Early Childhood Mental Health Consultation

Boulder County Head Start launched an embedded Early Childhood Mental Health Consultation program beginning in the 2016-17 school year that provides teacher support, and a venue for families to explore the mental health systems in a safe and familiar atmosphere.

Staff:
Teaching staff were provided with consultation regarding classroom practice and behaviors, and supporting children with individual needs. Additional Staff Support & Services:
- Implementing the Second Step Social Emotional Curriculum
- Classroom training by Lisa Dion, LPC, RPT-S from Synergetic Play Therapy
- Pyramid Plus training provided by JL Werner

Families:
Families were provided with consultation with the ECMHC onsite, at home, or place of work. The familiarity and availability of the ECMHC has helped to reduce the stigmas often associated with mental health. Families who chose to access services provided by the ECMHC received coaching and parenting supports individually and or in groups. The ECMHC met the needs and preferences of families by providing consultation in a variety of settings, including the home, school, and other community locations. Meeting with families outside of the school day also helped ensure that work, school, and other commitments were not a barrier to receiving support. When needed, the ECMHC referred families to relevant mental health and counseling services and community parenting classes.

Investing in Families
In Colorado nearly 1/3 of children grow up in households with housing and child care challenges. Brooke is a single Mom who grew up here and works full time. Working and raising young kids in Boulder on minimum wage is difficult. Even so, she says, “I try to appreciate the good things I have. I say to my kids, look at this beautiful place we live in!” Having quality education and steady child care for Berkeley has been crucial for this family. “Head Start has been so important in providing my child with the skills she needs to be ready for kindergarten. It’s given me access to many resources in the community I didn’t know existed!” Head Start provides the comprehensive skills her daughter needs to get ahead in life. Children’s brains are built early through good experiences, and by having their basic needs covered, such as health and housing, Investing in families and young children insures our future. Brooke says, “it’s not just the academics, it’s all the social and emotional stuff that will help them be ready for kindergarten and life.” Brooke adds, “Community is like a village and Head Start is like a family.” When everybody works together everybody wins.

About Boulder County Head Start
The Head Start program began in 1965 during the Johnson administration as a summer program for children in poverty entering kindergarten. Boulder County received one of the first grants, beginning services in that inaugural year. Over the years, the program expanded to provide comprehensive early care and education for three- to five-year-old children living in poverty. The early years of Head Start focused on part-day, but as more women entered the workforce, BCHS started converting half day-programs to full-day. Full day services began in the early 1990’s because of an expressed need from our community for quality care for low income families.

Our Policy Council
We could not be a success without the active participation of our Policy Council Members, consisting of current or past parents. We would like to acknowledge the following members for their hard work and dedication:

- Emanuel Caravajal
- Pablo Garza
- Lidia Vargas
- Yuri Chernykh
- Denise Cervantes
- Romana Robinson
- Justa Sarmiento
- Sasha Strong
- Noemi Rivera
- Romaulda Avila

BCHS Budget Information
The majority of BCHS’s budget (70%) is supported by the Federal Head Start program, which has remained relatively flat over the years. The budget is supplemented by Boulder County and the USDA Child and Adult Food Care Program (CACFP). The Boulder County Commissioners are strongly committed to ensuring the social, emotional and educational development of all children, and have provided generous subsidies to support a living wage increase for Teacher Assistants and Center Aides, and health care benefits for all BCHS employees. The USDA Child and Adult Food Program (CACFP) grant funds are used to cover the cost of three meals for all BCHS children during the school day.

Revenues and Expenses from the 2016-2017 program year

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOCC Subsidy</td>
<td>$467,204</td>
</tr>
<tr>
<td>USDA Grant</td>
<td>$70,430</td>
</tr>
<tr>
<td>Training Grant</td>
<td>$18,892</td>
</tr>
<tr>
<td>Training Budget</td>
<td>$18,892</td>
</tr>
<tr>
<td>BOC Grant</td>
<td>$67,253</td>
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<tr>
<td>USDA Budget</td>
<td>$70,430</td>
</tr>
<tr>
<td>Cost of three meals for all</td>
<td>$1,745,536</td>
</tr>
<tr>
<td>Total Revenue</td>
<td></td>
</tr>
<tr>
<td>Total Expense</td>
<td></td>
</tr>
<tr>
<td>Revenue</td>
<td>$1,745,536</td>
</tr>
<tr>
<td>Expense</td>
<td></td>
</tr>
</tbody>
</table>

