

Supports are available

We know that Parenting is Hard work.

Here's the Good News!

HEALTHY KIDS:

Do better in school

Have more fun

Get along better with others

Can handle change

Can cope better with stress

Are more successful in general.



Northern Pines

Early Childhood Services:

Mental Health Disorders interfere with Development and Learning

Parents, teachers, doctors and counselors used to think that infants and toddlers were too resilient or too young to have developed any sort of a mental health disorder.

Now we know that too much stress, without the support of a strong relationship with a parent can lead to problems for infants and toddlers.

These problems can be identified and worked on in a way that reduces stress and prevents longer term difficulties.

During an evaluation, a professional will assess three things:

- 1. A child's ability to establish and maintain secure interpersonal relationships.**
- 2. The ability to experience, express and regulate emotions.**
- 3. The ability to explore the environment and learn.**

All in the context of age-expected development and within the home, community and culture.

Early Intervention can Prevent or Reduce Mental Health Problems

Step One: Parent completes an Ages and Stages Questionnaire. This is reviewed and a formal evaluation is discussed and determined.

Step Two: If an evaluation is appropriate: meetings are held with parent(s), with the parent and child, possibly with the daycare provider, teacher or other care provider in the home, school or outpatient office.

Step 3: Review the findings of the evaluation and any referrals or recommendations for services.

Enhancing Lives, Restoring Hope

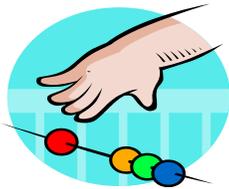
Early Childhood Providers With NP:

Assessing and Treating Children Under the age of 5 calls for staff with specialized expertise and training.

NP has staff who are qualified to complete these early childhood evaluations and to provide on-going services that may be recommended.

We also have a team of providers and can easily make any needed referrals to other programs and professionals who are adequately trained.

NP staff work with early childhood providers in other agencies, such as the schools, head start, county agencies, family service collaborative, etc. to offer a network of support in caring for children.



Northern Pines is a Rule-29 Mental Health Agency

Parents have the right to confidentiality. All data is considered private until and unless there is a signed release of information form that permits contact and/or exchange of information. This may be adjusted or rescinded at any time.

Services may be covered by 3rd party insurance, but if there is no insurance or if there are high deductibles and co-pays, NP has grant funding to assist with the cost of evaluation and any recommended therapy that follows.

Service options may include:

- ◆ Play therapy
- ◆ Relational Therapy
- ◆ Incredible Years parent training
- ◆ Child-Parent Psychotherapy
- ◆ Family Skills or Therapy
- ◆ Mental Health Behavior Aide
- ◆ Referrals for OT/PT, Special Education, or other early childhood support

“Everyone needs a hand to hold onto.....” John Mellencamp



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