

Integrating Evidence-Based Practice into an Early Childhood
Mental Health Network:
A Dynamic Approach to Strengthening the Resilience of Young
Children and Families

32nd Annual Research & Policy Conference on
Child, Adolescent, and Young Adult Behavioral Health
Tampa, FL
March 5, 2019

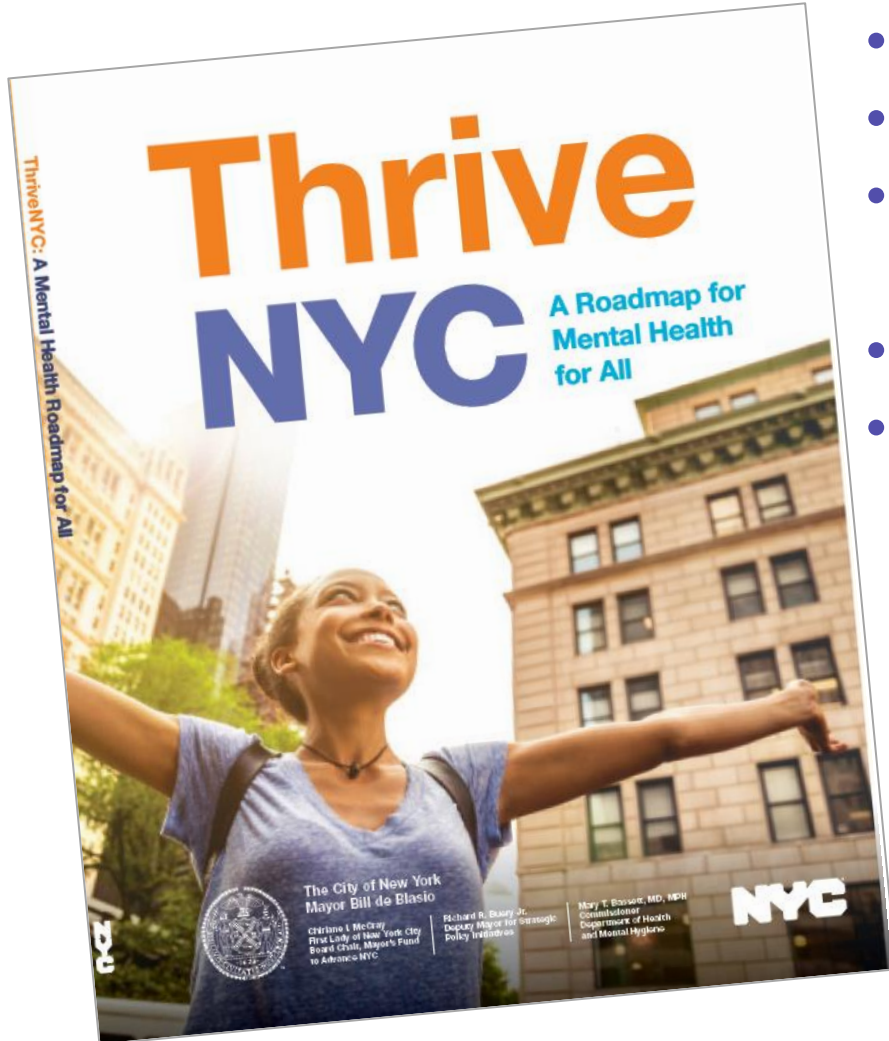
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Bureau of Children, Youth, and Families
New York City Department of Health and Mental Hygiene

