Findings from a Random Controlled Trial of a Statewide Early Childhood Mental Health Consultation System

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March 5, 2007
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Why ECMHC?
• Severe preschool behavior problems → Later school problems
• Quality ECE → Improved social-emotional functioning
• Preschool Expulsion:
  – Child care (1 in 37)
  – PreK (1 in 149)
  – K-12 (1 in 476)

Access to Behavioral Supports Associated with Lower Expulsion

<table>
<thead>
<tr>
<th>Access to Behavioral Support Staff</th>
<th>% Classrooms Expelling</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Access</td>
<td>14.5%</td>
</tr>
<tr>
<td>On-Call Access</td>
<td>10.5%</td>
</tr>
<tr>
<td>On-Site Access</td>
<td>8.8%</td>
</tr>
</tbody>
</table>

Early Childhood Consultation Partnership (ECCP)
• Early childhood mental health consultation program
• Statewide (CT); Began in 2002
• Funded by Private and Public dollars
• Managed by Advanced Behavioral Health

ECCP: Service Counts

<table>
<thead>
<tr>
<th>Year</th>
<th>Child Specific Services</th>
<th>Core Classroom Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1 (2002-03)</td>
<td>128</td>
<td>190</td>
</tr>
<tr>
<td>Year 2 (2003-04)</td>
<td>111</td>
<td>101</td>
</tr>
<tr>
<td>Year 3 (2004-05)</td>
<td>72</td>
<td>69</td>
</tr>
<tr>
<td>Year 4 (2005-06)</td>
<td>89</td>
<td>69</td>
</tr>
</tbody>
</table>
ECCP Model

- **Service Duration**
  - 8 weeks, plus week-12 visit
  - 4-6 hours in classroom per week, plus in-service

- **Consultants**
  - 10 regionally-based consultants
  - MA-level; trained mental health; 6/10 licensed
  of eligible in LCSW, LPC, LMFT

ECCP Service Components

- **classroom-specific consultation**
  - teacher-child interactions
  - classroom behavior management
  - overall program quality

- **child-specific consultation**
  - teacher classroom behavioral strategies
  - parent partnerships
  - community service referrals

Previous Process Eval of ECCP

- Year 1; \( n = 39; \) 44% RR

- Reasonably good fidelity to service hours

- Teachers perceived improvements
  - Classroom environments (57%)
  - Staff resilience (41%)
  - Partnerships with Families (43%)
  - Child Behavior (81%)

ECCP Evaluation Questions

- Is ECCP effective at:
  - Improving classroom quality and teacher-child interactions?
  - Reducing authoritarian beliefs, job stress, depression; increasing job satisfaction?
  - Reducing teacher-rated behavior problems?
ECCP Evaluation Procedures

- Random Controlled Trial (statewide)
- 2 Cohorts (1/05-6/05; 9/05-3/06)
- Inclusion:
  - Requesting ECCP; Consenting to Study
  - Serving mostly 3-4 year olds
  - No prior ECCP treatment
- Randomized 48 Treatment, 50 Control
- After W/D: 43 Treatment, 42 Control

**Sample Sizes**

<table>
<thead>
<tr>
<th></th>
<th>Treatment</th>
<th>Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cohort 1 Classes</td>
<td>23 (39)</td>
<td>23 (35)</td>
</tr>
<tr>
<td>(Children)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cohort 2 Classes</td>
<td>20 (36)</td>
<td>19 (34)</td>
</tr>
<tr>
<td>(Children)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL Classes</td>
<td>43 (75)</td>
<td>42 (69)</td>
</tr>
<tr>
<td>(Children)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ECCP Evaluation Measures:**

- Classroom Quality & Interactions
  - ECERS-R
  - Arnett Caregiver Interaction Scale
  - Preschool Mental Health Climate (development)
- Teacher Beliefs and Feelings
  - Parental Modernity Scale
  - Child Care Worker Job Stress Inventory
  - CES-D
- Child Behavior Problems
  - Conners Teacher Rating Scale
  - Social Skills Rating System
  - Preschool Expulsion Risk Measure (development)

**ECCP Effects on Oppositional Behaviors**

**ECCP Effects on Hyperactivity**
ECCP Results

Conners Oppositional

Pretest Posttest

ECCP Control

F = 10.68*; d = 0.41

Conners Hyperactivity

Pretest Posttest

ECCP Control

F = 10.62*; d = 0.40

For More Info...

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ECCP Results

- No Effects on
  - Non-Externalizing Child Behaviors
    - Internalizing Behavior Problems
    - Prosocial Behaviors
  - Classroom Environment
    - ECERS-R (all domains)
    - Aarnet Caregiver Interaction Scale (all domains)
  - Teacher Beliefs and Feelings
    - Authoritarian Beliefs
    - Job Stress, Control, and Satisfaction
    - Depression

ECCP Results

Conners Restless-Impulsive

Pretest Posttest

ECCP Control

SSRS Externalizing

Pretest Posttest

ECCP Control

F = 4.05*; d = 0.23

F = 4.33*; d = 0.27