



# Early Childhood and Mental Health

November 4, 2020



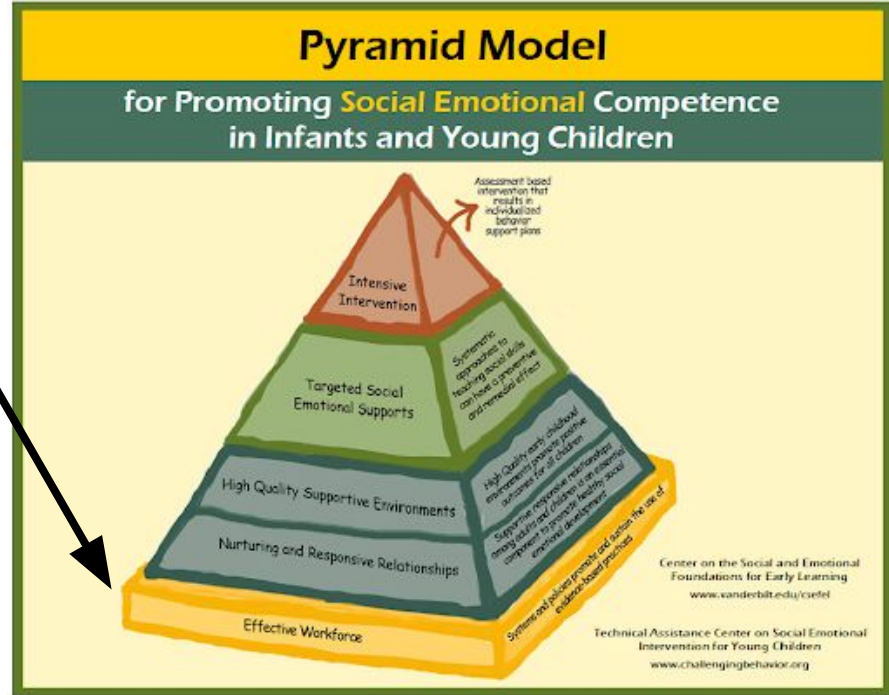
# Mental Health Support Roles in Pre-K:

- Mental Health Coordinator
  - Provides a connection to community services
  - Provides classroom supports for child who are or have experienced trauma, psychosocial stressors, and/or have a Mental Health diagnosis
  - Provide family supports to cope with child's mental health concerns
  - Provide education around Mental Health
  - Ability to work with ALL children in our program
- Early Childhood Special Education School Social Worker
  - Provides the same services above for children who are on an IEP

# Mental Health Supports: Staff

In order to help our children understand and process the new routines related to COVID-19, we recognized that our staff needed a space to process their own feelings.

- Reflective Practice to all staff
- Wellness challenges/education
- Wellness Wednesday: staff check in
- Collaboration with HDC project



# Mental Health Supports: children

Go to the Pyramid Model Hub

Search in Google Docs for Hub Pyramid Model

OR copy & paste this URL into your browser

[https://docs.google.com/document/d/1F79690C2VOXHR6VD2LFSTSY\\_3480QKbTrkJKHUR2B34hA/edit](https://docs.google.com/document/d/1F79690C2VOXHR6VD2LFSTSY_3480QKbTrkJKHUR2B34hA/edit)

In the HUB, find Student Celebrations

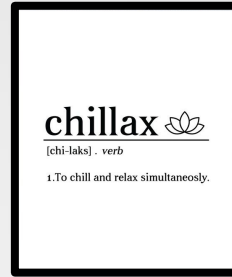
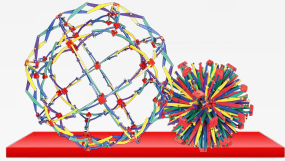
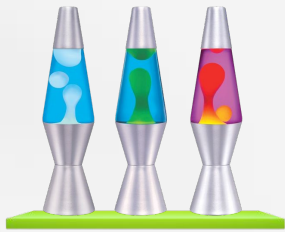
Then click on Giving Positive Feedback

This is a great doc on PDF statement starters

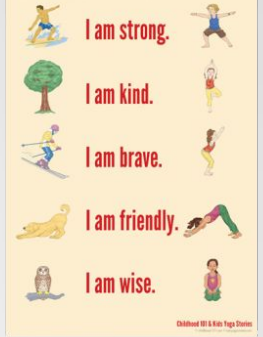
- Focus on the “Big 5”
  - 5:1 positive descriptive feedback
  - Predictable schedule
  - Routines within routines
  - Teaching behavior expectations
  - Teaching social skills

# Social-Emotional Learning supports:

- Pyramid model
  - [HUB](#)
  - [Social stories](#)
  - [SEL books with companion lessons](#)
- SeeSaw lessons
  - [https://app.seesaw.me/#/activities/library?community&grade\\_level=Pre-K&subject=SocialEmotionalLearning](https://app.seesaw.me/#/activities/library?community&grade_level=Pre-K&subject=SocialEmotionalLearning)
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### CALM DOWN YOGA FOR KIDS



**Thank you!**