

# Start Well: Mental Health Consultation for Early Care and Education



- Are staff at your early childhood program overwhelmed by children's challenging behavior?
- Do staff often call parents to pick up their children due to their challenging behaviors?
- Do children in your care experience frequent frustration?
- Is behavior a 'hot topic' amongst your teachers and parents?

**Start Well can help**

## Who we are:

We are Early Childhood Mental Health consultants.

We partner with Early Childhood Educators, teachers, program staff, and parents to provide knowledge and resources to better support children who display challenging behavior.

We strive to be accessible, to work in partnership, and to build authentic and responsive relationships with early childhood providers and families.

## What we do?

Guide your program staff through a collaborative learning process so that they can gain MORE knowledge to work with children who display challenging behaviors and to provide social emotional support.

Problem solve together to reduce challenging behaviors and support the socio-emotional development of young children.

Provide professional development for all program staff, resources for parents, and opportunities for your program staff and teachers to engage with the wider early childcare and education community.

## Why we do it?

Like you, we are passionate about providing the most equitable and supportive early childhood education and care to children in our community. We work to support providers like Rachelle V., Supervisor at OUSD Child Development Center, who support all children and their families.

## Rachelle on Start Well:

*"Receiving the experience in developing a "behavior plan" has helped tremendously with our students, parents, teachers, and for our program. The joint effort of everyone involved, our ECMH Consultant, parents, teachers, and myself, had such a positive outcome that we will continue to implement the behavior plan into our program year after year. Thank you (Start Well)! You helped us create a bridge to help the most vulnerable in our preschool program!"*



**We are available to work with YOUR program! Contact us to start a conversation!**

Email: [info@startwelloc.org](mailto:info@startwelloc.org) • Visit: [www.startwelloc.org](http://www.startwelloc.org)