

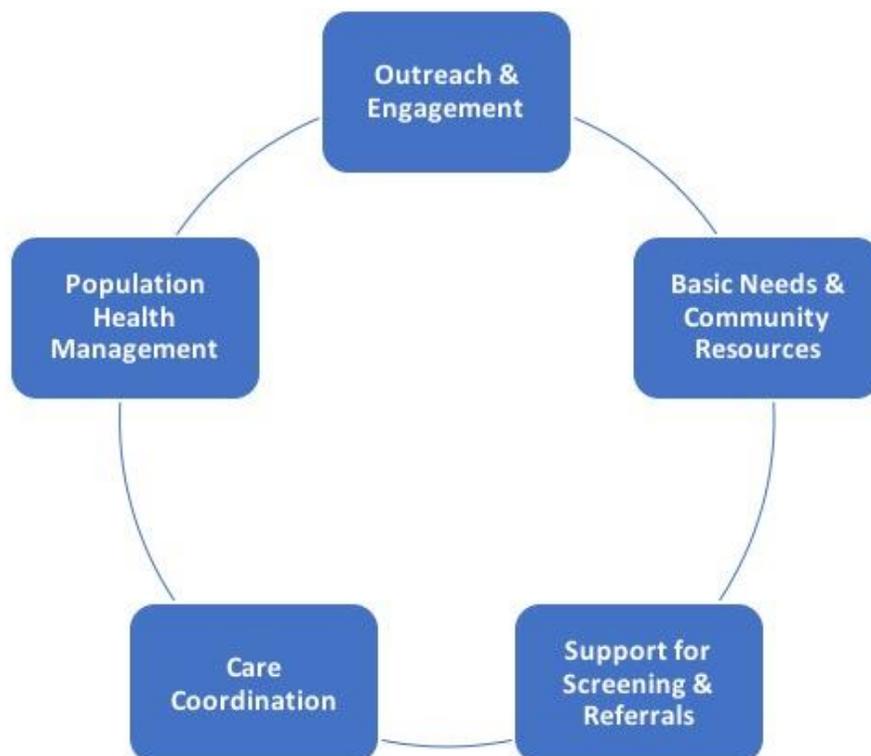
EARLY CHILDHOOD EMOTIONAL HEALTH AND WELLBEING MINI WORKBOOK

TEAM UP FOR CHILDREN
COMMUNITY HEALTH WORKERS

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How to use this workbook	
Goals for this workbook	<ul style="list-style-type: none"> • Workbooks are designed to accompany the core framework for CHW work within Team Up with 5 core areas described below • Depending on the site, CHWs may work more in one core area than another • Each site has the flexibility to adapt the CHW role within core areas to best match the needs of families in their sites • CHWs should coordinate with their clinical care teams on all tasks • CHWs should direct work outside of the core areas back to clinical care team • CHWs should use this workbook to guide their work with families • Workbooks accompany the learning community modules (webinars) by topic area
Adapting this workbook	<ul style="list-style-type: none"> • This workbook may be adapted to better match each site's needs and clinical protocols • Core topic areas in this workbook reflect the core framework and should not be changed to ensure similarity across sites using this CHW curriculum • Please maintain all acknowledgements of this work



OVERVIEW	
<p>Early Childhood Emotional Health</p>	<ul style="list-style-type: none"> • Children birth to five require close supportive relationships to help manage emotions, explore environment and promote child growth and development • 0-3 years is a crucial period of brain growth for children • Child development issues will increase over time if there is no intervention • Parenting stress/depression can negatively impact child growth • Poverty, food insecurity and other social issues can negatively impact child growth <p>Families may:</p> <ul style="list-style-type: none"> • Describe feeling overwhelmed by parenting • Feel like they can't connect with their child • Describe not having enough social support
<p>CHW-Role in promoting Early Childhood Emotional Health</p>	<ul style="list-style-type: none"> • Engage families to understand child growth and development and to seek support for parenting stress or parenting issues • Provide education and support on child growth and development, positive parenting, parenting stress • Coordinate care and help navigate medical and community-based systems as needed <ul style="list-style-type: none"> ○ Assist with referrals ○ Assist with initiating early intervention (EI) services ○ Assist with additional outpatient or in-home services
<p>Screener</p>	<p>SWYC</p> <ul style="list-style-type: none"> • Child Behaviors • Child Development • Family Questions

