

Early Childhood Mental Health Consultant As Parenting Group Facilitator in Child Care Settings

18th Annual Research Conference
 A System of Care for Children's Mental Health: Expanding the Research Base
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Purpose

- Context of the EBI & ECMHC intervention
- Promising practices in ECMHC
- Evaluation design
- Process and outcome findings.
- Advantages & challenges for service agency, ECMH Consultants, child care center director, center staff
- Implications & next steps

Blending EBI with ECMHC to Child Care Centers

- County Mental Health & Private Agency goal. To establish prevention services in child care programs
- Target children 2 to 6 years, parents, center staff
- SAMHSA funding stream for prevention using evidence-based intervention

Project Model

- ECMHC trained in Incredible Years Basic Parenting Series (Webster-Stratton, UW)
- Added to county & agency ECMHC capacity
- Grant money used to test development & implementation of IY within child care centers
- Used knowledge to expand IY & ECMHC

Evaluation Design

• Process. How the program evolved



• Impact. Quasi-experimental comparison group design



Resources / Assets

- Agency history implementing consultation in centers.
- Child care center directors wanted to participate.
- Availability & schedule for consultation with IY developer (Webster-Stratton).
- Consultant as IY facilitator, catalyzed staff & parent acceptance/trust.
- Collaborative problem-solving among Program, center, evaluators, supervisors responded to challenges.
- Parent-initiated support groups (result of IY participation)

Intervention

- 4 centers
- ECMHC on site 5-15 hours weekly
- ECMHC recruited & facilitated IY parenting group at center
- Additional help for child care & dinner



Research Questions & Measures

Change in child behavior	ECBI-Intensity score (Eyberg)
Parent perception of child behavior being problematic	ECBI-Problem score
Parent stress	Parenting Stress Inventory (Short Form)
Teacher stress	Teacher Stress Inventory (adapted)

Measures

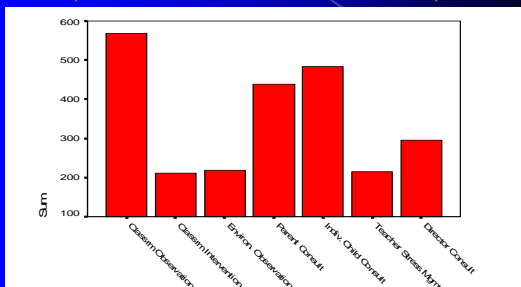
- Satisfaction with Child Care Survey (Emlen, et. al., 1994)
- Parenting Stress Inventory (PSI-Short Form) (Abidin, 1995)
- Family Needs Scale (Dunst, et. al., 1988)
- Teacher Survey (Lehman & Lambarth, 2003; adapted from Abidin and Geller)
- Early Childhood Behavioral Inventory (ECBI) (Eyberg, et. al., 1980)
- Devereux Early Childhood Assessment (DECA) (LeBuffe & Naglieri, 1998)

Activities Years 1 & 2

- Outreach to center directors & staff
- Evaluator recruitment/data collection parents & teachers for intervention & comparison groups
- Child care consultation 5-15 hours per week.
- 8 IY Groups = 53 (73.6%) of 72 parents completed series.

Most Frequent Consultation Activities

(From Consultant Activities Checklist; Years 1 & 2)



Child Specific Consultant Activities

[Consultants' Contact Notes; Many Children Received More Than 1 Service Type; Year 2 Only]

Service Type	Frequency for Intervention Children (n=26)	Frequency for Comparison Children (n=18)	Total
Mental Health Screening	0	2	2
Individual Child Contact	50	34	84
Teacher/Site Consultation	43	49	92
Individual Parent Contact	62	51	113
Referral/Case Management	23	14	37
Total	178	150	328

Parenting Stress Index Total Stress [preliminary findings]

*86>indicates clinical concern

Group	Time 1 Mean [s.d.]	Time 2 Mean [s.d.]	Mean Difference
Intervention IY+MHC (<i>n</i> = 45)	86.82 [19.07]	76.60 [17.19]	Significant P<.05
Comparison Child in center with MHC (<i>n</i> = 34)	82.12	76.35	Significant P<.05

Study Limitations

- Small number
- No random assignment; both groups were in centers with consultation
- Issues of maturation (would improvements have occurred over time anyway?)
- Target population included small number of children with serious behavioral concerns

Implications

- IY+MHC group parents & children made greater gains (ECBI) than MHC group only.
- Strategies learned to develop & implement IY and ECMHC in child care settings can assist others.
- ECMH consultants can facilitate engagement of parents in parenting training, other learning opportunities.
- Define ECMHC as applied in child care centers.

