

LAUNCH Young Child Wellness Council

March 14, 2012

MEETING NOTES

YCWC Attendees: Ellyn Arwood (UofP), Leslee Barnes (BPI), Erin Fairchild (Defending Childhood), Mary Geelan (ECC), Beth Gebstadt (State LAUNCH), Sonya Norling (Retail), Danita Huynh, Kristina Smalling (IRCO), Molly Roman (OCF), Jean Rystrom (Kaiser), Tanya Wolfersperger (Hacienda CDC)

Working Group (staff & contractors): Callie Lambarth (PSU), Roberto Rivera (211info), Maureen DeLongis, Sarah Heal (Morrison), Wendy Rankin (OPHI), Elana Emlen (MESD)

Early Childhood Mental Health Consultation

Multnomah Project LAUNCH combines two of the five required LAUNCH strategies into providing mental health and PBIS consultation to three child care centers and one Healthy Start team. Maureen DeLongis and Sarah Heal from Morrison Child and Family Services provide the mental health consultation and Tim Andrews from MESD provides the PBIS consultation. Maureen and Sarah also conduct Incredible Years training for parents in the child care programs. They gave a presentation (PowerPoint attached) to describe mental health consultation and Incredible Years.

Some of the Q&A and discussion that accompanied the PowerPoint presentation include:

- What do you do if you need to refer for mental health service/treatment? First, they check the insurance and make referrals as needed, possibly to occupational therapy, Early Intervention, mental health for the parents, etc.
- Who is coordinating the care? It's not clear. The developmental pediatrician is unlikely to be the coordinator.
- Suggestion that people look at www.preventiveoz.org which has a questionnaire by age. It comes back with a temperament profile for the child and the parent.
- Can anyone call for consultation? This particular part is for the LAUNCH funded sites. There is mental health consultation available to child care providers through Child Care Resource & Referral of Multnomah County.
- If a client is getting care through a FQHC, it includes mental health (for example, Multnomah County Health, Virginia Garcia.)
- Early Childhood Mental Health Consultation is an "emerging practice." Incredible Years is evidence based.
- Does "mental health consultation" scare parents and teachers? Yes, there is some stigma, so they're called Early Childhood Consultants.
- Incredible Years is a 14 week curriculum (can be 18) and our current group has over 20 people. The curriculum is available in Spanish.

Callie Lambarth shared some of the Evaluation information (PowerPoint attached). The group discussed staff stress and parent involvement.

Callie invited members of the YCWC to be on the Evaluation Committee.

Next YCWC Meeting

The YCWC meets the second Wednesday of each month, 9:30-11:30

Next meeting: **April 11, 9:30-11:00 at IKEA**, in the meeting room adjacent to the restaurant.