

Infant and Early Childhood Mental Health Workforce Collaborative (IECMH-WC)

The IECMH-WC provides free DC:0-5™ Overview Training to Washington State professionals whose role supports social-emotional well-being and the mental health system of care for children prenatal through age five and their families enrolled in Apple Health (Medicaid).

DC:0-5™ Overview Training (1.5 or 4 hours) provides an overview of the background, approach, and content areas of DC:0-5™ to support understanding of infant and early childhood mental health and the emotional and behavioral challenges very young children may experience, recognition of early signs of distress in young children, and comfort and confidence in making referrals to mental health services, when needed.

From March 2022 to September 2023, 14 DC:0-5™ Overview Trainings were delivered to 405 infant and early childhood professionals. After the training, participants had an opportunity to submit an anonymous evaluation survey, which included both quantitative questions about training effectiveness and impact on knowledge and skills as well as open-ended questions about training strengths and areas for improvement, and anticipated challenges, barriers, and needed resources related to application of what was learned in the training. A total of 84 evaluation surveys were received, representing 21% of participants.

What is the impact of DC:0-5™ Overview Training?

Survey respondents reported agreement to strong agreement (average ratings=4.30–4.54, with 1=*strongly disagree* and 5=*strongly agree*) with statements indicating that the training was effective in addressing issues of diversity, equity, and intersectional identity in the assessment and diagnosis process and had a positive impact on their knowledge of key training themes. Slightly lower ratings (average ratings=4.18-4.49) were given about feelings of preparedness in applying what they had learned, supporting children and families, and making referrals for mental health assessment.

“(What worked well in the training was) how relatable the material was made to help those of us who do not diagnose to gain broader understanding of the DC:0-5.”

~Overview Training participant

“I liked the breakout rooms that allowed for interactions and good conversations in a smaller group.”

~Overview Training participant

“It was very helpful to learn about the ways that diagnosis can help and also harm young children, and how mental health for little babies looks so different than it does for adults.”

~Overview Training participant

Key themes from open-ended feedback:

- Appreciation for the trainers, the interactive elements of the training, and the opportunity to connect with other providers.
- Desire for concrete for “next steps” for application of what was learned to practice
- Need for support around referrals for mental health assessment, especially in areas with few providers and service options.

“As a home visitor, I would benefit from more examples/scenarios of next steps, and how-to's.”

~Overview Training participant