

## What is Infant and Early Childhood Mental Health Consultation?

Healthy Minds Healthy Children (HMHC) is Wisconsin's statewide Infant and Early Childhood Mental Health Consultation program. Designed and developed by national and state experts and led by the Wisconsin Alliance for Infant Mental Health, we seek to support the adults who support young children and their families throughout Wisconsin.



### Personalizing consultation

to meet the mental health needs  
of infants and young children

Relationship is at the core of the consultation services we provide. Our HMHC Mental Health Consultants develop intentional relationships with the adults and caregivers in young children's lives to build their capacity to strengthen and support the healthy social and emotional development of all children they serve.

We support adults in addressing issues early, before more damaging decisions like suspension and expulsion occur.



## Contact

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**healthy minds**  
**healthy children**

Your partner in infant &  
early childhood mental  
health consultation



Wisconsin Department of  
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# The well-being of caregivers

All young children benefit when their caregivers are healthy and able to manage stress well. Through trusting and reliable relationships, consultants build the capacity of adults and professionals to better support children's healthy development. In addition, a relationship with a mental health consultant contributes to a reduction in caregiver stress and promotes new ways of thinking, doing, and being within themselves and with the children they serve.

# The well-being of children

HMHC Consultation increases the confidence and ability of all adults to support healthy social and emotional development for the children in their care. With practice, the skills caregivers learn become more natural, helping them to promote a warm, engaging, and responsive environment while addressing mental health and development issues of children in their care early. This leads to strong social skill building and increases capacity to regulate emotions.



## 4 Levels of HMHC Services



### Child

The HMHC Consultant addresses an individual child's mental health, emotional well-being, or behavior concerns. The HMHC Consultant collaborates with professionals and family members to understand and respond effectively to a child's needs. A parent or caregiver's emotional well-being and mental health may be considered as the Consultant strives to increase adult capacity to support a child's Mental Health.



### Classroom

The HMHC Consultant addresses variables (attitudes, beliefs, biases, practices) that may be impacting relationships among professionals, children in their care, and their families. The HMHC Consultant collaborates with program staff and family members to promote equitable, warm, trusting relationships, consistent routines, and interactions that enhance development and positively impact classroom and home climates.



### Program

The HMHC Consultant provides support to improve the overall quality of the program by focusing on multiple issues affecting the quality, climate, and equity of an early childhood setting.



### Community

The HMHC Consultant assists organizations, systems, and communities to improve social, emotional, and behavioral outcomes through partnership, collaboration, and coordination.



## Questions?



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