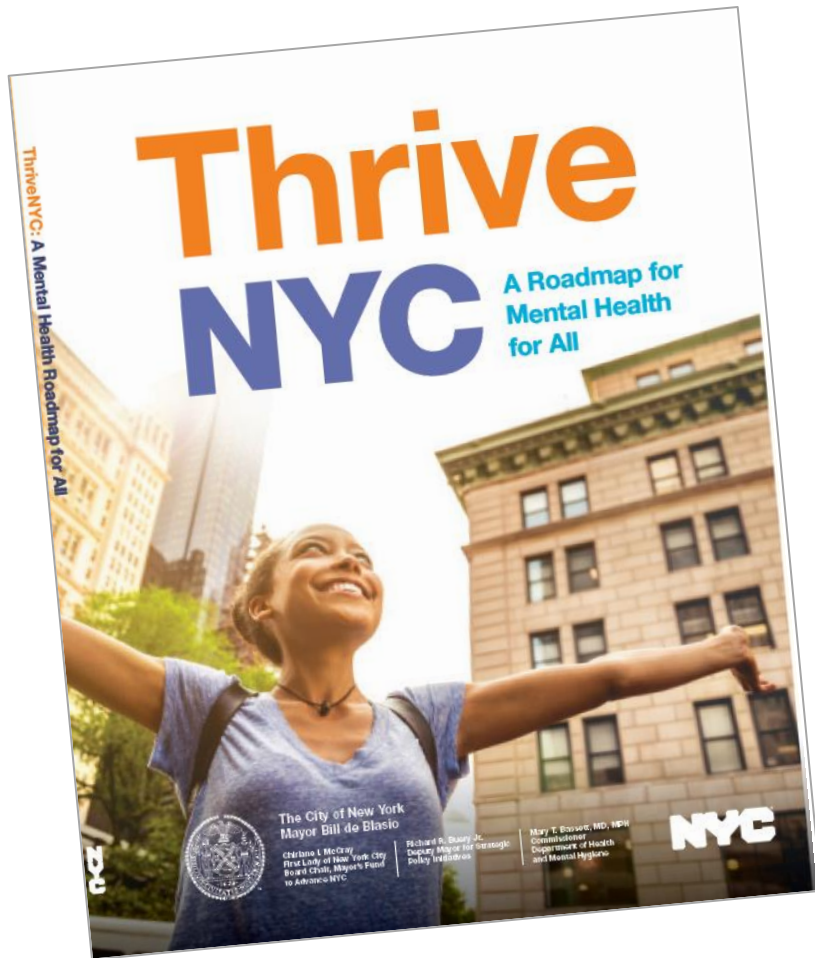








NYC Mental Health Consultation Program

Overview
April 8, 2019

ThriveNYC – “ACT EARLY”



