NYC EARLY CHILDH☺☺D MENTAL HEALTH NETWORK

NEW EMPLOYEE ORIENTATION

FALL 2021

NYC Health

Key Topics

Infant and Early Childhood Mental Health

Overview

Early Childhood Therapeutic Centers

Services

Training and Technical Assistance Center

Website

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What is Infant and Early Childhood Mental Health (IECMH)?

- "The developing capacity of the child from birth to 5 years of age to
- form close and secure adult and peer relationships;
- experience, manage and express a full range of emotions;
- and explore the environment and learn –
- … all in the context of family, community and culture."

Cohen J, Oser C, Quigley K. Making it Happen: Overcoming Barriers to Providing Infant-Early Childhood Mental Health, ZERO TO THREE Policy Center; April 2012

Why is IECMH Important?

- In NYC, nearly one in three parents/caregivers has concerns about their child's development (NYC DOHMH. EpiQuery – NYC KIDS 2017)
- Between 9.5 and 14 percent of US children ages birth to 5 experience social-emotional problems that negatively affect their functioning, development, and school readiness (Brauner & Stephens, 2006)
- 85% of brain development occurs before age 5
- The quality and consistency of early relationships impacts young children
- Young children of color and their families experience disparities in opportunity and outcomes due to structural racism and discrimination

Effective Intervention Strategies to Support IECMH

- Dyadic or family-based treatment using evidence-based relational models
- Interventions that address the mental health needs of the parent/caregiver
- Programs to build parent/caregiver skills that strengthen the relationship and the child's social-emotional functioning (parenting models, consultation to early childhood professionals)
- Trauma-informed approaches that reduce stress and promote safety
- Link to concrete supports that improve living conditions
- Policies, programs and practices that promote equity

Mayor's Office of Community Mental Health (OCMH)

- Established in 2021 to make community mental health a permanent priority for City government
- Previously called the Office of ThriveNYC
- ThriveNYC funded and created the ECMH Network in 2015
- One key goal is to promote mental health for the youngest New Yorkers
- OCMH partners with City agencies and community-based provider agencies to implement programs and policies
- Explore the website HERE

"Community mental health: A permanent priority for City government"

NYC Mayor's Office of Community Mental Health

NYC Health

The Early Childhood Mental Health Network (ECMHN)

