

# Infant and Early Childhood

## Mental Health

**Early childhood mental health — also referred to as social-emotional health or behavioral health, as defined by Zero To Three is:**

The developing capacity of a child from birth through age five to:

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn

... all in the context of family, community and cultural expectations for young children.

### Positive social-emotional development in young children is supported by:

- Responsive relationships with primary caregivers
- Understanding/adapting to individual temperaments
- Encouraging social-emotional learning in every day routines (e.g. sensory play, exploring interests)
- Teaching words to understand emotions
- Recognizing culture/family traditions to shape identity





### Potential mental health concerns in young children include:

- Changes in feeding, toileting, sleeping habits
- Externalizing behavior, like excessive crying, biting, tantrums, and aggression
- Internalizing behavior, like social withdrawal, and fearfulness
- Regressions to earlier stages of development






# 1) How does Illinois promote social-emotional health for children under six?

## State-wide programs that support social-emotional development

 <b>Birthing Parents and Newborns</b> <ul style="list-style-type: none"><li>• Moms &amp; Babies (Medicaid)</li><li>• Family Case Management</li><li>• Better Birth Outcomes</li><li>• High Risk Infant Follow Up</li><li>• Perinatal Depression Hotline (Northshore)</li><li>• Illinois Helpline for Opioids and Other Substances</li></ul>	 <b>Families and Children Prenatal-5</b> <ul style="list-style-type: none"><li>• All Kids Healthcare (Medicaid)</li><li>• IDHS Home Visiting</li><li>• Child Care Assistance Program</li><li>• Infant/Early Childhood Mental Health Consultation (I/ECMHC)</li><li>• Caregiver Connections</li></ul>	 <b>Children Prenatal-3</b> <ul style="list-style-type: none"><li>• Prevention Initiative</li><li>• Early Head Start</li><li>• Migrant &amp; Seasonal Head Start</li><li>• Early Intervention</li></ul>	 <b>Children 3-5</b> <ul style="list-style-type: none"><li>• Preschool for All</li><li>• Preschool for All Expansion</li><li>• Head Start (HS)</li><li>• Migrant &amp; Seasonal HS</li><li>• Special Education</li></ul>
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# 2) Who can help identify or confirm a mental health concern?

## Screening for mental health concerns

 <b>Primary Care Physician (PCP)</b> <ul style="list-style-type: none"><li>• Medicaid covers Primary Care Providers (PCP) to screen children for mental health concerns during well-child visits or when a concern is raised.</li><li>• PCPs can also call DocAssist at <a href="tel:1-866-986-2778">1-866-986-2778</a>, a physician-to-physician consultation line, for questions on pediatric mental health.</li></ul>	 <b>Early Childhood Workforce</b> <ul style="list-style-type: none"><li>• Professionals in voluntary home visiting programs and early care and education programs, are trained to recognize, screen, and support the social-emotional needs of young children.</li><li>• They also have access to Infant/Early Childhood Mental Health Consultation to advise them on specific concerns.</li></ul>	 <b>I/ECMHC</b> <ul style="list-style-type: none"><li>• Infant/Early Childhood Mental Health Consultation (I/ECMHC) supports early childhood professionals to prevent, identify, and reduce the impact of mental health concerns of young children in their care.</li><li>• In some cases, families can request I/ECMHC services for a concern.</li></ul>
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# 3) How does Illinois assist young children that need additional support?

