

Mental Health Policy

Umatilla-Morrow County Head Start, Inc. recognizes that the earliest years set the stage for lifetime emotional well-being, social skills and competencies, or for social-emotional problems. We strive to create a social-emotional environment in which all children leaving Head Start/EHS have the skills and knowledge they deserve and need to be emotionally healthy, socially competent, and ready to learn and be supported in safe, nurturing families and communities. As a program we strive to create conditions where young children with social emotional concerns and their families, have the necessary supports to succeed, while at the same time promoting positive mental health, emotional well-being, social competence and resilience for all children and preventing the onset of emotional problems. We do this by:

- ◆ Providing classroom environments that support and enhance the development of social and emotional competence and resilience.
- ◆ Developing social and emotional goals for all children that support the development and enhancement of social competence and resilience.
- ◆ Early identification of social-emotional developmental issues that might interfere with a child's social competence and school readiness.
- ◆ Supporting parents and center staff working in partnership to address challenging behaviors resulting from a child's social-emotional development.
- ◆ Assisting parents in understanding typical social-emotional development and the importance of social and emotional school readiness and resilience.
- ◆ Assisting parents in identifying and implementing activities and routines in the home that support the development of their child's positive social and emotional competence and resilience.
- ◆ Assisting parents in developing and using positive, pro-social guidance techniques.
- ◆ Assisting parents in accessing resources needed to resolve stressful events that affect the social and emotional functioning for the family and children.
- ◆ Assisting parents in accessing resources needed to address child mental health concerns.
- ◆ Assisting parents in understanding the link between family mental health and wellness and child mental health and wellness.
- ◆ Assisting families in developing a nurturing environment that supports the development of social and emotional competence and resilience.

