



**ECPAC**

The Early Childhood Partnership of Adams County

# EARLY CHILDHOOD MENTAL HEALTH CONSULTATION (ECMHC)



## VISION ::

All children and their families are valued, healthy, and thriving

## MISSION ::

Build a community where each child and their family can reach their full potential

### THE PROBLEM ECPAC IS WORKING TO IMPROVE:

Caring for young children is not always easy, whether a parent, family member or child care provider. Young children do not always have the language or skills to articulate their needs and often use behavior as a way to communicate. Sometime this behavior can be challenging and frustrating for adults. Creating homes and classroom environments that support social emotional development to support this learning is not something that is always well known.

Furthermore, we have many demands on our time and sometimes our patience, which can stop us from taking time to help children build these skills and leave us feeling exhausted. When parents or other caregivers experience challenging behaviors - it can be hard to seek support and unfortunately mental health has a large stigma that further creates barriers for reaching out.

Young children are expelled from childcare/preschool at 3x the rate of older children and youth.

### WHY THIS IS IMPORTANT:

We all have mental health – even babies! Just as we care for children’s physical health we must also take care of their mental health. We do this by supporting their social-emotional development. Children’s social-emotional development begins at birth with the relationships and experiences they have right from the beginning. With secure and loving relationships and positive experiences, children develop a foundation of mental health that supports them throughout their lives.

Social-emotional development support children’s attachment and self-regulation capacity. This builds the foundation for children to later to make friends, care for others, manage their emotions and resolve conflict peacefully - all skills that are crucial in school and in life.

Actively supporting children to develop these skills will not only reduce challenging behavior but will help you build stronger relationships with families.

### THE STRATEGIES ECPAC IS EMPLOYING:

Through Early Childhood Mental Health Consultation, ECPAC’s Consultants

- Work directly with child care and preschool programs and teachers to build and enhance learning support children’s social emotional development
- Work with adults in children’s lives - including parents and teachers - to develop strategies support children establish skills towards reducing challenging behaviors
- Provide trainings to child care and preschool providers to support emotional development

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### THE IMPACT:

Over the 9 months:

- 29 child care and preschool programs have worked with a mental health consultant to their programming
- Teachers and Families have collaborated with a consultant to support 40 children who were displaying behaviors that adults found challenging
- 48 referrals were made for additional supports and services and 20 children received screenings for their social emotional concerns
- 11 trainings were provided for childcare and preschool providers
- 2 classes were held for families



**COMMITTED PARTNERS:** Colorado Department of Early Childhood, Temple Hoyne Buell Foundation, Child Care and Preschool Programs, Parents and Families

The Early Childhood Mental Health Support Line is a no-cost, confidential resource for anyone caring for children under six. CALL: 1-833-ECMH411 or visit <https://cdec.colorado.gov/early-childhood-mental-health-consultation>