



INFANT AND EARLY CHILDHOOD MENTAL HEALTH CONSULTATION IN HOME VISITING

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All infants, young children, their families, and those that support, them in Delaware:

- have access to high-quality,
- equitable, and
- culturally sensitive

Infant and early childhood mental health consultation, creating environments where child and adult social, emotional, and mental wellness and capacity for mutually beneficial, nurturing relationships thrive.



What is IECMHC?

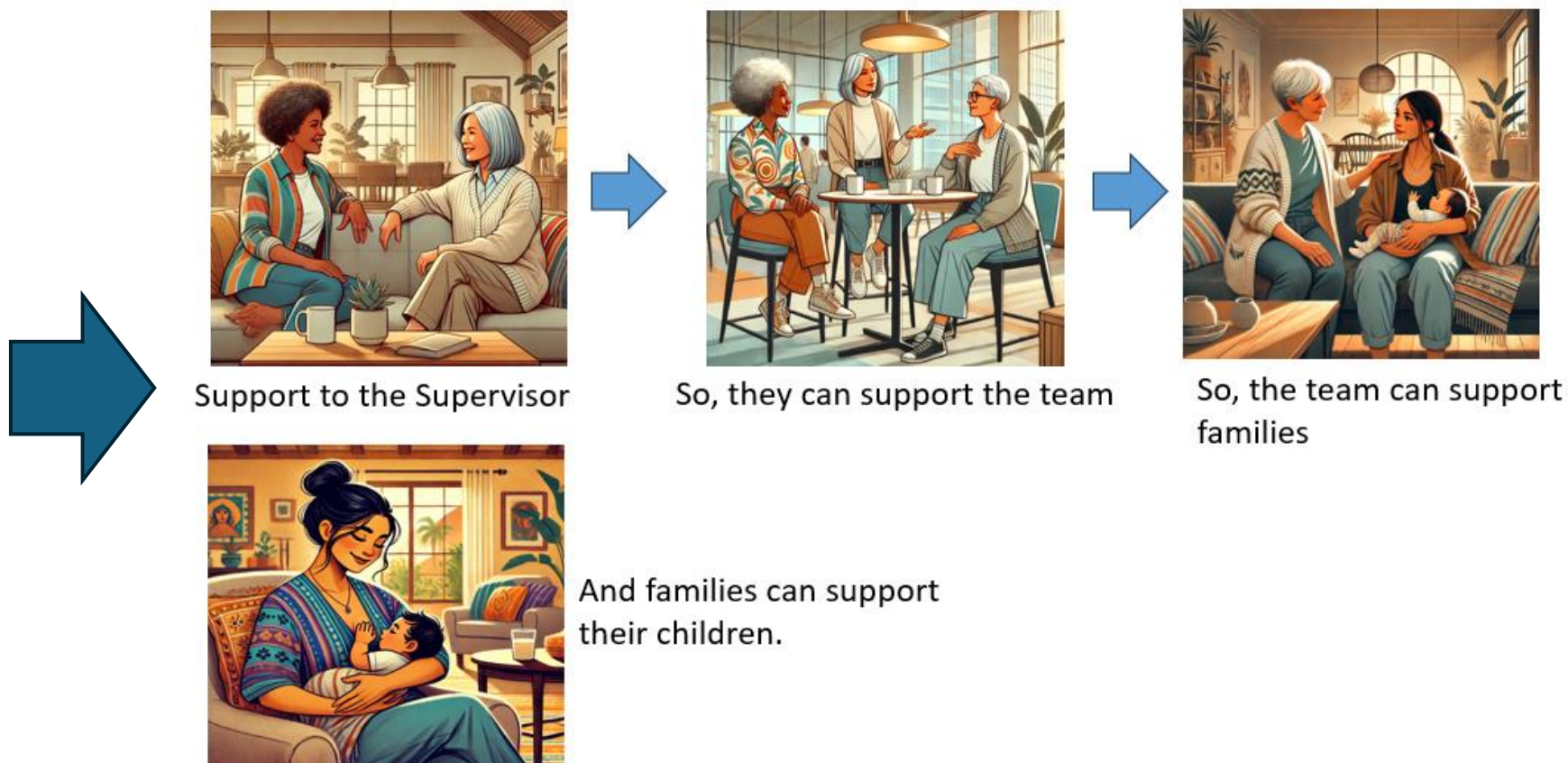
- *A prevention-based service,*
- *Pairing a mental health consultant with families and adults who work with infants and young children in early childhood settings,*
- *With a goal to, build adult capacity to strengthen and nurture social and emotional development early.*



What is IECMHC in Home Visiting?

