



NYC EARLY CHILDHOOD MENTAL HEALTH NETWORK



NYC Early Childhood Mental Health Network

Do you have a concern about your child's emotions, behavior or relationships?

Reach out for support.

All families want to give their children a strong foundation for life. For young children – infants, toddlers and preschoolers – positive mental health supports all aspects of growth and learning.

Contact an early childhood mental health clinic near you. Clinics will provide you with the right types of services, such as connecting you with a parent who has had experiences like yours.

All families are welcome, no matter what language you prefer to speak or your insurance situation.



NEW EMPLOYEE ORIENTATION

FALL 2021



Key Topics



Infant and Early Childhood Mental Health

Overview



Early Childhood Therapeutic Centers

Services



Training and Technical Assistance Center

Website



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](#)

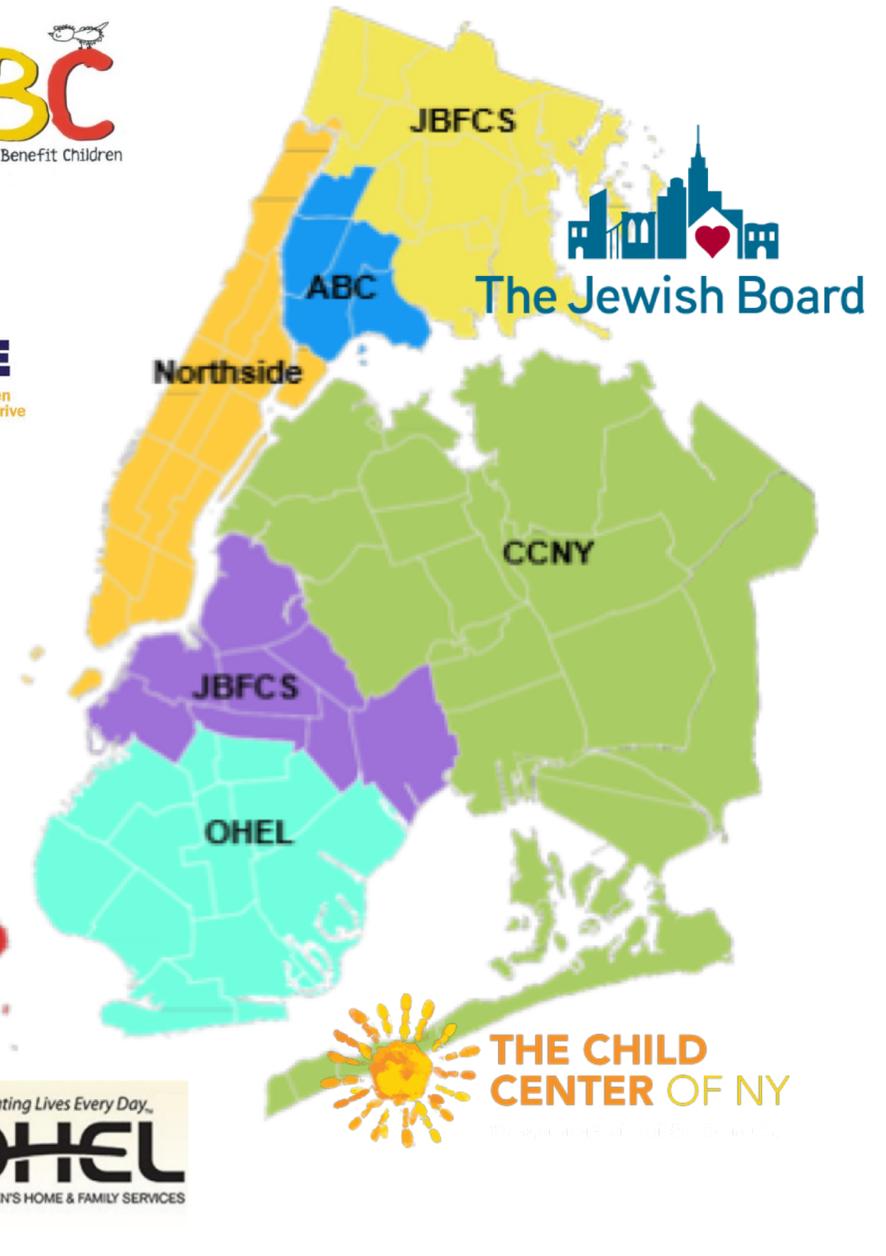
“Community mental health: A permanent priority for City government”