Six Guiding Principles

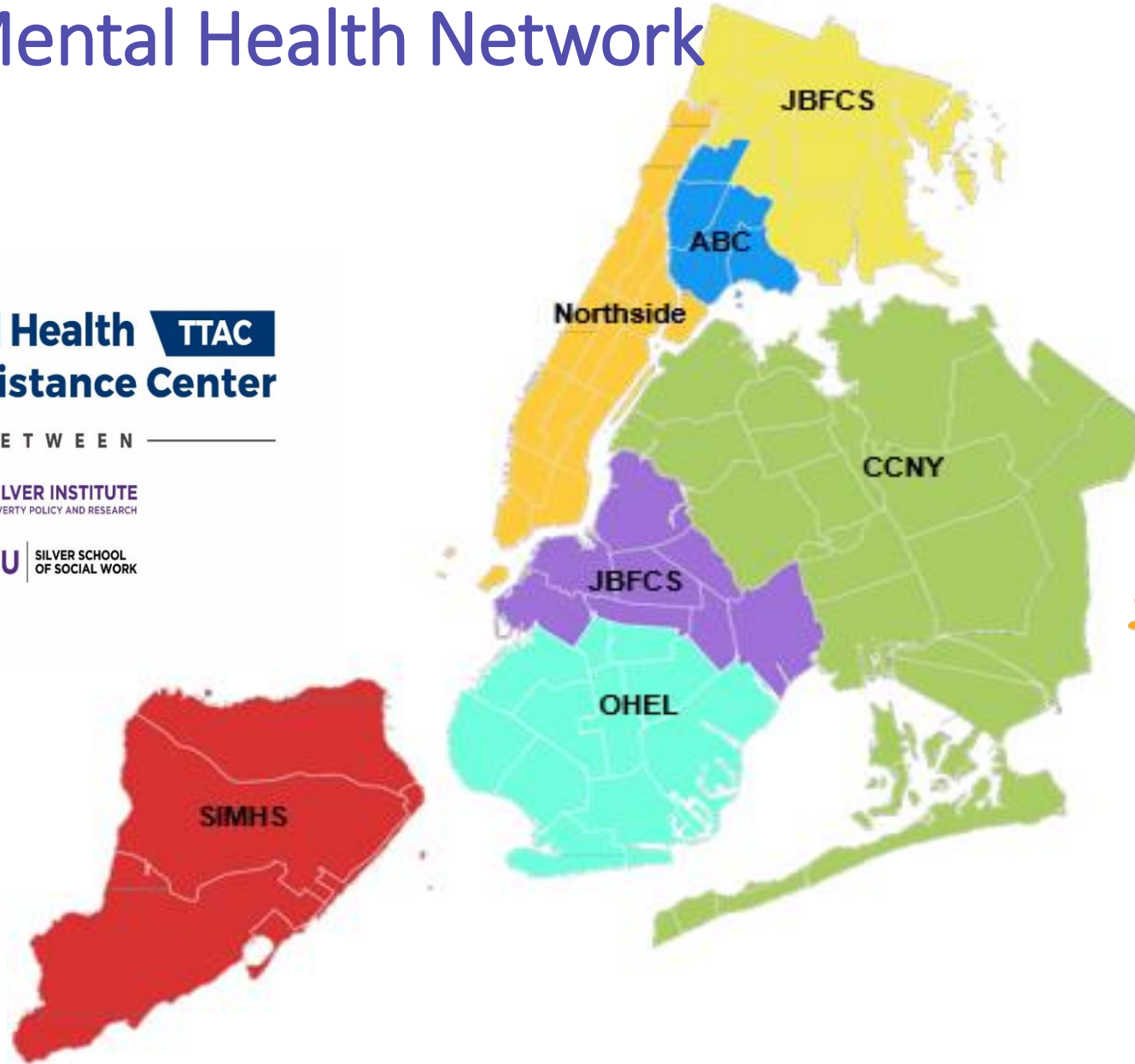
- **1. Change the Culture**
Make mental health everybody's business. It's time for New Yorkers to have an open conversation about mental health.
- **2. Act Early**
Give New Yorkers more tools to weather challenges and capitalize on opportunities by investing in prevention and early intervention.
- **3. Close Treatment Gaps**
Provide New Yorkers in every neighborhood—including those at greater risk—with equal access to care that works for them and their communities, when and where they need it.
- **4. Partner with Communities**
Embrace the wisdom and strengths of local communities by collaborating with them to create effective and culturally competent solutions.
- **5. Use Data Better**
Work with all stakeholders to address gaps, improve programs, and create a truly equitable and responsive mental health system by sharing and using information and data better.
- **6. Strengthen Government's Ability to Lead**
Affirm City government's responsibility to coordinate an unprecedented effort to support the mental health of all New Yorkers.

... investing in prevention and early intervention.
Funded NYC Early Childhood Mental Health Network in 2016.