In settings like childcare or preschool the consultant is in the classroom with children, teachers and families

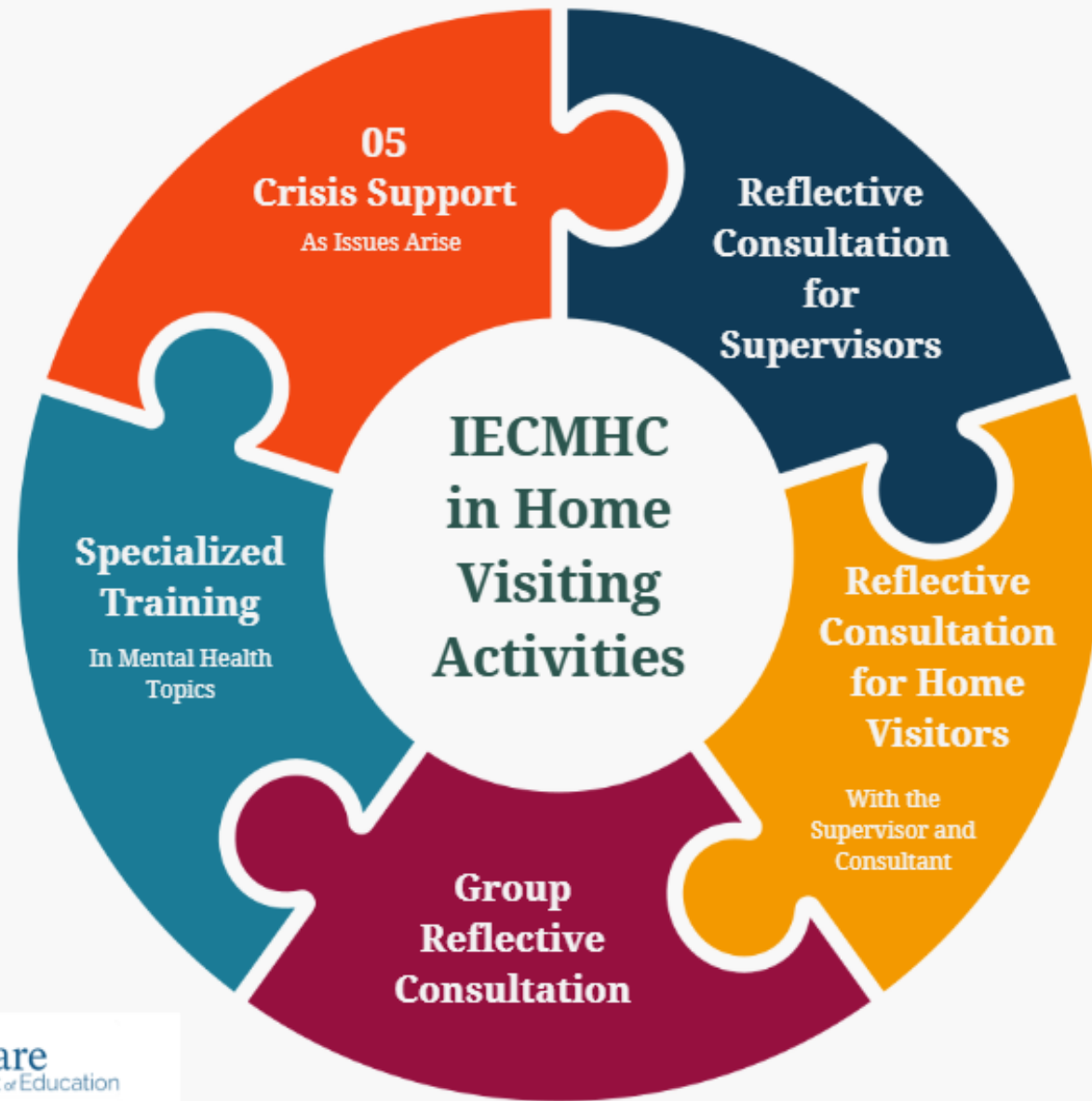
In home visiting the consultant supports the **program supervisors and staff** as they navigate the supports to families.



