

## SECTION 4: Strategic Plan for Infant & Early Childhood Mental Health in King County

King County's landscape analysis represents a multiyear effort to listen, learn, and generate approaches that center children and families. Findings from this effort informed this strategic plan for Infant and Early Childhood Mental Health in King County, which was developed with input from community partners and the King County Strategic Planning Committee. The five priorities and strategies below are grounded in the vision and values described earlier and are directed toward deep sustained and systemic change. Let's take a closer look at each priority.

### King County Infant & Early Childhood Mental Health Strategic Plan Overview



#### **PRIORITY 1: Promote social and emotional well-being for all children and families**

- 1.1:** Increase community awareness about the importance of social and emotional well-being, dispel common myths, and reduce stigma around Infant and Early Childhood Mental Health.
- 1.2:** Ensure that families and communities receive comprehensive, up-to-date information in their home languages about topics related to child and family well-being.
- 1.3:** Ensure children have access to social and emotional developmental screenings and referrals that are culturally and linguistically responsive.



#### **PRIORITY 2: Connect more families with services for Infant and Early Childhood Mental Health, including promotion, prevention, and treatment**

- 2.1:** Expand and enhance relationship-based approaches with trusted community-based partners.
- 2.2:** Ensure equitable access for families to Infant and Early Childhood Mental Health services, including supportive transitions and coordination among services.
- 2.3:** Identify and address systemic barriers to ensure that children and families farthest from opportunity can access services.



#### **PRIORITY 3: Provide high-quality, culturally relevant services that meet the needs of families**

- 3.1:** Create clear expectations and accountability for high-quality, culturally, and linguistically responsive Infant and Early Childhood Mental Health services across all programs serving children and families.
- 3.2:** Strengthen the capacity of BIPOC-led community-based organizations to continue expanding high-quality, culturally, and linguistically relevant services for young children and families in their communities.
- 3.3:** Increase collaboration and communication among programs and agencies that deliver Infant and Early Childhood Mental Health services.



#### **PRIORITY 4: Support all direct service providers across the continuum of care**

- 4.1:** Support well-being, professional growth, and retention of Infant and Early Childhood Mental Health providers.
- 4.2:** Improve and expand access to equity-centered Infant and Early Childhood Mental Health learning opportunities, skill building, and reflective practice.
- 4.3:** Create intentional and supported leadership pathways for BIPOC providers across all program types.



#### **PRIORITY 5: Build and strengthen a network of Infant and Early Childhood Mental Health services countywide**

- 5.1:** Strengthen collaboration across community-based partners and systems to integrate Infant and Early Childhood Mental Health services into a broad range of settings.
- 5.2:** Increase data-driven decision-making, policies, and practices that promote Infant and Early Childhood Mental Health and center racial equity.
- 5.3:** Ensure that resources are allocated for children, families, and communities with the least access to high-quality, culturally relevant Infant and Early Childhood Mental Health services.