Agenda

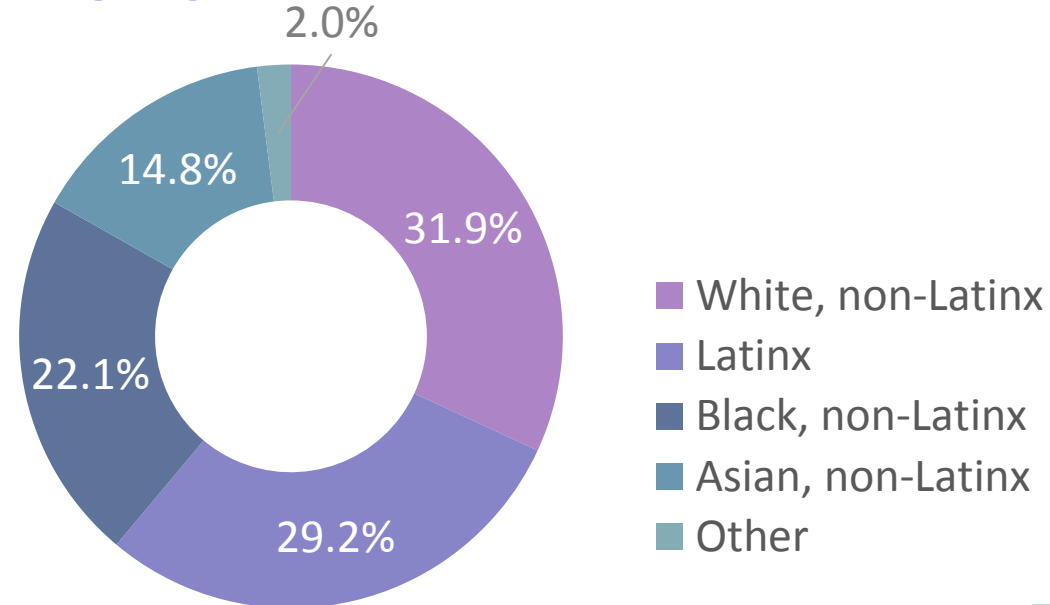
- ❖ New York City Early Childhood Mental Health Network
- ❖ Workforce Development Activities
- ❖ Capacity Building Cycle for evidence-based models
 - ❖ Assess, Select, Train, Evaluate
- ❖ Lessons Learned



ThriveNYC: Act Early



- Launched in 2015
- ‘Act Early’ – invest in prevention and early intervention
- Funds a network of community-based early childhood mental health services
- NYC Total Population (2017): 8.6M
- Over 200 languages



