



# What is Early Childhood Mental Health and How Can We Help?

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# Mission

Our mission is to build safe, supportive, and healthy early childhood settings and systems where children and professionals learn and grow.



Obesity  
Prevention



Social & Emotional  
Well-Being



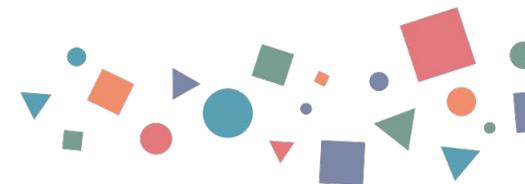
Oral  
Health

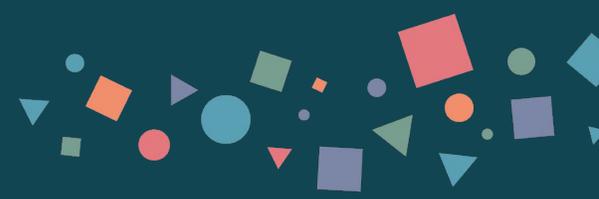


Injury  
Prevention

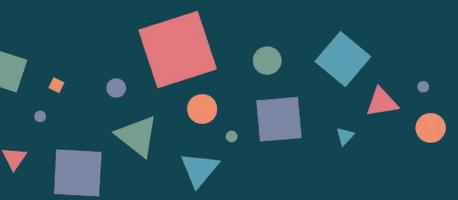


HEALTHY *child*  
care COLORADO





# Early Childhood Mental Health Consultation



# All Babies Have Mental Health

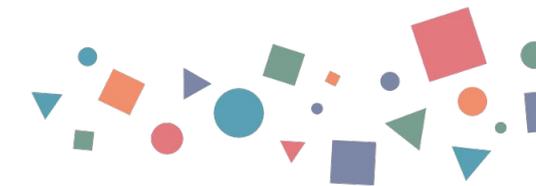


- Mental Health is a basic human need that begins in the womb.
- All children deserve trusting relationships to help guide their social/emotional well-being.
- Resources are available to support you today.

# What is Infant & Early Childhood Mental Health?

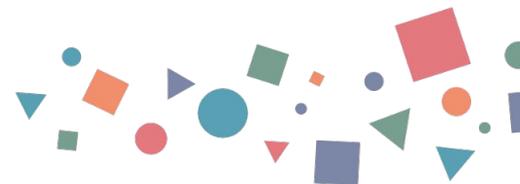
Mental Health is a child's capacity to experience, manage, and express a full range of positive and negative emotions; develop close, satisfying relationships with others; and actively explore environments and learn.

All in the context of family, culture and community.



# What is early childhood mental health consultation?

- No cost, voluntary program supported by state and federal funds
- Prevention and promotion
- Partner with early childhood providers/caregivers to support the well-being of *all* children in their care
- Relationship-based, reflective practice
- Targets learning environments and programs, with tailored supports available for specific children
- Accessible to all adults caring for children birth (including prenatal) to 6-years, regardless of setting



# *What is it like to work with a consultant?*

Hear what parents say.



[Experiencia de familia](#)

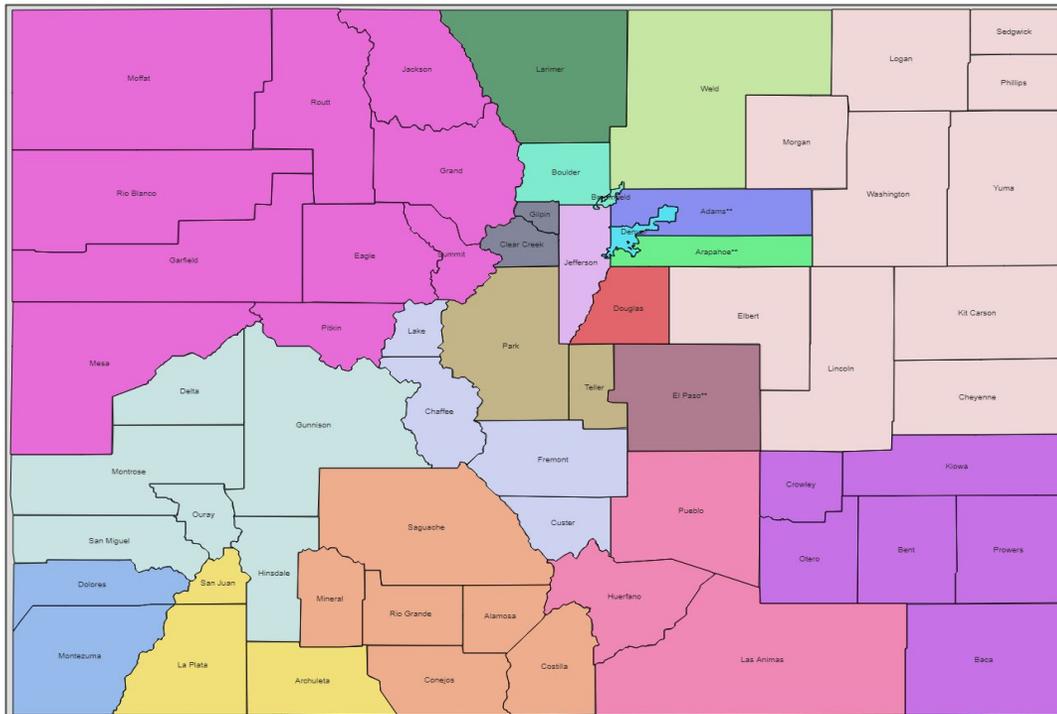
Hear what early childhood professionals say.



