

EARLY CHILDHOOD MENTAL HEALTH CONSULTATION

The Bridge Early Childhood Mental Health Consultation, consistent with Pyramid models of positive behavior support, is a multi-level, preventive intervention that teams mental health professionals and the adults who work with young children and their families to increase their capacity to support children's social, emotional and relational health so children can develop, learn, and thrive. Consultation is an approach that is backed by evidence for: reducing challenging behaviors, reducing impulsivity, improving children's social skills, preventing preschool suspension and expulsion, improving child-adult relationships, increasing children's success in learning and relationships.

Programmatic

Utilizing the Teaching and Guidance Policy Essential Checklist and Five-Step process, consultants will team with the program directors/administrators to enhance behavior guidance policies and systems-level supports to prevent and address challenging behaviors.

Classroom and Teacher

Focused on supporting the teacher(s) or childcare provider(s) who are working directly with children. Teaming with our consultant to develop and implement an action plan while providing side along support and coaching to build capacity to meet the needs of and address mental health and behavioral challenges in the classroom. Teachers can also elect up to two children in their classroom who may be struggling and will receive an in-depth child and family consultation (see below) for both children as part of the classroom consultation program.

Child & Family

Focused on facilitating the partnership between the family and educators/caregivers to build a child focused team and action plan to meet the needs of a child who may be struggling in the classroom environment. The consultant will also work with the family if additional support is needed and walk the family through to any desired referrals to meet their needs.



**Reduce
challenging
behaviors**

**Improve
social-emotional
functioning**

**Enhance teacher
well-being and job
satisfaction**

**Improve family
engagement**

**THE CENTER FOR
EXCELLENCE IN EARLY
DEVELOPMENT**

iecmhc@sdsu.edu
(619) 594-2015

Programs and teachers can choose to participate in one, two, or all levels of the consultation.