

MENTAL HEALTH SERVICES

VOALA Children's Services Division



OUR COMMITMENT



The Mental Health team is committed to providing services to enhance the wellbeing of the children within our Head Start and Early Head Start, as well as their families. We provide Mental Health support, therapy, education, prevention and awareness to help your family succeed in life. We pride ourselves in maintaining confidentiality and providing a safe and supportive environment for your child and family.

WHO WE ARE



The Mental Health team consists of the following staff members:

- *Mental Health Program Manager*
- *1 Mental Health Coordinator*
- *1 Mental Health Clinical Coordinator*
- *5 Mental Health Specialists*
- *5 Mental Health Program Assistants*
- *Intern therapists through our school partnership.*

SERVICES WE OFFER



- *Mental Health education workshops*
- *Parent education workshops*
- *Child Focused Services*
- *Family Focused Services*
- *Teacher/Classroom Focused Services*
- *Mental Health Consultations*
- *Outside referrals with our partner agencies*

WHERE ARE SERVICES PROVIDED



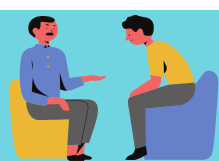
Services can be provided via telehealth, at your child's school or your home depending on the services and where you feel secure.

HOW TO OBTAIN SERVICES



Your child must be enrolled in our Early Head Start or Head Start program or you must be enrolled in our prenatal program if pregnant. To begin Mental Health services contact your Family Advocate.

WHAT THERAPY IS



BEING INVOLVED IN TREATMENT OF CHILD OR FAMILY
SELF-EMPOWERMENT

TALKING ABOUT YOUR CONCERNS AND PROBLEMS

EDUCATION

DEVELOPING COPING STRATEGIES

ADJUSTMENT OF EMOTIONAL RESPONSE

HAVING TASKS/GOALS BETWEEN SESSIONS TO HELP YOU SUCCEED

BUILDING AWARENESS OF THOUGHTS AND BEHAVIORS