7 ECTCs & TTAC

TTAC

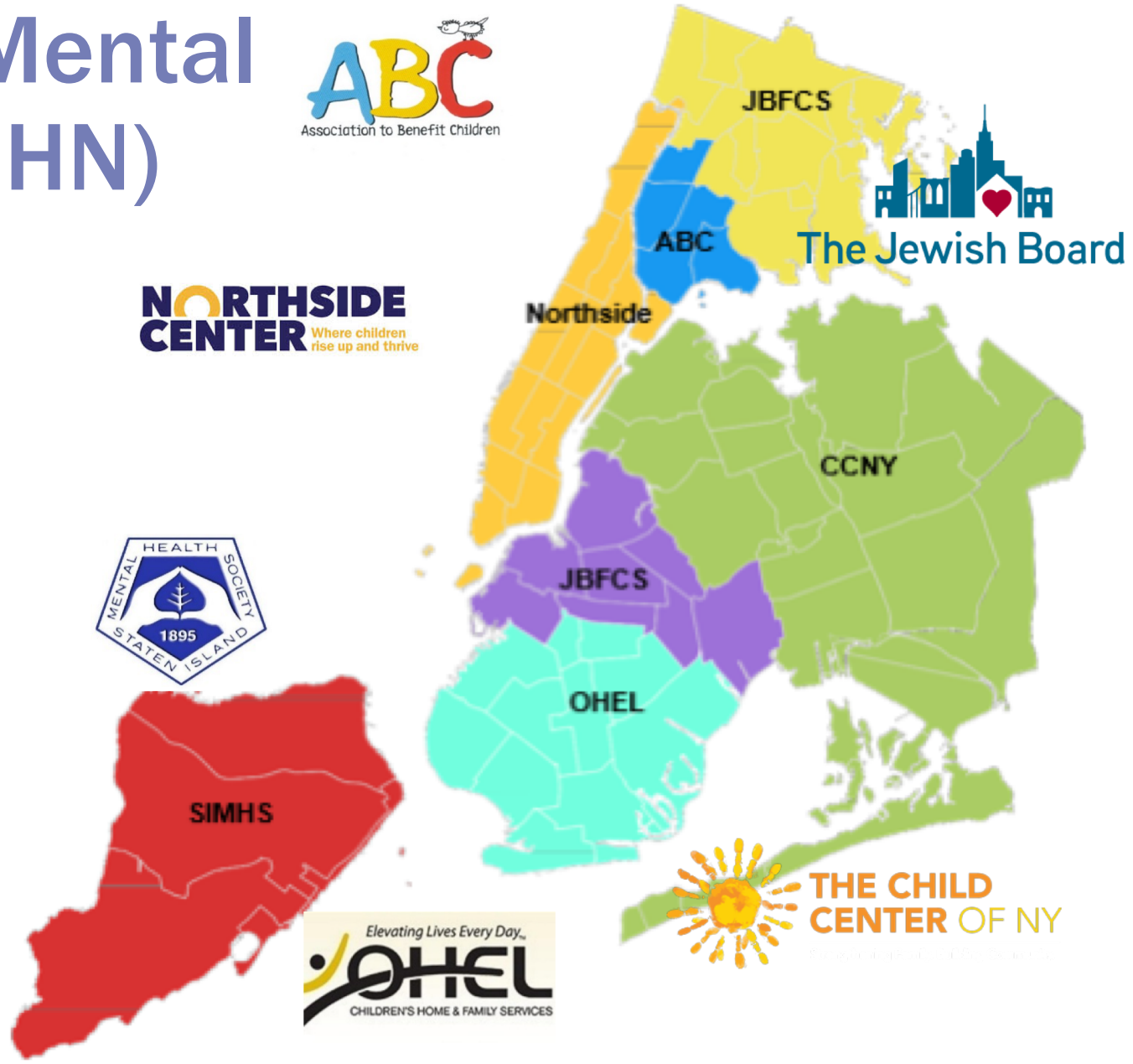
NYC Early Childhood Mental Health

Training and Technical Assistance Center

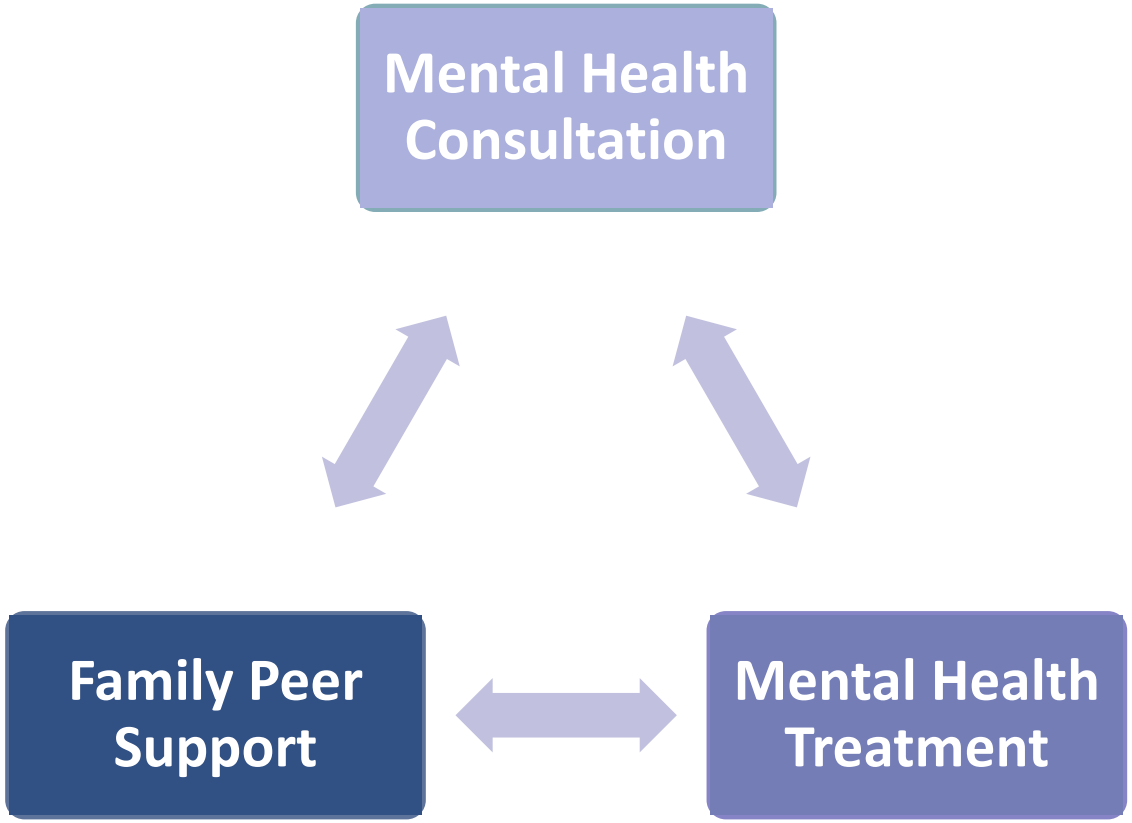
A Collaboration Between

NEW YORK CENTER FOR CHILD DEVELOPMENT

McSILVER INSTITUTE FOR POVERTY POLICY AND RESEARCH NEW YORK UNIVERSITY



Early Childhood Therapeutic Centers (ECTCs)



