

# Mental Health Orientation



## Mental Health Consultant Role

Promote the mental health of young children and their families as well as preventing and reducing the impact of troubling or challenging behaviors:

- Observations and Assessments
- Individual consultation in a response to a specific child need
- Recommend various best practice strategies (social stories, books, sensory activities, puzzles)
- Facilitate referrals
- Provide crisis services

## Referral Process

Teacher has concerns about child's behavior

Teacher begins documenting behaviors (anecdotal notes)

Report student's name to mental health consultant

Classroom observation by mental health consultant

Referral Package completed if necessary by Teacher and Family Service Worker



Parent Referral (Short 2 page Referral)

Parents have a concern with their child's behavior. Teachers do not see behaviors at school, but parent is having behavioral problems at home. Parent referral will be done by Family Service Worker

## Benefits of Mental Health Consultant in Head Start Programs

- Provide information teachers and parents information about the social and emotional health
- Identify typical emotional and emotional milestones in children birth to 5 years old
- Recognize risk factors for potential social and emotional concerns in young children
- Describe practices and approaches to support social and emotional development in children
- Identify community resources to help with the social and emotional development of children

## Why Children are Referred?

### Social and Emotional Behavioral Problems:

- Defiance/Temper tantrums
- Aggressive behaviors
- Hyperactivity and Impulsivity
- Inattentiveness & Off Task
- Difficult time with Transitions
- Crying, withdrawn behaviors, and trouble expressing their feelings