BOCC Subsidy: Boulder County Commissioners
Training Grant: BOCC
Training Budget: BOCC
USDA Grant: BOCC
USDA Budget: BOCC
BoCo Grant: BOCC
Boulder County

BCHS Staff 2016-17

- Personnel Budget: $1,500,600
- Total $1,745,536
- Operating Budget: $155,614
- Personnel Budget: $1,500,600
Lafayette
Woodlands
65%
60%
834 5 year-olds served in 2016-17
563 4 year-olds served in 2016-17
62 children qualified for and received disability services
8 children identified with a disability during the school year
9 received speech therapy
11 received multiple therapies, including speech, occupational, physical, and/or mental health

Who We Serve
BCHS serves a diverse array of young children and families and includes a Maintenance Transitional Bilingual Program. All native Spanish-speaking children receive instruction in both their home language and in English.

BCHS's funded enrollment for the 2016-17 school year was 134 children, with a total of 139 children served
96% Eligible children served
98% Average child enrollment

Our Services
Head Start programs are preferred to sequentially enroll children who are in their last year of preschool services before entering Kindergarten, as well as children with special needs, and children from homeless families.

67% Families at or below Federal Poverty Rate
80% Identify as Hispanic/Latino
65% Speak a language other than English at home
60% Speak Spanish as the primary language at home
94% Average annual attendance

Professional Educational Services
At BCHS, we are committed to educational excellence and staff professional development. Ongoing assessments are used to assess performance of our students and teaching staff. We also excel in providing services designed to help families make a successful transition to Kindergarten.

Child Assessments
BCHS assesses children's progress at three times during the school year using the Teaching Strategies GOLD Assessment System for Preschool (TS GOLD) in all areas of childhood development, including: social-emotional, physical, language, cognitive, literacy, and mathematics. Significant gains for children were observed in all areas!

Teacher Assessments
Teachers are evaluated twice a year using the Classroom Assessment Scoring System (CLASS) in three domains: Emotional Support, Classroom Organization and Instructional Support (scales go from 1 to 7). We outperformed the national average in one of three areas and are working on improvements in the Emotional Support and Classroom Organization domain.

Preparing Children and Families for Kindergarten
BCHS is committed to positive outcomes for children and preparing families for a smooth transition to kindergarten. Efforts in this area include:

Home visits and parent-teacher conferences to improve school readiness and review student progress.
Kindergarten transition events to learn about kindergarten options and open enrollment processes.
Completed Family Referrals by Site

For Our Kids
All BCHS students enrolled at least 30 days receive hearing, vision, dental, medical and developmental screenings. Our Support Service Managers help families connect with needed health providers and BVSD's Child Find when developmental issues are indicated.

For Our Parents
As families work toward their Family Partnership Agreement goals, they are often referred to area social service agencies. The majority of parents also express interest in educational and job training, English as a Second Language (ESL), and parenting classes. 190 family partnership agreements (FPAs) were created with families, of those 166 were completed.

Supportive Children and Family Services
Our families often face a variety of life challenges that require additional supports and services. We recognize that educational success means family success, and our compassionate staff strives to connect families and their children with the critical services they need to thrive.

Completed Family Referrals by Site

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>Emergency Need</th>
<th>Interested</th>
<th>Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Needs</td>
<td>4</td>
<td>33</td>
<td>70</td>
</tr>
<tr>
<td>Legal Services</td>
<td>0</td>
<td>12</td>
<td>9</td>
</tr>
<tr>
<td>Parent Education</td>
<td>0</td>
<td>10</td>
<td>41</td>
</tr>
<tr>
<td>Employment Services</td>
<td>2</td>
<td>9</td>
<td>19</td>
</tr>
<tr>
<td>Child Development &amp; Health</td>
<td>5</td>
<td>5</td>
<td>37</td>
</tr>
<tr>
<td>Social Support</td>
<td>0</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Families are assessed for strengths and vulnerabilities upon enrollment.