



# •TECC•

## Tulane Early Childhood Collaborative

Bridging pediatrics and mental health to build a strong foundation for Louisiana's children.

### Who We Are

We are pediatric mental health providers: child psychiatrists, child psychologists and clinical social workers within the Tulane Institute of Infant and Early Childhood Mental Health.

### What We Do

We provide grant-funded consultation to pediatric primary care clinicians in the New Orleans and Baton Rouge metropolitan areas, helping to build their capacity to identify risk factors early, promote family well-being, and understand and respond to mental health issues in children birth to six years.

### Why It Matters

With 15 scheduled well-child visits in the first five years, pediatric healthcare clinicians are especially poised to impact children's well-being through addressing emotional and behavioral challenges and encouraging mental wellness.

### Louisiana's children need mental health support.

- In Louisiana, 10.2% of infants and toddlers have had two or more adverse childhood experiences. This is higher than the national average, while rates of developmental screenings are notably lower than national average at just 22.3% statewide.
- Pandemic-related economic uncertainty, social isolation and fear of illness are increasing stress in parents, placing children's mental health at high risk.
- Families impacted by systemic inequities experience compounded stressors, potentially impacting current and long-term effects on physical and mental health.
- Untreated early childhood mental health concerns predict problems such as delayed school readiness, aberrant brain development and maladaptive relationships.
- Louisiana has an extreme shortage of trained early childhood mental health providers, impacting children's access to effective treatment.
- Parents often ask pediatric primary care clinicians for advice on their children's social-emotional development, including early childhood mental health issues.



## Consultation helps pediatric primary care clinicians care for children's mental health.

- Participating pediatricians show significant improvement in comfort and practice related to children's mental health issues.
- Consultation improves healthcare providers' ability to link families with resources and treatment.

## How It Works

**Clinical consultation** about patient mental health and behavioral concerns may be offered on-site or by phone, email or secure video:

- Contact us with a question or consultation request and receive a response within a day.
- Consult with our child and adolescent psychiatrists, psychologists, and clinical social workers for clinical questions, resources, and referral information.
- Schedule a telehealth consultation during your patient's clinic visit.
- Refer a patient for a telehealth consultation and receive a written report with clinical care recommendations.
- Drop in during telehealth office hours, Fridays 8 to 11 a.m., for unscheduled consults. Contact us for link.

We provide **brief, topic-focused trainings** for your primary care clinic on issues such as trauma, attachment, behavior management, effective communication for providers and parents, and professional burnout and self-care. Contact us to discuss trainings we can tailor to your clinic.

Access our website to find **clinical and resource information** for providers and families. Navigating referrals and finding resources is challenging and the landscape is ever-changing. Having these resources available not only helps families with urgent needs, but also builds providers' awareness of community resources that lay the foundation for family well-being.

Evidence-based **virtual parenting education groups** are available for parents and caregivers at no cost. Attachment Vitamins is a 10-week program to help parents learn about child development, the impact of stress and trauma, and healthy parent-child relationships. For more information on Attachment Vitamins, read **here**.

**Check Us Out**  
**504-988-4653**

[tecc@tulane.edu](mailto:tecc@tulane.edu)

<http://tulane.edu/som/tecc/>

Complete this optional enrollment **form** and we will contact you!

**Grant funding by the Blue Cross Blue Shield of Louisiana Foundation, the Baton Rouge Area Foundation and the Thomas and Sari Turner Family Fund.**



Tulane Early  
Childhood Collaborative