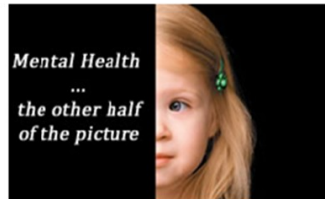


# Children's Mental Health Initiative

Serving Cass and Clay Counties



## Early Childhood Mental Health: Principles and Practice

### Free Training

#### Registration Information

- **Date:** Thursday, May 20, 2010
- **Time:** 6:00-8:30 p.m. (break from 7-7:30 to attend the CMH Fair in lobby)
- **Location:** Courtyard by Marriott, Moorhead
- **Cost: FREE** Light supper will be provided
- **Registration is required:** please register online at: [cmhelp@hotmail.com](mailto:cmhelp@hotmail.com)
- Call Shawna with any questions at 701-526-1565.

The Children's Mental Health Initiative will be offering its annual training on Thursday, May 20, 2010. Jane Ellison will be presenting on Early Childhood Mental Health: Principles and Practice.

Ms. Ellison, LMFT, IMH-E® is a community leader in early childhood mental health. She has more than twenty years experience working with young children and their families, including work in early

childhood family education, home visiting, family literacy, child abuse and neglect prevention programs, and a domestic abuse and violence shelter.

#### Training

##### Description

Recently there has been a lot of talk about early childhood mental health. Interest has grown as researchers explore early brain development, the importance of secure attachment and the

effects of trauma on young children.

For those of us who have or work directly with young children every day, how do we know when to be concerned and what can we do to support healthy social and emotional development?

This presentation will use principles of infant and early childhood mental health to suggest concrete ideas that we can use with children birth to age five and their families.



## 3rd Annual Children's Mental Health Fair

The 3rd annual Children's Mental Health Fair will be held on Thursday, May 20, 2010 in conjunction the Children's Mental Health Initiative's annual training.

More than 20 agencies and groups will display booths providing children's mental health related information, resources and programs in Cass and Clay Counties.

**When:** Thursday, May 20, 2010

**Where:** Marriott, Moorhead, MN

**Time:** 4:30 - 7:30pm

## All Children Flourishing...Free Workshop for Parents!



**Date:** Thursday, April 29, 2010

**Time:** 6:30-8:30 p.m.

**Place:** Ramada Plaza Suites, 1635 42nd St. S Fargo ND

**Cost:** FREE, registration required: Call 701.241.5700 or Email- diane.langer@ndsu.edu

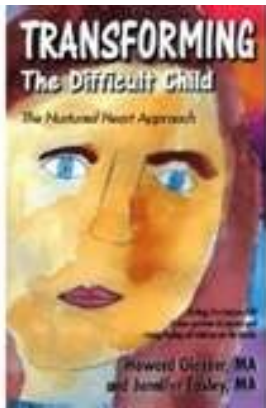
A child's intensity is a gift that needs to be nurtured. How do we accomplish this and help our children to fully flourish and thrive – even be GREAT – in an ever challenging world?

Traditional approaches to dealing with a child's intensity can easily make situations worse and damage our very precious relationships with the children in our lives.

The Nurtured Heart Approach has been proven to create GREATNESS in even the most intense children – very quickly and in inspiring and lasting ways.

Attend and you will leave with a powerful set of skills you can use immediately to help children live life in positive ways and flourish!

## Transforming the Difficult Child, The Nurtured Heart Approach



**A WORKSHOP FOR PROFESSIONALS & COMMUNITY LEADERS**

**Date:** Friday, April 30, 2010  
9:00 a.m.-3:00 p.m.

**Cost:** \$89.00

**Registration Due:** April 16, 2010.  
*Fee after April 16, \$100.00*

**WORKSHOP OBJECTIVES**

Participants will be able to:

1. Describe and utilize concepts that yield full understanding of the dynamics of a challenging child, ADHD, and whether to medicate.
2. Explain why conventional methods of parenting, therapy and teaching often fail with intense children, despite the best of intentions.
3. Shift a challenging child to using his or her intensity in successful ways, even if the child is diagnosed with ADHD, ODD, or is difficult in other ways, and regardless of the child's age and level of severity.

4. Utilize strategies to avoid the traps of accidentally rewarding negativity while still upholding a perfect level of accountability for the child.

