



## Definition of Mental Health Consultation

•A problem solving and capacity building intervention in early childhood settings with the potential to improve the mental health outcomes of young children (Cohen & Kaufman, 2000)

## Purpose of Logic Model

•Provides a systematic, visual representation of the relationship between the program resources, inputs, and activities of mental health consultation so that program implementation and outcomes can be effectively evaluated (W.K. Kellogg Foundation, 2004)

## Benefits of Logic Model

•Provides perspective on the necessary resources, inputs, and activities for developing, implementing, and evaluating mental health consultation

•Ties inputs, activities, and outcomes to a theory of change

## Theories of Change

### Individual & Child Focused

- Focuses on increasing children's prosocial behaviors and decreasing challenging behaviors while supporting the needs of the family
- Based on social learning theory, which reflects the order theoretical paradigm and which proposes that individual behavior is a function of the interaction between the environment and the individuals' behaviors and cognitions (Bandura, 1977)
- Proposes that the mental health consultant influences children's mental health by:
  - ✦ Modeling and supporting positive interactions with children, parents, and early childhood staff
  - ✦ Providing education about early childhood mental health to parents and to early childhood staff
  - ✦ Identifying and referring children and families needing additional mental health services

### Program Focused

- Focuses on improving early childhood program capacity for integrating early childhood mental health best practices and for identifying and referring children in need of mental health services
- Reflects general strain theory, which is based on the conflict theoretical paradigm and which identifies negative behaviors as an individual response to alleviate the strain caused by institutions (Agnew, 2001)
- Proposes that the mental health consultant influences children's mental health by:
  - ✦ Increasing early childhood staff capacity for promoting positive mental health within the early childhood setting
  - ✦ Improving staff competence for working with children who experience challenging behaviors
  - ✦ Addressing and alleviating early childhood staff stress

## Theories of Change