## Mental health assessment, intervention, and treatment\*

 <b>Early Intervention (EI) (age 0-3)</b> <ul style="list-style-type: none"><li>• For children birth through three, EI providers coach families to help their child meet social and emotional developmental milestones if they have a medical condition, delay of 30% or more, or eligible risk factors.</li><li>• Medicaid/All Kids healthcare plan covers mental health assessments and services for children under age 6 with a diagnosis or if at risk of a mental health diagnosis.</li></ul>	 <b>Special Education (age 3-5)</b> <ul style="list-style-type: none"><li>• For children age three through five, the local school district provides services to help children with social and emotional delays or disabilities that adversely affect educational performance.</li><li>• Services are delivered through local school districts.</li></ul>	 <b>Clinical Services (age 0-5)</b> <ul style="list-style-type: none"><li>• Medicaid/All Kids healthcare plan covers mental health assessments and services for children under six with a diagnosis or if at risk of a diagnosis.</li><li>• Services are available in health centers, hospitals, Community Mental Health Centers, and Behavioral Health Clinics.</li><li>• For crisis response, call CARES Line at <a href="tel:1-800-345-9049">1-800-345-9049</a></li></ul>
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# Infant and Early Childhood Mental Health Resources

Program	Description	Eligibility	Where to find
<b>Home Visiting</b> (IL State Board of Education, IL Dept. of Human Services- Division of Early Childhood)	Voluntary program that provides family support and coaching through planned, regular visits in the home with a trained professional who focuses on practical parenting skills, family bonding, and connections to other services	Varies by model; prioritizes families based on risk factors; some programs have an age limit for enrollment (prenatal, soon after birth, or before age 3)	Search iGrow website: <a href="https://igrowillinois.org/find-a-program">https://igrowillinois.org/find-a-program</a> ; some communities have Coordinated Intake (CI) staff to assist with search
<b>Family Case Management</b> (IL Dept. of Human Services- Maternal Children’s Health)	Comprehensive service coordination for health care and other assistance to promote a healthy pregnancy and healthy infant development	For pregnant persons and infants up to 12 months with family income <200% FPL	Search Office Type “Family Case Management” at IDHS Office Locator at <a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a> or call <a href="tel:1-800-843-6154">1-800-843-6154</a>
<b>Better Birth Outcomes</b> (IDHS-MCH)	Prenatal case management and education program to decrease infant mortality, morbidity, prematurity, low birth weight, and improve pregnancy outcomes	For high-risk pregnant persons and up to 6 weeks after birth in targeted areas of the state	Search Office Type “Better Birth Outcomes” in IDHS Office Locator at <a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a> or call <a href="tel:1-800-843-6154">1-800-843-6154</a>
<b>High Risk Infant Follow Up</b> (IDHS-MCH)	Education and supports for parents caring for medically fragile and/or at-risk infants (e.g., serious medical condition, maternal alcohol or drug addiction, or child abuse / neglect)	State-wide program for children ages 0-2; requires referral from IL Dept. of Pub. Health Adverse Pregnancy Outcomes Reporting System, Dept. of Children and Family Services or Family Case Management Program	Contact a Family Case Management provider (see above) to refer/ transfer to HRIF program if indicated
<b>Child Care Assistance Program</b> (IDHS-DEC)	Subsidizes cost of child care for income-eligible families that are going to work, school or other qualifying event; families pay co-payment based on family size and income	Children birth through 12 years (or up to 18 with special needs), with household income at or below 225% FPL for family size	Apply at Child Care Resource and Referral agency (CCR&Rs): <a href="https://www.inccrra.org/about/sdasearch">https://www.inccrra.org/about/sdasearch</a>
<b>Prevention Initiative; Preschool for All/PFA Expansion</b> (ISBE)	Early Childhood Block Grant funding awarded to early care and education programs to provide a stimulating environment where children under six are helped to develop physically, emotionally, mentally, and socially	Varies by program; Prioritizes children and families who would benefit from participation in a researched based comprehensive early childhood program	Search for programs at Illinois Cares for Kids: <a href="https://www.illinoiscaresforkids.org/">https://www.illinoiscaresforkids.org/</a>
<b>Early Head Start (EHS)/ Head Start (HS)</b>	Federal, part-day and/or full-day programming for children that promotes individualized educational and health services, and also provides family-centered services to support family well-being	Children prenatal to 3 (EHS), 3-5 (HS) with income at or below 100% FPL; or if homeless, Youth in Care, recipient of TANF, SNAP, SSI; Head Start programs also reserve 10% of their enrollment for children with disabilities.	Search for programs at: <a href="https://eclkc.ohs.acf.hhs.gov/center-locator">https://eclkc.ohs.acf.hhs.gov/center-locator</a>

