

2 Day In-Depth Training



# Managing Mental Health Services "Promoting Social Competence"



Across America, Head Start carry on their day-to-day work in communities that are diverse in ethnicity, demographics and size. They face challenging behaviors displayed by a growing number of children. Many of these children lack social skills, become lost and disorganized when switching from one activity to another and are prone to sudden emotional outbursts or are persistently withdrawn. This training is designed to provide teaching staff, home visitors, family service workers, managers, as well as consultants with a process of reflecting on their own practice, assessing difficult situations and designing interventions through collaborative problem solving. This training will help staff understand how to promote mental health, so they can contribute to Head Start programs that support the social and emotional development of children, families and their community. Participants will learn directions in how the strengths and abilities that characterize mental health can be encouraged and reinforced. Activities presented in this course will learn to effectively relate to each child in their program.

Presented by:



**HS University**

*Integrating the learning process... Anticipating the Future!*

# Managing Mental Health Services

...Helping Agencies promote social competence in Children!



Head Start staff do not always know the source of children's difficulties, they are keenly aware of the risks that contribute to problem behaviors. Environmental factors such as poverty, community violence, exposure to substance abuse, and child abuse and neglect are key issues that negatively affect children's behavior. Regardless of the reasons, Agencies face an overarching challenge to find ways, with available resources to effectively meet the needs of children with significant emotional and behavioral problems.



This training is designed to provide participants with a process for reflecting on their own practice, assessing difficult situations and designing interventions through collaborative problem solving.

## What you'll learn and how you'll benefit...

The skills and information presented in this training will prepare staff to promote social competence. Upon completion, participants will be able to achieve the following;

- Identify how their own experiences and assumptions directly influence relationships with children with challenging behaviors
- Use strategies to shift their assumptions in a way that will better serve children with challenging behaviors
- Recognize some basic principles and practices
- Develop a system for gathering information from a variety of sources
- Identify when and how to seek appropriate supports
- Identify situations for which contingency plans are needed
- Develop strategies to promote resiliency within Head Start children, families and communities
- Define mental health as a positive attribute rather than as the absence of mental illness
- Apply a frame work to understand the meaning and possible explanations for children's behavior and use that information to plan effective responses to that behavior
- Plan and support activities that improve the fit between temperament and environment by anticipating challenges and planning to meet them successfully
- Assess the program's mental health services plan to determine how well it supports the mental health of staff and the relationships between adults in the program
- Understanding the role of observing and recording children's behavior

## Workshop Agenda

Program hours: 9 a.m. to 4:00 p.m.

<p><b>Day One</b></p> <p><b>The Requirements</b></p> <ul style="list-style-type: none"> <li>Performance Standards</li> <li>45 day requirements</li> <li>Parent Involvement</li> <li>Mental Health Protocol</li> <li>Planning &amp; Management</li> <li>Mental Health Professionals</li> <li>Service Plans</li> </ul> <p><b>Developing Strategies</b></p> <ul style="list-style-type: none"> <li>Why does he act this way?</li> <li>Staff Behaviors</li> <li>Power of Assumptions</li> </ul> <p><b>Recognize Basic Principles and Practices</b></p> <ul style="list-style-type: none"> <li>Observation Skills</li> <li>Promoting Protective Factors</li> <li>Finding Strengths</li> <li>Assessing the Classroom Environment</li> <li>Making Changes</li> </ul> <p><b>Supportive Environment</b></p> <ul style="list-style-type: none"> <li>Asking for Help</li> <li>What If?</li> <li>Finding the Support You Need</li> </ul> <p><b>Understanding Mental Health</b></p> <ul style="list-style-type: none"> <li>Definition of Mental Health</li> <li>The Mental Health Picture</li> </ul>	<p>Building Resiliency</p> <p><b>Day Two</b></p> <p><b>Knowing the Child</b></p> <ul style="list-style-type: none"> <li>Working with the Child</li> <li>Developmental Stage</li> <li>Individual Differences</li> <li>Head Start Environment</li> <li>Home Environment</li> <li>Skills &amp; Knowledge</li> <li>Satisfying Emotional Needs</li> <li>Temperament</li> <li>Characteristics</li> </ul> <p><b>Staff Behaviors</b></p> <ul style="list-style-type: none"> <li>Handling Conflicts</li> <li>Hot Spots</li> <li>Stress Busters</li> <li>Mentally Healthy Workplace</li> </ul> <p><b>Observation &amp; Recording</b></p> <ul style="list-style-type: none"> <li>What's Helpful, What's Not</li> <li>Observing Strengths and Weaknesses</li> <li>Record Recording Forms</li> <li>Guidelines for Accurate and Objective Recording</li> <li>Overcoming Preconceived Notions</li> <li>Observation Challenges</li> <li>Working with Parents</li> </ul>
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# Workshop Outline

9 a.m. to 4:00 p.m.



## LESSON 1: Mental Health Requirement

In this lesson you will learn how to implement the requirements set forth in the HS Performance standards. Students will learn the requirements to ensure that the service of a mental health professional(s) timely and effective.