What it is and is Not

IECMHC in Home Visiting IS	IECMHC in Home Visiting IS NOT
Indirect and prevention focused —helping home visiting supervisors and staff improve their responses to family and children’s social-emotional needs as well as their own	A way to diagnose and provide direct therapy or treatment for children, families, or staff.
A prevention-based support to home visiting supervisors and home visitors	For children or caregivers or staff who need direct mental health treatment.
Provided within the home visiting program during one-on-one reflective supervision sessions or group sessions	An outside service that occurs in a clinic, private office, or hospital.
Ongoing, reliable, and predictable 1:1 and Group support from a mental health consultant that occurs through training and reflective support, on average 8-10 hours a month	A quick-fix or on-call only.
A way to help home visitors understand infant and early childhood mental health.	A replacement for home visitor activities like depression screening or providing direct services
Private and confidential	A way to gather specific information to report what families or staff share.
Supportive and respectful of different cultures and strengths , understanding unique scenarios and evolving circumstances.	Judgmental or punitive in its approach.
A way to help home visitors reflect and improve their work with each other and with families.	Therapy, counseling, medical treatment, or a direct service provided to families.
A team effort that follows the needs of home visiting supervisors and the home visitors	Directed by the consultant.
A mix of training, group, and 1:1 reflective support using infant mental health principles to build the capacity and skills of the home visiting team	1:1 therapy with home visiting staff or families enrolled in a home visiting program.
Flexible —Consultants adjust to challenges and unexpected needs of the home visiting program.	Strict and the same for every situation.

