

Professional Development for IECMH Consultants

Infant and early childhood mental health (IECMH) consultants can use these resources to build their knowledge, skills, and ability to support early childhood professionals in their work with families affected by maternal depression.

- [Family Connections](#) is a Boston Children’s Hospital comprehensive training program designed to support early childhood programs in their work with families facing adversities, such as depression. There are four training modules, each of which includes three workshops. Materials are provided for both participants and workshop leaders.
- [The Infant and Early Childhood Mental Health Consultation \(IECMHC\) Learning Module](#) developed by the Head Start National Center on Health (now the National Center on Early Childhood Health and Wellness) highlights the role of the IECMH consultant. The interactive module is divided into lessons that include realistic scenarios and short video clips. Each lesson has its own resource area designed to provide extensive support around IECMHC.
- [Screening Time](#) is a website from the American Academy of Pediatrics that includes video-based training modules, conversation simulations, a screening tool selector, and a resource center to provide information about the screening process for maternal depression, developmental concerns, and the social determinants of health.
- [Supporting Families’ Mental Health: Special Focus on Parental Depression](#) is a webinar from the Head Start National Center on Health (now the National Center on Early Childhood Health and Wellness) that defines mental health and depression, describes the extent of depression in families served by Head Start and Early Head Start, discusses how the perinatal period can create a “perfect storm” for vulnerability around depression, identifies risk factors, and offers strategies for prevention, promotion, and intervention.