The Early Childhood Mental Health Network (ECMHN)

7 ECTCs & TTAC



A Collaboration Between



TTAC
NYC Early Childhood
Mental Health
Training and Technical Assistance Center

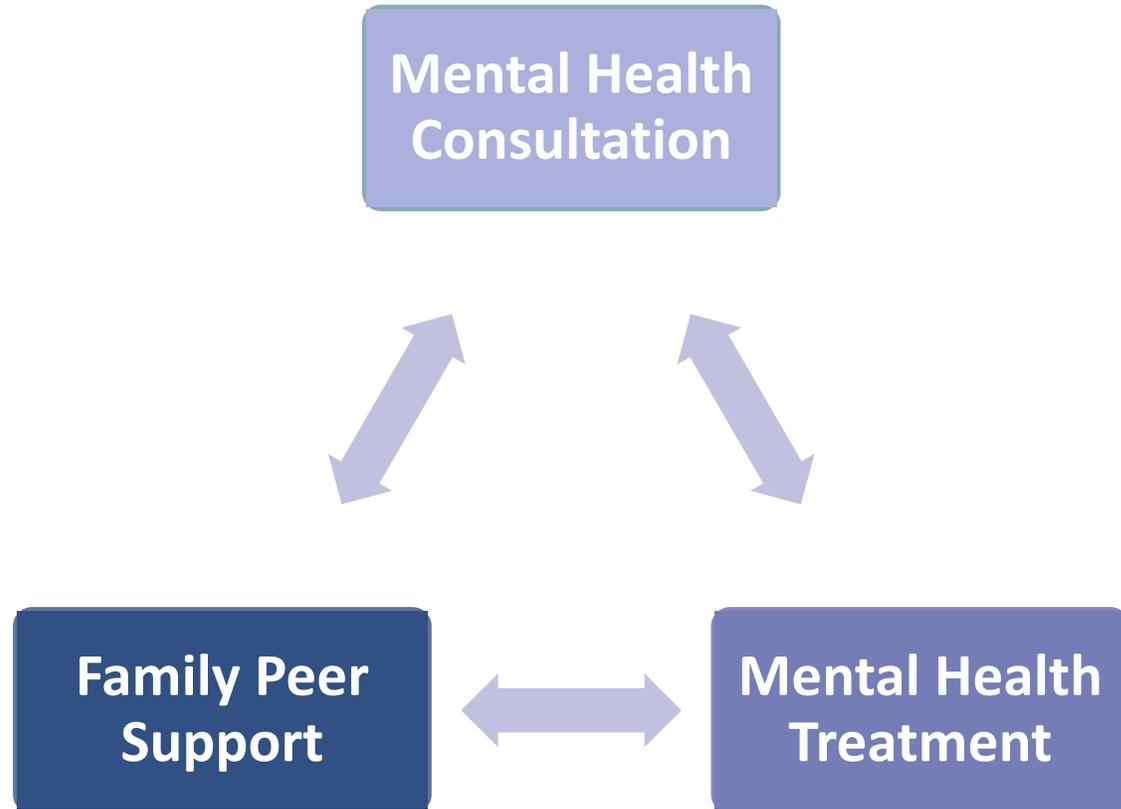
A Collaboration Between



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



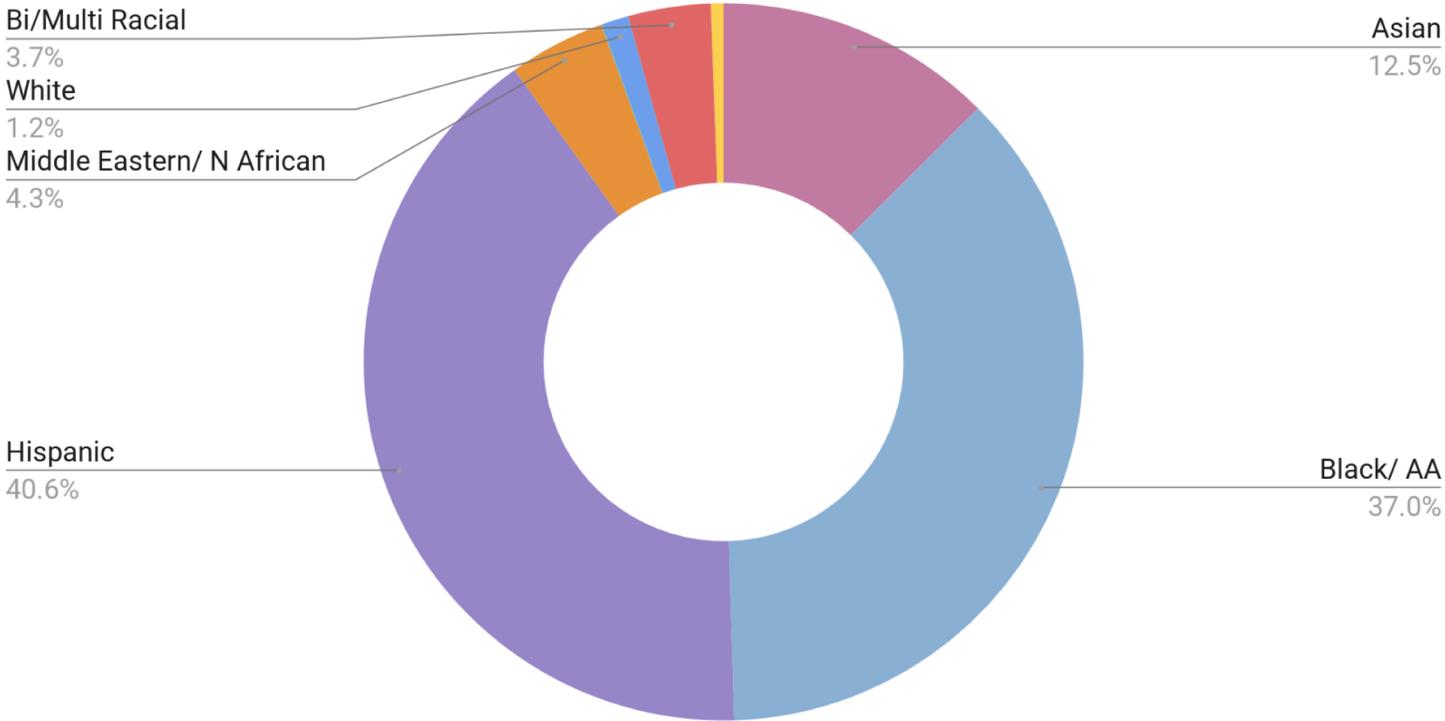
Showing our impact

