What is Mental Health Consultation?

ECMHC is an intervention that teams a mental health professional with early childhood professionals to improve the social, emotional and behavioral health of young children in early learning centers.

After receiving ECMHC Services:

- Teachers report improved self-efficacy
- Teachers report improved competence in supporting social-emotional
- Trained observers found improvements on all areas of CLASS-PreK measured
Goals of ECMHC Program

The three primary goals of TIKES are to promote healthy social emotional development of young children as a component of healthy whole child development; to increase teachers’ skills and knowledge to effectively support social-emotional development of young children; and to refer for treatment and/or design interventions for children exhibiting challenging behaviors, developmental concerns, or mental health concerns.

The TIKES program works with teachers to support their understanding of children’s developmentally appropriate social emotional skills and ways to encourage social emotional skills development.

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ECMHC Benefits

For children and teachers:
- Improved teacher-child interactions
- Improved classroom climate
- Decreased burnout & stress
- Lower turnover rates

For children and families:
- Reduced rates of expulsion
- Less work missed by families
- Increased social skills
- Reductions in challenging behavior