



Intensive Infant and Early Childhood Mental Health (IECMH) services

TennCare offers mental health services for young children under age 6. These services help families when a child or parent is going through stress, trauma, or mental health challenges that can make caring for a young child harder.

IECMH services focus on helping the child and parent together. The goal is to strengthen the relationship between you and your child, lower stress, and help your child feel safe and supported. Services are always provided with both the parent and child present.

IECMH services may take place in your home, community, or an office, depending on what works best for your family. Providers have special training to work with young children and families and may use proven approaches such as Child-Parent Psychotherapy (CPP) or Parent-Child Interaction Therapy (PCIT).

These services offer more support than regular therapy and are designed to help keep families together and prevent children from needing to leave their home.

IECMH services may be helpful if your family has experienced:

- Separation or divorce
- Domestic violence
- A serious or ongoing illness affecting the child or parent
- Foster care involvement
- Adoption (domestic or international)
- A traumatic event (such as a car accident, dog bite, or similar event)
- The birth or addition of a new sibling
- A parent who is in recovery from substance use

To Access Services:

To find participating providers or programs, contact your health plan (TennCare Managed Care Organization) directly using the number on the back of your health plan card or you can find the number on the [Managed Care Organizations webpage](#). Ask your pediatrician or early intervention provider for referrals.