Strengthening Early Relationships and Social Emotional Health: Two Innovative Models

Cross-System Mental Health Consultation
Early Childhood Funders Collaborative Meeting
Early Relational Health Subcommittee Pre-Meeting Session
September 9, 2019
Chicago, Illinois
Today’s Speakers

Facilitator | Denise Castillo Dell Isola, JD
Senior Program Officer, Irving Harris Foundation

Speaker | Katie Kelly
Director of Communications and Community Initiatives, J.B. & M.K. Pritzker Family Foundation

Speaker | Colette Lueck, LCSW
Project Director, Illinois Mental Health Consultation Initiative

Speaker | Linda Delimara, LCSW
Pilot Director, Illinois Mental Health Consultation Initiative

Speaker | Penny Smith
Early Childhood Division, Illinois State Board of Education

Speaker | Alli Lowe-Fotos, LCSW
Project Manager, Illinois Mental Health Consultation Initiative
Policy Manager, Ounce of Prevention Fund
Learning Objectives

• Learn how Illinois developed a model that is being piloted across child and family-serving systems including early learning, home visiting, and public health.

• Learn about how the model works to increase the quality of the relationships between caregivers and children and how it leads to higher quality experiences that foster healthy development.

• Learn how a robust public-private partnership is leading to systems and policy changes that will support taking this model to scale.
 Irving Harris Foundation

Enhancing the quality of life for children, families and communities by advancing human potential, social justice and equity, and creative experience and expression.

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Foundation Mission, Values, Approach and Strategies

**Mission:** The Irving Harris Foundation enhances the quality of life for children, families and communities by advancing human potential, social justice and equity, and creative experience and expression.

**Values:** Justice, Risk-Taking, Collaboration, Partnership, Persistence

**Approach:** Strategic Grantmaking, Special Initiatives, and Field Leadership

**Strategies:**
- Advocacy & Public Policy
- Innovative Model Programs/Systems
- Leadership Development & Training
- Grassroots Organizing and Movement Building
**Early Childhood/Reproductive Health and Justice Vision**

Promote equity of outcomes for all children by enabling access to comprehensive, high-quality care in nurturing environments for pregnant women, very young children and families to ensure success in school and in life.

**Overarching Goal**

Narrow the developmental, achievement and health gaps between low-income and more affluent children birth to age 5 and their families.

**Sub-Goals**

- Increase access to high-quality, comprehensive Early Care and Development and Family Engagement and Support Services.
- Increase access to high-quality, integrated mental health services and systems for pregnant women, very young children and their families.
- Strengthen all people’s rights and power to equitably access respectful, high-quality maternal and reproductive health care and make health care decisions that are best for them and their families.

**Values**

Justice • Risk-Taking • Collaboration Partnership • Persistence

**Strategies**

Advocacy, Pub. Policy & Systems Bldg. • Leadership Dev. & Training • Innovative Model Programs/Systems • Grassroots Organizing & Movement Building
What is Infant/Early Childhood Mental Health Consultation?

• IECMHC is an intervention that teams a mental health professional with those who work with young children and their families to improve the social emotional and behavioral health of children in multiple environments including early care and education, public health and pediatric settings.

• Through the development of partnerships among teachers and parents, IECMHC builds their capacity to understand the influence of their relationships and interactions on young children’s development.

• Children’s well-being is improved and mental health problems are prevented as a result of the consultants’ work with the teachers, directors and parents through skilled observations, individualized strategies and early identification of children with behavior that may place them at risk for expulsion.

*Adapted from the RAINE group infographic on early childhood mental health consultation*
# Research on Impact of I/ECMHC

<table>
<thead>
<tr>
<th>The Problems</th>
<th>ECMHC Research / Evaluation Findings</th>
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<tr>
<td>• Many children are in poor quality care settings, decreasing their odds of school readiness</td>
<td>• Improvements in teacher-child interactions and improved quality of classroom climate associated with ECMHC.</td>
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<tr>
<td>• 10-20% of young children in child care have serious problems with emotions and behavior and many more have lower levels of challenging behaviors that compromise ability to learn</td>
<td>• Reductions in children’s problem behavior and increases in their social skills</td>
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<td>• Preschool expulsion rates are 3.5 times the rate of students in kindergarten through 12th grade. Boys and children of color are disproportionately impacted</td>
<td>• Prevention of expulsion, including among young children of color</td>
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<td>• Families with children at risk for expulsion often miss work due to problems in child care</td>
<td>• Families missed less work and had lower parenting stress after ECMHC. Improved parent-provider communication and collaboration</td>
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<td>• 25-35% of teachers report high levels of job stress and burnout— which predict higher rates of child expulsion and staff turnover</td>
<td>• Decreases in teachers’ stress and lower rates of turnover associated with ECMHC</td>
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*Adapted from the RAINE group infographic on early childhood mental health consultation*
Key Elements of Building Public Investment for Mental Health Consultation

- Demonstrate Need
- Demonstrate Demand
- Identify Key Levers for Change
- Public/Private Partnerships
- Administrative Policy Change
- Legislative Strategy
Illinois Action Plan to Integrate Early Childhood Mental Health into Child- and Family-Serving Systems, Prenatal though Age Five

- Research and document review
- Key Informant Interviews—human services, mental health and trauma, public health, early learning, child welfare, early childhood development, pediatric care, advocates, higher education, providers
- Parent and Providers focus groups
- Survey to early childhood programs
- Input from over 600 stakeholders
- Two large stakeholder meetings

