

# Referral Process:

Mental Health Consultation Services are provided in collaboration with Berkeley-Dorchester Head Start.

To request mental health consultation services, please contact LaShaun Fears, Berkeley-Dorchester Head Start Mental Health Specialist at (843) 820-3742.



## *Merrimack Valley Trauma Services*



**Mental Health  
Consultation Services**

[www.mvtraumaservices.com](http://www.mvtraumaservices.com)

# Overview

Merrimack Valley Trauma Services Mental Health Consultation offers a variety of mental health supports that meet the Federal Head Start Performance Standards:

1. Observe children and talk with staff and parents to learn about any concerns they have regarding their child's mental health;
2. Provide information to parents about their child's behavior and development, including separation and attachment issues;
3. Discuss and identify with parents appropriate responses to their child's behaviors;
4. Discuss with staff and parents how to strengthen nurturing, supportive environments and relationships in the home and at the program;
5. Help staff and parents to better understand mental health issues;
6. Support parents' participation in any needed mental health interventions.

# Services Provided:

## Direct Services to Children

- ❖ Individualized strategies to help children in their classroom and at home.
- ❖ Short-term counseling to address problematic behaviors or mental health issues.

## Consultation & Training For Staff

- ❖ Regarding a child's behavior in the classroom and/or a family's needs.
- ❖ Involving families in partnering with staff to support a child's social-emotional and overall development.
- ❖ Communicating with mental health providers already working with a child regarding the course and progress of treatment.
- ❖ Individual or team support during or after a "crisis."
- ❖ Training regarding specific topics relevant to an ongoing case or situation they are currently dealing with.
- ❖ Ways to prevent vicarious trauma and support a trauma-sensitive learning environment.

## Support For Parents & Caregivers

- ❖ Behavioral plans to make sure everyone is using the same approaches with children.
- ❖ Direct support and coaching for parents regarding positive discipline approaches, education about child trauma, and mental health resources.
- ❖ Parent support and training groups.
- ❖ Clinical case management to help parents manage the services their family is already receiving.



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