Early Childhood Mental Health Network

NYC Early Childhood Mental Health Training and Technical Assistance Center

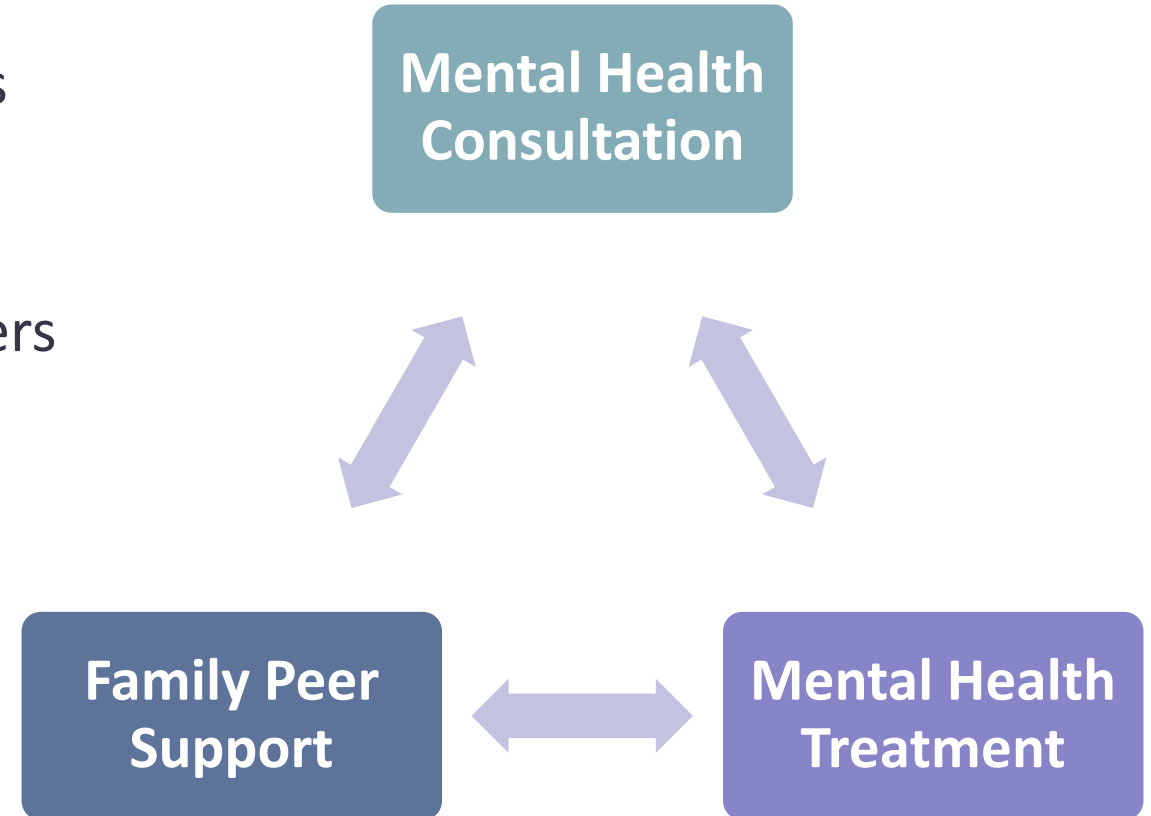
A COLLABORATION BETWEEN



Early Childhood Therapeutic Center (ECTC) Services

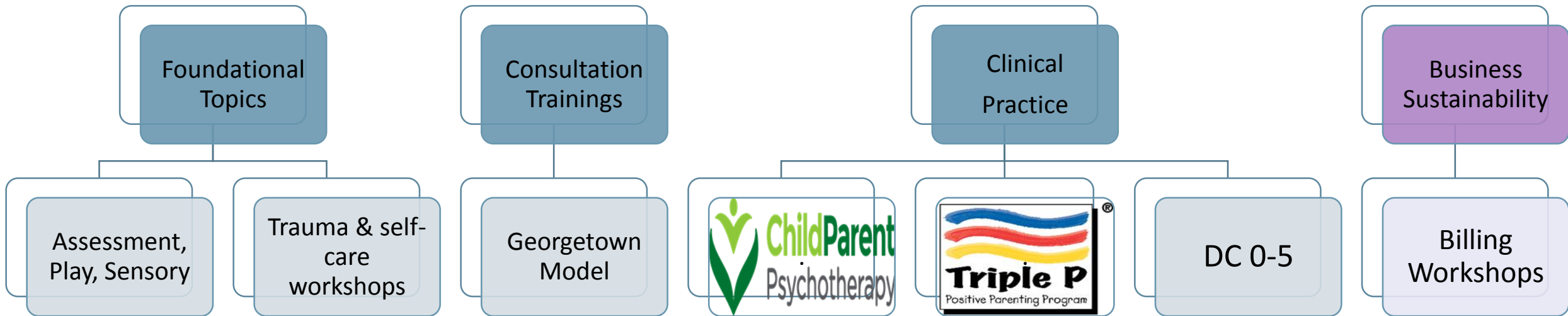
Mental health provider agencies are anchors for 3 linked services:

- Mental Health Consultation
 - To staff, teachers, and parents/caregivers at subsidized early care and education (ECE) sites
- Mental Health Treatment
 - To children birth to five, their siblings, and parents/caregivers
- Family Peer Support
 - To parents/caregivers of children birth to five