- 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



MH Consultation Child Demographics (July '18 - June '19)



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)



Mental Health Treatment

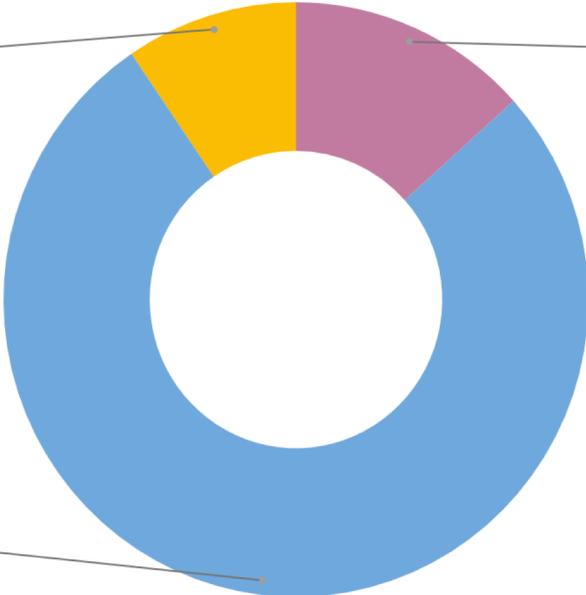
3,384 children birth to five and their families received **Mental Health Treatment Services** since the Network launched

