

Axis' Early Childhood Mental Health Consultation Program



Axis Health System provides Early Childhood Mental Health Consultation (ECMH) to early learning programs, care providers, and families in Gunnison, Hinsdale, Montrose, Delta, San Miguel, and Ouray counties. Services are provided at no-cost.

Axis' ECMH Consultation program offers three levels of support to childcare programs to build strengths and protective factors for children, families, and early learning program staff.

Child Specific Consultation is focused on the skill building, social-emotional development, and well-being of a specific child in your program. The goal of child-specific consultation is to expand upon children's social-emotional toolkit to support children in accessing foundational skills.

Classroom Specific Consultation is focused on the structure, routines, relationships, strengths, and challenges within an entire classroom, group, or caregiving team. The goal of classroom-specific consultation is to create a safe, healthy learning environment where children and caregivers can thrive.

Programmatic Consultation is focused on creating systemic improvements within your program that positively impact staff and families in your community and improve the quality of care. The goal of programmatic consultation is to reflect on and adapt current practices using a trauma-informed, relationship-based framework.

The ECMH Team Can:

- Attend staff or family meetings virtually or in person.
- Provide virtual or in-person classroom observations
- Offer virtual or in-person trainings and groups for caregivers
- Provide social-emotional tools and visuals
- Provide support to staff and families via email, phone, video chat or text

605 E. Miami Rd.
Montrose, Colorado 81401
axishealthsystem.org | 970.252.3200



We all have mental health, even babies!

Children's mental health is critical to their overall health. It is normal to have concerns and questions about children's behavior and development. As early childhood professionals, we need to understand the underlying reasons for challenging behavior. We work with families to help children manage "big" feelings that impact behavior. If challenging behaviors continue, there are trusted resources in our community to help.

You may have concerns about an infant or a young child who...

- Has difficulty regulating their emotions and behaviors in childcare
- Has a hard time adjusting to changes or is struggling with daily routines
 - Is struggling to make friends and get along with others
- Experienced the loss of or separation from a caregiver or has difficulty forming secure relationships
 - Feels sad, anxious, or angry much of the time

Early Childhood Mental Health Consultants Provide:

- Strategies and support planning that ensure children receive consistent and responsive care
- Psychoeducation to help caregivers understand challenging behavior and trauma in young children
- Reflective conversations that help caregivers identify attitudes, beliefs, practices, and conditions that impact relationships between adults and children
- On-site support and training for caregivers and childcare professionals promote social-emotional development and trauma-informed care
- Referrals to community services and resources

If you have questions or to request a consultation, please contact

Lucia Di Prima, MA, IMH-E
Early Childhood Specialist
ldiprima@axishealthsystem.org
970.252.3200