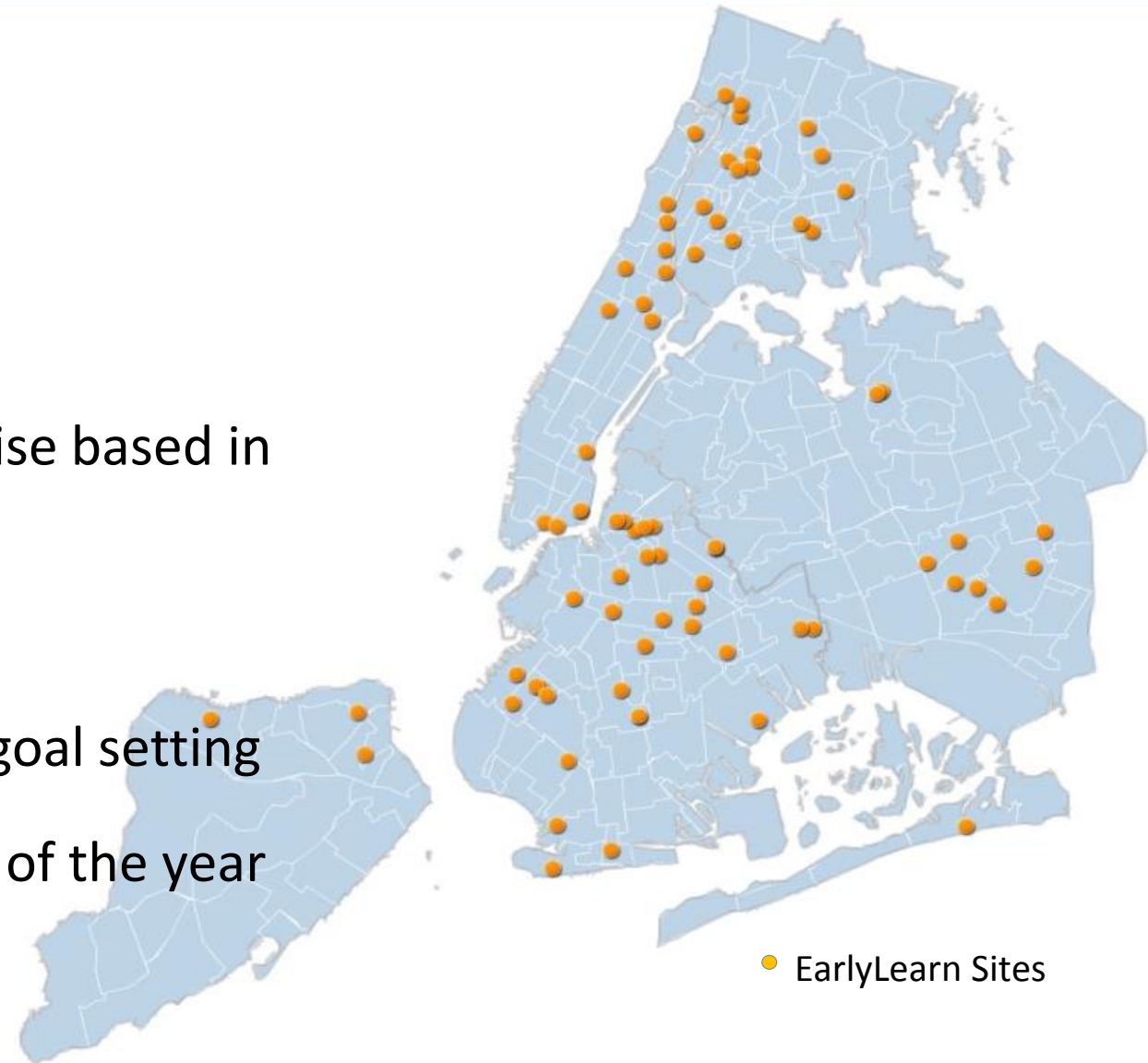
Multi-Year Workforce Capacity Building through ECMH Training and TA Center (TTAC)

TTACNY.org



NYC Model of Consultation

- **Funding:** ThriveNYC (100% City Tax Levy)
- **Consultant:** master's level mental health professional with early childhood expertise based in Article 31 clinic
- **Site:** Subsidized, center-based early care
- **Goals:** Partnership agreement and joint goal setting
- **Dosage:** 1 day per week for the duration of the year
- **Caseload:** 5 sites, 3 classrooms per site



Map of 82 early care sites that received mental health consultation, September 2017 – June 2018

Three Levels of MHC

Site/Programmatic

- Supports staff in making changes to site's practices and policies that benefit all children and adults in their setting

