

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

The **IECMH-WC** provides free **DC:0–5™ Clinical Training** and a copy of the **DC:0–5™ manual** to Washington State clinicians serving children birth to five and their families enrolled in Apple Health (Medicaid).

**DC:0–5™ Clinical Training** (12 hours) is designed to support mental health professionals in developing in-depth knowledge of the approach and content of the *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC: 0-5) DC:0-5™*, understanding the multi-axial system, and utilizing the approach and system in their work with children birth through age five.

From March 2022 through December 2024, 30 DC:0–5™ Clinical Trainings were delivered to 670 infant and early childhood mental health providers. 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 374 evaluation surveys were received, representing 56% of participants.

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

Survey respondents reported agreement to strong agreement (average ratings=4.18 – 4.72, 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 and feelings of preparedness in supporting children and utilizing the components of the DC:0-5™ multi-axial diagnostic system. The lowest rated item (average rating=4.18) asked whether the training helped them “feel better prepared to connect DC:0-5™ diagnoses to DSM/ICD-10 diagnoses”, and efforts have been implemented to provide increased trainer support to participants around this topic.

### Key themes from open-ended feedback:

- Appreciation for the trainers and their attention to cultural considerations, as well as the opportunities for hands-on practice, use of tools, and discussion with colleagues.
- Need for time for continued learning and practice after the training, including real-time practice with children birth through five, in order to feel confident and competent at using the DC:0-5™ process.
- Desire for more training, particularly around the assessment and diagnostic process, as well as opportunities for continued consultation and collaboration with others in the field.
- Concerns about time constraints and agency-level policies and documentation procedures that are not currently aligned with the DC:0-5™ process.

*“I appreciated the cultural considerations portion of the training. It was good information and helped me think even more about how my internal biases influence my practice. It is great to know that this is a central piece of the DC: 0-5 diagnosis process.”*

~Clinical Training participant

*“(A challenge may be) feeling like I need more time to really explore the material and apply it to actual children and families.”*

~Clinical Training participant

*“(A challenge may be) documentation and time requirements in our setting.”*

~Clinical Training participant

*“The open office hours and future trainings are what I’m looking forward to.”*

~Clinical Training participant