

## DPBHS Selects Two Telemon Programs to Showcase Social Emotional Curriculum

"What can I do when I get angry? I can take three deep breaths or I can head over to Cozy Corner." Those are just two pieces of sage advice you would receive if you asked that question to one of the children at Telemon Colonial Gardens Head Start.

May has been an exciting month for the teachers and students at the Telemon Cool Springs and Colonial Gardens. Selected by DPBHS to showcase the use of the social emotional curriculum and toolkit for young children developed by the Division for Child Mental Health Month, they have had the opportunity to work with EC Mental Health Consultants and experience first hand just how effective the strategies offered in the curriculum and by the consultants are. MORE...

"We were waiting and hoping we would receive this help," said Doris Rizek, Director of the Telemon Head Start Program. "Previously when we had children with serious behavior issues, it was a struggle. Now we are able to make informed referrals and get help for the teachers and the children. It's a valuable program.

Even more enthusiastic was Beth Mannices, Educational Specialist at the Colonial Gardens Telemon program. "I just can't say enough about this program. We work with so many children with such a range of challenges and we really can't tackle school readiness until we can resolve some of the social and behavioral issues."

For Beth, the most valuable aspect of the program is the opportunity for teachers and staff to work with the Early Childhood Mental Health Consultant. "I was so impressed with Stav Bennett," she declares. "Not only did she work with individual children, she worked with the teacher to help her learn and apply strategies to effectively manage the whole class. The results were impressive. Not only did I see the atmosphere in the room and the group dynamic change, I saw the teacher change. Stav's counsel and the effective strategies she recommended supported and empowered the teacher. The growth in her confidence in managing the classroom was evident and, as a result, she became a more empowered and effective teacher."

Both Doris and Beth are hopeful that the partnership with the consultants will continue. Doris summed it by saying, "I would recommend this service to anyone who works with young children and their families."

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