



What is SEED?

The New Mexico Early Childhood Education and Care Department (ECECD), has developed an **Infant and Early Childhood Mental Health Consultation (IECMHC)** focus called the **Social Emotional and Early Development (SEED)** Initiative, which offers free IECMH Consultation in early learning environments through pairing mental health professionals with early childhood educators and caregivers.

Learn more at nmececd.org/SEED
ECECD.IECMHC@ececd.nm.gov



@NewMexicoECECD



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NEW MEXICO

Early Childhood
Education & Care Department

Social Emotional and Early Development Initiative (SEED)

Cultivating Healthy Relationships and Programs



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Early education can be rewarding for both educators and the young students they teach – but it can also be stressful. When children experience family trauma or other personal struggles, it can lead to behaviors that caregivers can find challenging. That’s why it is so important that early childhood professionals, children, and their families have access to supportive mental health professionals that can help navigate these underlying issues.

What is IECMHC?

IECMHC is a collaborative, relationship-focused approach to strengthening the caregiver’s ability to promote and enhance children’s social emotional development. In addition, IECMHC offers the ability for adults in those children’s lives to gain reflective skills and build their confidence in supporting the children in their care. IECMH consultants develop relationships with adults and caregivers in young children’s lives and help build their capacity and skills to strengthen and support children’s social and emotional development.

How does IECMHC improve outcomes for children, families, and educators?

Child Outcomes:

- Decreased externalizing behaviors
- Decreased numbers of children expelled for behaviors
- Greater gains in socialization, emotional competence, and communication
- Improved social skills and peer relationships

Family Outcomes:

- Access to mental health services
- Improved communication with staff
- Improved parenting skills

Staff Outcomes:

- Improved self-efficacy
- Increased confidence working with children
- Reduction in teacher stress levels
- Increased teaching skills and communication with families
- Increased sensitivity when working with children
- Increased involvement with parents

Program Outcomes:

- Reduced staff turnover
- Shared philosophy of mental health



How does IECMHC work?

Consultants provide services within early child care settings to educators and administrators. During a visit, consultants provide active listening, build relationships, and begin to work collaboratively with caregivers and providers. Consultants avoid the position of expert and rely on the provider's experience to guide the work.

Consultants' qualifications:

- Experience working with children birth to 5 years and their families.
- Clinical experience with young children.
- Experience working in a classroom setting and/or consulting with early childhood educators.
- Experience working with historically marginalized and culturally diverse populations
- Consultants have a Master's degree in mental health, they are licensed or license-eligible and well-trained in their field.

How to apply to provide IECMHC services?

Qualified consultants may apply to provide IECMH services! Check nmececd.org/SEED for updates.

How can caregivers access SEED? Is it free?

Interested caregivers may request a referral via the ECECD website. Services are **free to Early Childhood Education (ECE) providers, children, and their families.**



“ Young children's development depends on the relationships they have with important adults in their lives – parents AND providers. To ensure healthy adult-child relationships, it is essential to increase the capacity of the grownups in children's lives. A proven way to do this is through Infant Early Childhood Mental Health Consultation. ”

- Kadija Johnston
New Mexico Technical Assistant

