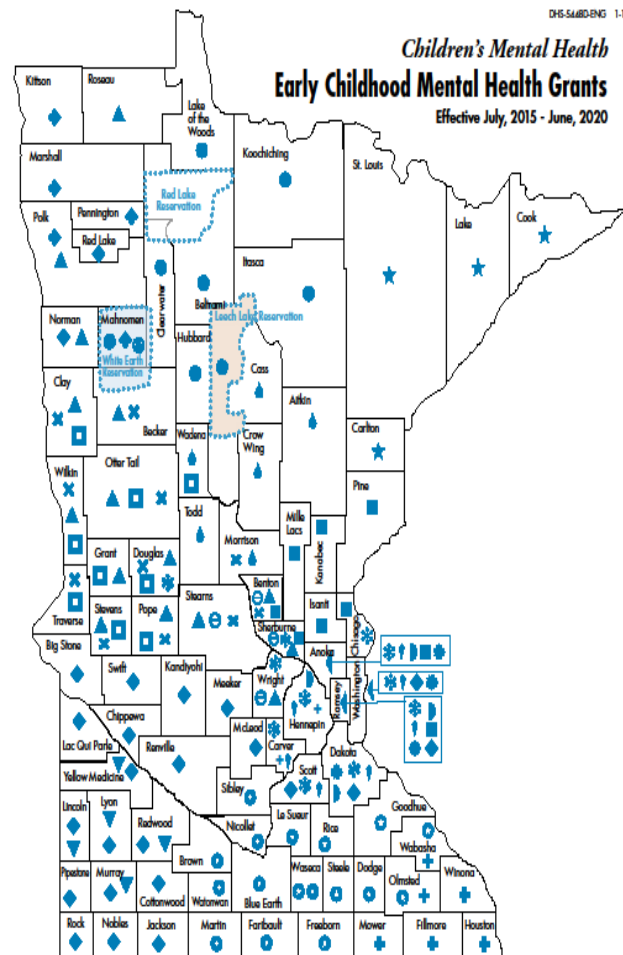
Minnesota's childcare Mental health consultation system Continued

- The plan is provide mental health consultation to childcare centers and family childcare locations engaged in the Building Quality Initiative through Parent Aware.
- All referrals will be made by the childcare center's or family childcare's quality coach through Parent Aware.
- The mental health consultation system will be linked to the Parent Aware system so that all trainings and consultation hours apply to the childcare worker's credits needed to move up the career lattice.
- The system will be piloted through early childhood mental health grant dollars (1 year of funding exists for July 1, 2016-June 30, 2017).
- It is expected that Head Start would pay for this model
- It is hoped that the legislature will support additional funding for non-Head Start childcare center and family childcare sites in the Parent Aware Building Quality Initiative.

Where do the Consultants Work?



Key	
	Amherst H. Wilder Foundation
	Carver Health
	Central Minnesota Mental Health Center
	Counseling Services of Southern MN
	Family Innovations Inc.
	Fennbrook Family Center
	Froser
	Greater Minnesota Family Services, Family Adolescents and Children Therapy Services, Northeast Counseling, Willow Tree Counseling
	Howatha Valley Mental Health Center and Family and Children's Center
	Human Development Center
	Lighthouse Child & Family Services Inc. and Therapeutic Services Agency
	Lutheran Social Services of Minnesota
	Northern Pines MH Center
	Northwestern MHC
	Solutions Behavioral Healthcare Professionals
	St. David's Center
	Stellher Human Services Inc., Northland Counseling Center and Leech Lake Band of Ojibwe
	The Village Family Service Center
	Western Mental Health Center
	White Earth Reservation Tribal Council



The Purpose

- Reduce staff stress and turnover in child-serving agencies
- Increase early learning staff competence in trauma, adversity and early childhood and family mental health conditions
- Increase the capacity of staff to serve high risk, distressed families.
- Reduce the educational disparities experienced by children of color.
- Reduce the expulsion of children from childcare and early learning
- Improve access to early intervention and clinical care tailored to young children struggling with mental health and developmental conditions.

Definition- (a professional development opportunity for early learning staff that may include):

- A combination of training, reflective consultation, skill building and clinical intervention
- Provided by licensed mental health professionals under contract with the State of Minnesota
- All consultants hold expertise and skills in early development, early childhood mental health, relationship building, and motivational interviewing.
- All consultants are content area expert trainers and Relationship Based Professional Mental Health Consultants in the Develop System

Training

- Four Training Modules will be available
 - **Normal Development**
 - **Trauma and Resilience**
 - **Multigenerational Needs of Families and Family Engagement**
 - **Skills training for staff**
 - We will use the Child and Adult Relationship Enhancement Training for staff (based on PCIT principles)
- Training may be available for parents on early development and positive social emotional development.

What do you Mean by Consultation?

- **CONSULTATION-** (12 months with approximately 2 hours a week- approximately 100 hours a year).
- A contract between the center director/family childcare lead and the consultant would be developed to outline the components of the consultation and working relationship.
 - » Consultation would be provided for the staff, supervisors, and directors.
 - » Consultation may be informative (providing skills support) and also reflective.
 - » Consultation could be about issues around individual children, families, group dynamics etc. This may include referrals to early intervention, mental health or medical providers.
 - » **Consultation will never be used to document performance issues of staff.**

Closing thoughts

- We are training 41 consultants throughout the State.
- All consultants will receive monthly reflective supervision from three supervisors.
- The supervisors received monthly reflective supervision from Kadija Johnston, LICSW
- We will begin our pilot October, 2016.

