



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

WHAT IS AN ECMHC ANYWAY?

As the school year gets into full gear, many of us are settling into the day to day routine many are finding that there are new, different and even some familiar faces in the schools and centers. Sometimes it leaves us wondering who some of the people are and what do they do. And maybe if we are asking this question, some of you may be questioning about ECMH and our roles.

Let's start with what is ECMHC? It stands for Early Childhood Mental Health Consultant. These people have in-depth knowledge of early childhood development, social emotional and mental health areas. They also have are working towards an enforcement in early childhood and infant mental health from the Colorado Association for Infant Mental health to ensure they have the high expertise and knowledge. Consultants do not do therapy and they do not work directly with the children, instead they work with everyone who is involved with the child.. They work in collaboration/partnership with caregivers, and educators to help support the needs of the children in their care.

Early Childhood Mental Health consultants help support development and challenging behaviors of the young children. This is done in

a variety of ways like supporting the caregiver's wellbeing, supporting the wellbeing of children. This is done through building relationships with all involved and helping address the issues early while continuing support to all.

We strive as ECMHCs to nurture mental health as much as physical health. It is vital to care for children and caregivers so 1) the caregiver can continue doing the job they value and, 2) children can grow up being able to have the tools they need to handle stress and difficulties and emotions.

We want to let others know that we are here to support you through the challenges and give resources as well as tools to work through these things and to give information whether it is through trainings, classroom consultation, observations and visits. We want to ensure you know we are here. Like children, no two are alike, and we do our services based on your needs. It is not a "one size fits all approach."

Services come at no cost to families, center and schools.

MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



AMY NATION, MA, IMH-E® INFANT FAMILY SPECIALIST

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Ages 0-5

Covers the following counties:
Logan, Morgan



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Ages Prenatal-5

Covers Cheyenne, Elbert, Kit Carson,
Lincoln, Logan, Morgan, Phillips,
Sedgwick, Washington & Yuma Counties

LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.

For additional support during
the COVID-19 Pandemic you
can call Centennial's

COMMUNITY SUPPORT LINE

You can do this by calling your
nearest Centennial office:

Akron - 970.345.2254
Burlington - 719.346.8183
Cheyenne Wells - 719.346.8183
Elizabeth - 303.646.4519
Fort Morgan - 970.867.4924
Holyoke - 970.854.2114
Julesburg - 970.474.3769
Limon - 719.775.2313
Sterling - 970.522.4392
Wray - 970.332.3133
Yuma - 970.848.5412

WWW.CENTENNIALMHC.ORG

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*Centennial Mental Health Center es un proveedor
y una empresa de igualdad de oportunidades*



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Ages 0-5

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Ages 0-5

Covers the following counties:
Morgan, Washington
& Yuma



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Ages 0-5

Covers Elbert, Kit Carson,
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