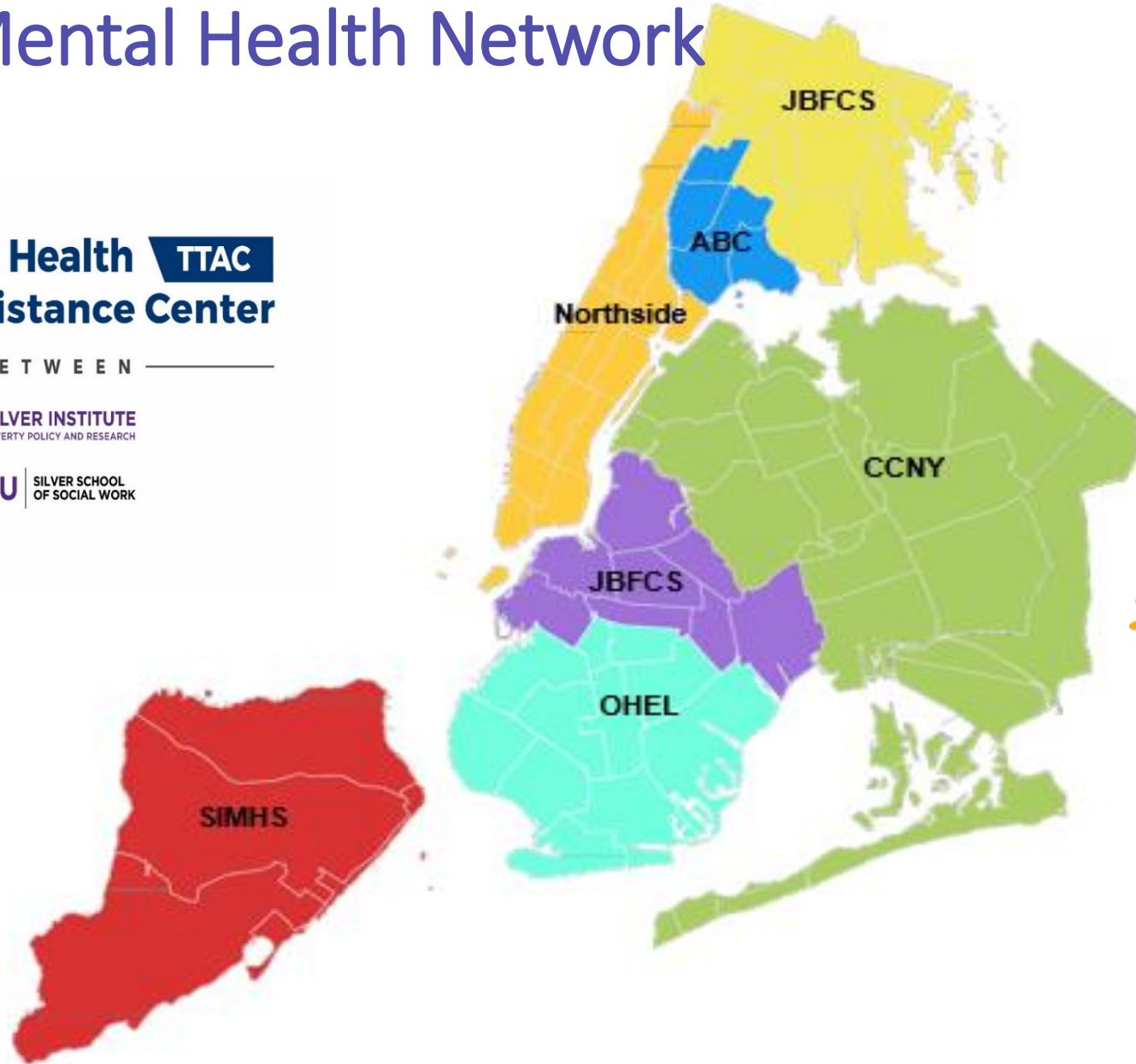
Early Childhood Mental Health Network

NYC Early Childhood Mental Health **TTAC** Training and Technical Assistance Center

