



Your partner in infant & early childhood mental health consultation

For Early Care and Education Providers

What is Healthy Minds Healthy Children?

Healthy Minds Healthy Children (HMHC) is a **FREE** prevention-based Infant and Early Childhood Mental Health (IECMH) Consultation program that pairs an IECMH Consultant with an early care and education (ECE) provider who works with infants and young children. Mental health consultation helps adults to support children's healthy social and emotional development.

What are the four types of HMHC Consultation?

Child/Family Level

Addresses an individual child's mental health, emotional well-being, social skills or behavior concerns. The Consultant collaborates with ECE 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 are also considered as the Consultant strives to increase adult capacity to support a child.

Child/Family Activities include:

- classroom observation
- screening and assessment
- gathering, sharing, and coordinating information and strategies
- guiding, supporting, and reflecting
- modeling and demonstrating
- referral and follow up

Classroom/Home Level

Explores attitudes, beliefs, biases, practices that may be impacting relationships among professionals, children, and their families.

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.

Classroom/Home Activities include:

- reflective supervision/consultation
- observing, modeling, sharing resources
- co-developing plans and strategies
- supporting family engagement, connection and partnership.



Program Level

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.

Program Activities include:

- reflective consultation and leadership support
- supporting policy and programmatic changes
- attending and/or facilitating meetings (staff, family, leadership)
- working to solve issues that affect more than one child, family, or staff member
- addressing communication, facilitating/supporting strategic planning
- developing and providing staff training and staff wellness activities.



Community Level

Supports organizations, systems, and communities to improve social, emotional, and behavioral outcomes through partnership, collaboration, and coordination.

Community Activities include:

- providing outreach and engagement related to infant mental health (IMH), IECMH, and other related topics
- linking families, groups, and organizations
- supporting cultural awareness and responsiveness
- facilitating training and education for families and the broader community
- connecting families to events, resources, and opportunities

How can I find a Healthy Minds Healthy Children Consultant?

If your program serves children under the age of five (home-based, family, friend / neighbor care, or center-based), you can learn more about accessing FREE Healthy Minds Healthy Children consultation services by visiting the Healthy Minds Healthy Children website at healthymindswi.org.

Visit our website:



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