



Checklist

MODULE 3

Section One

Self-Awareness and Reflective Practice

KNOW:

Read through Section One content.

Review Head Start's "The Mental Health Consultation Tool" webpage (Reflective Practice, Supervisor and Supervisee) at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>.

SEE:

Watch the video segments of a reflective practice meeting at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> on Head Start's "The Mental Health Consultation Tool" webpage, (Reflective Practice>What Do You Think?>Supervisee).

DO:

Review Vignette 12, "Reflective Supervision: The Day It Made Sense to Me," on page 54 of the resource titled *A Day In the Life of An Early Childhood Mental Health Consultant*, at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf and in your handouts. Answer the discussion questions following the vignette, and share your thoughts with your supervisor.

REFLECTION:

Journal responses to the highlighted questions. Share your responses with a colleague and/or your supervisor.

DIGGING DEEPER:

Read through the article titled, Balance in Jeopardy: Reflexive Reactions vs. Reflective Responses in Infant/Family Practice. Share your reflections with your supervisor.

Read through the article titled, Reflective Communication Cultivating Mindsight Through Nurturing Relationships.

Read through "A Collection of Tips on Becoming a Reflective Supervisee," which can be found in your handouts. This resource is also available at <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/rs-supervisee-info-sheet.pdf>.



Checklist

MODULE 3

Section Two

Types of Consultation Across Settings

KNOW:

Read through Section Two content.

Review the document “Types of Consultation Services,” at https://www.samhsa.gov/sites/default/files/programs_campaigns/IECMHC/types-consultation-services.pdf.

Review and complete the activity found within The Center for Early Childhood Mental Health Consultation, Tutorial 3, Module 3, “Selecting the Appropriate Service/Strategy,” “Approach to Service Delivery,” at https://www.ecmhc.org/tutorials/consultants/mod3_3.html.

SEE:

Watch the video at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> on Head Start’s “The Mental Health Consultation Tool” webpage (Child & Family, Common Understanding, Veronica).

DO:

Explore the scenarios at <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> on Head Start’s “The Mental Health Consultation Tool” webpage (Child & Family, What Would You Do?, Options).

REFLECTION:

Review Vignette 7, “A Child/Family-Centered Consultation Planning Meeting with a Teacher, Parent, and Grandparent,” which is part of the resource titled *A Day In the Life of An Early Childhood Mental Health Consultant*, available at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf and in your handouts. Answer the discussion questions following the vignette, and share your thoughts with your supervisor.

DIGGING DEEPER:

Read chapters 6–9 of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families*



Checklist

MODULE 3

Section Two A

Targeted Consultation

KNOW:

Read through Section 2a content.

SEE:

Review the identified forms noted throughout the “A Closer Look at Michigan” area located in the handouts.

DO:

Review the consultation vignettes.

REFLECTION:

Review Vignette 11, “Talking to a Family about a Community Referral for Additional Services,” which is part of the resource titled *A Day In the Life of An Early Childhood Mental Health Consultant*, available at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf. Work through and reflect on the discussion questions (on page fifty-three of the resource). Share your responses with your supervisor.

DIGGING DEEPER:

Visit Head Start’s “The Mental Health Consultation Tool” webpage, <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> to access additional information within the Child & Family section.



Checklist

MODULE 3

Section Two B

Programmatic Consultation

KNOW:

Review the content within section 2b.

SEE:

Review the identified forms noted throughout the “A Closer Look at Michigan” area located in the handouts.

DO:

Review information found within the Virtual Lab School at <https://www.virtuallabschool.org/>. Focus on the content specific to Social & Emotional Development.

REFLECTION:

Review Vignette 8, “Talking with a Teacher about Programmatic Strategies,” which is part of the resource titled *A Day In the Life of An Early Childhood Mental Health Consultant*, available at https://www.ecmhc.org/documents/Day_in_the_Life_MH_Consultant.pdf. Work through and reflect on the discussion questions (on page forty-two of the resource). Share your responses with your supervisor.

DIGGING DEEPER:

Visit Head Start’s “The Mental Health Consultation Tool” webpage, <https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool> to access additional information within the Classroom & Home section.



Checklist

MODULE 3

Section Three

Working Across Multiple Relationships

KNOW:

Read through Section Three content.

Review the information shared through The Center for Early Childhood Mental Health Consultation, Tutorial 10, Module 4, “ECMHC Activities and Culturally Responsive Practices” at https://www.ecmhc.org/tutorials/competence/mod4_1.html.

Read the article “Honoring Diversity Through a Deeper Reflection: Increasing Cultural Understanding Within the Reflective Supervision Process.”

SEE:

Watch the video clip at http://csefel.vanderbilt.edu/resources/training_infant.html on the Center on the Social and Emotional Foundations (Infant Toddler Module 3, Video clip 3.6).

DO:

Read the article “Step Back and Consider: Learning From Reflective Practice in Infant Mental Health.”

Review the handout “Expansive Listening” at <http://www.onwardthebook.com/wp-content/uploads/2018/09/Expansive-Listening.pdf>. Respond to the questions and share your responses with a colleague or supervisor.

REFLECTION:

Think of the various systems and places where you are supporting IECMHC. Respond to the highlighted questions and share your reflections with your supervisor.

DIGGING DEEPER:

Read chapter 4 of *Mental Health Consultation in Child Care: Transforming Relationships Among Directors, Staff, and Families*.



Checklist

MODULE 3

Section Four

Reflective Supervision

KNOW:

Read through Section Four content.

Read the article titled, Reflective supervision: Supporting reflection as a cornerstone for competency.

SEE:

View a video from MI-AIMH's Reflective Supervision Video Training Series (2012). Access the video using the following link: <https://drive.google.com/file/d/1RSxEA2pBosYYEZ-pQEN4kriJAeCOAXUMB/view>.

DO:

Read the article titled, The Building Blocks for Implementing Reflective Supervision in an Early Childhood Mental Health Consultation Program.

REFLECTION:

Following the video from MI-AIMH's Reflective Supervision Video Training Series, respond to highlighted questions. Share your responses with your supervisor.

DIGGING DEEPER:

Read through and respond to the highlighted questions after watching the MI-AIMH video. Share your thoughts and responses with your supervisor.

Review the November 2016 issue of ZERO TO THREE's journal in your handouts. Select 2-3 articles to review and discuss with your supervisor.