What Consultants Do



DELAWARE STUDY REPORT: IECMHC IN HOME VISITING

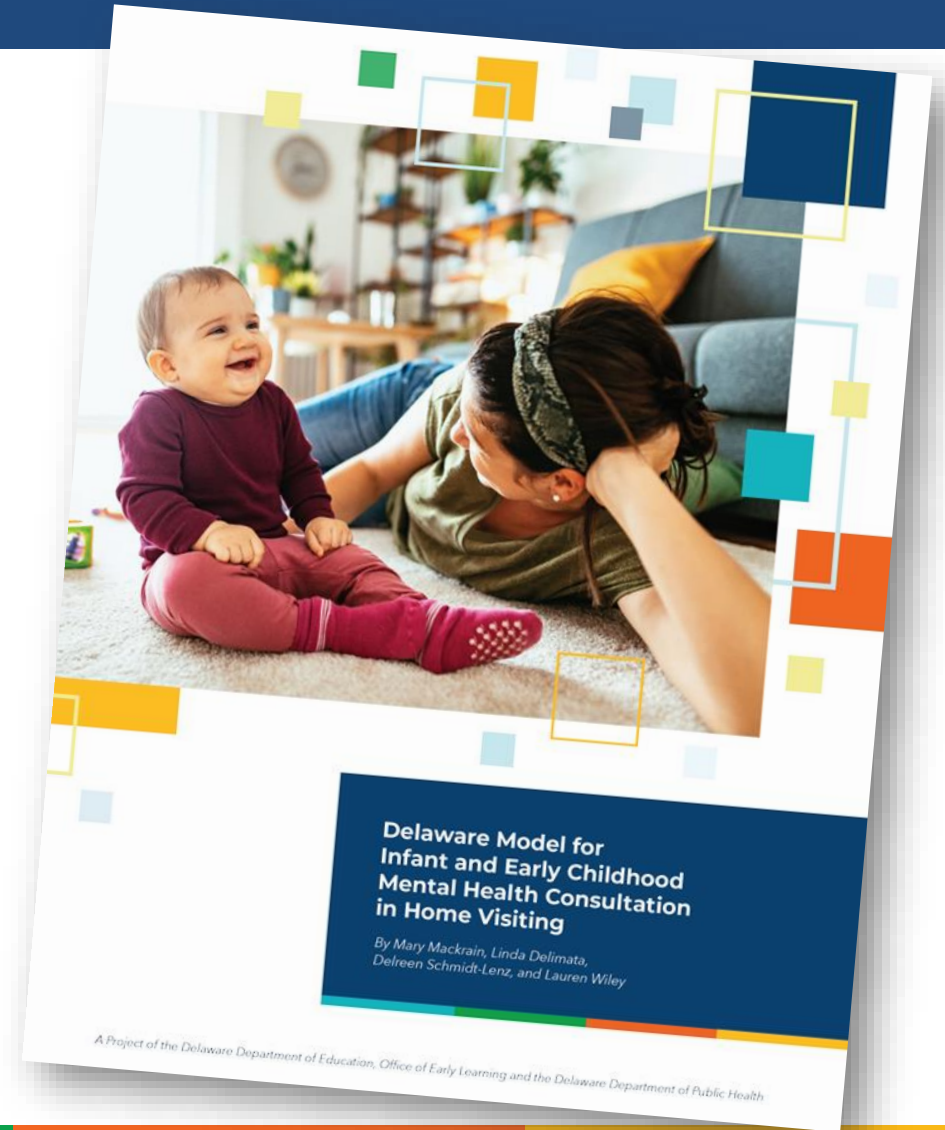
8-Month Pilot Study Summary

Introduction

Study on Infant and Early Childhood Mental Health Consultation (IECMHC) in Delaware's
PAT Home Visiting programs



Aim: To assess IECMHC model effectiveness,
refine framework, and explore scalability



Recipient Voice at the Forefront

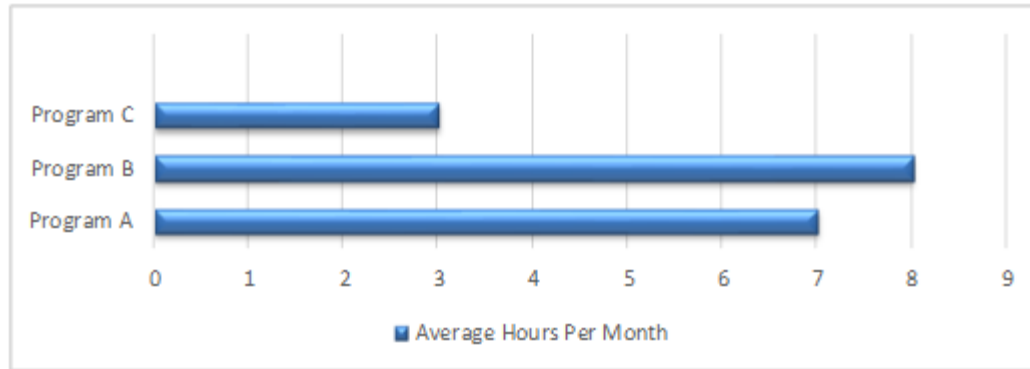


- Quantitative: Pre/post surveys, consultation tracking

- Qualitative: Focus groups with home visitors, supervisors, state leaders

- Participants: 31 home visitors, 3 supervisors, 3 IECMH consultants, 7 state leaders

Average Hours of Consultation



Over an eight-month period, consultants provided a total of 142.75 hours of consultation to the PAT sites. This averages to 17.84 hours per month cumulatively across the three programs—slightly below the model's expected range of 24–30 total hours per month (8–10 hours per program).