## LESSON 2: Developing Strategies

In this lesson you will identify how their own experiences and assumptions directly influence relationships with children with challenging behaviors. Participants will learn to use strategies to shift their assumptions in a way that will better serve children with challenging behaviors.

## LESSON 3: Recognizing Practice and Principles

This lesson recognizes some basic principles and practices and help students to develop a system for gathering information from a variety of sources. It also will help students to identify when and how to seek appropriate supports.

## LESSON 4: Understanding Mental Health

This lesson you will learn how to develop strategies to promote resiliency within Head Start children, families and communities as well as define mental health as a positive attribute rather than as the absence of mental illness. Student will learn to apply a frame work to understand the meaning and possible explanations for children's behavior and use that information to plan effective responses to that behavior.



## LESSON 5: Knowing the Child

This lesson you will learn to apply a frame work to understand the meaning and possible explanations for children's behavior and use that information to plan effective responses to that behavior. Students will also learn to plan and support activities that improve the fit between temperament and environment by anticipating challenges and planning to meet them successfully.

## LESSON 6: Staff Behaviors

In this lesson participants will learn to assess the program's mental health services plan to determine how well it supports the mental health of staff and the relationships between adults in the program.

## LESSON 7: Observing and Recording

This lesson you will understand the role of observing and recording children's behavior, identify and use a variety of observational methods, match observational goals to appropriate observational techniques and writ a running record accurately and objectively.

# MH REGISTRATION INFORMATION

## 5 easy ways to register:

What ever your method of registration, be sure to enroll right away since space is limited. As soon as we receive your registration, we'll send you a registration confirmation. To register, mail or fax the registration form to (901) 748-0293 or call (888) 282-7817. You may email the registration information to [hsutrain@hsuniversity.org](mailto:hsutrain@hsuniversity.org). Registrants will be notified if a course is over subscribed or canceled. If not notified to the contrary, your registration has been accepted.

**Payment:** Payment must be received two weeks prior to workshop date unless other arrangements are made in advance. PO'S are accepted, but PO must be cleared prior to training.

**Cancellation or Substitution.** Cancellations received at least fifteen business days prior to workshop are refundable, minus a \$25 registration service charge. After that, cancellations are subject to the entire workshop fee, which you may apply toward a future workshop. Please note that if you don't cancel and don't attend, you are still responsible for payments. Substitutions may be made at any time. If for any reason we are required to cancel a workshop, our liability is limited to the return of the registration fee only.

**HSU will award (1.2 CEUs)** Continuing Education Units for this training. To register for CEUs, please mark the appropriate box on the Registration Form and include an additional \$25 per person in your payment.

**On-Site Training.** For only \$5995, we can deliver a 2 day workshop right to your company's door. For complete details and a no-obligation quote, call 1-888-282-7817 and ask for the on-site training department. Price includes all travel cost and manuals for up to 10 staff members.

**Your satisfaction guaranteed!** Your complete satisfaction is important to us. If you are dissatisfied for any reason, you may attend this workshop again for FREE!

**By PHONE**  
1-888-282-7817 or 1-901-748-0293

**ON-LINE**  
Enroll at [www.hsuniversity.org](http://www.hsuniversity.org)

**By E-MAIL**  
[hsutrain@hsuniversity.org](mailto:hsutrain@hsuniversity.org)

**By FAX**  
1-901-748-0297

**By MAIL**  
Complete and mail form to:  
**HS University**  
**P.O. Box 2482**  
**Cordova, TN 38088-2482**

## Please provide the following information:

**2-Day - \$595 per person**

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To enroll by phone call toll free 1-888-282-7817

*Note: If you've registered by phone and paid with a credit card, it is not necessary to return this form.*

**PLEASE PRINT OR TYPE:**

Please list additional registrations on separate sheet and attach.

Name and Email \_\_\_\_\_

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Name and Email \_\_\_\_\_

Name and Email \_\_\_\_\_

**CEU:**  Check here if requesting CEUs and add \$25 per person

Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

**Payment Information** (Prepayment is required. Please pay before the workshop!)

Check enclosed payable to: **HS University**, PO Box 2482, Cordova, TN 38088

Purchase order attached: # \_\_\_\_\_

Charge to:  MasterCard  Visa  Discover  American Express

Card number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**Hotel:** HSU wants your hotel stay to be pleasant and we take great pride in selecting hotels. Once we receive your registration, we will fax you a copy of our student packet that list area hotels and information about travel in our training area.

2 Day In-Depth Training

# Managing Mental Health Services



This training is designed to help staff understand how to implement mental health requirement in order to support the social emotion development of children, families and their community. Participants will learn how to:

- ⇒ Address the issues of early identification, referral and treatment of emotional and behavioral disorders
- ⇒ Understand their own behavior, their assumptions and their relationships with children with challenging behaviors and with each other
- ⇒ Speak appropriate supports within the program and within the community in order to fully integrate children with challenging behaviors into their programs

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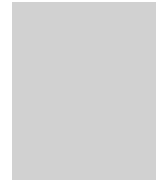


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P.O. Box 2482

Cordova, TN 38088-2482



*Promoting Social Competence in Head Start Children!*