

The Dyad



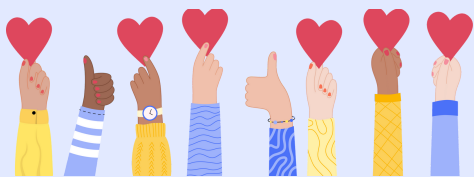
Early
Childhood
Mental
Health
Program

Quarterly Newsletter
Winter 2023 Issue



With a goal of
\$125,000
\$91,000 has been
donated as of 1/31/23
from the annual
campaign.

**THANK YOU FOR
SUPPORTING ECMHP.**



With the help of you
and so many others
who have already
made their donations,
we can continue to
serve West Contra
Costa County's
children and families.



Lecture Series

Thursday Feb. 16th, 2023

How to Use Music in Your Clinical
Work With Children Who
Experienced Trauma

In Person Training 5pm-7pm

facilitated by

Juliane Kowski LCAT, MT-BC, MA

Thursday March 16th, 2023

The Well Baby Workshop:
Attachment, Trauma, and Infant
Massage

Virtual Training 5pm-7pm

facilitated by

Lafeshia Joy Edwards IFECTMHP,
MHS, CEIM, MA

Thursday April 20th, 2023

The Preschool Therapist: How to
Talk With and Engage With
Parents

Virtual Training 5pm-7pm

facilitated by

Ryan Allen, LPCC



To learn more or register
to attend a lecture please
click [here](#)

HAPPY NEW YEAR
2023

As we reflect on the last few months, we are filled with gratitude. Thank you to our new and loyal donors for your support of the children and families we serve. As always, your contribution will be put to good use helping young children and their families develop the foundational skills and attributes upon which healthy, happy lives are built. Our gratitude also extends to our clinicians who have been hard at work serving the families and building community amongst each other. The staff at ECMHP recently formed a playroom committee, DEI committee, and a once a month music jam. The playroom committee is tasked with ensuring that our playrooms provide a safe and therapeutic space for children, caregivers and staff alike. This includes interior design, choosing and replacing art and play materials, and regular upkeep and maintenance. The DEI committee supports the agency's efforts in creating a safer, equitable, and more cohesive work environment. The music jam is a space where staff get to play different musical instruments, build community and release their stress. Stress, vicarious trauma, and burnout are often the cost of caring in the field of mental health and early education. Building up our intra agency community allows the clinicians to know they are cared for and for them to feel connected and empowered. Positive self regard allows one to heal and build resilience in the face of adversity. ECMHP's guiding principle is that a caregiver who is listened to, respected, and supported; can do the same for the children in their care. By raising our staff to the same principle, they are more equipped to serve the children and families and be able to provide the high quality care every person deserves, despite what adverse experiences they have faced.

New Year, New Logo

We are excited to share our new logo with you all. The process started about a year and half ago and took many careful eyes and discussions. Many iterations later, we came to a conclusive decision about which one was going to be the new face of ECMHP.

The original logo shows two hands – a child’s hand reaching up to a grown-up’s hand reaching down. This symbolizes a child in need for support, or guidance, and an adult offering it. Also, a child looking for connection, and finding it in the adult’s hand.



Some integral aspects that we wanted the new logo to highlight was safety, the value of relationships, and hope. The oval gives containment to the dyad. The child is now not only receiving support from the adult, they also seem to be pulling the adult toward something, maybe to share a discovery or to invite curiosity. The relationship becomes reciprocal. The addition of the “sparkle” adds an element that is difficult to put in words, but is essential to all relationships. An energetic moment, the joy, the soul, the love, whatever you call it – it needs to be there for a relationship to happen. It also represents hope for the future. We hope you like it as much as we do.



