

# Understanding Infant and Early Childhood Mental Health Consultation (IECMHC) and the Teaching Pyramid

## IECMHC

is a prevention-based service that pairs a master's-level **mental health consultant** with families and with adults who work with infants and young children in different settings.



**MENTAL  
HEALTH  
CONSULTANT**

## THE TEACHING PYRAMID



is a multi-tiered, prevention-focused positive behavioral intervention and supports (PBIS) framework designed for implementation by early care and education programs.



involves **coaches** to help with implementation and fidelity and is guided by a leadership team.

## BOTH IECMHC AND THE TEACHING PYRAMID...

- > Focus on the critical importance of positive relationships in the early years of a child's development
- > Build the capacity of professionals and families
- > Support children's social and emotional development



### IECMH consultants may support Teaching Pyramid implementation.

The IECMH consultant, trained in the Teaching Pyramid, brings a mental health perspective and focuses on factors influencing relationships and behaviors, such as the impact of trauma, depression, adversity, and substance misuse; staff wellness; and underlying causes of behavior.

IECMH consultants may work with **Teaching Pyramid coaches and leadership teams** to support Teaching Pyramid implementation.



**IECMHC and the Teaching Pyramid have different, but complementary, orientations.**

## ORIENTATIONS

### IECMHC

Mental Health  
Family Systems  
Consultation

### Teaching Pyramid

Early Childhood Education    Family Engagement  
Early Childhood Special Education    Data-Based Decision Making  
Practice-Based Coaching

