



*A national campaign from the*  
**Office of Head Start**

**#HeadStartHeals  
Campaign**

**Mental Health Consultants:  
Addressing Trauma and Recovery**

**April 14, 2020  
1:00- 2:00 pm EST**

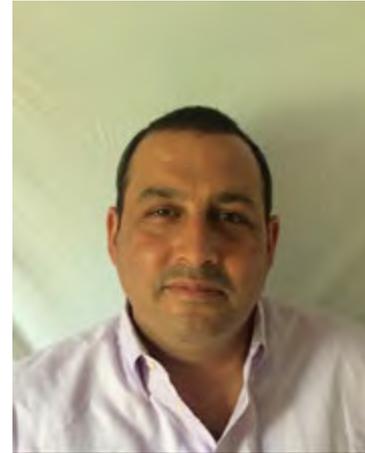
*Promoting empathy through trauma-informed and  
healing focused practices*



# #HeadStartHeals



**Sangeeta Parikshak, Ph.D.**  
**Behavioral Health Lead**  
**Office of Head Start**  
**ACF/HHS**

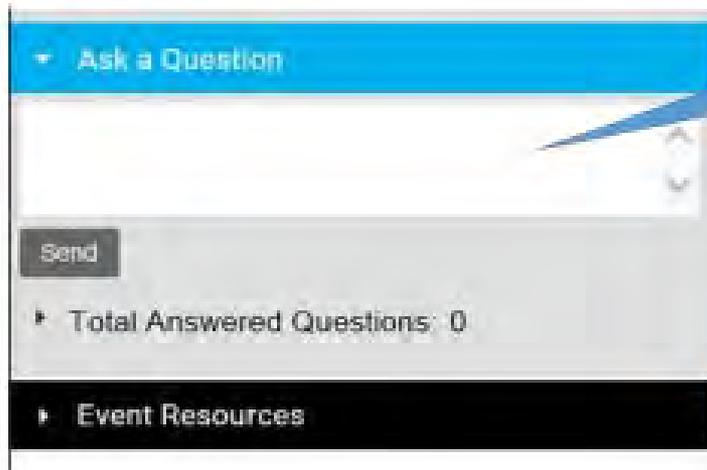


**Neal Horen, Ph.D.**  
**NCECHW**  
**Director**  
**Early Childhood Division**  
**Georgetown University**

# Welcome



Please use the left side bar to ask questions, submit comments, or download handouts



Ask your questions and submit your comments here

Download handouts from Event Resources

# Welcome



**Please type in the Questions Box:**

**What is your role in Head Start?**

**What are you hoping to learn today?**

# Commonly asked questions



- What is the difference between a mental health consultant and a therapist and how should we use each?
- Does a mental health consultant need to be licensed?
- How do I find the right mental health consultant for our program?
- Parents I work with do not want to engage with our mental health consultant. What should I do?
- How can I utilize a mental health consultant to help with implementing a trauma informed approach?
- What can MH consultants be doing now and how can they help us prepare when we go back?

# Resources on Mental Health Consultation



- Mental Health Consultation Tool – online course/tutorial

<https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>

- Family Connections – A Mental health Consultation Model – collection of resources

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/family-connections-mental-health-consultation-model>

- Infant Early Childhood Mental Health Consultation – Engaging Families – pdf resource

<https://eclkc.ohs.acf.hhs.gov/publication/infant-early-childhood-mental-health-consultation-engaging-families>

- Center of Excellence for Infant and Early Childhood Mental Health Consultation

<https://www.iecmhc.org/>

# Resources on Self Care



- Taking Care of Ourselves: Stress and Relaxation – resource collection page -Includes Stress Posters

<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation>

- Managing Stress with Mindful Moments- videos

<https://eclkc.ohs.acf.hhs.gov/mental-health/article/managing-stress-mindful-moments>

- Mindfulness a Resilient Practice- online presentation

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-presentation.pdf>

# National Hotlines



- If you or someone you know is experiencing negative mental health effects and need more immediate assistance, please reach out to SAMHSA's [Disaster Distress Helpline](https://www.samhsa.gov/247) (1-800-985-5990) or the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org/) (1-800-273-TALK). Both are available 24/7, 365 days a year.
- 24 Hour Parent Support  
National Parent Helpline for Parent Support any time  
1-855- 4A PARENT • 1-855-427-2736
- Domestic Violence  
The National Domestic Violence Hotline is 1-800-799-SAFE (7233) or thehotline.org.

# National Hotlines



StrongHearts Native Helpline at 1-844-7NATIVE  
(762- 8483) or [strongheartshelpline.org](http://strongheartshelpline.org).

- Child Abuse and Neglect

The Childhelp National Child Abuse Hotline is 1-800-4A-CHILD  
(422-4453) or [childhelp.org/childhelp-hotline](http://childhelp.org/childhelp-hotline).

- Substance Use

Alcoholics Anonymous Number – [1-212-870-3400](tel:1-212-870-3400)

National Association for Children of Alcoholics – [1-888-554-COAS  
\(2627\)](tel:1-888-554-COAS2627)

National Institute on Drug Abuse (NIDA) – [1-301-443-1124](tel:1-301-443-1124)

# MyPeers Communities



## MyPeers.org offers:

- Open communities including: **Mental Health, Opioid Misuse and Substance Use Disorders; Staff Wellness;**
- Knowledge base - Q&A, Forums, Polling, File sharing, Calendars, Events, Tasks, Wikis
- Communication tools – Group Chat, Instant Message, and internal email
- Robust search engine
- Social Network style feeds



*Office of Head Start*



*U.S. Department of Health & Human Services*  
Administration for Children & Families



# Office of Head Start #HeadStartHeals campaign



- Coming Soon:
  - April 30<sup>th</sup> : Webinar on trauma informed care in MSHS
  - Trauma and adult mental health
  - Trauma informed care in classroom settings

Email: [trauma@eclkc.info](mailto:trauma@eclkc.info)

Website: <https://eclkc.ohs.acf.hhs.gov/mental-health>