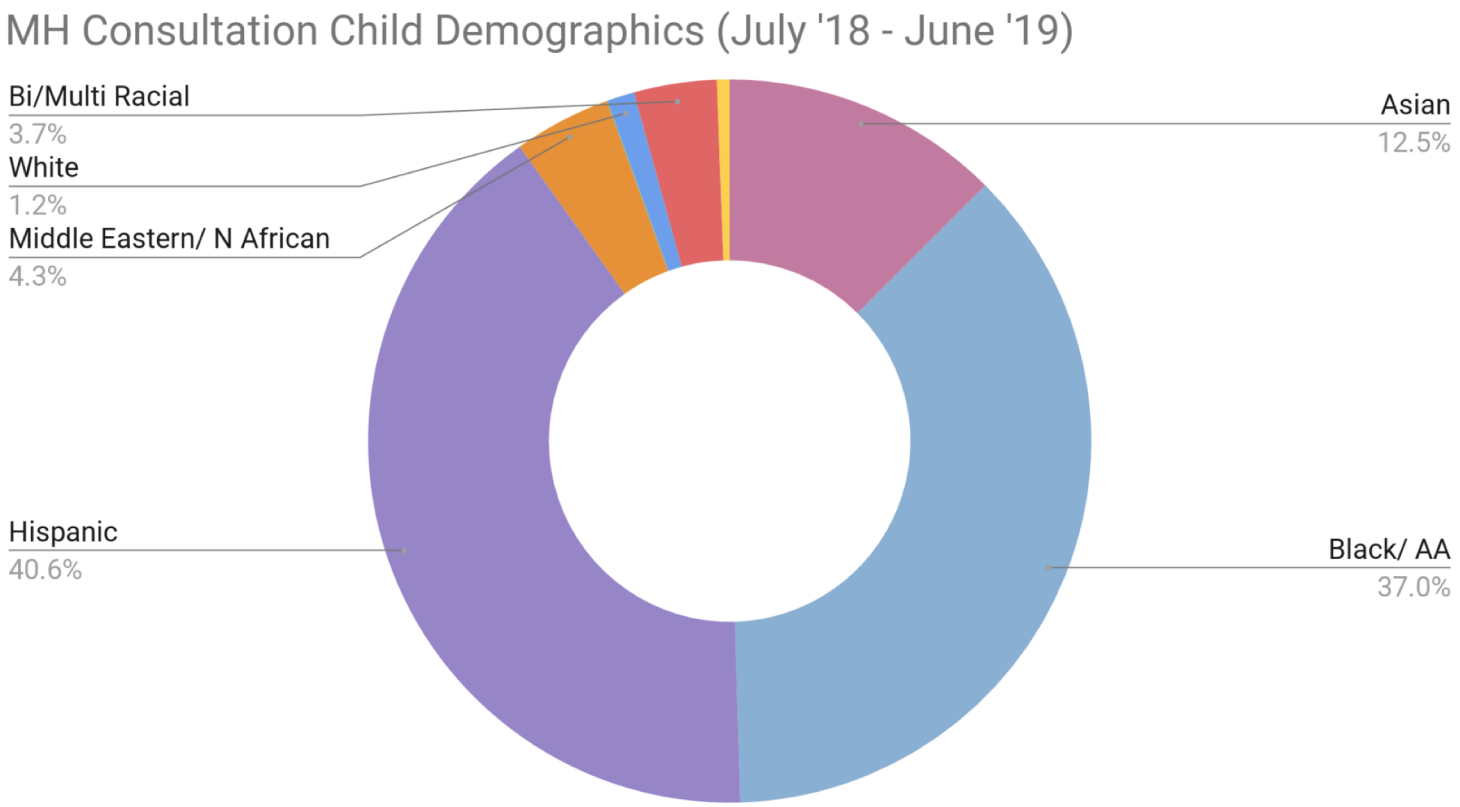
Licensed Article 31 mental health clinics offer 3 linked services:

- Mental Health Consultation
  - Capacity building support to staff at early care and education (ECE) sites
- Mental Health Treatment
  - Relational, trauma-informed therapy models beginning prenatally through age five for children, their siblings, and parents/caregivers
- Family Peer Support
  - Peers with lived experience integrated into clinics to support parents and caregivers

Showing our impact

- We track the progress of the services the ECMH Network provides through data submissions
- Clinicians/consultants/family peer advocates collect assessments and share them with DOHMH
- Informs program planning
- Informs quality improvement
- Provides evidence for policy change that affects young children and their families
- Demonstrates reach and impact of services provided by the Network

Mental Health Consultation



In the July 2018 to June 2019 consultation year, **2,832** children were provided mental health consultation at **early care and education sites** across the five boroughs

