

# INFANT & EARLY CHILDHOOD MENTAL HEALTH CONSULTATION (IECMHC)

City of Madison

## What is IECMHC?

IECMHC focuses on building the capacity of early childhood professionals along with program systems and policies to support children's optimal development. The social and emotional wellbeing of young children is rooted in relationships and experiences with the adults who care for them. Adults are supported to handle challenging behaviors, use strategies that teach children how to recognize and regulate emotions, problem solve, make friends, and celebrate diversity..., while finding joy in their work. Through prevention, promotion, and intervention we aim to ensure children have the important social and emotional skills to help them do well in school and throughout life.

## What IECMHC looks like:

- Observation, screening, and assessment
- Resource sharing
- Practice-Based Coaching
- Program policy and procedure support
- Training
- Community referral assistance

## Contact the IECMHC program when...

- Teachers express interest in gaining skills and strategies to prevent challenging behavior and promote positive guidance
- Program leadership is interested in reviewing guidance policies, practices and procedures
- Support is needed to promote responsive relationships with children and/or families
- Assistance is needed to prevent, identify or respond to children's mental health needs
- Child-specific concerns arise
- A child is at risk of suspension or expulsion
- You're not sure, reach out!

Towards a brighter future  
for all children

## Contact Us:

Call: 608-266-5932

Contact your Child Care Specialist

Email: [aalt@cityofmadison.com](mailto:aalt@cityofmadison.com)

Request information: [tinyurl.com/madisonIECMHC](http://tinyurl.com/madisonIECMHC)





## Expected Outcomes:

Child: Greater gains in social emotional competencies (self-regulation, social skills, protective factors, and adaptive behaviors), decreased use of challenging behaviors

Educator: Increased confidence and capability to address challenging behaviors, greater social emotional development knowledge and lower levels of stress

Program: Reduced staff turnover, improved program quality and classroom climate, reduced use of suspension and expulsion

Family: Improved family/educator communication, heightened positive parenting strategies, access to mental health and/or other referral services

## Consultation works best...

- with researched and evidence based practices, along with data to make informed decisions
- in collaboration with ECE educators and/or program leaders, recognizing each as the expert on their classroom/program
- when services are individualized to meet the needs of each educator, program, child and family
- when linkages to other community services are made for families, children and the early childhood workforce who need additional supports

## CONTACT US:

**AMY ALT**  
**INFANT & EARLY CHILDHOOD MENTAL**  
**HEALTH CONSULTANT**

DEPARTMENT OF PLANNING AND  
COMMUNITY & ECONOMIC DEVELOPMENT  
COMMUNITY DEVELOPMENT DIVISION

PHONE: 608-266-5932

EMAIL: [AALT@CITYOFMADISON.COM](mailto:AALT@CITYOFMADISON.COM)

REQUEST INFORMATION:

[TINYURL.COM/MADISONIECMHC](http://TINYURL.COM/MADISONIECMHC)

City of Madison

INFANT & EARLY CHILDHOOD  
MENTAL HEALTH  
CONSULTATION

