

Rural Utah Child Development Mental Health Resource Sheet

"The central mission of Head Start is to bring about a greater degree of social competence in participating children."

Rural Utah Child Development accomplishes this by promoting mental and behavioral health. As a parent or guardian you may have concerns about a behavior(s) you have observed in your child.

Head Start provides the following services and supports to parents and guardians:

- Consults with Parents about Child's Mental Health/ Behavioral Concerns
- Consults with Staff Regarding Mental Health/ Behavioral Concerns
- Identifies with Parents Appropriate Responses to Their Child's Behaviors
- Provides Positive Parenting Training, Tips and Supports
- Educate Parents and Staff About Mental Health/Behavioral Issues
- Supports Parent Participation in Behavioral Interventions at Home and in the Classroom
- Assists in Providing Individualized Help for Children with Maladaptive Behaviors
- Utilizes Other Community Mental Health Resources as Needed

Feel free to discuss mental health/behavioral concerns with your Early Head Start Educator, Head Start Site Manager or your child's teacher.

Below you will find a list of topics that many parents have expressed an interest in learning about. If you are interested in any of these topics please check the topic and either return this sheet to your Head Start Site Manager or mail it directly to the Mental Health Specialist. The Mental Health Specialist will then contact you.

- ☐ Positive Parenting Training and Supports
- ☐ Parenting Classes
- ☐ Behavior Supports
- ☐ Behavior Interventions

Name: _____ Child's Name: _____

Center/Location: _____ Email address: _____

Phone Number: _____

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