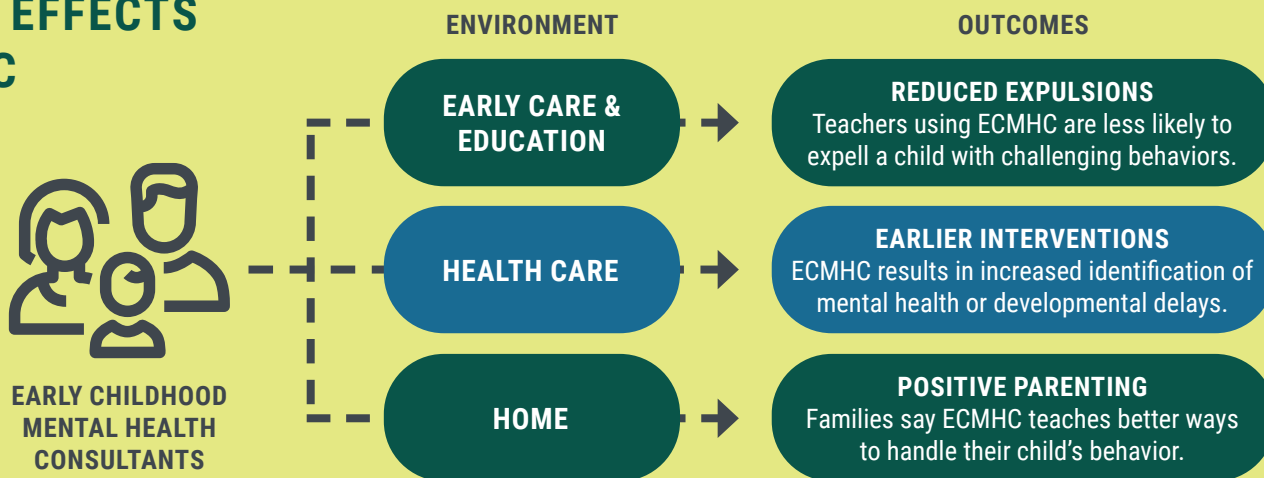


EARLY CHILDHOOD MENTAL HEALTH CONSULTATION



Early Childhood Mental Health Consultation (ECMHC) connects social-emotional development experts with early educators, health care providers, and others who work with young children. Positive mental health provides a foundation of stability that supports all other aspects of healthy development.

POSITIVE EFFECTS OF ECMHC



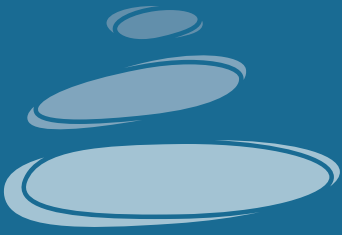
ABOUT EARLY MILESTONES COLORADO.

We are an independent organization helping to advance innovative solutions that improve policies and practices in early childhood development. We work with state and local partners to exchange ideas, share resources, and create lasting, positive change for children.



EARLY **MILESTONES**
COLORADO

ADVANCING OPPORTUNITIES FOR CHILDREN'S SUCCESS



...so **every** Colorado community
can provide an environment
where **children will flourish.**

Children's ability to thrive is impacted just as much by their social-emotional development as it is by their physical development.

Positive experiences and loving relationships create the foundation for a lifetime of strong mental health, and families know this. In a 2019 survey, 52% of Colorado parents rated early childhood mental health as "very important" or "extremely important." ECMHC is a service provided to adults to build their knowledge to support children's healthy social-emotional development.

A major stressor to the early childhood workforce is challenging behavior. Turnover rates for early educators can be as high as 40% with nearly 30% of early educators saying children's challenging behaviors are a major concern. **ECMHC is a proven resource** for retaining the early childhood workforce by providing guidance on challenging behaviors.

Demand is growing. Recent data indicates 25% of all mental health emergency room visits in Colorado are by children. **Prevention is less expensive**, yet it is estimated that Colorado has less than 15% of the early childhood mental health consultants needed to support early educators alone.

WHAT'S NEEDED



SKILLED WORKFORCE. Identify quality standards applicable across a variety of settings to ensure ECMHC is effectively practiced in all environments.



CONTINUOUS QUALITY IMPROVEMENT. Support improved practices by evaluating services and providing guidance on how to achieve the most impact. ECMHC is a new and growing field.



CONSISTENT ACCESS. Provide sustainable funding to ensure availability of ECMHC in urban, rural, and frontier areas of the state.

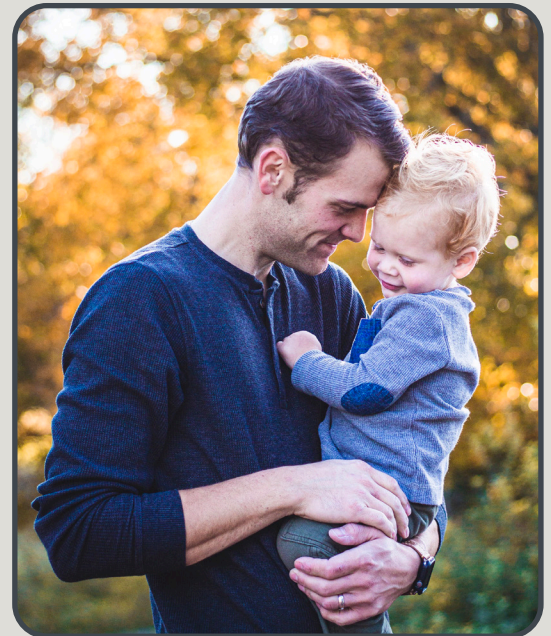


CENTRALIZED RESOURCES. Create a "hub" for ECMHC training, support, and evaluation. ECMHC should not happen in isolation. Professional support matters.



Because we're in it day-to-day, ECMHC gives us the opportunity to process what's happening when a child is acting out with someone who knows how to help. We want to be doing what's best for all of the children in our care.

—EARLY EDUCATOR



Visit earlymilestones.org/ecmh
for additional information
and reference materials.



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