

# Mental Health in Head Start 2020: Aligning Services, Systems and Supports

February 19 - 21, 2020

Drury Plaza Hotel

Santa Fe, New Mexico



This information-packed, highly interactive session will help decision-makers and providers of Head Start, Early Head Start, Migrant & Seasonal Head Start, American Indian & Alaskan Native, and Early Head Start Child Care Partnership programs operating center- and home-based programs as well as family child care, discuss and develop enhanced strategies for meeting and exceeding the *Head Start Performance Standards* relating to mental health. At the end of this three-day event, participants will have a deeper understanding of: meeting revised mental health requirements and answering federal monitoring questions regarding staff wellness; creating a program-wide culture of mental health; appreciating the uniqueness of every child, family, and staff member to help them feel like they belong; and, more importantly, making your program a peaceful place to work!

This institute will explore providing top-notch mental health services, systems, and supports in our time- and resource-crunched Head Start and child care world. We will target the critical role and comprehensive mental-wellness vision of administrators, families, program managers, family advocates, mental health consultants, and education staff. We will also highlight an integrated approach to mental health regarding child screening, assessment, observation, curriculum choice and family education.

Updates in comprehensive early childhood mental health, including infant and pre- and postnatal mental health, will be explored, from the threat of possible substance abuse and domestic violence to medicating (and sometimes over-medicating) for mood enhancement. Everyday strategies for preventing challenging behaviors and diffusing crisis situations with an emphasis on family partnership, infant mental health, trauma-informed care, early intervention, and cultural humility considerations will be stressed.

Engaging in a personal “My Program’s Mental Wellness Self-Assessment Process Activity” will result in each participant leaving at the end of the training with a written “3-Point Plan” for enhancing program quality in mental health. Each participant will also walk away motivated to put their personal program plans into action!

The Standard Registration Fee is \$425 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$405 per person. (Please visit [www.ttas.org](http://www.ttas.org) for information on how to become a subscriber.) For details on registering, including information on earning 1.525 Continuing Education Units (CEUs) for this event, please see page 3.

## Learning Outcomes

Participants will:

- ★ Better understand the mental health and wellness requirements outlined in the *Head Start Performance Standards* and new federal monitoring process;
- ★ Have practiced skills to help children and teachers feel like they belong in the agency’s setting, including infant mental health, preventing compassion burnout, trauma-informed care strategies, and designing an inclusive culture of staff wellness and health;
- ★ Be able to describe and discuss the critical role of the program’s mental health professional, as well as the critical role of timely, accurate communication and data management considerations for mental health services;
- ★ Walk away with knowledge of how to better prevent and intervene when stress, depression, challenging, or crisis situations erupt among children, staff, and families – including enrolled expectant families; and
- ★ Have developed a “3-Part Next-Steps Plan” for enhancing the quality of their program’s mental health infrastructure for children, staff, and families.

## Your Presenters



**Paula Mydlenski**, MS, RDN, LDN, CDN, a nationally acclaimed speaker and writer, has worked for more than 35 years with Head Start and Early Head Start. Paula is CLASS-reliable, a CDA Representative, an I Am Moving, I Am Learning Facilitator, and a certified Cavity-Free Kids trainer. She is also a registered and licensed dietitian, WestED Program for Infant & Toddler Caregiver Modules I-IV certified trainer, and has certificates in Infant Mental Health, Partners for a Healthy Baby Prenatal Home Visiting curriculum, and administering the Ages & Stages Social & Emotional Questionnaire.



**Helen Visarraga**, MSW, LCSW, Consultant, has worked at the national, regional and state level, promoting culturally responsive programming that prioritizes comprehensive mental health services for children, families and staff in Head Start, Early Head Start, Migrant and Seasonal Head Start, American Indian/Alaska Native Head Start, and Child Care Resource and Referral programs for the past 35 years. Helen is a Licensed Clinical Social Worker with an emphasis on ensuring culturally relevant and developmentally appropriate mental health strategies. Helen assists staff to reflect and actualize these strategies in policies, programs, and practices implemented on a daily basis, not as an aside to other work. She has tirelessly supported quality mental wellness during her years as not only a Head Start Director and Mental Health Consultant, but also as Director of the National Migrant and Seasonal Head Start Technical Assistance Center.

*(T/TAS reserves the right to substitute presenters.)*

## Hotel Accommodations

The **Drury Plaza Hotel** in Santa Fe is located at 828 Paseo de Peralta, Santa Fe, New Mexico. Hotel accommodations are available at the special conference rate of \$119 per night single or double occupancy (plus applicable taxes). To qualify for the special conference rate, please request the room block for **Group Number 2371848**. Reservations must be made no later than **January 17, 2020** by contacting the hotel directly at 1-800-325-0720 or 505-424-2175, or online at <https://tinyurl.com/drurywkufeb2o> – if **Head Start WKU Group** info is not displaying, *enter the Group Number 2371848* where indicated under “About your stay”.

