



Through
the Looking
Glass

OFCY Site Spotlight: Social-Emotional Well- Being in Early Childhood

Through the Looking Glass

5/7/25



Through the Looking Glass

TLG's services are grounded in Infant and Early Childhood
Mental Health and Disability Culture

At TLG our mission is: "To provide and encourage respectful and empowering services—**guided by personal disability experience and disability culture**— for families that have children, parents, or grandparents with disability or medical issues."

TLG's work has strong foundations in **reflective practice and relationship-based approaches, attachment, and family systems theory.**



OFCY Grant

- Therapeutic summer playgroups for Oakland Head Start/Early Head Start students
- ACT-Raising Safe Kids (ACT-RSK) on-line parenting groups
- Developmental consultation services and trainings to Oakland Head Start/Early Head Start programs



Summer Developmental Play Groups

- Three-hour, daily play groups for one month.
- One group for children 2-3 years (EHS), one group for children 3-5 years (HS), up to 8 children in each group.
- Facilitated by the collaboration of developmental and mental health consultants, along with an OT or ECSE student intern.
- Focused on social-emotional wellbeing, emotional literacy, reciprocal play and interaction, and development of self-regulation through play and exploration.
- Included weekly Zoom parent group.



Summer Developmental Play Group Outcomes

- Outcomes measured using 4 PROMIS® Early Childhood Parent Scales:
 - Engagement-Curiosity (57% reported improvements)
 - Engagement-Persistence (70% reported improvements)
 - Self-Regulation-Frustration Tolerance (65% reported improvements)
 - Self-Regulation-Flexibility (74% reported improvements)



ACT-RSK Parent Groups

- 8-week on-line groups focused on positive parenting.
- Three groups/year: One Fall English-language group, one Spring English-language group, one Spring Spanish-language group.
- Offers parents an opportunity to share in confidential space guided by a clinician.

“Me gusta que estoy aprendiendo tecnicas para poder ayudar a mis hijas.”

“I appreciate the program and the family professionals, and their quality that helped us to be better mothers.”



Oakland Head Start/Early Head Start Developmental Consultation

- “Early Childhood Consultation is an intervention which partners a mental health and/or developmental professional with early childhood professionals to promote the social, emotional and behavioral health of children in Early Childhood Education programs. **Early Childhood Consultation aims to build capacity of staff, families, programs, and systems to increase the understanding of children’s behaviors to prevent, identify, and reduce the impact of mental health and developmental challenges among young children.**”
- Developmental consultation in collaboration with mental health consultation services provided to 10-12 EHS/HS sites.
- Transdisciplinary approach providing direct, hands-on services.
- Child-focused, program-focused, and system-focused consultation



Developmental Consultation Outcomes

- Developmental consultants in transdisciplinary collaboration with mental health consultants have provided consistent services at 10-12 sites/year, engaging with:
 - **more than 200 teachers and staff**
 - **approximately 800 children**
- Developmental and mental health consultants provided higher-level individual support. **There were 108 new developmental referrals over 3 years. Many children supported across multiple years.**
- Developmental consultants have **facilitated “external” referrals, provided IFSP/IEP goal integration, and provided modeling, coaching, and problem solving with teachers and parents.**
- Pre-service training provided on sensory-regulation, and mid-year training provided on working with children with autism spectrum disorder to all teaching staff in transdisciplinary collaboration.



Consultation Outcomes: Teacher Feedback

"I believe one of the reasons why we are able to support the children and families is because we have her (the consultant)."

"I am happy with both consultants. I hope next year we have them back" (This was about the mental health and developmental consultants rated together as a team.)

"She (consultant) gives me advice in how to better support children with special needs in my classroom."



Questions

