Behavioral/Mental Health

(prenatal through age 8)

Talking Points

**Introducing the Referral (concern for a child)**

* “Through screening/my observation, your child has shown a potential concern in the area of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (social-emotional and/or behavioral development). This means that a referral to a specialist will help determine if the concern requires additional support.”
* “You are concerned about your child’s development (social-emotional and/or behavioral skills). A referral to a specialist will help determine if your child needs a further evaluation to assess if the concern requires additional support.”

**Introducing the Referral (concern for a parent)**

* “Through screening/my observation, you may be experiencing symptoms of a perinatal mood or anxiety disorder. A referral to a specialist will help determine if the concern requires additional support.”
* “You expressed a concern regarding a potential perinatal mood and anxiety disorder for yourself or the person you care about. A referral to a specialist will help determine if a further evaluation is needed.”

**Information**

Community Reach Center’s Early Childhood Services Team:

**What is Early Childhood Mental Health Services? What does it help with?**

* Forming close and healthy relationships with family and peers
* Regulating and expressing feelings such as irritability, frustration, sadness, anger, fear or anxiety
* Developing strategies to address behaviors such as aggression, defiance, poor impulse control, or difficulties adjusting to change
* Managing responses to traumatic experiences, such as abuse/neglect, family/community violence, removal from home, family illness/death, divorce/separation, family substance abuse, or parental mental health concerns
* Supporting parents and caregivers in building healthy attachments and relationships with their infants
* Addressing concerns around mental health and well-being during pregnancy and postpartum

**What does this look like?**

* Mental health support for children ages 0-8 and their families: individual play therapy, family therapy, group therapy, parenting support, psychiatric services
* Individual and family therapy for parents experiencing pregnancy-related/postpartum depression (PRD) or anxiety
* Early Childhood Mental Health consultation in early care and learning centers throughout Adams County
* Services may be offered in the CRC office, in the home, in the community, or in a child care center
* Services may be funded through insurance, grants, and/or self-pay. Mental health consultation is free for centers

**Please Fax Referrals to:**

 **303-996-8887**

Attn: Early Childhood Services Manager

Phone: (303) 853-3801

Website: www.communityreachcenter.org