

## Mental Health Education and Consultation

### Policy:

UMCHS will provide opportunities for group and individual training, education, and consultation for parents and staff regarding young children's social-emotional development and child and family mental health issues. This includes, but is not limited to, family and children's mental health and wellness, typical and atypical social-emotional development, resiliency and social-emotional competence, violence prevention, positive guidance and discipline techniques, prevention of discipline problems, understanding attachment and separation, stress management, and developing nurturing family environments.

### Procedure:

1. Provide the parent with a copy of the brochure *Supporting Positive Social and Emotional Development for Young Children* during home visits.
2. On-site mental health consultation will be available on a regularly scheduled basis (see Mental Health Classroom Observations Policy and Procedures.)
3. Classroom staff can make an internal referral to the Administrative Team requesting assistance in addressing issues around a child's social-emotional development or mental health concerns.
4. Staff can make an internal referral to the Administrative Team requesting assistance in addressing family mental health issues.
5. Mental health and wellness trainings will be available for staff and parents during the program year.
6. Mental Health professionals on staff will be available to present on mental health and wellness and children's social emotional development at Center Day Meetings.
7. Information about mental health and wellness will be included in the agency newsletter.
8. Mental Health Professionals on staff will be available to discuss family and child mental health concerns with a family when requested.