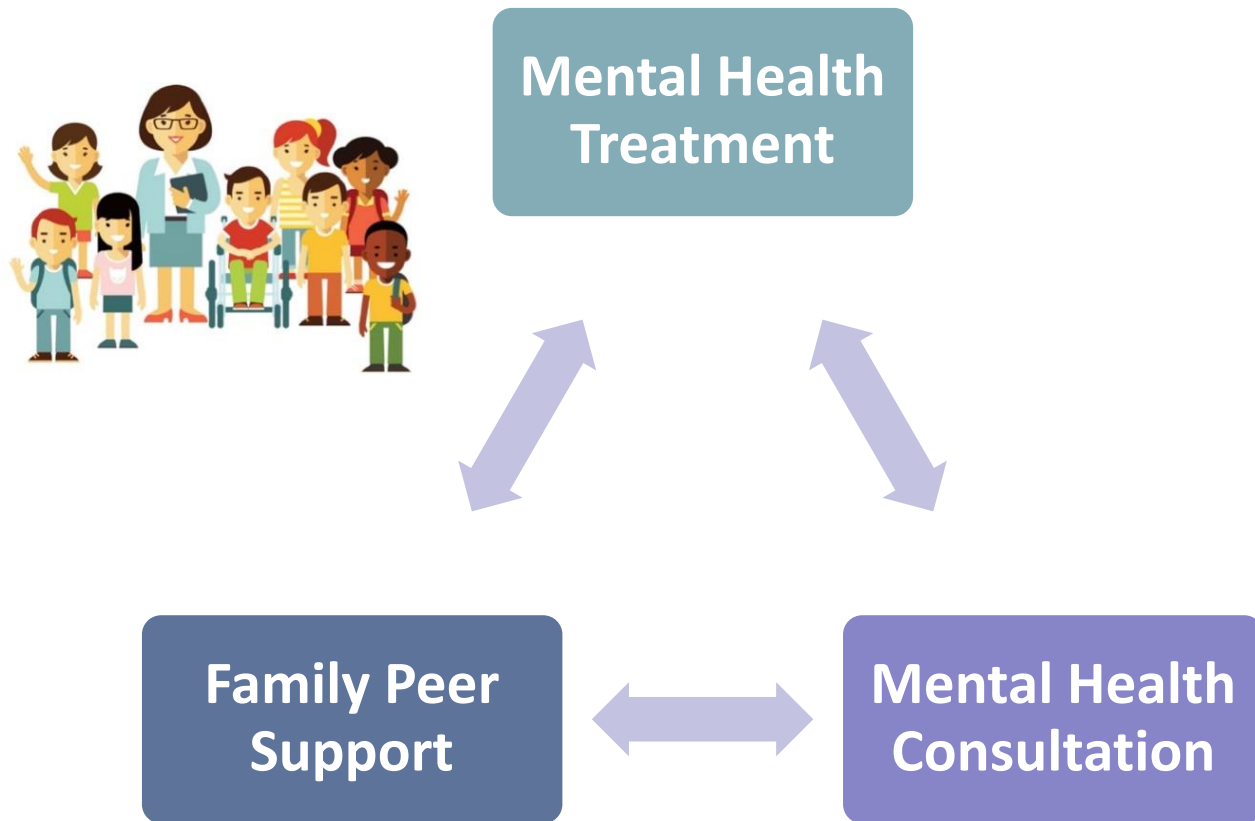
A COLLABORATION BETWEEN



*Service Providers
linked to a
Training Center*



Early Childhood Therapeutic Center (ECTC) Services

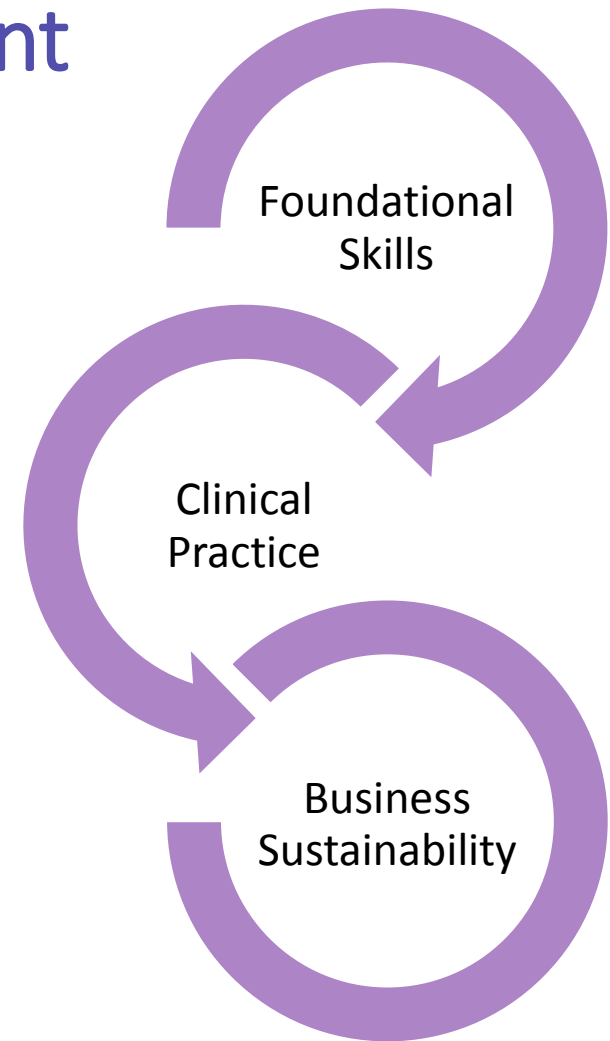


Licensed mental health clinics offer 3 linked services:

- Mental Health Consultation
 - Capacity building support to staff at early care and education sites
- Mental Health Treatment
 - To children **birth to five**, their siblings, and parents/caregivers
- Family Peer Support
 - Peers integrated into clinics to support parents and caregivers

Early Childhood Workforce Development

- Identified gap: insufficient workforce to address the mental health needs of children birth to 5
- Funded a Training and Technical Assistance Center (TTAC)
- The TTAC is tasked with building **capacity** and **competencies** of mental health professionals and early childhood professionals in family serving systems to identify and address the social-emotional needs of young children and their families



Training Strategies

In-person trainings

Tools and resources

Supervision

Coaching calls

Webinars

Case studies

Website

NYC Early Childhood Mental Health **TTAC**
Training and Technical Assistance Center

TTAC is funded by the New York City Department of Health and Mental Hygiene through [ThriveNYC](#).

