



**For more information about early childhood mental health:
*Making a Referral for Mental Health Support***

In some cases, teachers may need to work with their administrator to arrange for early childhood mental health consultation when they have concerns that a child in their care is struggling with trauma-related or other emotional or behavioral challenges. Early childhood mental health consultants bring specialized knowledge and skills to partner with staff and families to help support the well-being and healthy development of children within early learning and care programs.

Access to early childhood mental health consultation services varies based on resources available in your county or region. Some early childhood mental health consultation services focus on programmatic support to teachers and staff, and others focus more on direct consultation with children and families. The qualifications of personnel also vary based on the type of consultation being offered. Educators can find additional information about early childhood mental health consultation from the following resources:

- California Inclusion and Behavior Consultation (CIBC) Network: <http://www.cibc-ca.org>
- California Collaborative on the Social & Emotional Foundations for Early Learning (CACSEFEL): <https://cainclusion.org/camap/map-project-resources/california-collaborative-on-the-social-emotional-foundations-for-early-learning/>
- California Map to Inclusion & Belonging: <https://cainclusion.org/camap/>
- Early Childhood Learning & Knowledge Center: <https://eclkc.ohs.acf.hhs.gov/mental-health/article/infant-early-childhood-mental-health-consultation-your-program>
- Center for Early Childhood Mental Health Consultation: <https://www.ecmhc.org/>

Source: *The Powerful Role of Play in Education: Birth-8.* (in press). California Department of Education, Early Learning and Care Division.

Additional Resources:

Fact sheet: Adverse Childhood Experiences Among US Children, based on analysis of data from Health Resources & Services Administration 2016 National Survey of Children's Health.

https://www.cahmi.org/wp-content/uploads/2018/05/aces_fact_sheet.pdf

Three-minute informational Public Service Announcements

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