Questions? Catherine.wright@state.mn.us

Leading with a Two-Generation Approach

Dr. MayKao Hang

President and CEO

Amherst H. Wilder Foundation



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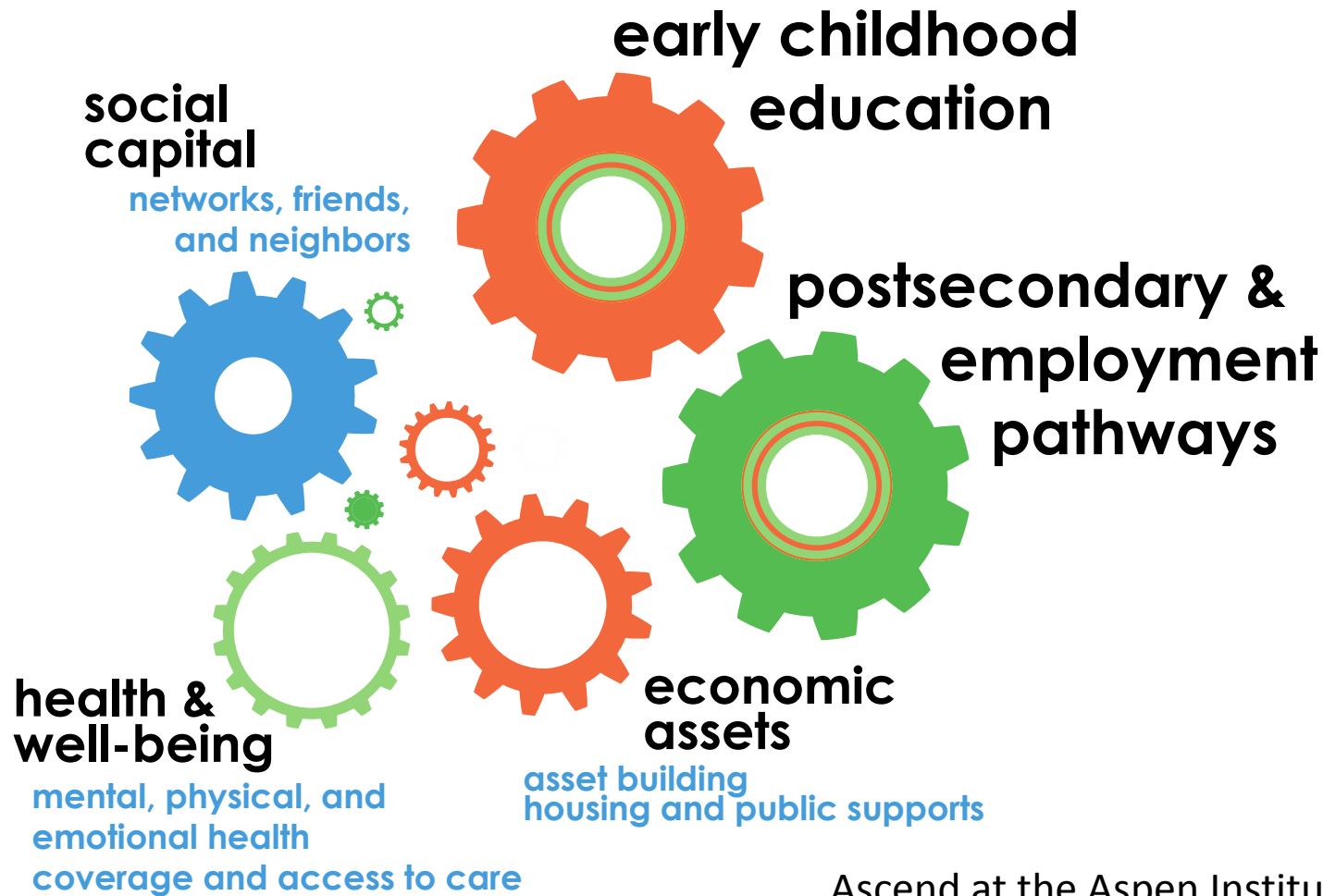
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Amherst H. Wilder Foundation

MayKao Y. Hang

Core components of a 2Gen approach



Ascend at the Aspen Institute, March 2016
NGA Conference

What's up next?

- Social and emotional well being = basic need for young children
- Whole family approaches (sustained intervention for impact)
- Going younger to babies 0-3
- Building resilience

Two-generation approach, strategy, program continuum

APPROACH

A new **mindset** for designing programs and policies that serve child and parents simultaneously.

STRATEGY

Aligning and/or **coordinating** services with other organizations to meet the needs of all family members.

PROGRAM

Providing services to both child and adults **simultaneously** and **tracking outcomes** for both.

Ascend at the Aspen Institute, March 2016 NGA Conference



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Closing Remarks

Nancy Jost

Early Childhood Coordinator

West Central Initiative



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THANK YOU

www.StartEarlyFundersMN.org