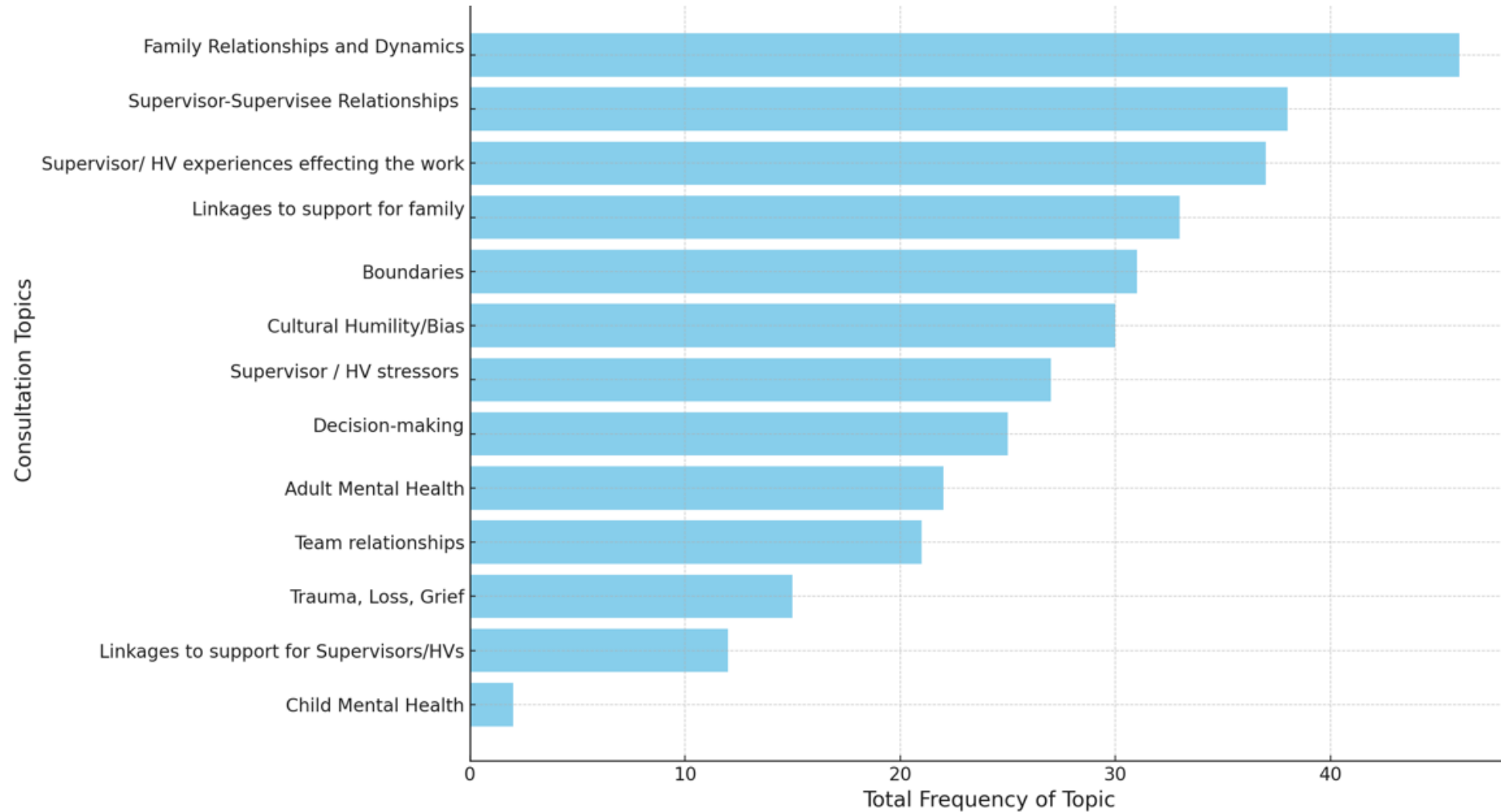
As shown, when broken down by program:

- One site met the model's monthly consultation requirement (8–10 hours).
- A second site was slightly under, averaging 7 hours per month.
- The third site fell below expectations, averaging 3 hours per month.

Duration of Consultation

- Reflective consultation sessions with Supervisors across programs were 67 minutes per session.
- Reflective case consultation with Home Visitors was 60 minutes per session, and
- Reflective group consultation was 85 minutes per session.

Topics Discussed by Frequency



Burnout



The data suggests some positive trends in the impact of IECMHC services, particularly in reducing burnout levels among home visitors and supervisors. Future research with a larger sample size and a longer evaluation period is recommended to determine the full effect of IECMHC on workforce well-being.

Burnout: Pre: 22.13. After the program, the average score decreased to 20.63

Strengths: Capacity building, reflective supervision, mindfulness training

Challenges: Scheduling, clarity in consultant roles and participants roles, some wanted more in-person, readiness variations

Need for balancing virtual & in-person engagement

Importance of consultant skills in addressing trauma, loss, child/adult mental health- i.e. On-demand supports

Moving Forward

Improved tools to support communication on consultant roles & program objectives

New readiness assessments before program integration

Hybrid consultation model for flexibility

Added on-demand support for unexpected crises into activities

Building in-state consultant capacity for sustainability

Data tools & processes integrated in scale

