

# Resource List

## Young Children's Mental Health

### Selected Illinois Early Learning Resources

- Young Children's Mental Health (tip sheet) - <http://illinoisearlylearning.org/tipsheets/mental-essential.htm>
- Handling Challenging Behaviors in Child Care and at Home: Autism (resource list) - <http://illinoisearlylearning.org/reslist/autism-home.htm>
- Young Children's Mental Health (Chat) - <http://illinoisearlylearning.org/chat/wulfsohn/index.htm>
- What is the Role of Teachers in Young Children's Mental Health? (faq) - <http://illinoisearlylearning.org/faqs/mentalhealth.htm>

### Selected Illinois Early Intervention Clearinghouse Resources

- Lending Library - <http://eiclearinghouse.org/library.html>
- Separation Anxiety and Children with Special Needs (EI Note) - <http://eiclearinghouse.org/resources/notes/sepanxiety.html>
- Separation Anxiety and Attachment in Infants and Toddlers (Resource Guide) - <http://eiclearinghouse.org/resources/guides/separation-anxiety.html>

### Online Resources

- **Bipolar Disorder in Children** - <https://bbrfoundation.org/userFiles/facts.bpdchildren.pdf>  
Bipolar disorder is a type of mood disorder marked by extreme changes in mood, energy levels, and behavior. This handout describes symptoms, diagnosis, causes, effects on the brain, and treatments.
- **Social Emotional Tips for Providers Caring for Infants** - [http://www.ecmhc.org/documents/CEMHC\\_Tips\\_Infants\\_Providers\\_2.pdf](http://www.ecmhc.org/documents/CEMHC_Tips_Infants_Providers_2.pdf)  
This publication provides a set of five tip sheets that child care staff can refer to during specific daily routines: dressing, meal times, playtime, resting, and diapering.
- **Integrating Early Childhood Mental Health Consultation with the Pyramid Model** - [http://challengingbehavior.fmhi.usf.edu/do/resources/documents/brief\\_integrating.pdf](http://challengingbehavior.fmhi.usf.edu/do/resources/documents/brief_integrating.pdf)  
This policy brief provides an overview of early childhood mental health consultation, how it can support the implementation of the Pyramid Model, and the policy issues that arise when administrators seek to integrate these two approaches at the state and local levels.

### Additional Resources

#### Books

- **Understanding Early Childhood Mental Health: A Practical Guide for Professionals** (2012). Susan Janko-Summers & Rachel Chazan-Cohen (Eds.). Baltimore: Paul H. Brookes.  
Ideal for preservice university courses, in-service professional development, and program administrators, this introductory text combines the guidance of more than a dozen respected mental health and early childhood experts. Professionals will get a primer on infant mental health, strengthening their knowledge of key issues such as screening and assessment, attachment, emotional dysregulation and aggression, risk and resilience, maternal depression, and children's exposure to trauma.
- **Pathways to Competence: Encouraging Healthy Social and Emotional Development in Young Children** (2009). Sarah Landy. Baltimore: Paul H. Brookes.  
This is a social-emotional textbook for preservice professionals—and a resource in-service practitioners will use for the rest of their careers to guide parents and answer crucial questions about development.

#### Journal Articles

- **Family Connections: Helping Early Head Start/Head Start Staff and Parents Address Mental Health Challenges**  
William R. Beardslee, Mary Watson Avery, Catherine Ayoub, & Caroline L. Watts  
Publication Date: 2009  
Source: *Zero to Three*, 29(6), 34–43  
A description of the Family Connections program of training and consultation for Early Head Start and Head Start staff on mental health challenges posed by parents and children. It also includes reflections on its implementation based on reports from nine centers in the Boston area over a three-year period.
- **An Intervention to Increase Early Childhood Staff Capacity for Promoting Children's Social-Emotional Development in Preschool Settings**  
Beth L. Green, Anna M. Malsch, Brianne Hood Kothari, Jessica Busse, & Eileen Brennan

Publication Date: 2012

Source: *Early Childhood Education Journal*, 40, 123–132

This article describes the development, implementation, and outcomes of a pilot intervention designed to enhance preschool programs' ability to support children's social-emotional development.

- **Mental Health Screening in Child Care: Impact of a Statewide Training Session**

Mary Margaret Gleason, Sherryl Scott Heller, Geoffrey A. Nagle, Allison Boothe, Angela Keyes, & Janet Rice

Publication Date: 2012

Source: *Early Childhood Research & Practice*, 14(2)

Child care settings may provide an optimal setting for identification of early childhood mental health problems. This report discusses two related pilot studies regarding both attitudes and perceived knowledge that could affect the successful implementation of mental health screening in child care settings. (Available in [English](#), [Spanish](#), and [Chinese](#))

- **Infusing Mental Health Services Into Primary Care for Very Young Children and Their Families**

Margot Kaplan-Sanoff, Ayelet Talmi, & Marilyn Augustyn

Publication Date: 2012

Source: *Zero to Three*, 33(2), 73–77

Thinking beyond physical health to include mental health and emotional well-being offers the pediatric clinician different approaches to old challenges and a new lens through which to view infant and parent behavior. This article provides suggestions on how infant mental health professionals can augment the role of primary care pediatricians to support families as they raise their infants and young children.

- **Screening Young Children's Risk for Mental Health Problems: A Review of Four Measures**

Kelly A. Feeney-Kettler, Thomas R. Kratochwill, Ann P. Kaiser, Mary Louise Hemmeter, & Ryan J. Kettler

Publication Date: 2010

Source: *Assessment for Effective Intervention*, 35, 218–230

Accurate identification of young children at risk for mental health problems is a key step in establishing early childhood preventive intervention programs. This article provides a review of universal screening measures to help teachers, school psychologists, and other mental health professionals make informed decisions about selecting tools to assist in identifying preschool-age children at risk for mental health problems.

- **Helping Children Play and Learn Together**

Michaelene M. Ostrosky & Hedda Meadan

Publication Date: 2010

Source: *Young Children*, 65(1), 104–110

During the early childhood years, children learn to interact with one another in ways that are positive and successful. This article highlights environmental and teaching strategies that support and facilitate the development of preschoolers' peer interaction skills—the skills children use to successfully interact with one another, such as sharing, taking turns, asking for assistance, and helping one another.

## Organizations

- **Caregiver Connections** - <http://www.caregiverconnections.org/>

This unique free support program helps child care providers throughout the state of Illinois recognize, understand, and respond to the social emotional needs of the children, birth through age five, in their care.

- **Depression and Bipolar Support Alliance** - <http://www.dbsalliance.org/site/PageServer?pagename=home>

The alliance offers resources for clinicians and families, education, wellness options, and peer support via a comprehensive Web site. Many resources are free, including brochures, podcasts, and videos.

- **National Institute of Mental Health** - <http://www.nimh.nih.gov/index.shtml>

The NIMH offers resources on a variety of mental health issues, including anxiety disorders, Autism Spectrum Disorder, eating disorders, bipolar disorder, depression, and schizophrenia. The Web site provides fact sheets, publications, and information on funding, research, and other mental health news. Publications on the Web site are free.

- **National Alliance on Mental Illness** - <http://www.nami.org/>

This organization is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports, and research. It is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

- **Center for Early Childhood Mental Health Consultation** - <http://www.ecmhc.org/>

The center, funded by the Office of Head Start, offers a research-based model of delivering high-quality mental health consultation services. Resources for families, early childhood staff and administrators, and consultants are available, including toolkits and teaching tools.