The room block will be held until the stated deadline or until the block is sold out, whichever comes first. **Reservations are accepted on a space and rate availability basis by the hotel, and room blocks often fill quickly.** Please consult the hotel for information on their specific cancellation policies, to learn about additional charges that may apply to hotel guests (i.e., parking fees, local phone charges, internet access fee, etc.), and to learn about available amenities, such as room service, in-house dining, and additional area attractions.

The Drury Plaza Hotel in Santa Fe is a two-block walk from shopping at the Plaza in downtown Santa Fe and half a mile from the Georgia O’Keeffe Museum. The hotel is located steps from Canyon Road fine art, dining and shopping, the Kakawa Chocolate House, and the Loretto Chapel. One can also find plenty of history and art museums, along with numerous dining options, all within a short distance.

## Tentative Agenda (Mountain Time Zone)

### February 19, 2020

8:30 – 9:00 am	Registration
9:00 – Noon	Setting the Baseline: My Program’s Mental Wellness Assessment
	Creating a Culture of Wellness and Self-Care
	Mental Health First Aid! Preventing Staff Fatigue and Burnout
	Mental Health Considerations in Child Assessment, Curriculum Choice, Child Outcomes and School Readiness
	Mental Health Requirements in the Head Start Performance Standards
Noon – 1:00 pm	Lunch On Your Own
1:00 – 4:30 pm	The Mental Health Professional’s Role in Supporting Your Program
	When Family Services and Other Staff Should Refer to the Mental Health Professional
	(Continued) Mental Health Requirements in the Head Start Performance Standards

### February 20, 2020

9:00 am – Noon	Cultural Humility in Action
	Strategies for Designing Your Program’s Staff Wellness Approach
	Mental Health Hot Topics and Best Practices
Noon – 1:00 pm	Lunch On Your Own
1:00 – 4:00 pm	(Continued) Mental Health Hot Topics & Services
	Aligning Mental Health Management Systems, Prevention, Intervention and the Revised Federal Monitoring Protocol
	Mental Health Services for Enrolled Expectant Families
	Infant Mental Health

### February 21, 2020

8:30 am – 12:30 pm	Trauma-Informed Care and Strategies
	Ouch! Heading Notable Behaviors Off at the Pass!
	Data! Data! Data! Considerations in Mental Health Management
	Mental Health Continuous Quality Improvement (CQI) – Developing Your Program’s Plan for Excellence

# Registering for T/TAS Events

**Payment Policy:** Payment or Purchase Order is due at time of registration. *If a purchase order, or payment by check or credit card is not received 10 (ten) business days prior to the enrolled event start date, the registration fee will be increased by 25% and full payment will be due from participant unless cancellation is received in writing per cancellation policy. POs not paid after 45 days from original invoice date, will be charged 2% of balance per month until paid.*

It is easy to register for events sponsored by T/TAS. There are three methods for registering:

- ★ **To Register Online:** To register for any T/TAS event, visit our web site at [www.ttas.org](http://www.ttas.org), locate the event for which you wish to register, and then click on the Register button.
- ★ **To Register By Mail:** Complete and return the Registration Form with check, money order, or Purchase Order (made out to WKU, T/TAS), or with credit card info (Visa, MasterCard, or Discover) to: **T/TAS, 1906 College Heights Boulevard, #11031, Bowling Green, Kentucky 42101-1031.** *Please do not send certified or express mail registration forms as it will delay your registration. Please call if you need assistance.*
- ★ **To Register By Fax:** Complete and fax the Registration Form with Purchase Order or credit card (Visa, MasterCard, or Discover) information to our office at 270-745-3340 or 270-745-2142.
- ★ **To Register By PDF:** Complete the Registration Form with Purchase Order or credit card (Visa, MasterCard, or Discover) information and save it as a PDF. Email your saved PDF to our office to [ttas.register@wku.edu](mailto:ttas.register@wku.edu).

**Enrollment is Limited:** T/TAS cannot guarantee enrollment at events. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. T/TAS is not liable for any hotel or travel penalties or fees that may be incurred by participants or registrants.

**Confirmation of Registration:** Registrations can only be confirmed by e-mail. Please provide a unique email address for the participant. If an administrator needs to receive a copy of the confirmation, please include administrative email address. If you do not receive a confirmation within five days of registering for the event, please contact the T/TAS office at [ttas.register@wku.edu](mailto:ttas.register@wku.edu) or call 800-882-7482.