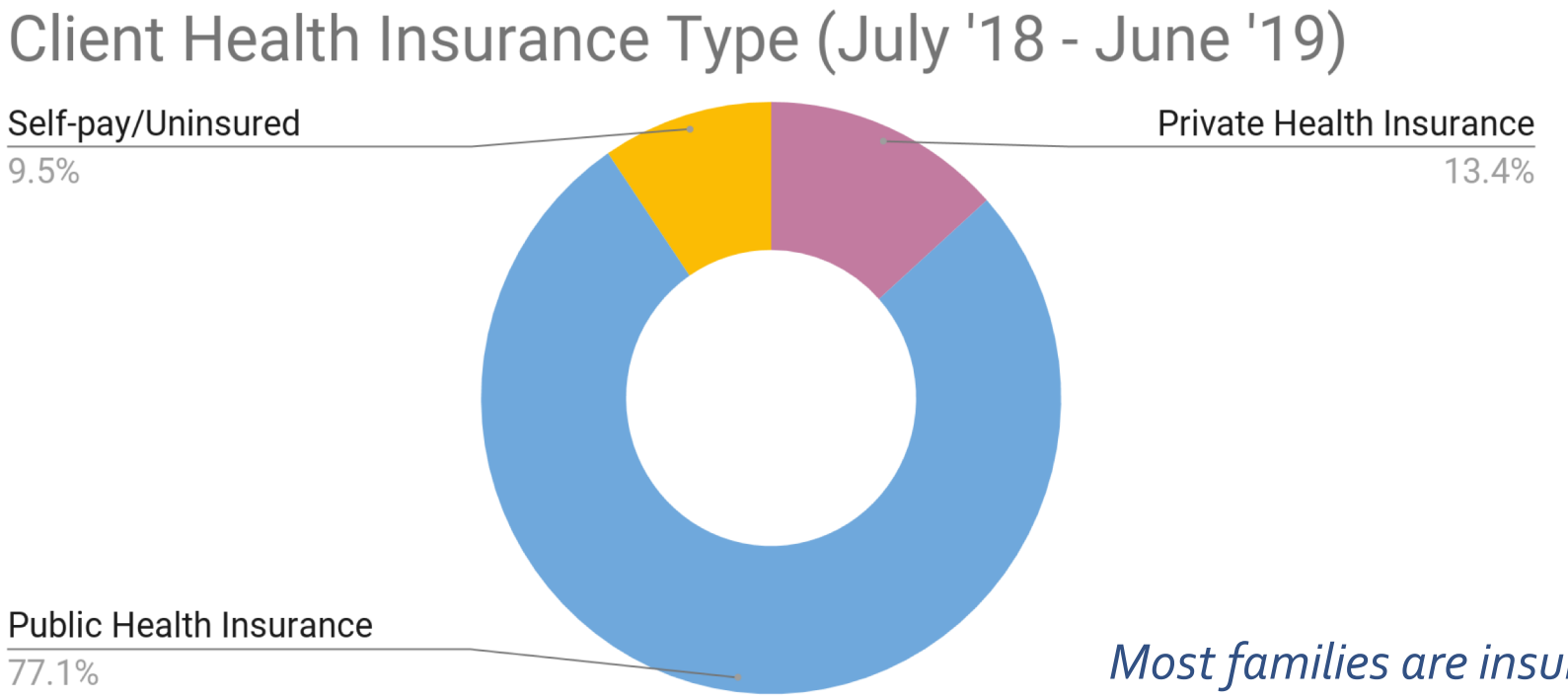
7,410 Early care and education staff, teachers, and parents/caregivers received **Mental Health Consultation Services** since the Network launched
(as of June 2021)

NYC Health

Mental Health Treatment

3,384 children birth to five and their families received **Mental Health Treatment Services** since the Network launched

(as of June 2021)



*Most families are insured by **Medicaid**.*

NYC Health

Family Peer Support

4,485

parents/caregivers received Family Peer Support Services since the Network launched

(as of June 2021)

