



Central Regional Key

Early Childhood Mental Health Consultation

The Early Childhood Mental Health Consultation Project provides free on-site services to early childhood practitioners within the Central Regional Key. These services are designed to support and enhance the social-emotional development of children who are between six weeks and five years of age and who are not yet eligible for kindergarten. Typically services are requested due to concerns regarding aggression, self-regulation, attachment, communication, or social interaction. Although services are requested in regards to a specific child who is exhibiting challenging behaviors, consultation services are actually provided to the early care and education programs that are enrolled in the Keystone Stars Program. On average, the consultation process lasts approximately 100 days.

Goals of the ECMH Project:

- △ To increase the understanding of social and emotional development and its impact on educational success,
- △ To reduce the number of children expelled from child care due to behavior issues, and
- △ To link and bridge systems and services on behalf of a child, family, and program.

Services We Provide:

- ✚ **Observation** of children and practitioners in the Early Learning Program environment.
- ✚ **Consultation** with providers, parents/guardians, and professionals in the Mental Health and medical fields.
- ✚ **Assessment** of a child's social-emotional, intellectual, and physical development.
- ✚ **Development** of an individualized action plan that addresses a child's social emotional developmental needs.
- ✚ **Education and Resources** for providers that support and enhance the social-emotional development of young children in the child care setting.



- ✚ **Coaching and Modeling** appropriate classroom strategies for providers within the childcare setting. Coaching may be provided to early care and education staff to assist in the implementation of a child's individualized plan.
- ✚ **Referral information** for children who require specialized services.
- ✚ **Professional Development Events** that may be tailored to the specific needs of the child care provider. Topics include child development, social emotional health, behavior management strategies, addressing special needs, and many others.

Services We Do Not Provide:

- ∅ **Counseling or therapy** If it is determined that a child and/or family is in need of counseling or therapy a referral will be made for services.
- ∅ **Diagnostics** Our screening tools will identify areas of concern and help us to determine whether a referral will be made for more intensive services. We do not provide a diagnosis for a child.
- ∅ **Case Management** We support practitioners in accessing more intensive services for children and families when needed. A referral for case management services will be recommended if it is determined that a child or family will benefit from this service. The ECMH Consultant does monitor the implementation of the individualized action plan.
- ∅ **Technical Assistance (TA)** We do provide consultation and information to teachers and directors. If it is determined that a provider requires more intensive training or skill development, a referral will be made to the STARS TA Program.



Name of Program _____

Legal Entity _____

Program Address _____ Phone _____

Email Address _____ County _____

Contact Person _____ STAR Level _____

When would you like a visit? _____ Within next month _____ 3 months _____ 6 months

Do you have particular areas that you would like addressed?

- _____ Child development
- _____ Consultation for a specific child
- _____ Attending to special needs
- _____ Classroom management
- _____ Professional Development on the following topic(s):
- _____ Further information on ECMH services
- _____ Challenging behaviors
- _____ Referral information
- _____ Other: _____

Anything else we need to know? _____ No _____ Yes Please explain.

Authorized Signature

Date

**Please return completed application to Central Regional Key, 2138 Lincoln Street
Williamsport, PA 17701 or crk@stepcorp.org**



These behaviors can indicate that you should contact your ECMH Consultant:

Infants and Toddlers

Shows little emotion

Little interest in sights, sounds, or touches

Doesn't like to be touched or held

Unable to self calm, difficult to soothe

Very fearful; on guard

Sudden behavior changes

Delayed milestones (rolling, sitting, standing)

Doesn't seek comfort or help from familiar adults

Preschool Children

Doesn't play with others or with objects

Often fights; harms self or others

Extremely active or accident prone

Lacks language/ communication skills

Very sad, withdrawn or fearful

Sudden behavior changes

Loss of earlier skills

Atypical emotional responses (laughs instead of cries)

If you have a concern, contact an ECMH Consultant:

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Early Childhood Mental Health Consultants

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