ASK TTAC

ABOUT US TRAINING & TECHNICAL ASSISTANCE RESOURCES ECTC PORTAL EVENTS

Events

Wednesday, June 13, 2018
Sensory Integration and Self-Regulation: Sensory Contributions to Young Children's Social-Emotional Development

[view more >](#)

[CONTACT US](#)

A COLLABORATION BETWEEN

NEW YORK CENTER FOR CHILD DEVELOPMENT

McSILVER INSTITUTE FOR POVERTY POLICY AND RESEARCH

NYC Early Childhood Mental Health Provider Resources

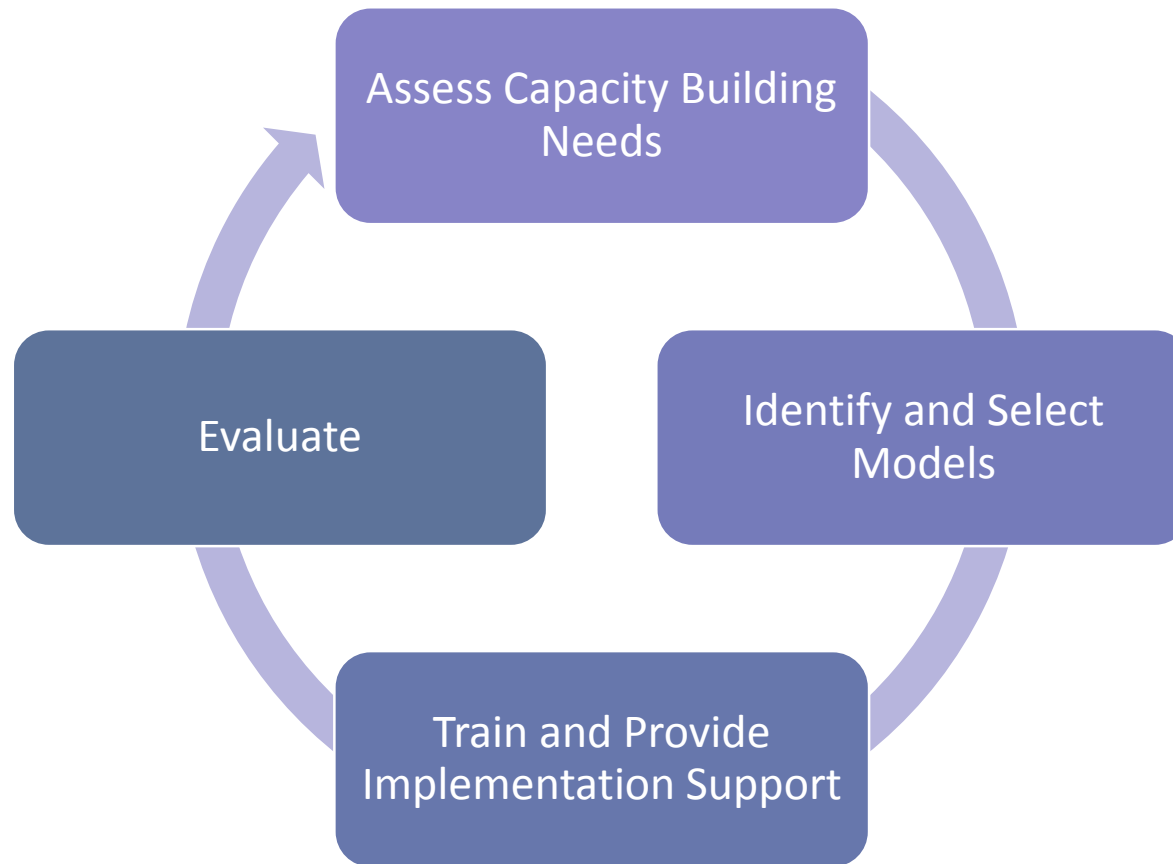
[LEARN MORE >](#)