Telehealth

Clinic

Early Care & Education

Community/Other

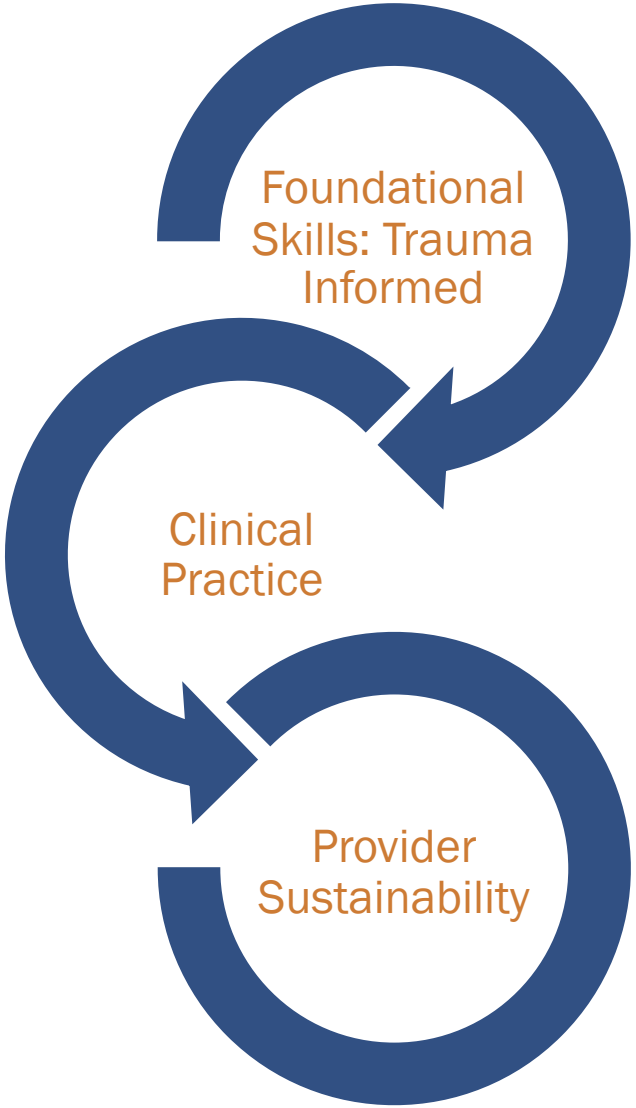
Home

Services occurred in a wide variety of settings

NYC Health

Early Childhood Workforce Development

- Identified gaps to expand and strengthen 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
- We use a multi-year model of training professionals across organizations and systems



Training and Technical Assistance Center (TTAC): A Collaboration

New York Center for Child Development

- Major provider of early childhood mental health services in New York
- Expertise in informing policy and supporting the field of Early Childhood Mental Health through training and direct practice

McSilver Institute for Poverty, Policy and Research

- At New York University
- Houses the Community and the Managed Care Technical Assistance Centers (CTAC/MCTAC)
- TTAC website, registration, and infrastructure support

TTAC's Tiered Approach

- Tier 3: 6,649 trained
- Tier 2: 2,366 trained
- Tier 1: 468 trained

Total number of individuals who attended at least one training offered since the Network launched (as of June 2021)

Tier 1

- Supervisors, clinicians, consultants, family peer advocates in the 7 ECTCs

Tier 2

- Mental Health Providers serving children & families in other mental health clinics

Tier 3

- Early Childhood Allied Professionals in other child serving systems

Trainings

Foundational

- Trauma & Resilience
- Sensory Processing
- Anti-Racist Practices
- Reflective Supervision

Evidence Based Practices

- Child Parent Psychotherapy
- Triple P Positive Parenting Program
- Interpersonal Therapy
- Motivational Interviewing
- Circle of Security

Assessment & Diagnosis

- Diagnostic Classification (DC 0-5)
- Assessment Tools

Mental Health Consultation

- Georgetown Framework

Provider Sustainability

- Data & QI
- Billing

Evidence-Based Practices

Child Parent Psychotherapy (CPP) is a dyadic model for children ages 0-5 who have experienced

- traumatic events and/or
- mental health, attachment and/or behavioral problems
- Based on attachment theory
- http://childparentpsychotherapy.com/about/

Perinatal Child Parent Psychotherapy (P-CPP) is an application of Child-Parent Psychotherapy to the perinatal period, for expecting mothers who have experienced trauma or significant stress.

- Relationship-based, trauma informed treatment
- Begins in pregnancy until the baby is 12 months old

The Triple P-Positive Parenting Program® (Triple P) is a multi-tiered system of evidence-based education and support for parents and caregivers of children ages 0-12

- Triple P interventions increase parents' ability to deal with a full range of behavior problems
- https://ttacny.org/trainings/triple-p-introductory-webinar/

Evidence-Based Practices

Interpersonal Therapy (IPT) is an empirically validated treatment for a variety of affective disorders in adults