(as of June 2021)

Client Health Insurance Type (July '18 - June '19)

Self-pay/Uninsured
9.5%

Private Health Insurance
13.4%



Public Health Insurance
77.1%

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

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

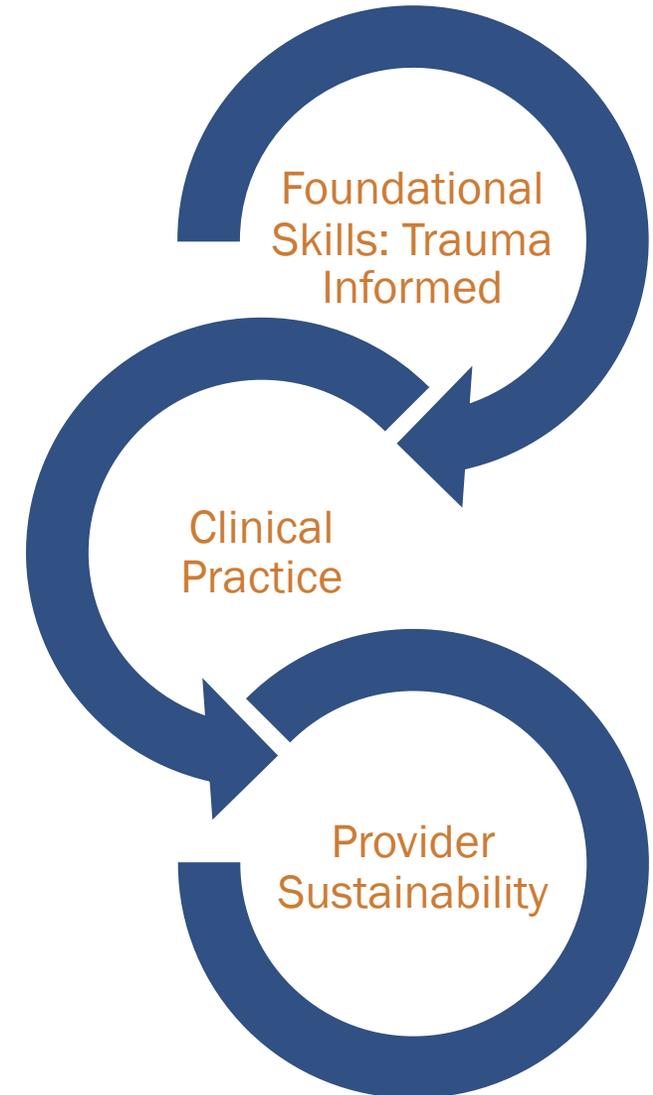


Home

Services occurred in a wide
variety of settings

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

NYC Early Childhood
Mental Health

Training and Technical Assistance Center

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

Mental Health Consultation

- Georgetown Framework

Provider Sustainability

- Data & QI
- Billing

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

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.



