

All Resources can be found at www.ecmhc.org

Early Childhood Mental Health Consultant Self-Assessment Domains	CECMHC Resources to Support Consultant Knowledge, Skills, and Professional Development
<p>1. Professional Role and Responsibilities</p>	<ul style="list-style-type: none"> • Tutorial 1. Strengthening ECMHC in Head Start and Early Head Start • Tutorial 2. Defining ECMHC and the Consultants Role • Tutorial 3. The Effective ECMH Consultant • Tutorial 8. Developing a Vision and Strategic Plan for ECMHC Services • Tutorial 9. Implementing and Evaluating ECMHC Services • Sample Memorandum of Understanding • Sample ECMHC Contract
<p>2. Consultative Stance</p>	<ul style="list-style-type: none"> • Tutorial 3. The Effective ECMH Consultant • Tutorial 4. Mastering the Consultative Stance • Tutorial 5. Partnering with Families in ECMHC • Tutorial 10. Cultural and Linguistic Competence in Early Childhood Mental Health Consultation • The Cultural and Linguistic Competence Self-Assessment Checklist for Early Head Start and Head Start Programs
<p>3. Consultation Process</p>	<ul style="list-style-type: none"> • Tutorial 2. Defining ECMHC and the Consultants Role • Tutorial 3. The Effective ECMH Consultant • Tutorial 5. Partnering with Families in ECMHC • Tutorial 9. Implementing and Evaluating ECMH Consultation Services • Tutorial 10. Cultural and Linguistic Competence in ECMHC • Observation Toolkit for Consultants • A Day in the Life of a Mental Health Consultant Vignettes
<p>4. Screening and Assessment</p>	<ul style="list-style-type: none"> • Tutorial 6. Recognizing and Supporting the Social Emotional Health of Young Children Broth to Age Five • Tutorial 7. Recognizing and Addressing Trauma in Infants, Young Children and Their Families • Tutorial 10. Cultural and Linguistic Competence in ECMHC • Infant Toddler Temperament Tool (IT³) (English version) • Infant Toddler Temperament Tool (IT³) (Spanish version)

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	<ul style="list-style-type: none"> • Choose and Use Guide for Social and Emotional Screening and Assessment Tools
<p>5. Effective Strategies and Interventions</p>	<p>Strategies to Support Children and Families</p> <ul style="list-style-type: none"> • Tutorial 6. Recognizing and Supporting the Social Emotional Health of Young Children Birth to Age Five • Tutorial 7. Recognizing and Addressing Trauma in Infants, Young Children and Their Families • Tutorial 10. Cultural and Linguistic Competence in ECMHC • Facilitating Individualized Interventions to Address Challenging Behaviors Toolkit • Infant Mental Health, Infant Mental Health Specialists, and ECMHC • Infant Toddler Temperament Tool (IT³) (English version) • Infant Toddler Temperament Tool (IT³) (Spanish version) • Teaching Tools for Young Children with Challenging Behavior • My First year Baby Book • Discovery Feelings Booklet • Every Day Ideas for Promoting Social and Emotional Development (Community of Learners online forum) • Social Emotional Posters for Caregivers of Preschoolers • Social Emotional Posters for Families of Preschoolers • Social Emotional Tips for Families of Infants • Social Emotional Tips for Families of Toddlers • Social Emotional Tips for Staff Caring for Infants • Social Emotional Tips for Staff Caring for Toddlers • Choose and Use for Finding Social and Emotional Curricula <p>Strategies to Support Adult Wellness</p> <ul style="list-style-type: none"> • Audio Recorded Relaxation Exercises • Making a Praise Sandwich handout • Posters to Combat Stress (English version) • Posters to Combat Stress (Spanish version) • Relaxation Exercises • Stress Log Template • Stress Tips Bookmark • Taking Care of Ourselves: Staff Reduction Workshop • Taking Care of Ourselves Booklet for Staff (English version) • Taking Care of Ourselves Booklet for Staff (Spanish version)

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	<ul style="list-style-type: none"> • Taking Care of Ourselves Booklet for Parents (English version) • Taking Care of Ourselves Booklet for Parents (Spanish version) • Tip Sheet for Talking Back to Unhelpful Thoughts
6. Resources and Referral	<ul style="list-style-type: none"> • Tutorial 1. Strengthening ECMHC in Head Start and Early head Start Programs • Tutorial 7. Recognizing and Addressing Trauma in Infants, Young Children and Their Families • Tutorial 10. Cultural and Linguistic Competence in ECMHC • A Day in the Life of a Mental Health Consultant Vignettes
7. Professional Development	<ul style="list-style-type: none"> • Tutorial 3. The Effective ECMH Consultant • Tutorial 4. Mastering the Consultative Stance • Tutorial 7. Recognizing and Addressing Trauma in Infants, Young Children and Their Families • A Day in the Life of a Mental Health Consultant Vignettes • Infant Mental Health Specialists and Early Childhood Mental Health Consultation