

# Infant and Early Childhood Mental Health Consultation



We recognize the essential role that early learning and care staff and providers play in the lives of young children and their families. **The California Infant and Early Childhood Mental Health Consultation (IECMHC) Network** (formerly known as the California Inclusion and Behavior Consultation [CIBC] Network) has consultants available statewide for consultation to promote the social and emotional health and well-being of children *and* the adults who care for them.

- *Are you or your staff experiencing provider burnout?*
- *Do you need additional support in understanding and responding to children's behavior?*
- *Would you like to develop more skills to support children's social, emotional and mental health?*
- *Do children in your program need help coping with stress and/or trauma?*

## **We have the resources to support you!**

IECMHC Network Consultants are highly trained professionals with experience in early learning and care settings and specialized knowledge about the various factors and stressors that can impact child, family and provider well-being. In partnership with providers, consultants work to ensure that all children have the skills to express and manage their emotions, make friends, and gain valuable problem-solving skills.

### **AREAS OF SUPPORT INCLUDE:**



**Promoting** positive mental health and social and emotional development



**Focusing** on relationships and practices that buffer against stress and trauma



**Addressing** behavior that providers find concerning or challenging



**Developing** a program culture that promotes the well-being of providers, children, and families

The Network services are offered at **no cost** to early learning and care programs and home-based providers. To request services, go to the Network website ([cibc-ca.org](http://cibc-ca.org)) and click on the "Request for Assistance" tab on **the** left. Once we receive your request, a staff member from the Network will contact you.

**For more information, contact us at: 877-524-2422 or [cibc@wested.org](mailto:cibc@wested.org)**