



EARLY CHILDHOOD MENTAL HEALTH and behavioral health needs have been important areas of focus with our early childhood programs, particularly within the Early Intervention program where services and supports for children with autism and social emotional delays are seen as some of the most exceptional in Colorado. Our unique focus on both child and parents/caregivers aligns with research of best practices for addressing trauma and challenging behaviors in young children. The Resource Exchange has created a tiered response to support strong social emotional development in children birth to eight:

- **Prevention:** Supports that are universally effective for young children to build strong social emotional skills
- **Promotion:** Focused supports for at-risk children and families
- **Intervention:** Evidence-based intervention supports for children and families experiencing challenges



Contact The Resource Exchange or your Service Coordinator to learn more about these and other Early Childhood Mental Health resources.



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*Partnering with people who seek support,
so they can live the lives they want to live.*



EARLY CHILDHOOD MENTAL HEALTH

Research tells us that social emotional development is foundational for children's success in life. The Resource Exchange provides comprehensive Early Childhood Mental Health services for children and their parents and caregivers, offering innovative programs that provide all-embracing support for families.



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COMMUNITY NEED

THE RESOURCE EXCHANGE supports parents and other caregivers, giving them the tools to identify and meet the social-emotional needs of young children through education, consultation, and individual coaching to build long term efficacy in children's development and learning.



- Many early childhood personnel and teachers feel unequipped to meet the needs of children who are emotionally delayed or who exhibit social-emotional problems. As a result, a growing number of children are being expelled from preschool.
- Preschool-aged children were expelled at three times the rate of school-aged children, primarily due to challenging behaviors.
- Students with disabilities are twice as likely to be suspended/expelled as a typically developing student.
- Social-emotional skills are key for school success in young children. Children lacking in social, emotional, and behavioral health are at higher risk for experiencing peer rejection, unpleasant family interactions, and failure in school.
- Long-term risks include adolescent delinquency, gang involvement, incarceration, substance abuse, divorce, and unemployment.



COLLABORATIVE RESULTS

THE RESOURCE EXCHANGE has served over 1,000 children, parents, and caregivers in our Early Childhood Mental Health program since 2018. Continuing to provide supports that address needs at multiple levels within the community will enhance and improve outcomes for young children and allow parents and caregivers to select the strategies that work best for them.

97% of families reported Early Childhood Mental Health supports helped them understand how to help their child develop and learn.

94% of children in TRE's Early Childhood Mental Health programs showed improvement in displaying positive social-emotional skills, ability to acquire and use knowledge, and an increase in their use of appropriate behaviors.

87% of participating families reported Early Childhood Mental Health supports helped to reduce family stress.

