

ODMH Kids News: Building Ohio's Future



Monthly E-Newsletter

February/March 2009

Volume 9 • Issue 1

SFY 2008 Early Childhood Mental Health Consultation Program Report

Compelling evidence from developmental research indicates that early relationships and experiences at home and in early care and education environments set the stage for how a child learns self-regulation skills, the ability to manage emotions and how to develop close relationships. Over the past eight years, the Ohio Department of Mental Health (ODMH) has provided cross-system leadership in the development of the early childhood mental health initiative. This initiative has supported evidence-based training to equip parents and caregivers of young children with knowledge and skills that enable them to help their children develop into mentally healthy individuals. Parents and teachers effectively nurturing, supporting and connecting to activities for young children, especially those experiencing social or emotional difficulty, can ameliorate future disabling problems. In addition to parent education activities, it is imperative to identify and support families experiencing the effect of maternal depression through screening and referral to effective services.

The goal of the program is to increase knowledge, awareness, resources and skills necessary for communities to meet the behavioral health needs of young children and their families, especially those at risk for abuse, neglect and poor social and emotional health by building protective factors in young children and increasing competencies and skills of parents and early childhood providers. The Early Childhood Mental Health Consultation program is aimed at promoting healthy social and emotional development (i.e., good mental health) of young

children-those ages birth to six years. It focuses on ensuring that these children thrive, increasing their readiness for school and later school success by addressing their behavioral health care needs. Services and activities were targeted to programs serving young children (birth to age 6) and their families and included:

- Clinical consultation to early childhood programs, including mentoring, coaching, and classroom observation
- Training and educational sessions, as part of the consultation process, including problem identification, referral processes, classroom management strategies, the impact of maternal depression, substance abuse, domestic violence, and other stressors on young children's well being
- Work with parents, families, grandparents, and foster parents, as identified through the consultation process, to enhance their ability to create strong, nurturing environments for and relationships with their young children

Early Childhood Mental Health Consultation is defined as a problem-solving and capacity-building intervention implemented within a collaborative relationship between a professional consultant with mental health expertise and one or more individuals with other areas of expertise or parenting responsibilities.

There are two basic forms of consultation:

- 1) Child and Family-Centered Consultation.
 - Practiced as the most traditional form of mental health consultation

- Addresses a child's behavior and functioning through the collaborative development of a plan that can be implemented by the staff and family members that interact with the child.

2) Programmatic Consultation

- Focuses on improving the overall quality of the early childhood program
- Assists the early childhood program in solving a specific issue that affects more than one child, staff member, or family
- Improves the capacity of the early childhood program to respond to the needs of all young children in their care

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ECMH Report (con't.)

ECMH Program Strengths

Consistent themes emerged from the statewide evaluation feedback of the program.

- Flexibility
- Knowledge and skills of the ECMH specialists
- Strength-based approaches
- The use of evidence-based programs
- Strong community relationships

Challenges

- Inability to meet the demand for services due to constraints of insufficient funding and staff.
- Extent of early childhood staff turnover in the settings that receive consultation services.
- Parent engagement and follow-up
- Transportation issues were also a factor as well as language barriers.

Mental Health Consultation

- Total of 943 programs/sites received consultation services
- Total of 1638 classrooms received consultation services
- Total of 3476 early childhood providers received consultation services
- Total of 5751 families received consultation services
- Total of 16,726 children in group settings received consultation services
- Total of 4160 individual children received consultation services
- Programs/ Sites receiving consultation services
 - Childcare Centers - 326
 - Head Start and Early Head Start - 190
 - Public and Private Preschools – 147
 - Help Me Grow Programs - 48
 - Public Children's Services Agencies - 48
 - Family Childcare Homes – 9
 - Other – 175

- There were 160 Early Childhood Mental Health Specialists reported to be providing consultation services as part of this program during the fiscal year. A Consultant Profile report was first developed in 2001 that provided additional descriptions of the early childhood mental health consultants, including their educational and professional backgrounds. An update of this was completed for those providing consultation in FY 07. The report found:
 - 80% of the ECMH professionals hold a Master's degree or higher with Psychology, Social Work and Education as most frequently cited disciplines.
 - 77% are licensed professionals.
 - 7 years average Mental Health experience with a range of 1 year to 37 years
 - 87% have early childhood experience with an average of 4 years in the field

Center Focused Satisfaction

The responses to the satisfaction survey indicate an overall satisfaction rate of 89.25%. Included in the 4th quarter reports, there were 912 clients that had a documented status at closure. 85.5% were maintained in the Center at closure, 6.7% were transferred during services, and 5.7% were removed – not participating in childcare.

