

### **On-Line Services for Head Start**

*Imagine a Child's Capacity, LLC has served Head Start agencies throughout Wisconsin for over 15 years. Our consultants collaborate with staff to support all children and families to meet their social/emotional and/or behavioral goals. During the pandemic, the Mental Health Consultants at ICC have developed on-line services to help meet your agency's needs.*

#### **Consultation for specific children and/or families:**

- Meeting on-line with staff and family members to collaborate and develop positive strategies to support children at school, as well as within the home environment.
- Observations done remotely with recommendations provided (either via on-line meeting and/or in written follow-up).
- Completion of remote Functional Behavioral Assessments that could include remote observations, data evaluation, on-line interviews, and use of on-line assessment tools.

#### **Staff development:**

The following is a list of trainings that ICC has prepared to provide for staff. Our on-line trainings are usually 1.5-2 hours in length (the length of time could be customizable to meet agency need). Consultants can provide follow-up assignments and reflection on content.

- *Self-Care and Mindfulness for Educators* – Examining the importance of self-care to combat burn-out and compassion-fatigue. Staff will have chance to assess their own self-care and experience a variety of self-care routines, including mindfulness practices.
- *Embracing Ambiguity* – Exploring life during a pandemic, specifically the effects on everyone's mental health. Participants will learn a few things they can do every day to support their mental health during this difficult time.

Please contact us for more information and for our list of other training options, many of which can be adapted to be provided on-line.

#### **On-going staff support:**

- *Mindfulness Groups* - in these groups, participants will have the opportunity to develop a mindfulness practice. A number of different types mindfulness exercises will be shared. Participants will have opportunities to engage in active practice and reflection.
- *Interoception Awareness Groups* - Interoception is one of the three "hidden senses" that everyone has. It is the ability to notice and connect bodily sensations with emotions. During the groups, we will be doing a series of fun and safe experiments that help to focus attention on sensations experienced by different body parts.
- *Consultant Led Book Groups* – in these groups, participants will be invited to read a pre-selected text. Then, they will engage in examining their own beliefs, actions, and relationships based upon what they have learned in the reading.
- *Staff Support Groups* – these groups will not have an over-arching theme, instead, consultants will provide a safe space for staff to share the stress of living and teaching through a pandemic. Facilitators will provide support to staff to focus on healthy routines and give attention to what is in their control.