[Experiencia de Primera Infancia y Experiencia de Maestra](#)



# Where is consultation available?



Agency	
[Red]	Arapahoe Mental Health Center, Inc., dba* AllHealth Network
[Green]	Arapahoe Mental Health Center, Inc., dba* AllHealth Network & Aurora Mental Health Center & Ins
[Blue]	Aurora Mental Health Center & Early Childhood Partnership of Adams County (ECPAC)
[Light Blue]	Centennial Mental Health
[Pink]	Colorado West Regional Mental Health Inc., dba* Mind Springs Health
[Cyan]	Denver Health and Hospital Authority (DHHA) & Mental Health Center of Denver, dba* WellPower
[Yellow]	Early Childhood Council of La Plata
[Dark Green]	Early Childhood Council of Larimer County
[Orange]	Early Childhood Council of the San Luis Valley
[Grey]	ECMH Services Not State-Funded
[Light Purple]	Health Solutions
[Light Purple]	Jefferson Center for Mental Health
[Brown]	Joint Initiatives for Youth and Families & The Resource Exchange (TRE)
[Light Green]	Mental Health Center of Boulder County, dba* Mental Health Partners
[Light Green]	North Range Behavioral Health
[Light Blue]	Pinon Project, dba* Montelores Early Childhood Council
[Purple]	Southeast Mental Health
[Light Blue]	Southwest Colorado Mental Health Center, Inc., dba* Axis Health System
[Brown]	The Resource Exchange (TRE)
[Light Blue]	West Central Mental Health Center, dba* Sol Vista

Service Area Map

*ALL 64 counties!*



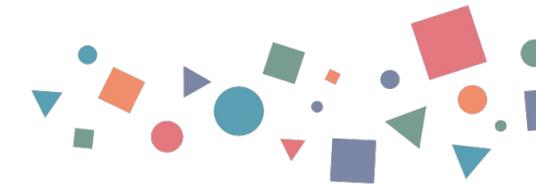
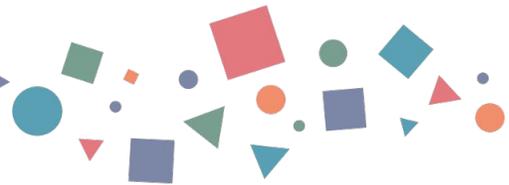
# 2 ways to refer

## Online Referrals

- Available in English & Spanish
- Collects information about person referring and support requested
- Time commitment: 5-10 minutes
- Available 24/7 on CDEC website, [mentalhealthstartsearly.com](https://www.mentalhealthstartsearly.com)

## Support Line (833) ECMH-411

- Interpretation available
- Confidential line anyone can access
- Connects to a qualified consultant
- Time Commitment: 10-15 minutes
- Available Monday-Friday (10:30 am - 5:30 pm)



## What is the Early Childhood Mental Health Support Line?

The ECMH Support Line is a *no-cost*, confidential resource for anyone who cares for children under six.