BLACK HISTORY MONTH

February celebrates and honors Black history and is a time for all of us to recognize the indelible impact that Black Americans have made on our nation; to recommit ourselves to the struggle to achieve and ensure racial justice throughout our community; and, of course, to celebrate the Black Americans who have made tremendous contributions throughout our history to the fabric of America. As we enter Black History Month this year, we want to acknowledge and celebrate Reni Taylor. She is the first Black Program Manager in the Comprehensive Therapeutic Preschool's almost 50 year history. In January she was inducted as a California Mentor Teacher. In this role she will get to share her therapeutic teaching expertise and guide the next generation of exceptional teachers, supporting their development of trauma-informed teaching practices.



Agency & Staff Highlights

The agency is proud to have been accepted into the National Network to Eliminate Health Disparities in Behavioral Health (NNED). We join a network of non-profits across the country and gain access to professional development opportunities and behavioral health specific grants. The NNED supports information sharing, networking, and engagement among organizations and communities dedicated to the behavioral health and well-being of diverse communities. Interested in checking it out?

[LEARN MORE](#)



Several staff have finished collecting their Board of Behavioral Sciences hours, making them one step closer to licensure. We are so proud of Paola, MariaFe & Luisa. The next step is studying and then sitting for their clinical exams. A big HOORAY to Sydney for passing her licensing exam! Congrats on becoming an LCSW!

Workiversaries

We are so happy every year you are here!
We are grateful for your dedication to ECMHP.
We appreciate you all.

November

Sami- 9 years
Tiara- 2 years

January

Anna - 13 years
Carolina - 7 years
Sam - 10 years

February

Lawrence- 6 years
MariaFe- 1 year
Sally- 3 years

March

Deia- 2 years
LaReisha- 2 years

Did you know?

1. In 1992, ECMHP received a 3-year demonstration grant for the Infant Bond Program-one of only two such grants made in California!
2. From 1996-1999, there was an afternoon program in CTP funded by the United Way.
3. In 2000, Carlos Santana donated \$10,000.00 to ECMHP from concert proceeds.



Richmond Art & Culture

ECMHP has been a part of the Richmond community since 1974 having started as a grassroots effort when a group of local parents, teachers, social workers, and community activists founded the Therapeutic Preschool. ECMHP has been a beacon of hope and transformation for children and families for almost 50 years. To showcase our commitment and help express our values we partnered with Richmond born and raised muralist, Deonta Allen, to beautify the outside of our building. Deonta asked for a theme/idea. So we thought it would be neat to involve staff. We asked staff to provide 1-3 word response to this questions, " What does ECMHP mean to you?". The top 4 were: Community, Hope, Growth and Support. Deonta used these words as inspiration. He started priming and painting in January. Below are a few pictures to share the progress. We are so so excited to unveil the final product. To learn more about Deonta, click [here](#)



Before



Phase 1

ECMHP was also chosen to display children's art from the [Richmond Museum of History and Culture's](#) collection that was created at Richmond's Maritime Child Development Center during World War II. Henry J. Kaiser provided child care for families in order for women to work in the Kaiser shipyards. The Maritime Child Development Center, opened in 1943 and was a progressive educational program that had innovative curriculum and services including art classes, well-balanced hot meals, health care, and family counseling. Today, it is completely restored and reopened as a multi-use building and houses a small exhibit by the National Park Service of a wartime preschool classroom.

Thank you to Evelyn Santos, the executive director of the Richmond Museum of History and Culture, and Ann Lackey for including ECMHP in this exciting initiative. Five images from the children's art collection will be displayed around the agency by mid-March. If you are interested in viewing the collection, please contact us at OfficeAdmin@ecmhp.org

Mindful Minute

4-7-8 Breathing

Make yourself comfortable while sitting or lying down, then breathe through your nose for 4 seconds. Hold your breath for 7 seconds, then breath forcefully out for 8 seconds. In one minute, you can do three cycles of 4-7-8 breathing.



Follow us on social media



Contact Early Childhood Mental Health Program

510.412.9200

www.ecmhp.org

[Interested in receiving our quarterly newsletter? Sign up now by clicking here.](#)