

Early Recognition & Screening Program

The Early Recognition, Coordination and Screening Initiative cultivates cooperative relationships with local primary care practices, schools and other community-based programs, to promote early identification through social emotional developmental screening and linkages to services.

Thirty-seven providers throughout NYS receive funds from the NYS Office of Mental Health to support a full time early recognition specialist.

What does the Early Recognition Screening Initiative offer?

- Screening: With parental consent, a free and confidential social and emotional screening to check that children are on the right track for healthy development. Screenings may take place in a school, health center or other locations in the community
- After the screening, responses are evaluated. Families of children who are identified as needing support are given referral information to agencies that can provide further assessment and treatment.
- Educational presentations and programming to promote social emotional wellness and combat stigma.

For more information about an ERS program in your area, contact:

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NYS Office of Mental Health
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TIPS FOR EVERY PARENT

- Show children love often— by saying it, writing notes, and providing comfort.
- Children like to hear what their parents like about them. Say out loud gratitude and appreciations of children. Help them feel good about successes with “you” messages.
- PLAY, PLAY, PLAY! (Parents need it too!)
- Make time for activities outside, especially where trees are present.
- Provide clear expectations for your children and give your child rules and chores.
- Children like for their parents to work towards health and happiness. Make time to refuel and energize yourself.
- Children need models in courage.
- Talk to your children about kindness toward others and model doing something nice for others.

For more information about Children’s Social Emotional Health

- www.mentalhealthamerica.net/every-child-needs
- www.childmind.org
- www.nemours.org/service/health/growuphealthy/emotion/families.html
- www.csefel.vanderbilt.edu/resources/family.html
- www.kidshealth.org/teen/your_mind/stress_center.html
- www.kidshealth.org/parent/emotions/
- www.cdc.gov/ncbddd/childdevelopment/facts.html
- www.cdc.gov/ncbddd/childdevelopment/mentalhealth.html
- www.zerotothree.org/parenting-resources/MOEM/
- www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/





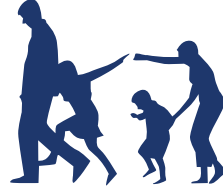










May 2015

Children's Mental Health Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 One of the MOST important things you can say to your child is "I BELIEVE IN YOU!"	2 Cook together
3 Teach your child to relax by taking slow deep breaths &/or blowing bubbles.	4 Make a homemade book about feelings.	5 Children's Mental Health Awareness Day! WEAR GREEN!	6 Be active together.	7 Tell your older children a story about one of your favorite memories of them.	8 Take a hot bath; taking care of yourself is part of taking care of your children.	9 Make a construction paper link necklace. On each link write one reason you love your child.
10 Say something good to the person in the mirror and teach your child to do the same.	11 Notice out loud. Tell kids when you notice something they might be feeling.	12 Give praise often and honestly, but without overdoing it.	13 Eat together.	14 Limit time spent on the computer/TV/games/video games.	15 Tell your child/parent one thing you like about them.	16 Have a dance party in the living room with your child. (Let Loose!)
17 Bake cookies with your child or another favorite recipe.	18 Put a positive note in your child's lunch or back pack.	19 Do something to make today special.	20 Decrease the search for perfection- of you and your children.	21 Lead by example. Be a model for healthy eating and exercise.	22 "Tell me and I forget. Teach me and I remember. Involve me and I learn." -Benjamin Franklin	23 Visit your local library. They have great programs for your child and things for you.
24 Talk about one thing that you and your child learned today.	25 Drink plenty of fluids.	26 Spend 15 minutes reading with your child.	27 Listen to your children. Ask them to tell you what's wrong.	28 Take a family walk together.	29 Listening to soothing music will help decrease stress.	30 Encourage play and join the fun!
31 Be spontaneous and affectionate! Your love will help boost your child's self-esteem.						

Mental health in childhood means reaching developmental and emotional milestones, and learning positive social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.