

Are you experiencing challenging behavior in your classroom?

Find out how we can help!



**THEIR MENTAL HEALTH
STARTS WITH SOMEONE
IMPORTANT: YOU.**

HEALTHY MINDS. HEALTHY KIDS.

 [EarlyLearningCo.org](https://www.earlylearningco.org)



Early Childhood Consultation available for FREE in Southwest Denver

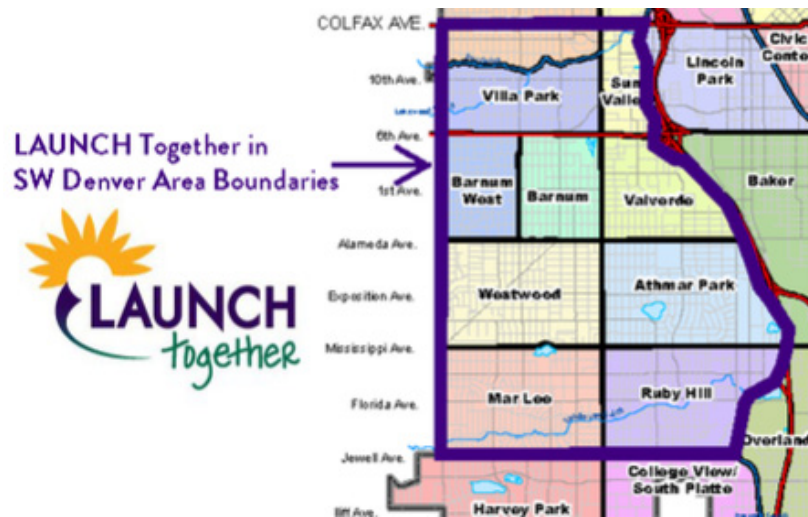
What is Early Childhood Mental Health Consultation?

In early childhood mental health consultation (ECMHC), an experienced mental health professional partners with child care providers to help build and promote successful social and emotional health.

- ECMHC helps staff and informational care providers better understand how to build strong relationships to support healthy development for young children.
- Children find improved well-being and fewer problems as a result of the partnership between the child care provider and ECMHC.

Any family child care home, child care center, preschool program, or informal child care provider in Southwest Denver can receive consultation at no cost as part of LAUNCH Together in Southwest Denver.

ECMHC staff from Mental Health Center of Denver and Denver Children's Advocacy Center come to YOU to do consultation.



Early Childhood Consultation Services include:

- Supporting adults in the classroom or child care setting
- Observing adults and children to develop strategies to promote success
- Trainings for caregivers and/or parents on topics like managing challenging behaviors, creating healthy relationships and child development
- Providing resources and referrals to caregivers and families
- Supporting caregivers in the classroom including guidance around social/emotional curricula
- Meeting with caregivers and families to ensure children receive consistent support

Early Childhood Consultation can help:

- A child experiencing challenging behaviors in class or struggling with peer relationships
- A child having difficulty coping with scary or traumatic events
- Caregivers and/or parents who feel overwhelmed
- Caregivers having difficulty managing class routines, structures and expectations
- Identify new information, supports and strategies to help children at home and/or at the child care
- Avoid expulsion through early intervention and identification of children who need additional supports

To learn more please give us a call!

We are happy to explore your needs and help you decide if consultation services might be beneficial to your center. We can also provide other resources and referrals.



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Angelica helps with peer relationships, emotion regulation, anxiety, behavioral concerns and stressful life events. She also conducts trainings for caregivers and parents and provides referrals and resources. She focuses on the strengths of children and caregivers to provide support, increase well-being and offer strategies that are consistent between home and the school or child care setting.

Christa has a Master's Degree in Counseling and a certificate in Child and Adolescent Therapy. She helps children with challenging behaviors, teaches children positive ways to get along with one another, educates caregivers and parents about child development and supports caregivers and parents in developing behavioral support plans.



Services provided are thanks to LAUNCH Together in Southwest Denver. The LAUNCH Together project is focused on building a resilient, trauma-informed community network of parents, providers and programs throughout Southwest Denver who are responsive to the social-emotional needs of young children, their families and the champions who serve them. Learn more at denverearlychildhood.org/our-work/launch-together/.

All parents and caregivers need support from friends, family and the community in order to raise happy, healthy kids.



In the same way that we nurture children's physical health -- through nutrition, exercise, hygiene, sleep and medical care -- we must also nurture their mental health with positive experiences, loving, stable relationships and intentional, direct support that helps develop critical social-emotional skills.

Just as we all have physical health, we all have mental health - and that includes very young children, even babies!

When children feel secure and have positive relationships, they can spend their energy learning and exploring the world around them, which supports healthy growth and social-emotional development.



Early Childhood Mental Health Consultants in your community can help if you're worried about a child in your life or if you just want some new ideas about how to help them get along with others, express their feelings safely, or calm down when they're upset.

Contact Christa Grauert at 720-974-7232 | cgrauert@denvercac.org
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OR dial 2-1-1. 2-1-1 is a free, multilingual, confidential service that connects individuals with community resources and information.