Circle of Security

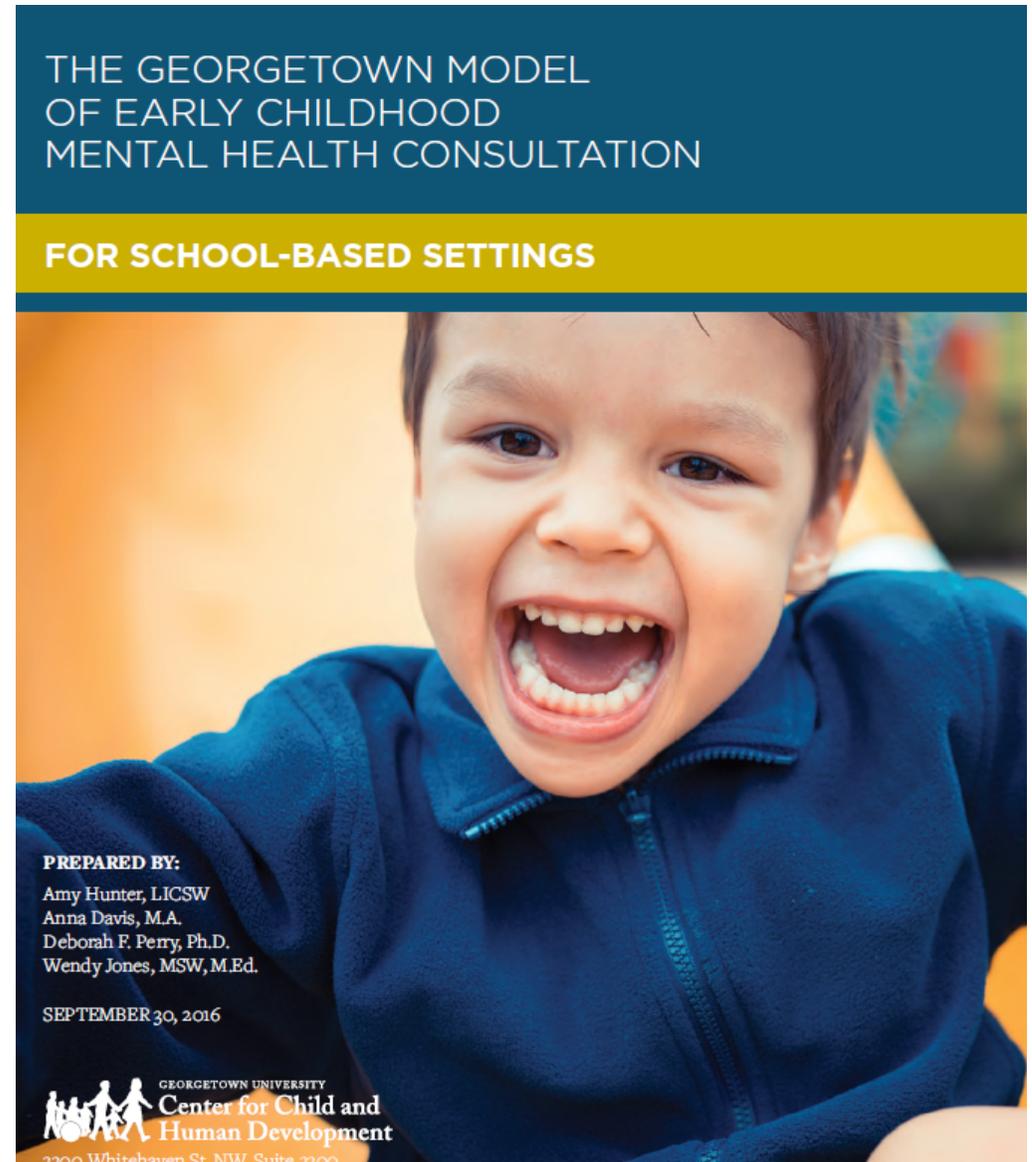
I N T E R N A T I O N A L™

Early Intervention Program for Parents & Children

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/](https://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

NEW WEBSITE!

Explore the provider resources at ttacny.org

NYC Early Childhood Mental Health Provider Resources

[Learn More](#)

FOUNDATIONS OF SOCIAL-EMOTIONAL DEVELOPMENT IN INFANTS AND TODDLERS

COVID-19 RESOURCES
Resources available for COVID-19, Self-Care, Loss & Grief, & Children's Resilience Workbook

EARLY CHILDHOOD MENTAL HEALTH NETWORK
Mental health services for young children & families - referral information