**Cancellations/Substitutions Policy:** If you cancel your registration *in writing* 10 or more business days before the event, registration fees will be refunded, less a \$25 enrollment charge. No refunds will be made less than 10 business days prior to the event; however, you may designate a substitute to attend in your place. T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

**Continuing Education Units (CEUs):** Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of your registration form and include an additional fee of \$25 per person. Consult the event description to learn how many CEUs are offered for each event.

**Photo/Video/Recording Policies:** Recording this event with electronic devices is not permitted. Participants at this event may be photographed, videotaped and/or audiotaped. By registering for the event, authorization is given to being the subject of photographs, videotapes and/or audiotapes at the event, in connection with T/TAS' programs, publications, the Internet and public web sites. T/TAS and any employees, officers and associates, as well as any assignees, are released from any and all claims for damages for libel, slander, invasion of privacy, right of publicity, or any other claim based on use of the above-described material(s).

## T/TAS Also Brings the Training to You

Did you know that T/TAS is also a leading provider of **onsite** professional development opportunities? Our knowledgeable experts deliver the same high-quality training and materials in your local program setting, reaching all of your staff at a cost competitive with the cost of sending just a few to a conference or seminar. Most of the events on our training schedule can be adapted for presentation to your local program or to a cluster of programs in your geographic area. T/TAS also specializes in adapting our training style and content to meet the specific needs of your program, staff, and colleagues. To learn more, to discuss your local training needs, or to schedule training, call **800-882-7482**.



# Event Registration Form

PLEASE COMPLETE ALL FIELDS AND print name & position of person attending exactly as it should appear on the name tag.

Participant Name: \_\_\_\_\_ Position: \_\_\_\_\_

Participant E-Mail Address: \_\_\_\_\_

(Optional) Administrative E-Mail Address: \_\_\_\_\_

*Will get copied on any communication sent to the Participant*

Agency/Program: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**Enrollment is Limited:** T/TAS cannot guarantee enrollment in any event. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. **We recommend you do not make hotel or travel arrangements until you receive your registration confirmation.** There will be no on-site registration. Room blocks often fill quickly; please make your hotel reservations by the date listed in the conference description.

EVENT	SELECT FEE(S)
<p><b>Mental Health in Head Start 2020: Aligning Services, Systems and Supports</b> February 19 - 21, 2020 Drury Plaza Hotel Santa Fe, New Mexico</p> <p><i>Participants at this event may be photographed, videotaped and/or audiotaped. By registering for the event, authorization is given to being the subject of photographs, videotapes and/or audiotapes at the event, in connection with T/TAS' programs, publications, the Internet and public web sites.</i></p>	<p><input type="checkbox"/> Standard Registration: \$425</p> <p><input type="checkbox"/> <b>T/TAS@Your Service</b> Subscribers: \$405*</p> <p><input type="checkbox"/> Check if requesting 1.525 CEUs (15.25 contact hours) from Western Kentucky University and include an additional \$25 in payment.</p>

\*Subscribers, please include **T/TAS@Your Service** Enrollment No. \_\_\_\_\_.

Visit [www.ttas.org](http://www.ttas.org) for information on becoming a subscriber.

**Payment Policy:** Payment or Purchase Order is due at time of registration. *If a purchase order, or payment by check or credit card is not received 10 (ten) business days prior to the enrolled event start date, the registration fee will be increased by 25% and full payment will be due from participant unless cancellation is received in writing per cancellation policy. POs not paid after 45 days from original invoice date, will be charged 2% of balance per month until paid.*

**CHECK METHOD OF PAYMENT:**

Check payable to T/TAS.

Purchase Order No. \_\_\_\_\_ payable to **WKU, T/TAS**. Send or attach PO with your registration.

Credit Card (Mastercard, Visa, Discover only): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_\_ Name on Card \_\_\_\_\_

Billing Zip Code \_\_\_\_\_ 3-digit CV number on back of card \_\_\_\_\_

**RETURN...**

**By Mail:** **Do not send certified or express mail**

**T/TAS**

1906 College Heights Boulevard #11031

Bowling Green, KY 42101-1031

**By Fax:** 270-745-3340 or 270-745-2142

**By Email PDF:** Save completed form as a PDF and email PDF to [ttas.register@wku.edu](mailto:ttas.register@wku.edu)

**Cancellations:** To obtain a refund of registration fees (less \$25 enrollment charge), cancellations must be received **in writing** 10 working days prior to the start of the event. EIN 61-6055628.

**ACCESSIBILITY NEEDS:**

Do you have any disability that requires special materials or services?