January 2016
How Did We Get Here?
One Better Model, Blended Funding

1996 - Early Intervention set aside

2003 – Childcare Quality Set Aside (CCDBG) taken statewide in 2008

2006 – Pre-School for All Authorized

2009, 2013 – DHS home visiting, then MIECHV – MHC in application

Where Are We Now?
The Illinois Early Childhood Mental Health Consultation (ECMHC) Initiative

A methodical approach to building a state-wide cross-system model to deliver child developmental and mental health services in early childhood settings:
Where Are We Going?
Advocate for Sustainability and Scale

- Flexible, adaptable IECMHC model
- Robust Workforce Development Plan
- Process Evaluation: Develop Theory of Change
- Launch and Evaluate Pilot and advance policy agenda
- Sustainability and Scale
The Coalescing of Philanthropic Funding Priorities

Early Childhood Mental Health Consultation

- Workforce Development
- Evaluation
- Education
- Health
- Early Childhood Development
- Children’s Mental Health
Public/Private Support for MHCI

Public/private leadership team members
Caregiver Connections, Chapin Hall, Chicago Department of Family and Support Services, Cook County Health and Hospital Systems, Department of Children and Family Services, Department of Healthcare and Family Services, Department of Human Services, Department of Human Services-Division of Mental Health, Department of Human Services-Early Intervention, Department of Public Health, Erikson Institute, Governor’s Office of Early Childhood Development, Illinois Action for Children, Illinois Association for Infant Mental Health, Illinois Chapter American Academy of Pediatrics, Illinois Children’s Healthcare Foundation, Illinois Head Start Association, Illinois State Board of Education, Irving Harris Foundation, Ounce of Prevention Fund, Virginia Frank Center

Past and current public/private supporters include:
Mental Health Consultation Initiative

• Outgrowth of the Illinois Action Plan to Integrate Early Childhood Mental Health into Child and Family Serving Systems, Prenatal through Age Five (Action Plan)
• Led by the Illinois Children’s Mental Health Partnership
• **MHC Initiative Goal:** To create a coordinated, effective approach to infant/early childhood mental health consultation including developing a well-trained and supported consultant workforce, over a multi-year, multi-phase process:
  – Phase I - Convene public/private cross-systems Leadership Team, conduct consultant scan, and develop the model
  – Phase II – Refine the model, create Workforce Development Plan, and create evaluation plan;
  – Phase III – Pilot and evaluate the model, implement and evaluate workforce development pilot plan, and coordinate cross-systems sustainability efforts addressing advocacy, policy, funding, and workforce
Pilot Design

• Four communities, with a mixture of rural and urban
  – Peoria and surrounding small towns (Pekin, Galesburg, Bartonville)
  – Chicago and surrounding suburbs (Dixmoor-Harvey, Tinley Park, Lynwood, Lansing)

• Various early childhood settings
  – DHS Center-based Child Care
  – Head Start and ISBE Preschool for All
  – Home Visiting – Early Head Start and ISBE Prevention Initiative

• 15 months of consultation, at 10-12 hours of consultation per month

• Six months of “light touch” consultation

• Six months to analyze and report evaluation results
Pilot Overview

Pilot Goal: To evaluate the efficacy and impact of infant/early childhood mental health consultation (IECMHC) across child and family-serving systems in Illinois

Anticipated Short and Long Term Outcomes:

- **Short Term**
  - Improved provider practice in supporting children's social and emotional needs and managing challenging behaviors
  - Improved parent child relationships
  - Increased staff reflective capacity
  - Improved supervisory relationships

- **Long Term**
  - Strengthened ECE workforce
  - Improved provider and parent well being
  - Improved child social and emotional development; reduction in challenging behavior
  - Decreased expulsions from early childhood programs
Consultant Activities By Site

• Provide staff with professional development designed to meet the needs of the site

• Provide reflective consultation
  o Monthly with Supervisor
  o One/Two times per month to program staff as a group
  o Individual staff with supervisor as needed

• Observe children individually or in a group setting

• Co-facilitate groups

• Direct meetings with families

• Respond to crises

• Complete consultant log
Evaluation Plan: Data Collection Activities

- Surveys of all frontline staff and supervisors at 4 time points
- Interviews with all supervisors and/or directors at 4 time points
- Collection of records of consultants’ activities on an ongoing basis
- For a subsample of Early Childhood Care and Education frontline staff and children:
  - Observations of classrooms assessed for mental health climate using the CHILD (Gilliam & Reyes 2016)
  - Child assessments (DECA, PERM)
  - Interviews with frontline staff
- For a subsample of Home Visiting staff and families:
  - Video recordings of home visits assessed using the HOVRS-A+ (Roggman et al., 2012)
  - Parent survey (HFPI, PHQ-2)
  - Interview with frontline staff
Workforce Development

- Expand and diversify a highly qualified statewide infant/early childhood mental health consultant workforce
- Create a coordinated infrastructure to support infant/early childhood mental health consultants
  - Lead entity
  - Registry
  - Professional Development
  - Pipeline
- Ensure all consultants are well-trained and receive ongoing support in order to deliver the same high quality service across systems
Impact of ECMHC Initiative on Illinois and Systems Change

- 3 Yr IECMHC Pilot (HV, CC, Pre-K) $2 M
- IDPH IECMHC Pilot: Public Funding
- 1115 Waiver
- PDG 0-5 Grant
- Pyramid Model Integrated w/ IECMHC
- Suspension/Expulsion Prevention Legislation
- Pre-school Expansion Grant: includes IECMHC
- Childcare Plan: IECMHC as quality strategy

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