TTAC
NYC Early Childhood Mental Health
Training and Technical Assistance Center



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

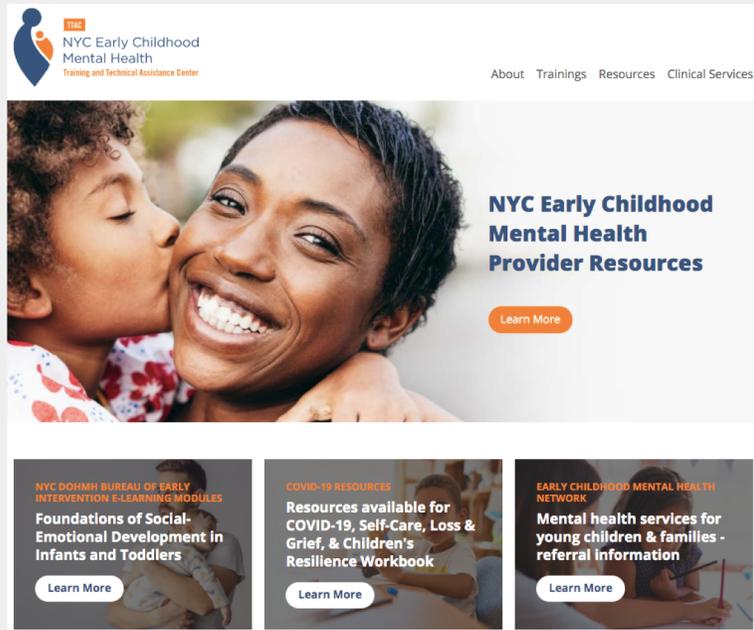
NYC Early Childhood
Mental Health

Training and Technical Assistance Center



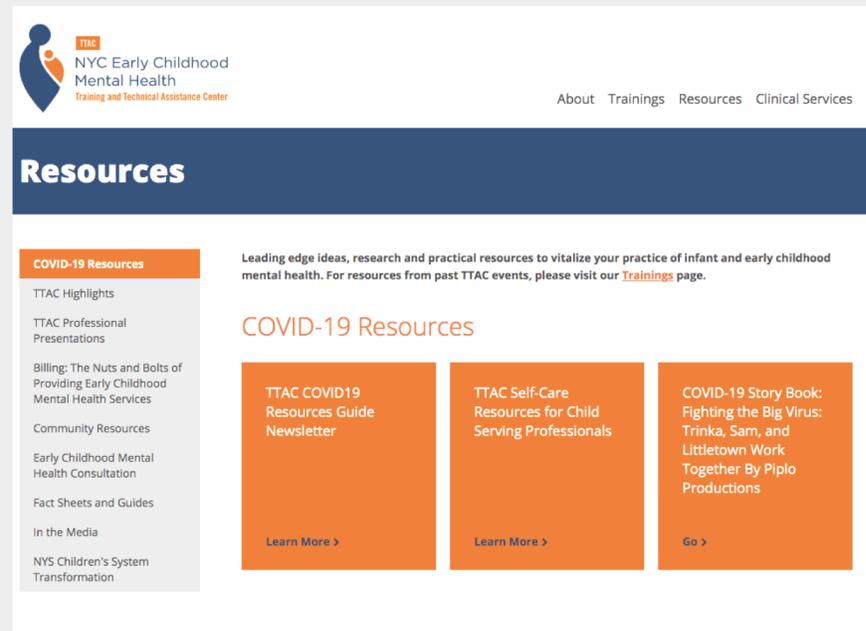
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NEW YORK UNIVERSITY

