

Performance Standards
EHS/HS 1302.45

Purpose

Staff have access to the department Mental Health Consultant to support family mental health and well-being. Mental health consultation is about developing relationships and building adult capacity to meet the mental health needs of children, families and staff.

Process

Mental Health Consultation is available to family caregivers by following the process below:

Gather with the family’s immediate early learning team. The early learning team may include advocates, teachers, home visitor, coach, supervisor, program manager. The purpose of gathering the team prior to initiating a Caregiver Mental Health Consultation is to ensure the team is coordinating resources and services and addressing child/family needs.

<p>When teams gather they discuss the following:</p> <ul style="list-style-type: none"> • What is the need/concern identified by the family? • What resources and/or services the family is accessing? • Are there additional resources and services the team can help the family get? • Is the team wanting a mental health consultation and if so, what is the goal or intention of the consultation? 	<p>Mental Health Consultation is <i>not</i>:</p> <ul style="list-style-type: none"> • About fixing children and families • Therapy <p>Mental Health Consultation is:</p> <ul style="list-style-type: none"> • A relationship-based approach to develop adults to strengthen children’s mental health well-being • Done by facilitating meaningful curiosity and supportive partnerships through collaborative exploration, capacity building, and integration
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When the team determines if a consultation is the next step, the team will then decide who will be the point of contact for the mental health consultation. This person will be responsible to initiate the consultation and be involved in the consultative process.

To initiate a mental health consultation, the initiator will send email to Mental Health Consultant, team and supervisor and follow ChildPlus Instructions.