Supporting Child, Family, and Educator Wellbeing

Early Childhood Mental Health Consultation

WHAT IS EARLY CHILDHOOD MENTAL HEALTH CONSULTATION (ECMHC)?
ECMHC is a multilevel intervention in which mental health professionals partner with children’s caregivers (teachers and parents) to build, improve, and maintain mentally healthy classroom and campus climates, and to support children with developing behavioral and social-emotional skills. This model complements and enhances the social-emotional and behavioral direct service provision provided to children by AppleTree’s licensed social workers and counselors.

HOW IT WORKS
Early Childhood Mental Health Consultants from AppleTree Institute for Education Innovation and Medstar Georgetown’s Center for Wellbeing in School Environments provide consultation one day per week for each of AppleTree’s twelve school sites.

With a menu of service options, school leadership works with the consultant to design a support plan that fits the school’s needs.

MENU OF SERVICES EXAMPLES

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<thead>
<tr>
<th>Programmatic</th>
<th>Classroom</th>
<th>Child</th>
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<tbody>
<tr>
<td>Principal consultation regarding whole school climate and culture</td>
<td>Conducting formal and informal observations of Tier 1 classroom practices</td>
<td>Conducting formal and informal observations of children with social, emotional, or behavioral needs</td>
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<td>Supporting staff wellness initiatives including providing 1:1 staff wellness check-ins</td>
<td>Facilitating weekly meetings to discuss classroom goals and plans based on teacher needs, CHILD tool indicators, or principal feedback</td>
<td>Collaborating with the teaching and social work teams to create goals and plans for individual children</td>
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<td>Facilitation and support of staff restorative practices (e.g., community circles)</td>
<td>Modeling practices alongside the teacher</td>
<td>Providing direct family consultation to discuss needs and plans for individual children</td>
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<td>Leading campus-based workshops or trainings</td>
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OUTCOME DATA

Consultants assess the mental health climate of each AppleTree classroom three times per year using the Climate of Healthy Interactions for Learning and Development (CHILD) tool from the Yale Child Study Center. The CHILD examines nine dimensions of a classroom environment.

In SY22-23:

- Classrooms that received consultation grew as much as or more than classrooms without consultation from the beginning to the end of the year in the following categories: Transitions, Directions and Rules, Social-Emotional Learning, Adult Affect, Individualized and Developmentally-Appropriate Pedagogy, and Child Behavior.

SATISFACTION DATA

5.2 out of 6: Principals reported they would recommend ECMHC to another principal.

“Ms. Harris (ECMH consultant) is exceptionally professional. She has facilitated and planned circles at the campus and led consultations between teachers. She is super helpful and consistent with support at the campus.”

Principal