TTAC Website Walkthrough



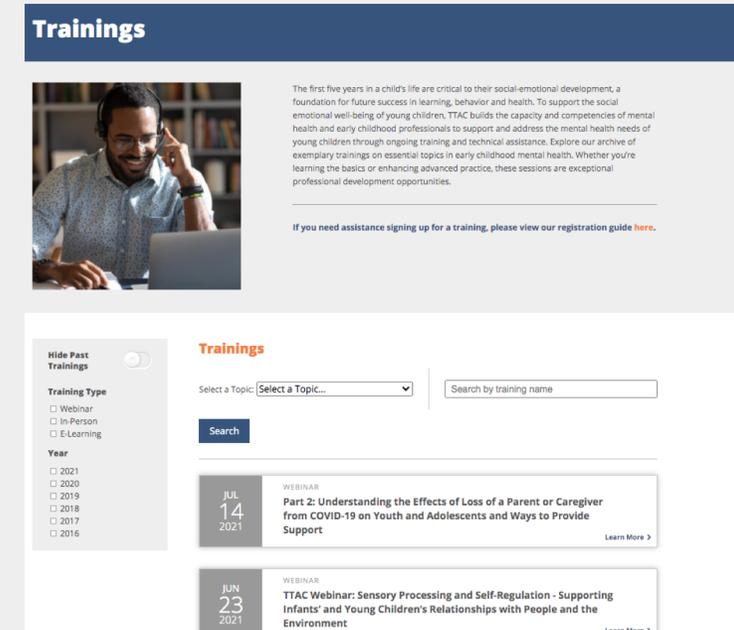
The screenshot shows the TTAC Home Page. At the top left is the logo for NYC Early Childhood Mental Health Training and Technical Assistance Center. Navigation links for 'About', 'Trainings', 'Resources', and 'Clinical Services' are in the top right. A large hero image of a woman smiling with a child kissing her cheek is on the left. To the right of the image is the heading 'NYC Early Childhood Mental Health Provider Resources' with a 'Learn More' button. Below the hero image are three smaller featured resource cards, each with a 'Learn More' button: 'Foundations of Social-Emotional Development in Infants and Toddlers', 'Resources available for COVID-19, Self-Care, Loss & Grief, & Children's Resilience Workbook', and 'Mental health services for young children & families - referral information'.

TTAC Home Page



The screenshot shows the TTAC Resources Page. It features the same header as the home page. A dark blue 'Resources' banner is at the top. Below it, a 'COVID-19 Resources' section includes a list of links: 'TTAC Highlights', 'TTAC Professional Presentations', 'Billing: The Nuts and Bolts of Providing Early Childhood Mental Health Services', 'Community Resources', 'Early Childhood Mental Health Consultation', 'Fact Sheets and Guides', 'In the Media', and 'NYS Children's System Transformation'. To the right, a paragraph of text states: 'Leading edge ideas, research and practical resources to vitalize your practice of infant and early childhood mental health. For resources from past TTAC events, please visit our [Trainings](#) page.' Below this is a 'COVID-19 Resources' section with three orange boxes: 'TTAC COVID19 Resources Guide Newsletter' (with 'Learn More >'), 'TTAC Self-Care Resources for Child Serving Professionals' (with 'Learn More >'), and 'COVID-19 Story Book: Fighting the Big Virus: Trinko, Sam, and Littletown Work Together By Piplo Productions' (with 'Go >').

TTAC Resources Page



The screenshot shows the TTAC Trainings Page. It has a dark blue 'Trainings' header. Below it is a hero image of a man on a laptop. To the right of the image is a paragraph of text: 'The first five years in a child's life are critical to their social-emotional development, a foundation for future success in learning, behavior and health. To support the social emotional well-being of young children, TTAC builds the capacity and competencies of mental health and early childhood professionals to support and address the mental health needs of young children through ongoing training and technical assistance. Explore our archive of exemplary trainings on essential topics in early childhood mental health. Whether you're learning the basics or enhancing advanced practice, these sessions are exceptional professional development opportunities.' Below this is a 'If you need assistance signing up for a training, please view our registration guide [here](#).' Below the text is a search and filter section. It includes a 'Hide Past Trainings' toggle, a 'Training Type' dropdown with options for 'Webinar', 'In Person', and 'E-Learning', and a 'Year' dropdown with options from 2021 to 2016. To the right is a search box with the placeholder 'Search by training name' and a 'Search' button. Below the search section are two training cards. The first is for 'Part 2: Understanding the Effects of Loss of a Parent or Caregiver from COVID-19 on Youth and Adolescents and Ways to Provide Support' on July 14, 2021. The second is for 'TTAC Webinar: Sensory Processing and Self-Regulation - Supporting Infants' and Young Children's Relationships with People and the Environment' on June 23, 2021. Both cards have 'Learn More >' buttons.

TTAC Trainings Page



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



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



How to Contact Us

- Fatima Kadik
- fkadik@health.nyc.gov

ECMH Network
inquiries



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

TTAC inquiries



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

TTAC Website



- 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

Continuing
Education
Units (CEUs):





thank you!