For the entire fiscal year, the reports indicated that child-specific consultations were provided for 1475 children at risk of removal from an early childhood setting. Of these, 1352 children that received consultation services, approximately 92%, were maintained in the setting. Only 2.1% were expelled due to behavior. For those children that were not able to be maintained in a setting, the most common reasons given included:

- 1) Children were removed by parents who then chose to care for the child at home or place in relative care.
- 2) Qualified for other programs specifically designed to meet special needs.
- 3) Enrolled in different, and many times, more appropriate setting to meet their needs.

Approximately 1205 children were referred for further mental health and other services as a result of consultation in FY08.

Child Focused Satisfaction

The responses to the satisfaction survey indicate an overall satisfaction rate of 92.36%.

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Training Evaluations

Parent and Early Childhood Staff Training - The parents completing the survey indicated an overall satisfaction rate of 95.63% for the instructor and 95.85% for the learning objectives. The parents reported an understanding of the topic prior to training as 77.71% and an understanding of the topic after training as 98.80%. The staff completing the survey indicated an overall satisfaction rate of 96.51% for the instructor and 93.29% for the learning objectives. The staff reported an understanding of the topic prior to training as 61.26% and an understanding of the topic after training as 97.82%. Education and Training for Parents and Early Childhood Staff for FY 08:

- **1357** sessions held
- **2979** parents participated
- **6260** early childhood staff participated

Cross Systems Trainings - The professionals completing the survey indicated an overall satisfaction rate of 96.54% for the instructor and 96.24% for the learning objectives. The professionals reported an understanding of the topic prior to training as 71.99% and an understanding of the topic after training as 99.14%.

Evidence-based/Research-based/Promising Practices

ECMH professionals used several evidence-based, research-based, & promising practices programs to enhance services they provide including: Devereux Early Childhood Assessment Program (DECA), Incredible Years Program for Parents, Teachers & Children, and Maternal Depression Program.

Building Protective Factors

The overall impact of ECMH Specialists on the goal of building protective factors and increasing competencies and skills of parents and providers to reduce child abuse/neglect was significant. There was an increase in protective factors and decrease in behavioral concerns between pre and post testing.

Collaboration

Many new collaborations were formed as well as ongoing collaborations strengthened. The initiative has helped the ECMH specialists to form good working relationships with local early childhood service providers and allowed trust and respect to be gained. Many reported being members of the local Family and Children First Council (FCFC) Early Childhood Collaborative. Parents are also required members of the local FCFC and are involved in planning and implementation of programs in the community.

Training and TA

During FY 2008, ODMH was able to provide many trainings that had been requested as part of the FY 2006 reports. A total of 47 days of training was provided to 716 participants. Requests for specific training and technical assistance for ECMH were also included in the FY 2008 reports. Plans have already been made or are being developed to provide training on many of these subjects. Regional networks have been formed to allow networking and peer coaching and mentoring for the ECMH specialists.

Peer Supervision and Mentoring

As part of the ECMHC program, regional Peer 2 Peer Support group monthly meetings are being scheduled and led by trained ECMH Professionals. There are currently 10 peer support groups around the state.

Core Competencies

A workgroup has been charged with developing core competencies for early childhood mental health professionals, including those who provide consultation and treatment. It is anticipated that the development will be completed not later than the end of the fiscal year. At the same time, Cleveland State University has developed and approved 5 courses that will lead to a certificate in early childhood mental health. This work will help lead the way for higher education and possible credentialing and/or certification. The full report can be found at: <http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/early-childhood/index.shtml>

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MH Administrator/ECMH Lead,
ODMH*

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Six Ohio Communities Apply for SAMHSA's System of Care Grants

ODMH is pleased to announce that Ohio six communities applied for these grants in January, with support from Director Stephenson and Governor Strickland. Applications were filed by the following five ADAMH/MH Boards: Clark, Greene, Madison; Clermont; Hamilton; Seneca, Sandusky, Wyandot; Wayne Holmes; and by the Erie County Family and Children First Council in collaboration with the Erie County Commissioners. We wish all applicants the best, and certainly hope several Ohio communities receive funding under this grant.