ENGAGEMENT	
Logistics	<input type="checkbox"/> Review the “ask” from providers about working with family <input type="checkbox"/> Review the medical chart <input type="checkbox"/> Gather materials needed to meet with family
Introduce yourself	<p><i>-Hello, my name is ____ and I am a CHW/FP part of your medical team. I usually help families access resources and services and can offer ongoing support to you as needed. Your child’s provider asked me to talk to you about _____. -Do you have time now to talk about this?</i></p>
Set an Agenda	<p><i>-I am going to talk about _____.(setting an appointment, referral to EI) -Do you have anything else that you would like to talk about?</i></p>

EDUCATION	
Reason for Referral	<p><i>-Your child has been referred for _____. (i.e. parenting group, Head Start) -What do you think about the getting you additional support as a parent? What do you think about your child starting preschool? -What are the goals and expectations you may have for you and your child?</i></p> <p>(Explain how referrals can help child and family) <i>-Parenting is hard work, especially for children 5 and under. -Head Start is a great resource for families and has helped many kids get ready for school.</i></p>
Child Growth and Development	<p><i>-I have some materials here on how children grow that may be useful. -Do you have any questions or concerns about how your child is growing? We can loop back with your child’s provider.</i></p>
Positive Parenting and Parenting Stress	<p><i>-Sometimes parents have a lot going on and are doing the best they can to meet their needs and the needs of their children. - We can also schedule an appointment with our integrated behavioral health clinician to talk more about supporting you as a parent. -I can also help you access basic resources (like food, clothing) if helpful.</i></p>
 Screener (If applicable)	<p><i>-Do you have any questions or concerns about the screener that you filled out? Can we write down any additional questions you might have for your child’s provider?</i></p>
Referrals for Early Intervention	<p><i>-EI, or early intervention, is a nice program that helps young children keep up with their growth. (Reference child development materials)</i></p>

<p>Explain the EI process</p> <p>Address barriers or concerns</p> <p>Create an action plan</p>	<p><i>-The way EI works is that we complete this referral, the agency will call you to set up an initial visit where they will go to your home and “play” with your child.</i></p> <p><i>-After that visit, they will let you know if your child should receive regular EI services.</i></p> <p><i>-Regular EI services means that someone will go to your home or to your child’s daycare center to “play” with them for about an hour or so.</i></p> <p><i>-The nice thing about EI is that you get to learn new tips on helping your child develop, including some nice parenting tips</i></p> <p><i>-What do you think? Is this something you’d be willing to try?</i></p> <p><i>-What might make it difficult for you to try this?</i></p> <p><i>-Some families report that they didn’t want someone coming into their home, but after they started, they really enjoyed the convenience and learned a lot from the process.</i></p> <p><i>-I am going to send this referral over to the EI agency. They will call you in a week. If they don’t call you, you will call them at this number_____.</i></p> <p><i>-I will call you on (date) in a week to see when the appointment is.</i></p> <p><i>-You can always reach me at _____.</i></p>
<p>Services</p> <p>Explain Services</p> <p>Address barriers or concerns</p>	<p><i>-Your child’s provider thinks you and your child might benefit from seeing a _____ for services to help your child with _____.</i></p> <p><i>-Some parents like to talk to other parents to build support for parenting. Would you like us to connect you to other parents through support groups?</i></p> <p><i>-Some parents like to meet with a counselor or do a therapy group to help reduce stress in their lives. Would you be interested in learning more about how counseling can help you?</i></p> <p>(Explain the type of service. You may have to do some research or ask another team member to help you learn about how these services work.)</p> <p><i>-What do you think? Is this something you’d be willing to try?</i></p> <p><i>-What might make it difficult for you to try this?</i></p> <p>(Ask about specific barriers: Transportation, childcare for other children, work demands, stigma?)</p>

Create an action plan	<p>-You mentioned you wanted to start with _____. The first step in this process is_____.</p> <p>-You will need to call _____ to start the process.</p> <p>-I will make the referral and they will call you.</p> <p>-I will call you on (date) in a week to see when the appointment is.</p> <p>-You can always reach me at _____.</p>