The Early Childhood Mental Health Network

ThriveNYC, New York City's Mental Health Roadmap

Visit *ttacny.org*

Capacity Building Cycle



Developmentally Appropriate

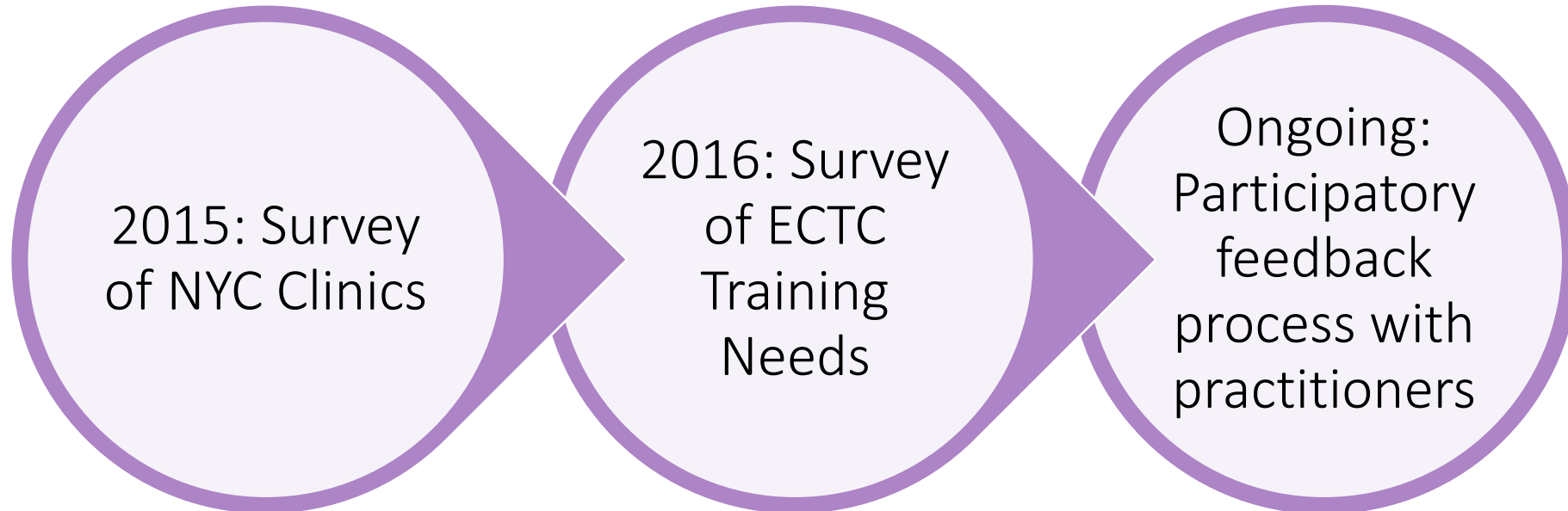
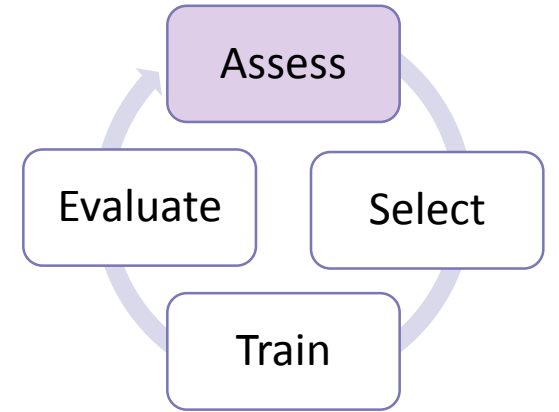
Relationship-based