These federal grants provide funding and technical assistance to develop a system of care among multiple organizations to meet the challenges of children and youth with serious mental health needs, and their families. The purpose is to improve access to community mental health services, and to expand the array of integrated home and community based services that are culturally and linguistically competent. Local matching funds are required, and the data and evaluation requirements are rigorous.

Many communities expressed interest in the next grant cycle and future system of care opportunities. One resource that may be of interest is the recent publication "Defining Community Readiness for the Implementation of a System of Care" by Dr. Lenore Behar and William Hydaker, which was developed with funding from SAMHSA. This publication is not yet available online. However, Dr. Behar can be contacted through her website at www.lenorebehar.com or you can request a copy from ODMH by sending an email to kids@mh.state.oh.us

*-Submitted by: Diane Nutter
MH Administrator, ABC/FAST Lead,
ODMH*

UPCOMING EVENTS

Subject: COHHIO Youth Empowerment Program Youth Leadership Awards

What is it?: The Coalition on Homelessness and Housing in Ohio's Youth Empowerment Program has partnered with Direct Energy to offer leadership awards to recognize youth in Ohio who have experienced homelessness or housing crisis and trying to better their situations. Awards will be presented to the winners at the COHHIO conference April 20th and 21st. All transportation, food and lodging will be arranged by COHHIO. There will be four (4) leadership awards given each in the amount of \$500.

Who Can Apply?: Any youth or young adult, in or out of school, (age 11 to 22) in Ohio who has experienced homelessness or housing crisis, including youth who have lived in shelters, doubled up, independently homeless, or who have lived in other types of transitional or temporary situations.

Application Due Date: March 17, 2009: - applications due by 4 pm.

Additional Information or to Request an Application: Contact **Angela Lariviere or Nick Bates at 614-280-1984**

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**Save the date for April 14, 2009!** [Healthy Supported Students for Academic Success](#). The Ohio School Based Health Care Association (OSBHCA) continues to host a growing collaborative joined in planning a **2009 Statehouse Day** focused on **Healthy, Supported Students for Academic Success**. This dynamic planning committee consists of representatives from statewide councils, networks and associations. Visit OSBHCA'S homepage <http://www.osbhca.org/> for a link to the agenda for the day and printable registration.

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SAVE THE DATE-Resiliency Ring 2009 - May 5, 2009!
For more information visit: <http://ohiofederation.org/ohio2/History.htm>
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## IN THE NEWS

**Ohio Resource Network Clearinghouse - Serving the state of Ohio.** Free Substance Abuse and Violence Prevention Materials for Your Community! In an effort to serve you better, the Ohio Resource Network is remodeling our web site. During this transition, the “online” order function for the Ohio Resource Network is not active. We continue to offer free materials for distribution at this time and all materials are listed, along with an order form, on the Drug-Free Action Alliance website.

- Go to [www.DrugFreeActionAlliance.org](http://www.DrugFreeActionAlliance.org)
- Under “**Our Programs**”, click on “Ohio Resource Network”
- Click on “**Order Form**” to print out a form
- Click on “**View Materials Online**” to see our catalog in PDF form
- List your wishes on the order form you have printed out, making sure you complete the top portion.
- Mail or Fax your order to the Ohio Resource Network Clearinghouse. Our **fax # is (614) 540-9993** and our address is:  
6185 Huntley Road, Suite P, Columbus, Ohio 43229

If you have questions or experience any difficulty finding or ordering materials, please contact us immediately. We can be reached by phone at **(614) 540-9991 or toll free at (800) 788-7254, option 3.**

**Walk-In Visitors** are welcome at the ORN Clearinghouse (Monday - Friday, 9am – 5pm):

Ohio Resource Network Clearinghouse, located within  
Drug-Free Action Alliance  
6185 Huntley Road, Suite P  
Columbus, Ohio 43229

**Local phone #** is (614) 540-9991

## OTHER NEWS

### Current Events - Across the State:

<http://dmhext01.mh.state.oh.us/dmh/events/listing.nsf/HomePage?OpenAgent>

**Ohio Family and Children First:** <http://www.ohiofcf.org/>  
**Archived and Recent Editions of this newsletter (also subscribe)**

<http://www.mh.state.oh.us/kids/kidsnewsletter/kidsnews.html>

### Suicide Prevention:

<http://www.mh.state.oh.us/kids/suicideprev/suicide.prevention.html>



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