

# IECMH WORKFORCE COLLABORATIVE

## DC:0-5 OVERVIEW TRAINING (Mar 2022 – Mar 2025)

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 - 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/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.

22

Trainings Delivered

560

Providers Trained

### Who is participating in DC:0-5™ Overview Training?

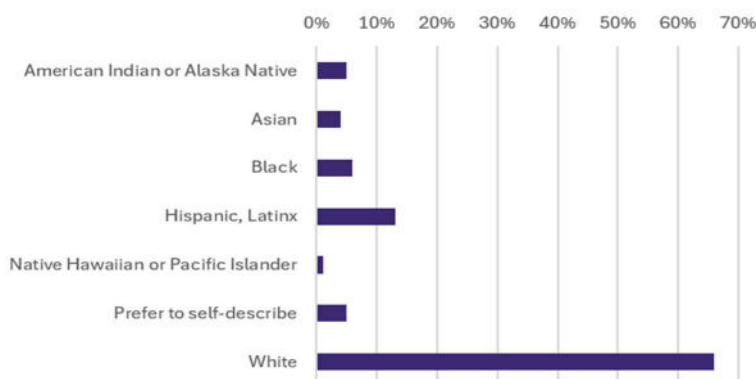
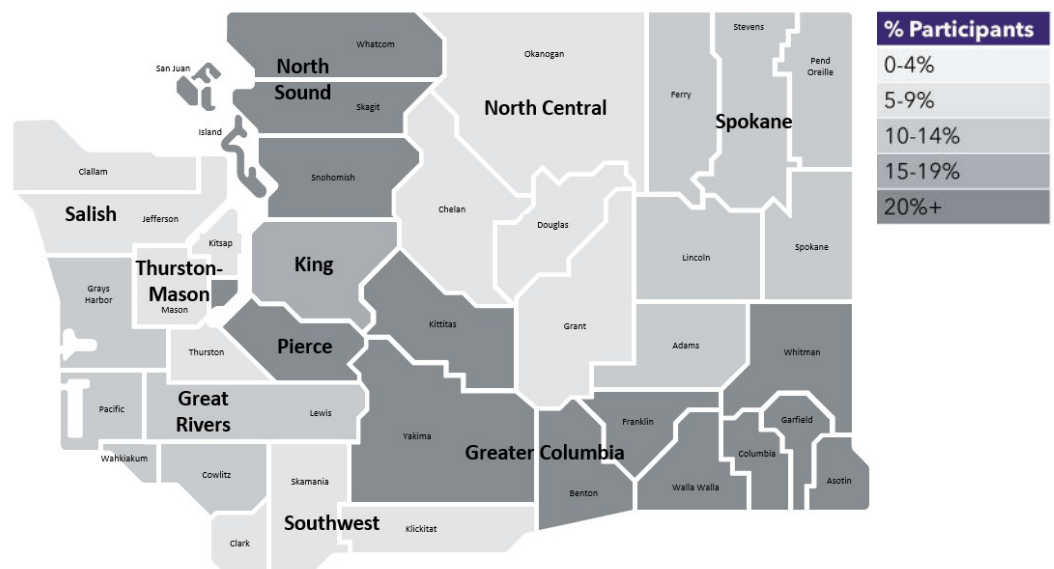
Most serve young children and families in:

- Greater Columbia
- North Sound
- Pierce County

*\*Region of service data are non-mutually exclusive; 13% serve in multiple regions.*

Most are professionals in:

- Behavioral health
- Developmental services
- Early education/care
- Primary/specialty care



*\*Racial/ethnic identity categories are collapsed and not mutually exclusive. Native Hawaiian or Pacific Islander: <1%.*



21%

are multilingual

# DC:0-5 OVERVIEW TRAINING EVALUATION

From March 2022 through March 2026, 22 DC:0-5™ Overview Trainings were delivered to 560 infant and early childhood providers. Two trainings were tailored for agency leadership and included information about policy and billing to support implementation. Anonymous evaluation surveys offered quantitative questions about training effectiveness and impact on knowledge/skills, as well as open-ended questions about training strengths and areas for improvement, and anticipated challenges, barriers, and needed resources related to applying what was learned in the training. 106 evaluation surveys were received (19% of participants).

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

Survey respondents reported agreement to strong agreement (average ratings=4.19-4.56, 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=4.19-4.27) were given about feelings of preparedness in applying what they had learned, supporting the diverse needs of children and families, and making referrals for mental health assessment.

*“I really appreciate the billing support offered as we are just beginning to figure that out and it is nice to know we have an ally if we need help.”*

*~Overview Training Participant (agency leadership)*

*“(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.”*

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

*“I would have liked more real-life examples/scenarios to better grasp some concepts. And possibly more videos.”*

*~Overview Training Participants*

### **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.
- Appreciation by agency leadership for the additional information, resources, and concrete examples.