Frequently Asked Questions
Early Childhood Mental Health Consultation (ECMHC)

1. **What is the Virginia Early Childhood Mental Health Consultation (ECMHC) program?**
The Virginia ECMHC program helps early childhood teachers and families promote young children’s healthy social-emotional development – skills like expressing emotions, forming relationships with others, and successfully engaging in the classroom or learning space. Children may need extra support from adults in building these skills due to disruptions from the COVID-19 pandemic.

2. **What are the benefits of the ECMHC program?**
The ECMHC program benefits young children by supporting their caregivers around:
   - Addressing challenging behaviors from one child or a few children
   - Promoting a child’s social-emotional well-being such as possible trauma, anxious or withdrawn behavior
   - Managing feelings of stress or burn-out
   - Improving teacher-family communication
   - Preventing practices that remove a child from learning such as sending a child home early, asking the child’s family to withdraw from the program

3. **What will the ECMHC program look like?**
ECMHC will involve collaborative, one-on-one coaching with early childhood teachers based on identified needs. Consultants will support teachers to effectively implement evidence-based social-emotional learning (SEL) strategies with children using a Practice Based Coaching format. In some cases, consultants will also meet directly with families.

4. **What is the format of the ECMHC program?**
We will work with teachers and programs to determine the best format of consultation to meet their needs. ECMHC can be delivered remotely, in-person, or through a hybrid approach. The specific format is flexible and will depend on factors including location, internet access, technology, and COVID-19 policies.

5. **Where is the ECMHC program being offered?**
   - **Infant/toddler ECMHC services are available in-person or virtual (as needed)** in: Amelia County, Buckingham County, Caroline County, Charles City County, Chesterfield County, Colonial Heights City, Cumberland County, Dinwiddie County, Essex County, Fluvanna County, Goochland County, Hanover County, Henrico County, Hopewell City, King and Queen County, King George County, King William County, Lancaster County, Louisa County, New Kent County, Northumberland County, Nottoway County, Petersburg City, Powhatan County, Prince George County, Richmond City, Richmond County, and Westmoreland County
   - **Preschool ECMHC services are available in-person or virtual in:** Albemarle County, Amelia County, Caroline County, Charles City County, Charlottesville City, Chesterfield County, Colonial Heights City, Dinwiddie County, Fredericksburg City, Fluvanna County, Goochland County, Hanover County, Henrico County, Hopewell City, King George County, King William County, Louisa County, New Kent County, Nottoway County, Petersburg City, Powhatan County, Prince George County, Richmond City, and Spotsylvania County. Also, virtual consultation is now available in all other localities (state-wide)!

Programs that receive public funds – including but not limited to child care subsidy, VPI, and Head Start/Early Head Start funding – will be prioritized for services.

6. **For more information**, contact Easha Juma at eashaj@cdr.org or 757-208-0288.

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