APPLICATION: Care Coordination & Key Tasks	
Engagement	<input type="checkbox"/> Highlight strengths of the child and family <input type="checkbox"/> Bring out hopes for the child and family <input type="checkbox"/> Give tips on positive parenting <input type="checkbox"/> Are there psychological or cultural barriers? <input type="checkbox"/> Did you offer any parenting support and resources?
Education	<input type="checkbox"/> Encourage increased social support <input type="checkbox"/> Encourage opportunities for mutual enjoyment with child <input type="checkbox"/> Help parents decrease inconsistent and harsh parenting <input type="checkbox"/> Help parents track and manage their own stress <input type="checkbox"/> Help parents identify effective coping mechanisms for their stress or managing difficult child behaviors <input type="checkbox"/> Help parents recognize cultural parenting differences <input type="checkbox"/> Encourage parents to seek additional supports, including counseling or resources for basic needs
Referrals for Early Intervention	<input type="checkbox"/> Does the family understand child growth and development? <input type="checkbox"/> Does family have all necessary information for EI services? <input type="checkbox"/> Did you address barriers or concerns? <input type="checkbox"/> Did you create an action plan? <input type="checkbox"/> Did you loop back with PCP? <input type="checkbox"/> Did you document in the EMR? <input type="checkbox"/> Do you have signed medical releases? <input type="checkbox"/> Any other important information?
Services	<input type="checkbox"/> Does family have all necessary information to access EI services? <input type="checkbox"/> Did you address barriers or concerns? <input type="checkbox"/> Does family need help scheduling or coordinating appointments? <input type="checkbox"/> Does the family need transportation to appointments or are they comfortable with EI services in the home? <input type="checkbox"/> Did you document in the EMR? <input type="checkbox"/> Do you have signed medical releases? <input type="checkbox"/> Any other important information?

RESOURCES	
Child Development	<ul style="list-style-type: none"> • Boston Basics http://boston.thebasics.org/ • CDC Act Early Resources and Milestone Tracking App https://www.cdc.gov/ncbddd/actearly/freematerials.html • Thom’s Developmental Checklist http://www.thomchild.org/Resources.htm
Early Childhood Emotional Health	<ul style="list-style-type: none"> • Team Up Learning Community Modules • MA Parent and Caregiver Support http://www.mass.gov/childadvocate/resources/parent-and-caregiver-supports.html • Parenting Stress Line: 1-800-632-8188 https://www.parentshelpingparents.org/parental-stress-line
Parenting Resources	<ul style="list-style-type: none"> • Center for Disease Control (CDC) Positive Parenting Tips Handouts https://www.cdc.gov/ncbddd/childdevelopment/freematerials.html • Zero-to-Three Parenting Resources https://www.zerotothree.org/parenting

Early Intervention Referral, Assessment and Services Checklist			
	KEY TASKS	DATE COMPLETED/ TEAM MEMBER	TIMEFRAME
REFERRAL STAGE	Family Permission to refer		
	Information and Education on Referral process		
	Referral Agency Information based on location of home or childcare provider		
	Follow up with family on appointment scheduling		
	Document scheduled appointments in EMR		
	Call Family 3 days before scheduled assessment appointment		
	Get signed release from parent for coordination with EI agency		
	Referral to EI completed within a week		EI assessment scheduled within 2 weeks of referral
ASSESSMENT STAGE	Explain process of EI intake and assessment, including eligibility for EI based on assessment		
	Address logistical barriers for completion of assessment: Usually completed in the home, can also be done in a childcare setting		
	Help with rescheduling appointment if necessary		
	Check in up to 3 days after the completed assessment		
	Document parent report information on assessment in EMR		EI assessment completed within 6 weeks after scheduled
SERVICES STAGE	Get copy of IFSP if eligible		
	Help family schedule ongoing EI appointments or services		
	Address barriers to service engagement		
	Help family with any additional non-EI referrals based on EI assessment		
	Call family 3 days before first EI service appointment to remind		
	Call family 3 days after first EI service appointment		EI Services accessed within 4 weeks of assessment
	Document information in EMR		