Classroom

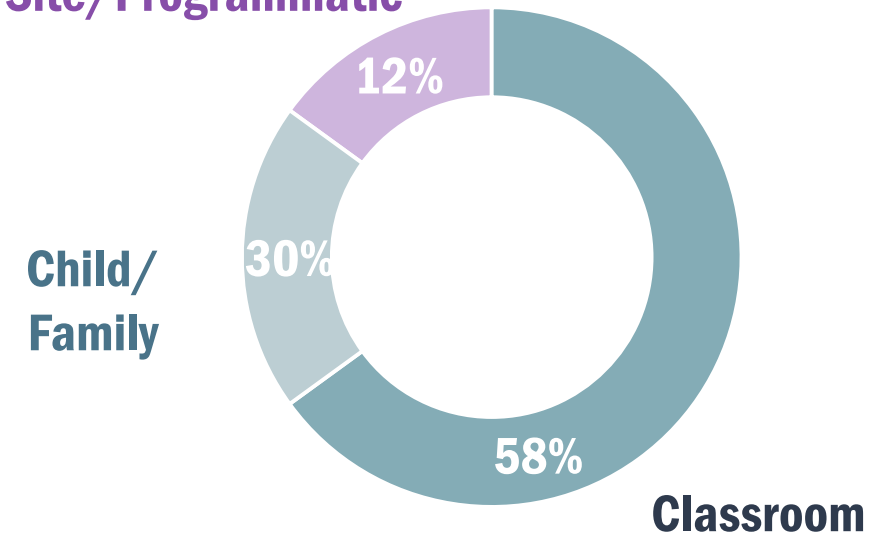
- Conducts classroom observations and works collaboratively with teachers on strategies to respond to the social emotional needs of children in their classroom; Identifies and addresses attitudes, beliefs, practices and conditions

Child and Family

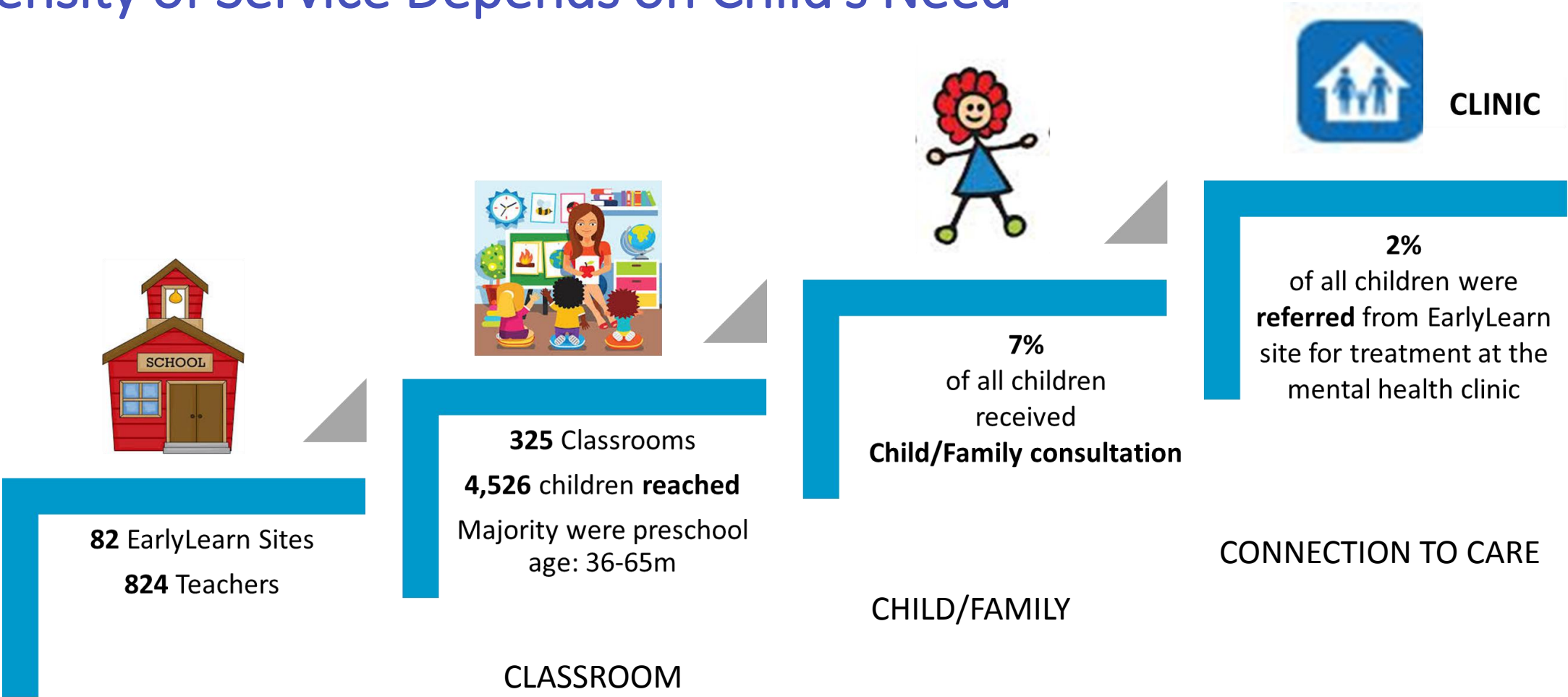
- Helps teachers and parents/caregivers understand and address the individualized needs of children with challenging behaviors