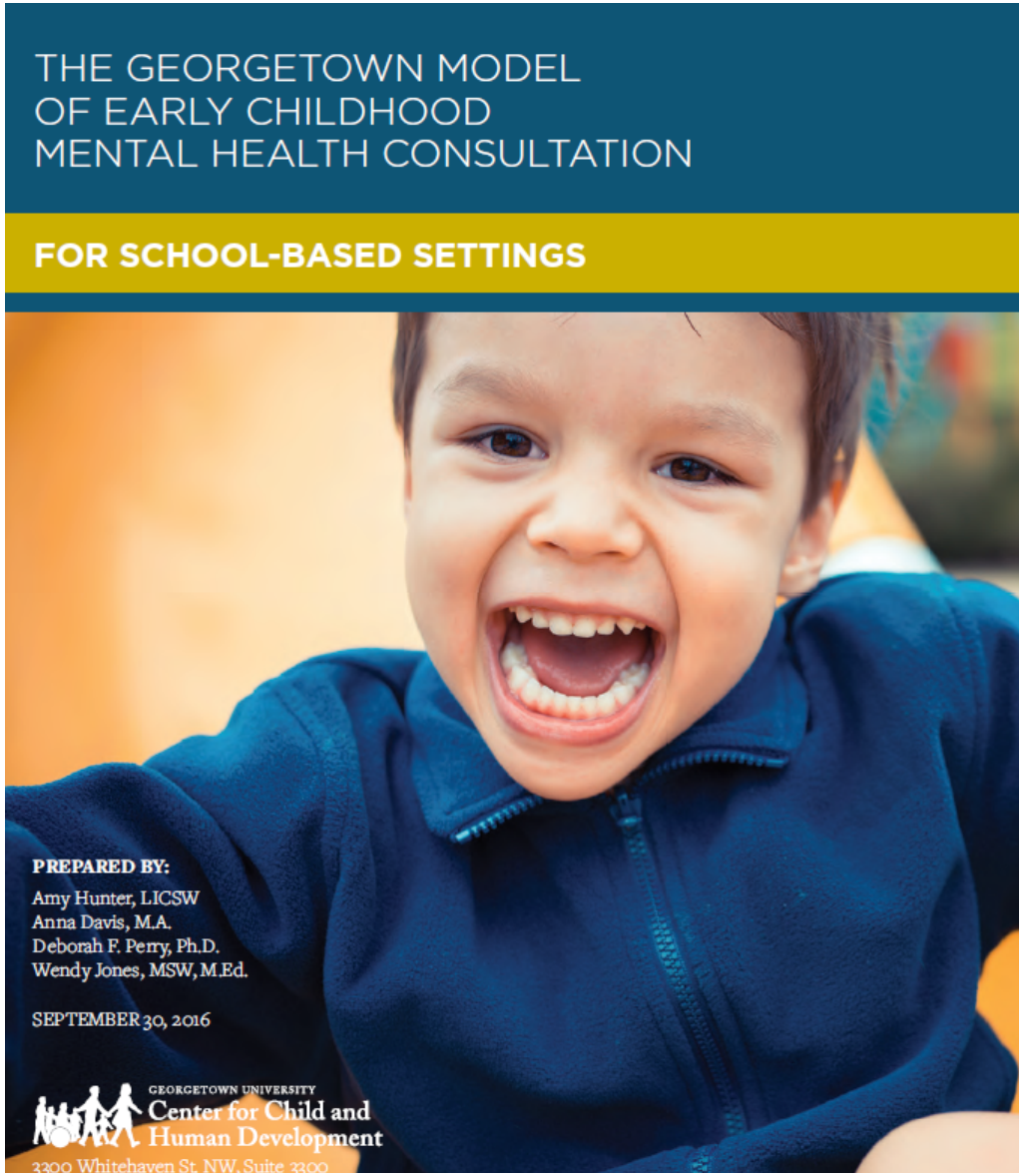
- Used for parental depression and anxiety
- Adapted for perinatal depression

Circle of Security is a group based model that focuses on helping caregivers reflect upon children's attachment needs in order to promote secure attachment with a child.

Georgetown Framework informs our ECMH Consultation model

A multi-level, preventive intervention that partners mental health professionals with early childhood providers (staff/teachers) and with parents/caregivers to build their capacity to support children's social and emotional health and development (Hunter, Davis, Perry, & Jones, 2016)

- TTAC offers trainings & ongoing coaching calls
- https://www.iecmhc.org/



Adaptations during the COVID-19 pandemic

- Telehealth opportunities and challenges
  - Convenience (no travel)
  - Gain insight into family environment, deal with issues in real time
  - Shorter sessions; challenges with dyadic/play therapy
  - Privacy and technology (access to devices and WiFi) and balancing telehealth with remote work and school
- Online trainings reach more participants and peer learning beneficial. Focus on implicit bias and anti-racist practice, and the impact of the pandemic (e.g., loss and grief).
- *Continue to advance practice and policy to flexibly respond to the needs of families and providers.*

Racial Equity and Social Justice

- DOHMH works towards eliminating structural racism and discrimination that leads to many stress-related impacts on the health and mental health of New Yorkers
- DOHMH is committed to eliminating disparities in access, quality and outcomes of health and mental health services
- DOHMH partners with mental health providers to support anti-racist practice in the mental health system
- DOHMH, TTAC and the ECMH Network work together to promote anti-racist practice through:
  - targeted trainings
  - guidance and resources
  - reflective supervision

How you can embed anti-racist practice

Training

- Sign up for upcoming trainings & view archived trainings by visiting TTACNY.org/trainings/
- Select “Racism, Inequality & Child Mental Health” on the trainings page from the drop down list

Reflection

- Educate yourself about implicit bias and how it shows up in clinical and consultation work
- Review DOHMH/OMH’s Racial Equality in Mental Health Webinar Series

Supervision

- Practice self-reflection and participate in reflective supervision with your supervisor

Practice

- Use culturally sensitive practice in your clinical and consultation **work**
- Incorporate the “Diversity Informed Tenets for Work with Infants, Children, and Families” - strategies and tools to embed diversity, inclusion and equity principles in your work