Strengths-based

Culturally Respectful Practice

Trauma-informed

Assess Capacity Building Needs



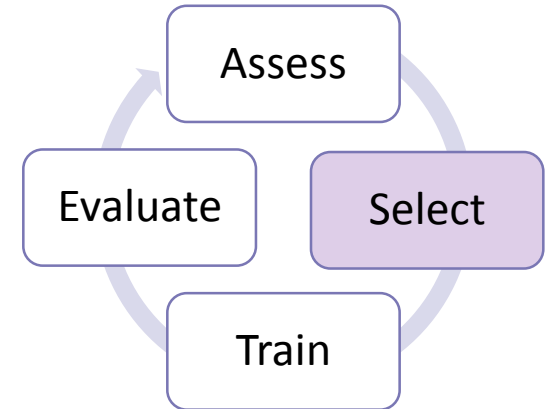
Identify and Select Models

Define criteria for selecting a model

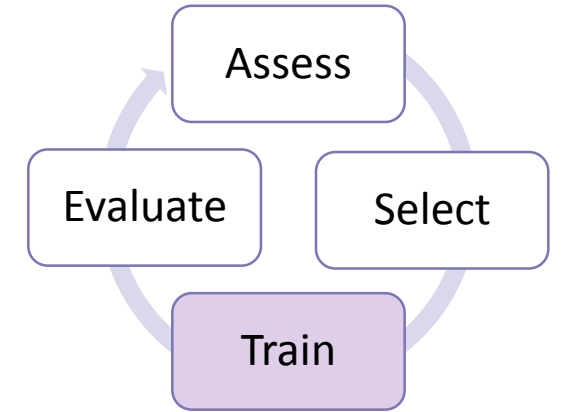
- Service setting
- Target population
- Type of practitioner
- Cultural and linguistic needs
- Cost

Review the evidence base

- Consider the populations included in the EBP studies
- Are there adaptations or flexibility in the EBP?



Train & Provide Implementation Support



Child Parent Psychotherapy

- Trauma-informed, Dyadic
- 18 months to be rostered
- Clinicians trained
- \$1,785 per person

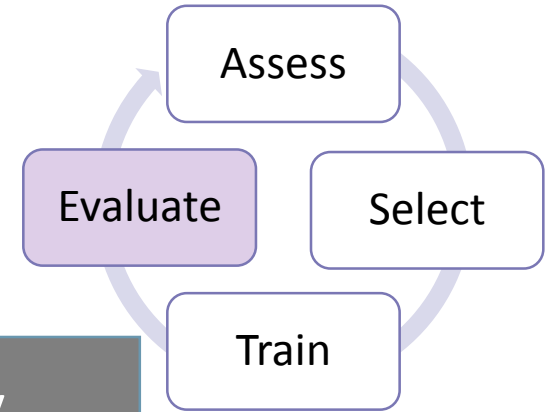


Triple P Positive Parenting Program

- Behavioral, parent-focused curriculum
- 3 months to be accredited
- Clinicians and family peer advocates trained
- \$2,322 per person



Evaluate training and outcomes



Training

- Post-training evaluation survey
- Practitioner focus groups and calls
- Ongoing supervisor feedback
- Cost analysis

Practitioner

- Rate of utilization
- Session/Fidelity checklists
- Case presentations
- Practitioner focus groups and calls

Child/Family

- Assessment tools (e.g., DECA, PSI, PAFAS)
- Family Assessment of Care Survey

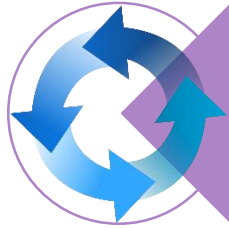
Challenges

- Finding models that work for diverse populations – “one size” does not fit all
- Staffing
 - Practitioners need different levels of training
 - Turnover
 - Data collection burden
- Costs
 - EBPs are expensive (most don't have a Train the Trainer model)
 - Ongoing implementation support and supervision
 - Time away from work (billable hours)

Key Elements of Success



Dedicated training center linked to network of service providers
Flexible budget to respond to emerging training needs



Multi-year process of assessment, selection, training, and evaluation



Layers of support for organizations and practitioners



Strengths-based, relational and trauma-informed approach

Acknowledgements

- Network team:
 - NYC DOHMH Data & Evaluation: Janice Okeke, Jaimie Shaff, Elleanor Eng
 - NYC ECMH Training and Technical Assistance Center
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 - Cricket Mitchell, Implementation Consultant
 - NYU Wagner Capstone Consultants
 - ThriveNYC
 - Families across NYC



THANK YOU!



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