

Mental Health Policy

Umatilla-Morrow County Head Start, Inc. recognizes that the earliest years set the stage for lifetime emotional well-being, social skills and competencies, or for social-emotional problems. We strive to create a social-emotional environment in which all children leaving Head Start/EHS have the skills and knowledge they deserve and need to be emotionally healthy, socially competent, and ready to learn and be supported in safe, nurturing families and communities. As a program we strive to create conditions where young children with social emotional concerns and their families have the necessary supports to succeed while promoting positive mental health, emotional well-being, social competence, and resiliency for all children and preventing the onset of emotional problems. We do this by:

- ◆ Providing classroom environments that support and enhance the development of social and emotional competence and resilience.
- ◆ Developing social and emotional goals for all children that support the development and enhancement of social competence and resilience.
- ◆ Early identification of social-emotional developmental issues that might interfere with a child's social competence and school readiness.
- ◆ Supporting parents and center staff working in partnership to address challenging behaviors related to a child's social-emotional development.
- ◆ Assisting parents in understanding typical social-emotional development and the importance of social and emotional school readiness and resiliency.
- ◆ Assisting parents in identifying and implementing activities and routines in the home that support the development of their child's positive social and emotional competence and resiliency.
- ◆ Assisting parents in developing and using positive, pro-social guidance techniques.
- ◆ Assisting parents in accessing resources needed to resolve stressful events that affect the social and emotional functioning for the family and children.
- ◆ Assisting parents in accessing resources needed to address child mental health concerns.
- ◆ Assisting parents in understanding the link between family mental health and wellness and child mental health and wellness.
- ◆ Assisting families in developing a nurturing environment that supports the development of social and emotional competence and resilience.