IECMH Policy

- DOHMH works through relationships with other City agencies, the Mayor's Office, and State agencies (e.g. NYS Office of Mental Health, NYS Department of Health) to advocate for policies that support:
  - 2-generational care
  - Appropriate diagnostic system for young children
  - Trauma-informed approaches
  - Mental health consultation in early care and other settings
  - Peer services
  - Integrated services
- Our policy proposals are shaped by: scientific knowledge, best practices, and the innovative work of the ECTCs and TTAC

Resources - IECMH Policy and Practice

Planting Seeds in Fertile Ground: Actions Every Policymaker Should Take to Advance Infant and Early Childhood Mental Health, 2018 https://www.zerotothree.org/resources/1221-planting-seeds-in-fertile-ground-steps-every-policymaker-should-take-to-advance-infant-and-early-childhood-mental-health

The Basics of Infant and Early Childhood Mental Health: A Briefing Paper, 2017 https://www.zerotothree.org/resources/1951-the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper

Three principles to improve outcomes for children and families, Center on the Developing Child, Oct 2017 https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes/

Infographics, including How Racism Can Affect Child Development: https://developingchild.harvard.edu/resourcecategory/infographics/

Supporting Social-Emotional and Mental Health Needs of Young Children Through Part C Early Intervention: Results of a 50-State Survey Sheila Smith, Daniel Ferguson, Elisabeth Wright Burak, Maribel R. Granja, Catalina Ortuzar, November 2020 https://www.nccp.org/wp-content/uploads/2020/11/Part-C-Report-Final.pdf

Resources - IECMH Policy and Practice – Continued

New York State Association for Infant Mental Health (NYSAIMH)
https://www.zerotothree.org/resources/1221-planting-seeds-in-fertile-ground-steps-every-policymaker-should-take-to-advance-infant-and-early-childhood-mental-health

Meeting the Social-Emotional Development Needs of Infants and Toddlers: New York State Department of Health Early Intervention Program - Guidance for Early Intervention Program Providers and Other Early Childhood Professionals, June 2017 https://www.health.ny.gov/publications/4226.pdf

ECMH Training and TA Center (TTAC) Archived Webinars https://www.ttacny.org/trainings/

Community Technical Assistance Center of NY (CTAC) and Managed Care TA Center of NY (MCTAC) Upcoming Events/Trainings https://calendar.ctacny.org/

TTAC Website

Important Links:

- Resources Page - for general community, mental health consultation, and clinical resources
- Trainings Page - registration for events open to the public
- Presentations and publications - (ADD LINK)
- ECTC Portal - for information about training and TA, specifically for ECTC staff
  - Username: ectc
  - Password: portal

TTAC NYC Early Childhood Mental Health Training and Technical Assistance Center

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ECTC Portal

- About the ECTC Portal
- CEUs
- Training Curriculum

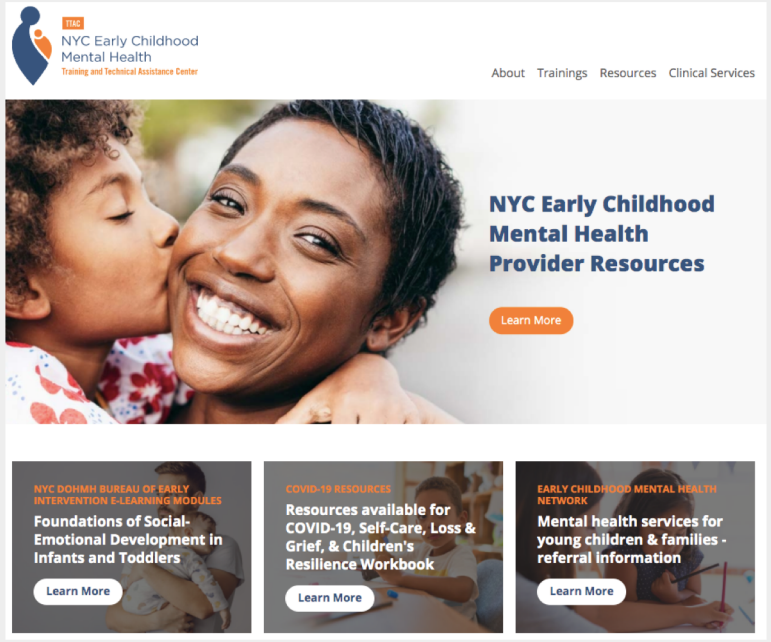
About the ECTC Portal

Please use the sidebar for helpful information regarding learning collaboratives and training materials for ECTCs. Upcoming and past trainings can be found on the **Trainings** page.