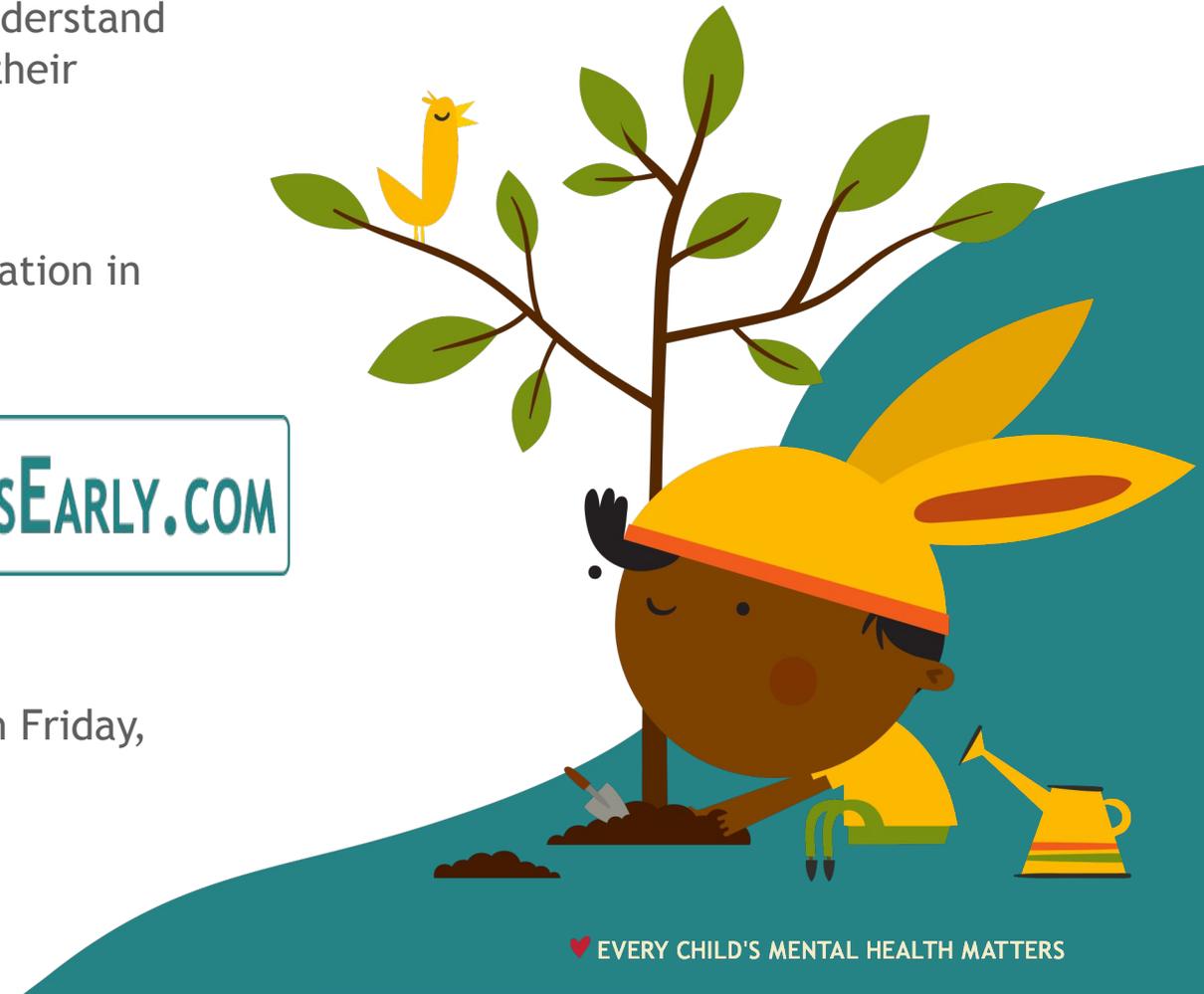
The support line helps families and caregivers to better understand and support the emotional wellbeing of young children in their care.

The consultant on the line can discuss needs, brainstorm appropriate support resources, and connect you to consultation in your community

 **(833)-ECMH411**  **MENTALHEALTHSTARTSEARLY.COM**

Free support is a call or click away!

Live, qualified consultants are available Monday through Friday,  
10:30 a.m. to 5:30 p.m.



♥ EVERY CHILD'S MENTAL HEALTH MATTERS



## Who can use the ECMH Support Line?

*Any adult in Colorado caring for a child under 6 years*

- Families
- Home Visitors
- EI Service Coordinators
- Early Literacy Librarians
- Family Resource Centers
- Teachers
- Directors
- Coaches
- Licensing Specialists
- Early Childhood Councils

*...and many, many more!!*

*\*Over 200 languages can be accommodated through the support of on-demand interpretation*

# What to Expect After a Referral

## **CONNECT**

Assigned consultant will return the call

## **CO-CREATE**

Meet to learn and co-create goals to determine dosage

## **GROW**

Receive coaching, training, reflection

## **CELEBRATE**

Once goals are met, services will wrap up



# Looking for Additional Supports?

Your local Early Childhood Council is here for you!

Triad Bright Futures

- Visit the website:  
<https://triadbrightfutures.org/mental-health-resources/>

