

## Snohomish County ECEAP Mental Health Consultation Policy

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### Purpose

The purpose of this policy is threefold:

- 1) To give ECEAP sites the freedom to access mental health consultants based on the needs of the classroom milieu, and/or those of specific children.
- 2) To provide sites the next steps to take after implementing behavior support plans and challenging behaviors still exist
- 3) To provide *comprehensive, individualized* intervention strategies, referrals and action steps based on specific concerns and desired outcomes articulated and documented by teaching staff, family support staff, and/or families.
- 4) To plan and execute *consistent* follow-up consultation efforts in which significant progress, change, and new action steps are formally documented by the consultant(s).

### Process/Policy

- 1) Site staff completes the “Mental Health Consultation Request” form when a child likely in need of additional services has been identified. Parent/family participation is expected for any referral involving specific behaviors or other concerns exhibited by their child and documented as such. Note that all subsequent steps are based on the need(s) identified in this step. This document is provided to the mental health consultant prior to any observation or consultation.
- 2) Mental health consultants possessing qualifications outlined in ECEAP standard C-18, and with experience in classroom observation, will observe the identified child, complete the “Mental Health Consultation” form, and review with site staff.
- 3) Site staff submit “Mental Health Consultation Request” and “Mental Health Consultation” form to their County Education & Family Support Coordinator.
- 4) Site staff will implement recommendations/strategies articulated in the consultation form. Parent/family involvement and review of the consultation form is encouraged for any recommendation involving specific behaviors or other concerns exhibited by their child and documented as such.
- 5) Site staff contact mental health consultant or Education & Family Support Coordinator with questions or for additional support needed for implementation of recommendations/strategies.
- 6) Program Manager or Education & Family Support Coordinator conducts one classroom observation to monitor/review site implementation of the mental health consultant’s recommendations. Results are documented on “Contact Summary” form.
- 7) If necessary, the mental health consultant will conduct a follow-up observation and will complete the “Mental Health Consultation Follow-up” form and review with site staff. If the same individual is not available, a mental health consultant possessing qualifications outlined in ECEAP standard C-19, and with experience

- in classroom observation, will conduct an observation, complete the “Mental Health Consultation Follow-up” form, and review with site staff.
- 8) Site staff will implement any next steps articulated in the consultation form and review with parent/family.
  - 9) The completed document is sent to the County Education & Family Support Coordinator. The Education & Family Support Coordinator reviews the final document.
  - 10) Site implementation of this policy will be noted in the annual site review.

## **Performance Standard & Work Plan Consultation**

The applicable ECEAP Performance Standards state:

### ***C-17 Mental Health Professional Role***

*Contractors must have access to a mental health professional that is available to:*

- *Observe and/or screen children regarding behavior, emotional needs, and mental health.*
- *Work collaboratively with parents to address their child’s mental health issues.*
- *Consult with staff regarding classroom support and interventions for children.*
- *Refer children and families to local mental health services.*
- *Consult with and train staff as needed on topics, such as:*
  - *Classroom environment, practices, and activities to promote social and emotional development.*
  - *Early identification of behavioral disorders, atypical behavior, and child abuse.*
  - *Specific interventions to address identified behavioral and mental health needs.*

### ***C-18 Mental Health Professional Qualifications***

*The mental health consultant must meet one of the following qualifications:*

- *Licensed by the Washington State Department of Health as a mental health counselor, marriage and family therapist, social worker, psychologist, psychiatrist, or psychiatric nurse; or*
- *Approved by the Washington State Department of Health as an agency-affiliated or certified counselor, with a master’s degree in counseling, social work or related field; or*
- *Credentialed by the Washington State Office of the Superintendent of Public Instruction as a school counselor, social worker, or psychologist.*

***It is also preferable to have a Child Mental Health Endorsement with a minimum of 5 years of experience practicing implementation of children’s mental health, including training in cultural competency and trauma-informed practices.***