<b>Infant/Early Childhood Mental Health Consultation</b> (I/ECMHC)	Consultation for early childhood professionals to help them prevent, identify, and reduce the impact of mental health concerns among infants and young children in their care, through reflective supervision and training	Families can request free I/ECMHC if there is a behavioral or mental health concern for a child under 6 attending Early/ Head Start or child care program	For Child Care-Caregiver Connections: <a href="tel:217-592-0389">217-592-0389</a> ; For Early/Head Start: Contact your Family Support Specialist, or child's teacher
<b>Early Intervention</b> (IDHS-DEC)	Supports infants and toddlers to meet developmental milestones in 5 domains: Physical, Cognitive, Communication, Social and emotional, and Adaptive, focused on coaching caregivers to promote their child's optimal development	Children 0-3, regardless of income, that demonstrate 30% or more delay (requires assessment), or has a medical condition or high risk factors known to cause a delay	Local Child and Family Connections offices. Search Office Type "Early Intervention" at IDHS Office Locator at <a href="http://www.dhs.state.il.us">www.dhs.state.il.us</a> or call <a href="tel:1-800-843-6154">1-800-843-6154</a>
<b>Special Education</b> (ISBE)	Supports children from age 3 through 21 with specially designed instruction and/or related services to help with disabilities or developmental delays to make progress in the general education curriculum	Children age 3-21, regardless of income, with disabilities or delays that adversely affect educational performance; requires assessment	Contact local school district to inquire about assessments and services
<b>Medicaid: All Kids Healthcare</b> (IL Dept. of Healthcare and Family Services)	State-run healthcare program that provides comprehensive, affordable health insurance for children, including services for mental health assessment and treatment; premiums and out-of-pocket costs vary by income and family size	Children under the age of 19, who are income eligible (4 tiers, up to 318% FPL), regardless of immigration status or health condition	Apply online using the Application for Benefits Eligibility (ABE) portal <a href="https://abe.illinois.gov">https://abe.illinois.gov</a> or call the All Kids Hotline: <a href="tel:1-866-ALL-KIDS">1-866-ALL-KIDS</a>
<b>Medicaid: Moms &amp; Babies</b> (HFS)	State-run healthcare program (under All Kids), that provides comprehensive, affordable health insurance for pregnant and birthing people, including services for mental health assessment and treatment	For pregnant people through 12 months after the baby is born with household income at or below 213% FPL, regardless of immigration status	Call the All Kids Hotline to apply: <a href="tel:1-866-ALL-KIDS">1-866-ALL-KIDS</a>
<b>Mental Health Clinical Services</b> (HFS)	Mental health assessment and treatment is available in general health centers, hospitals, and Independent Practitioners that accept Medicaid, and specialized Community Mental Health Centers and Behavioral Health Clinics	For children, enrolled in Medicaid healthcare plans, who have or are at risk of a mental health diagnosis, based on clinical assessment	Ask a primary care physician, or call Medicaid Managed Care (number on medical card), or search the SPIDER database: <a href="https://spider.dchs.illinois.gov/">https://spider.dchs.illinois.gov/</a>
<b>Perinatal Depression Hotline</b> (DPH-MCH)	Free, confidential hotline for information, referrals, or provider support on Perinatal Mental Health Disorder, staffed by NorthShore University HealthSystem	Available to everyone	Call <a href="tel:1-866-364-MOMS">1-866-364-MOMS</a> ( <a href="tel:1-866-364-6667">1-866-364-6667</a> )
<b>IL Helpline for Substance Use</b> (IDHS)	IL Helpline for Opioids and Other Substances, is a free and confidential central hub to help people find services for substance use	Available to everyone	<a href="https://helplineil.org/app/home">https://helplineil.org/app/home</a> or call <a href="tel:1-833-234-6343">1-833-234-6343</a> , or text "HELP" to <a href="tel:833-234">833-234</a>