**Howard Glasser** is the founder of Children's Success Foundation and creator of the Nurtured Heart Approach™, which is being used in homes and classrooms around the world.

The Nurtured Heart Approach is an amazing set of strategies developed specifically for children with ADHD and other challenging behaviors to facilitate parenting and classroom success.

**Child Care Resource & Referral Annual Training**

**Date:** Sat. May 1st  
Ramada Plaza Suites  
1635 42nd St. S  
Fargo, ND

**Contact:** CCR&R  
(218) 299-7325 for more information

To register contact Cass County Extension 701.241.5700

**Fee Includes:** A copy of "Transforming the Difficult Child" by Howard Glasser, M.A., continental breakfast, and lunch.

*CEU's and Certificates available*



Serving Adults & Children in  
Clay, Otter Tail & Wilkin Counties

**MOBILE TEAM DISPATCH HOURS:**

Monday through Friday: 4pm-10pm

Saturday, Sunday, and Holidays: 1pm-11pm

**Phone support 24 hours a day, 7 days a week**

**1-800-223-4512**

**Services:**

- Help for adults, children & families in their homes.
- Connection to mental health services.
- Coordination & follow up with current mental health service providers.
- Stabilization to reduce hospitalizations & out-of-home placements.
- Skills training to minimize future crisis.



*Programming provided by Lakeland Mental Health Center, Inc. with a grant from the Minnesota Department of Human Services in collaboration with: Clay County Social Services, Otter Tail County Human Services, Wilkin County Family Services, Productive Alternatives/Crisis Stabilization Unit, Otter Tail Family Services Collaborative/Children's Local Advisory Committee, Clay County Collaborative/ Children's Local Advisory Committee, Otter Tail County Adult Local Advisory Council, Clay County Adult Local Advisory Council, The Village Family Service Center, Blue Sky, Inc., BCOW Adult Mental Health Initiative, Prairie Community Services, Solutions Behavioral Healthcare Professionals, Inc., Lake Region Hospital (in Fergus Falls, MN) and Becker County (Comprehensive Crisis Response Program)*

## The Unique Role and Impact of Engaged Fatherhood

Recent research has indicated an increased importance on the role fathers play in their child's development throughout their lives.

Research shows that children with engaged fathers have been found to be more likely to display the following outcomes:

**Emotional**

- Greater problem solving and stress balance
- Greater moral sensitivity

**Educational**

- Increased grade completion
- Increased overall income
- Increased verbal and math skills

**Behavioral**

- Decreased hyperactivity and aggression
- Decreased divorce rate
- Delayed sex and pregnancy rates
- Decreased juvenile justice rates
- Overall better ability to handle conflict

One of the possible reasons for these outcomes is that mothers and fathers offer different parenting, communication and discipline styles that are beneficial to the child.

A mother's discipline is often more relational, whereas a father's is generally more practical. These differing styles can be complimentary to one another and helpful

for teaching and enhancing positive social-emotional development.

As a father, mother, family member or professional working with families, it is important to not underestimate the importance and impact of an engaged father.



## Children's Mental Health Matters

You  
vaccinate.  
Test hearing.  
Monitor temps.  
Screen eyesight.  
You do a lot to give  
your child a healthy  
start. But when  
you only concentrate  
on physical health,  
you're missing  
half the picture.



[www.HalfAChild.com](http://www.HalfAChild.com)

### Local Advisory Council for Children's Mental Health

The Clay County Local Advisory Council for Children's Mental Health meets on the second Wednesday of each month at 8:30 am at the Family Service Center at 715 11 St. N., Room 2 in Moorhead.

The council is comprised of parents and professionals who advise the Clay County Board of Commissioners on the state of children's mental health services, including gaps in services, needs of the family and child, and the strengths of our current service delivery system. We invite parents of children with mental health needs and other interested parties to attend our monthly meetings.

### National Children's Mental Health Awareness Week

May 2-8, 2010



Join the Federation of Families for Children's Mental Health in spreading the following messages:

- Mental health is essential to overall health and well being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided and culturally appropriate.
- Values of acceptance, dignity and social inclusion should be promoted throughout all communities for children, youth and families.
- Family and youth voice is a valued asset in determining appropriate services and interventions.



### Children's Mental Health Initiative

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Shawna Croaker, MSW

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