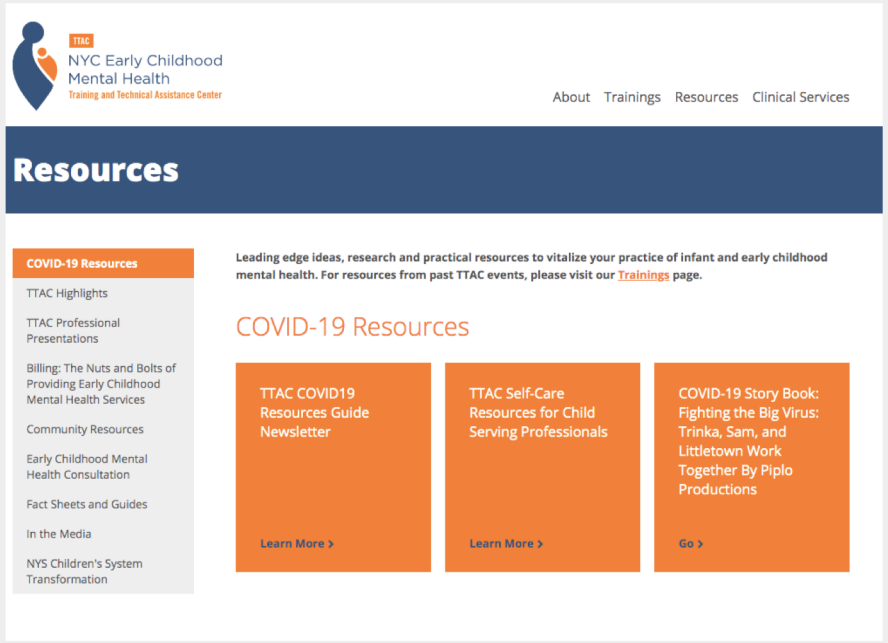
Onboarding Resource for New ECTC Staff:

DOHMH and TTAC developed an onboarding resource for the Early Childhood Mental Health (ECMH) Network: an orientation webinar for new ECTC staff. This brief, 30-minute webinar is intended to orient new employees to the Network, its various services, and resources. View the **webinar here**.

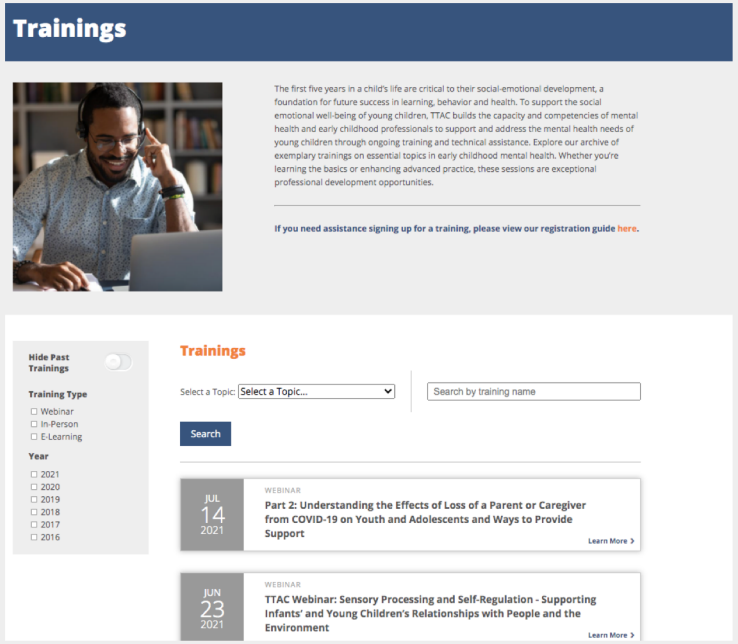
TTAC Website Walkthrough



TTAC Home Page



TTAC Resources Page



TTAC Trainings Page

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NYC Early Childhood Mental Health
Training and Technical Assistance Center

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Who We Are: DOHMH

Shirley Berger | Director, Office of Prevention, Family and Community Support

Fatima Kadik | Project Director, Early Childhood Mental Health Services

Kristen Pappas | Evaluation and Quality Improvement Specialist

Bureau of Children, Youth, and Families
Division of Mental Hygiene

Who We Are: Our TTAC Team

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NEW YORK UNIVERSITY

Evelyn Blanck, LCSW, Director
Gil Foley, EdD , Clinical Co-Director

Susan Chinitz,, PsyD , Clinical Co-Director
Nichole Aiello, Program Manager

Andrew Cleek, PsyD, Chief Program Officer
Meg Baier, LMSW, Director of Healthcare Innovation
Kevin Sanchez, Program Coordinator

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How to Contact Us

ECMH Network inquiries

- Fatima Kadik
- fkadik@health.nyc.gov

TTAC inquiries

- ttac.info@nyu.edu
- https://ttacny.org/ask-ttac/

TTAC Website

- ttacny.org
- Subscribe to TTAC listserv: https://bit.ly/TTAC_Sub

Continuing Education Units (CEUs):

- Visit the NYU Silver CE Online Portal https://sswforms.es.its.nyu.edu/
- For any issues: call 212-998-5973 or email silver.continuingeducation@nyu.edu

thank you!