Consultants' time is spent mainly on classroom consultation *breakdown of consultation hours by type of consultation, September 2017 – June 2018*

Site/Programmatic



Intensity of Service Depends on Child's Need



SITE/PROGRAMMATIC

CLASSROOM

CHILD/FAMILY

CONNECTION TO CARE

Mental health consultation services provided to early care sites, September 2017 – June 2018

Teachers' perceptions of children's behavior:

Of the children who received child/family consultation and scored in the "concern" range on the Devereux Early Childhood Assessment (DECA) at the beginning of consultation, **48%** moved to a score of "typical" at the end of consultation.

Connection to clinic treatment:

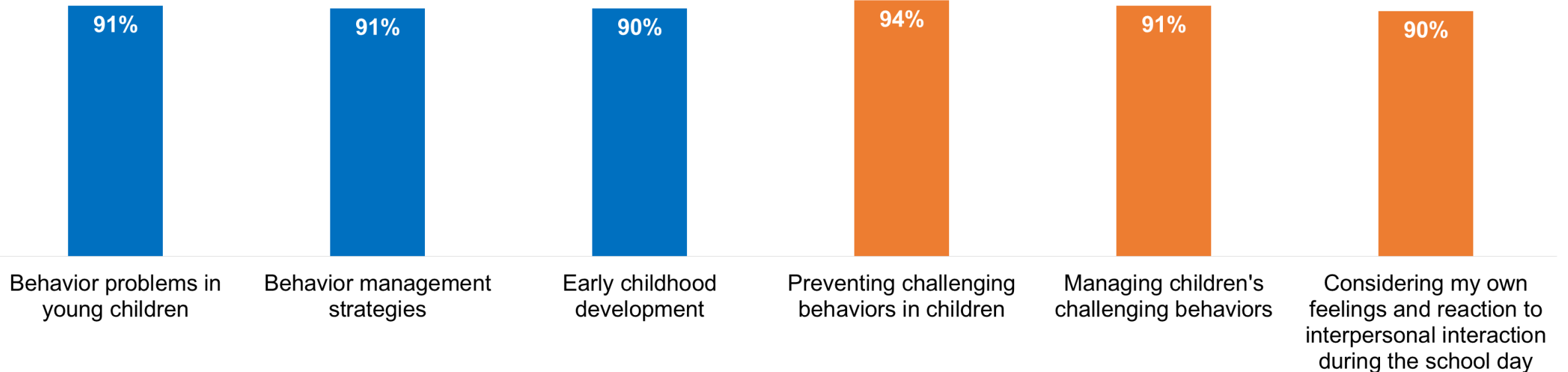
Referrals are made from early care sites and from other sources.

81% of individuals referred from EarlyLearn sites were **connected to care** (attended appointment at the clinic) vs 63% of individuals referred from other sources.

Teacher feedback survey results, June 2018 (n=279)

New Knowledge: As a result of mental health consultation teachers reported gaining “a lot” or “some” information in these topics:

New Skills/Strategies: As a result of mental health consultation teachers reported changing “much” or “some” aspects of their practice:



Survey tool: ECMHC Impact Teacher Survey. Davis, A.E., and Perry, D.F. (2016) *Early Childhood Mental Health Consultation: Final Evaluation Report for Fight for Children*. Washington DC: Georgetown University Center for Child and Human Development. NOTE: Results presented for 279 EarlyLearn teachers who were served from Sep 2017 to June 2018 and completed the survey in June 2018.

Questions

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