



# The Pennsylvania Key

# IECMHC Virtual Office Hours

The Pennsylvania Key Infant-Early Childhood Mental Health Consultation (IECMHC) Program is offering a new service: **IECMHC Virtual Office Hours**

Are you looking for support with:

Helping a child who is struggling with behavior, attachment, peer relationships or emotion regulation?  
Helping teachers and families with self-care, stress, and coping, but not sure what to do next?

*IECMHC Virtual Office Hours* is now accepting appointments for office hours throughout Pennsylvania!

IECMH Consultants are available by appointment to provide IECMHC Virtual Office Hours consultation via telephone or video conference. IECMHC Virtual Office Hours is a short-term, collaborative, problem-solving conversation to help you find next steps for:

Child Social-Emotional Concerns | Child Behavioral or Developmental Concerns  
Emotional Well-being of Teachers and Caregivers | Partnering with Families

## **Who can request *IECMHC Virtual Office Hours*?**

Services are available at no cost to families, child care professionals and specialists supporting Keystone STARS child care programs. We invite:

- Teachers, directors, and staff in center, family, and group-based child care programs
- Families with children attending child care programs
- Early Intervention (Birth-3 & 3-5) professionals
- Keystone STARS Quality Coaches
- Mental Health/Behavioral Health agencies
- Home Visiting and Family Support Programs

## **How can *IECMH Virtual Office Hours* help your program?**

IECMH Consultation helps adults strengthen their relationships with young children and build capacity to respond to children's social-emotional needs. IECMHC can help reduce caregiver stress, as well as increase caregivers' reflective practice skills.

- Figure out what's really going on when a child exhibits challenging behaviors
- Reflect and respond to problem behaviors with the power and impact of nurturing relationships
- Build partnerships with families
- Share community resources
- Consider your next steps and where to go from here

## **How can you request an *IECMHC Virtual Office Hours* appointment?**

Appointments are held on the first and third Fridays of the month, or other days/times by request. To schedule an appointment, [register here](#).